

# HyVee<sup>®</sup> seasons



**GAME-DAY GRABS**

september

# \$40,837,449

**Fuel Saver + Perks<sup>®</sup> members**  
have saved more than  
**\$40 million** this year on fuel.\*



Access your digital Fuel Saver + Perks<sup>®</sup> card in the Hy-Vee app and never miss out on fuel savings.

\*Since January 1, 2022 at participating gas stations.

# SEPTEMBER 2022



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## **DONNA TWEETEN**

EXECUTIVE VICE PRESIDENT,  
CHIEF OF STAFF

**T**ailgating. The word conjures up images of cool, crisp fall days, burgers and brats smoking on a grill and food served up on the most practical buffet table ever invented: a tailgate.

With football season kicking off, September is a prime time for tailgating. And while these gatherings are traditionally held in a stadium parking lot, tailgate parties can be just as much fun in your living room—or outdoors on a deck, patio, driveway or even in the garage (a pretty good idea on rainy game days!).

Whether you're hosting a whole crew or just a few family members, we've got some foods, drinks and ideas to make your tailgate party extra special. Be sure to check out the delicious foods in Tailgate MVP, *page 24*, and tasty drink recipes in Tailgate on Tap, *page 56*.

Have a great September!

## **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!



TASTE A

# DREAMWORLD

LIMITED EDITION FLAVOR



NEW & NOTEWORTHY PRODUCTS AT HY-VEE

# aisles



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

## Frosted Flakes

Upgrade morning cereal and milk with new flavors of Kellogg's Frosted Flakes, now available at Hy-Vee. Add deliciously sweet cinnamon, brown sugar and maple syrup flavors to your bowl with Cinnamon



- KELLOGG'S FROSTED FLAKES  
STRAWBERRY MILKSHAKE
- KELLOGG'S FROSTED FLAKES  
CINNAMON FRENCH TOAST

French Toast. Plus, savor the flavors of berries and cream any time you want with Strawberry Milkshake—and enjoy every last drop of the sweet strawberry milk it creates.

## Sports Nutrition

### FUEL UP

Greet the morning with help from the Hy-Vee HealthMarket. Whether you need more nutrients in your diet or energy to power you through a workout, the HealthMarket has what you need.



### TONE IT UP ORANGE SUNRISE ENERGY BOOSTER

This pre-workout blend delivers fresh orange flavor plus vitamins and caffeine to help provide energy.



### TONE IT UP DOUBLE CHOCOLATE CHIP COOKIE

Enjoy 10 grams of plant-based, gluten-free protein in each rich chocolate-filled cookie.



### ANCIENT GRAINS ORGANIC SUPER GREENS

Increase your intake of greens by adding powdered spirulina, matcha and more to water.

# aisles NEW & NOTEWORTHY PRODUCTS AT HY-VEE

## Green Clean

### WINDEX DISSOLVE STARTER KIT

Fill the provided reusable bottle with water, then add the pod to create a powerful cleaning solution that always leaves a streak-free shine.



## SNACKS AND DRINKS

KICK BACK WITH COCKTAIL MIXERS, FIZZY DRINKS AND THE BEST SALTY SNACKS FROM HY-VEE.



### Lyre's Non-Alcoholic Spirits

Everyone can enjoy a deliciously crafted cocktail with Lyre's variety of no-alcohol spirits by blending zero-proof tequila, bourbon and others with mixers.



### Mr. & Mrs. T's Drink Mixers

Stir up a batch of cocktails in a flash—just add your chosen spirit. Mr. & Mrs. T's has a variety of mixers, including whiskey sour, margarita and more.



### Coca-Cola Dreamworld

This limited edition drink (available in regular and zero sugar) combines the classic, familiar taste of Coca-Cola with a mystery flavor that will inspire you to dream.



### Mac's Pork Skins

With over 80 years in business, Mac's has perfected its crunchy, salty, keto-friendly pork rinds in both original and barbecue flavors.

## easy meals

TRY THESE QUICK-PREP BREAKFASTS, DINNERS AND SIDE DISHES.



### KODIAK CUBS OATMEAL

Designed to energize kids, each instant oatmeal cup delivers whole grains and protein to power their day.



### BEAR NAKED OATMEAL CUPS

Add water or milk to steel-cut oats and microwave for a speedy breakfast, then top with fruit and nut granola.



### PASTA RONI HEAT & EAT

Microwave for just 60 seconds to prepare a hearty meal of pasta with Alfredo sauce or penne and marinara.

PUMP UP THE FLAVOR



**KINDER'S RUBS AND SEASONINGS**  
Prep meat and seafood for the grill or stove with a variety of spice mixes.



**TWIX SHAKERS AND TONE'S EVERYTHING BAGEL SEASONINGS**  
Add caramel chocolate or savory bagel seasoning to any dish.



**OLD EL PASO SQUEEZABLE SAUCES**  
Punch up tacos, burrito bowls and more with taco sauce, creamy queso or salsa verde.

## Better Baking

**QUAKER OAT FLOUR**  
Made from 100% whole oat grains, Quaker's new oat flour is a convenient way to add fiber to baked goods such as cookies and cakes, as well as batter for homemade pancakes and waffles.

**DUNCAN HINES KETO CHOCOLATE CHIP COOKIE MIX**  
Made with almond and coconut flour and no added sugar, this mix makes warm, gooey, chewy cookies with just 2 grams of net carbs.

**DUNCAN HINES EPIC COOKIE DOUGH BAR KIT**  
Three mixes—confetti sugar cookie, chocolate cookie and cookie dough frosting—combine in one simple kit to help you bake up the ultimate easy dessert.

**PAM ULTIMATE NO-STICK COOKING SPRAY**  
With no artificial preservatives, flavors or colors, it delivers superior non-stick capabilities at a wider range of temperatures than original Pam



**BERTOLLI D'ITALIA**  
Top pasta with sauces such as white wine Alfredo made with premium ingredients, including aged Italian cheeses.



**BETTY CROCKER SUDDENLY DELI SALAD**  
Add fresh produce like broccoli or cucumber to seasoning mix for a fast, flavorful side.



**BETTY CROCKER SHEET PAN DINNER STARTER**  
Easy dinner packets include sauce and seasonings needed to quickly make a delicious dinner.



**VLASIC SWEET HEAT AND XTREME HEAT PICKLE CHIPS**  
Choose sweet, spicy or both to add flavor and crunch to sandwiches.

## Brand Highlight

### R+CO

Created by hairstylists for both women and men, R+Co offers vegan, cruelty-free hair care products that are color safe and heat protective for all hair types.



**R+CO TELEVISION PERFECT HAIR SHAMPOO**  
Glycerin helps hair retain moisture while juniper berry extract prevents oil buildup.



**R+CO TELEVISION PERFECT HAIR CONDITIONER**  
Strengthen, soften and smooth hair while also adding body and shine.



**R+CO HIGH DIVE MOISTURE CRÈME**  
Hydrating crème helps soften and smooth hair to prevent frizz while adding shine.



**R+CO DEATH VALLEY DRY SHAMPOO**  
Absorbs unwanted oil and refreshes hair by adding volume and texture.



## Beauty by Basin

### BASIN SOAPS

Each bar soap from Basin has a light fragrance and a beautiful design. Look for fall-theme soaps now, including Autumn Leaves with a comforting scent of roasted chestnuts and the perennial favorite, Pumpkin Spice Latte.

### BASIN BATH BOMBS

Unwind as each bath bomb releases soothing scents, like the autumn-scented Pumpkin Spice Latte (cinnamon, nutmeg and clove) or year-round options like Wishes (sandalwood, freesia and champagne) and Relaxation (florals, jasmine and musk).



SWISH TWICE A DAY  
FOR  
**24-HR GERM  
PROTECTION\***



FEEL  
THE **WHOA!**

\*Germs that cause bad breath, plaque and gingivitis.  
Use product only as directed. © J&JCI 2022



NATURAL CHEESE

# Have Fun with Your Cheese



# 101

## GRAPES

These colorful bite-size fruits are bursting with sweet, juicy flavor. And Hy-Vee has a great selection right now.

**C**ultivated since the dawn of civilization, grapes are a beloved treat that also happen to be nutritious. Grapes average just 62 calories per cup and can be eaten out of hand or added to dishes such as chicken salad or fruit salad. Red grapes are considered sweeter, green slightly more sour and black grapes have a more intense fruity flavor. Grapes are a source of vitamin C to boost the immune system and vitamin K to aid blood clotting and bone health. Red grapes contain resveratrol, an antioxidant thought to reduce inflammation and benefit heart and brain health.

**BUY** The freshest grapes are firm, plump, attached to stems and still have skins intact. Green grapes should have an even, slightly yellow tone. Red and black grapes are at their best with deep color and no sign of green.

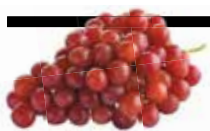
**STORE** Keep unwashed grapes in a plastic bag in the refrigerator up to two weeks. Rinsing introduces excess moisture, which can speed up decay.

**PREP** Before eating, place grapes in a colander, rinse with cold water, then set grapes on paper towels to drain. Use a sharp paring knife when halving grapes for a recipe.



**GRAPERY**  
SPECIALIZES  
IN PLUMP,  
PREMIUM,  
NON-GMO  
GRAPES  
WITH UNIQUE  
FLAVORS  
THAT ARE  
PICKED AT  
THEIR PEAK.

### GRAPERY VARIETIES AT HY-VEE



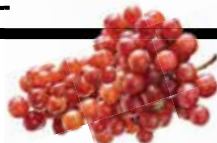
#### Limited Red Table Grapes

Firm and crisp red grapes have a sweet, mild flavor.



#### Limited Green Table Grapes

Small to medium size grapes have a round to slightly oval shape.



#### Gum Drops

Dig in to the delectable candy-sweet flavor of these brilliant red treats.



#### Moon Drops

These large, tube-shape black grapes are crisp and intensely sweet.



#### Cotton Candy

Sweet green table grapes boast a flavor that has been compared to the variety's namesake.



# Sour Grape Sorbet

**Total Time** 15 minutes plus freezing time

**Serves** 8 (½ cup each)

**4½ cups seedless green grapes**

**2 Tbsp. Hy-Vee honey**

**2 tsp. lemon zest**

**2 tsp. fresh lemon juice**

**4 fresh mint leaves, optional**

**1. PLACE** grapes in a 13×9-in. baking pan in a single layer. Freeze for 3 to 4 hours or until solid.

**2. PLACE** frozen grapes in food processor. Cover and pulse until chopped. Let stand for 5 to 10 minutes or until slightly softened.

**3. ADD** honey, lemon zest and juice, and mint leaves, if desired. Cover and process until smooth and creamy. Serve immediately or transfer to a freezer-safe container and freeze up to 2 weeks.

**Per serving:**  
80 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 20 g carbohydrates, 1 g fiber, 18 g sugar (4 g added sugar), 1 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 4%

**GF** GLUTEN-FREE  
option

**SORBET OR SHERBET?** THE DIFFERENCE IS SORBET DOES NOT CONTAIN MILK. IT ALSO HAS A SOFTER CONSISTENCY THAN SHERBET.



# BACK-TO-SCHOOL SNACKS

TO MAKE THEIR DAYS BRIGHTER



# Miso-Ginger Pork Kabobs

1 lb. boneless pork top loin (cut into 1-inch cubes)  
1/4 cup mirin rice cooking wine  
2 Tbsp. white miso (fermented soybean paste)  
2 Tbsp. unseasoned rice vinegar  
1 Tbsp. fresh ginger (grated)  
1 Tbsp. honey  
1/2 tsp. Asian toasted sesame oil  
5 green onions (cut into 1-inch pieces)  
2 red bell peppers (small, and/or yellow and/or green bell peppers seeded and cut into 1-inch pieces)  
vegetable oil  
sesame seeds, toasted  
bibb lettuce leaves (small)

1. Preheat grill to medium heat for direct grilling. Soak bamboo skewers in water for 30 minutes.
2. Meanwhile, place pork in large resealable plastic bag. In a medium bowl whisk together mirin, miso, rice vinegar, ginger, honey and sesame oil. Set aside 3 tablespoons of the miso marinade. Pour remaining marinade over pork; close bag to seal. Turn bag to evenly coat pork with marinade. Let stand at room temperature for 15 minutes.
3. Alternately thread pork, green onions and bell peppers onto bamboo skewers, using 2 skewers for each kabob for easy turning. Discard miso marinade in bag. Brush meat and onions with half of the reserved miso mixture.
4. Brush grill grate with vegetable oil. Grill kabobs, covered, for 8 to 10 minutes or until the internal temperature of the pork reaches 145°F, turning over halfway through grilling. Remove from heat, let rest 3 minutes.
5. Serve kabobs on lettuce leaves. Brush with remaining reserved miso mixture. Sprinkle with sesame seeds.



**pork**<sup>®</sup>

Find more recipes and  
cooking inspiration at [pork.org](http://pork.org)

**pork**  
**checkoff**<sup>®</sup>

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This message is funded by America's Pork Checkoff Program.

# level up

## RAMEN NOODLES

Take a package of ramen from typical dorm room dish to delicious weeknight meal in under 10 minutes with these ingredients.



**CHICKEN FLAVOR  
RAMEN NOODLE SOUP**

+



1 Hy-Vee large egg

+



½ cup frozen shelled edamame

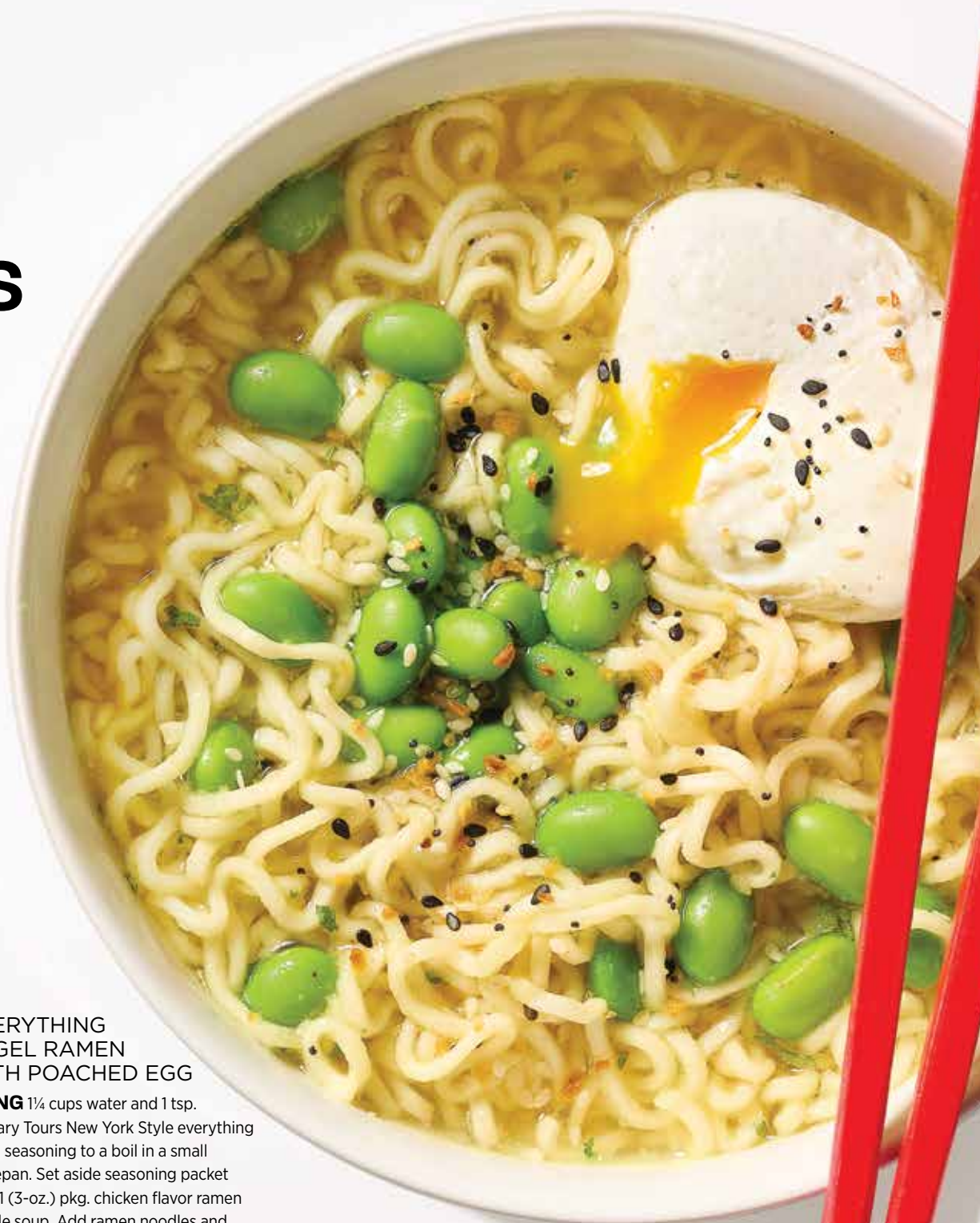
+



½ tsp. Culinary Tours  
New York Style everything  
bagel seasoning

### EVERYTHING BAGEL RAMEN WITH POACHED EGG

**BRING** 1¼ cups water and 1 tsp. Culinary Tours New York Style everything bagel seasoning to a boil in a small saucepan. Set aside seasoning packet from 1 (3-oz.) pkg. chicken flavor ramen noodle soup. Add ramen noodles and ½ cup frozen shelled edamame to boiling water mixture. Cook for 2 minutes, stirring frequently with a fork to separate noodles. Stir in ½ tsp. ramen seasoning from packet. Reserve remaining seasoning in packet for another use. Crack 1 Hy-Vee large egg\* into center of noodle mixture in saucepan; cover egg with some of the noodles and cook over low heat for 3 minutes or until egg white is set and yolk begins to thicken. Transfer mixture to serving bowl. Sprinkle with remaining ½ tsp. everything bagel seasoning. Serves 1.



Hy-Vee  
**Short  
CUTS**

### BONUS VEGGIES

Bulk up the bowl even more without additional prep time by using Hy-Vee Short Cuts. Add fresh veggies like bell peppers and broccoli.

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

# savings

## BREAKING DOWN A CHICKEN

With this easy method, you can deconstruct a whole, raw chicken, saving money and providing a variety of cuts for weekly meals.

The cost of a whole chicken per pound is less than individual pieces, even when you subtract the weight of the bones, because you're doing the work of cutting it. According to Texas A&M University Agricultural Extension Service, about 58% of a whole chicken is edible meat, which averages out to \$3.43\* per pound of meat without the bones. By comparison, boneless skinless chicken breasts are pricier, at about \$5.49\* per pound of breast meat. A 3- to 4-pound chicken will feed up to six people and you can use the cuts in a variety of ways. See *Homestyle Chicken Dinners* for inspiration.

\*Hy-Vee prices as of June 2022



## How to Carve a Whole Chicken

START WITH A WHOLE, RAW CHICKEN, THEN FOLLOW THESE STEPS TO EASILY AND QUICKLY CUT IT INTO PARTS TO COOK OR FREEZE.



### 1. Remove Wings

With the bird breast-side up, gently pull one wing out from the body. Cut through the joint between the wing and the breast. Repeat with the opposite wing.



### 2. Remove Thighs

Pull one drumstick away from the body and cut through the skin. Twist the leg downward and away. Place knife against the joint, and twist to pop out joint. Cut through exposed joint.



### 3. Separate Thighs and Drumsticks

Place the leg skin-side down. Cut through the white line of fat running along the joint to separate the thigh and drumstick.





TO FREEZE RAW CHICKEN, TIGHTLY ENCLOSE EACH PIECE IN PLASTIC WRAP LEAVING NO AIR BUBBLES. LABEL AND DATE EACH PIECE, THEN PLACE IN A SEALABLE FREEZER BAG AND FREEZE UP TO 2 MONTHS.

## HOW TO USE THE CHICKEN

- **THIGHS:** Cook the bone-in thighs in the oven until the skin is crispy, and roast vegetables like carrots and potatoes on the same sheet pan.
- **BREASTS:** Try grilling a chicken breast and serving over a salad or with a side of potatoes for a hearty meal.
- **WINGS AND DRUMSTICKS:** Fry smaller chicken pieces and eat off the bone with sauce, or cook and serve with rice and vegetables.
- **ANY PIECE:** Bake any leftover chicken pieces and shred the meat to use in soups, salads or quesadillas.
- **SAVE THE BONES:** Boil leftover bones with veggies, seasonings and water for homemade chicken stock or broth. Discard bones afterwards.

# \$2.06\*

PER POUND IS THE AVERAGE YOU'LL SAVE BUYING WHOLE CHICKENS FOR MEAT COMPARED TO BONELESS BREASTS.



**4. Remove Backbone**  
Place the bird breast-side down with the cavity pointed toward you. Use kitchen shears to cut down both sides of the backbone, and remove it.



**5. Split Chicken Breast**  
Remove skin, if desired. Cut through the skin to the right of the sternum, cutting as close to the bone as possible.



**6. Separate Breast Meat from Bone**  
Make short, quick cuts to separate the breast meat and tender from the bone.



**WHEN BREAKING DOWN A WHOLE CHICKEN, IT'S EASIEST TO CUT ALONG THE BIRD'S NATURAL FAT LINES. AS YOU SLICE, YOU'LL SEE WHERE THE JOINTS AND BONES MEET, WHICH WILL GUIDE YOU WHERE TO CUT.**

# Full meals. Full speed.

Whether you're on a quick lunch break or picking up dinner for the kids, Hy-Vee Fast & Fresh makes it easy to grab a tasty, ready-to-eat meal on the go.



Scan for the nearest  
Fast & Fresh location.

**HyVee**  
Fast & Fresh

# basics

## HOW TO MAKE AIOLI

Learn a simple 3-step process to make this flavorful condiment.

At its heart aioli is a creamy garlic mayonnaise, but it can be customized with other flavorings to enhance a variety of foods. Use it to top a burger or sandwich, spread on toasted bread or as a dip for roasted vegetables or fries. The possibilities are endless. Make your own aioli with egg yolks, oil, lemon juice, garlic and choice of flavorings (see 10-Minute Aioli). Aioli is made through an emulsion process, or agitation, mixing ingredients that normally don't combine. To ensure success:

- **Use room temperature ingredients**, as cold ingredients can break an emulsion and cause separation.
- **Add oil very slowly while mixing continuously**. If added too rapidly, the oil will not emulsify with the egg and the sauce will look separated or curdled.



**10**  
minutes  
or less

### 10-MINUTE AIOLI

Use this base recipe as a starting point:

1 slightly beaten pasteurized egg yolk\* + 2 tsp. refrigerated garlic paste + 1 tsp. fresh lemon juice + 1 cup Gustare Vita olive oil + 2 tsp. water (optional) + Hy-Vee salt and ground white pepper, to taste + desired flavorings, to taste



#### Rosemary-Lemon Aioli

1 tsp. finely chopped fresh rosemary



1 tsp. fresh lemon juice



#### Sundried Tomato Aioli

2 Tbsp. Gustare Vita sundried tomato paste



#### Basil Aioli

2 tsp. refrigerated basil paste

### Aioli How-To



#### STEP 1: BEAT INGREDIENTS

Place egg yolk, garlic paste and lemon juice in a bowl. Beat on medium speed with an electric hand mixer until well combined.



#### STEP 2: ADD OIL

With mixer running on medium-high, add 4 tsp. olive oil, 1 tsp. at a time. Continue beating on medium-high while slowly adding remaining oil in a very thin, steady stream.



#### STEP 3: FINISH

Aioli should be smooth, yet thick enough to hold a cut edge. Stir in a small amount of water for thinner consistency, if desired. Season to taste with salt, pepper and desired flavorings.

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



# HOME APPÉTIT

Discover new recipes and family meal ideas.



Visit [www.hyvee.homeappetitrecipes.com](http://www.hyvee.homeappetitrecipes.com) for details and recipes.



# solutions

## STOP FISH FROM STICKING

Follow these easy steps to serve picture-perfect fillets that won't cling to the pan.

### 1. START AT ROOM

**TEMPERATURE** Remove fish from the refrigerator and let rest until it's close to room temperature. A cold fillet decreases the temperature of the pan and causes uneven cooking.

**2. DRY FISH** With a paper towel, pat the fish dry. Excess moisture decreases the temperature of the pan, leading to uneven cooking and sticking, and causing skin to steam instead of crisp.

**3. USE A HOT PAN** Heat an empty pan and add oil or butter once it is hot. Oil and butter spread more evenly across a hot surface and act as a lubricant between the fillet and the pan. Once the oil or butter starts to shimmer, place the fillet skin-side down in the pan.

**4. LIMIT FLIPPING** Allow time for the fish to cook before trying to flip it. As the meat cooks, the surface will brown and separate naturally from the pan. If you can lift a corner of the fillet without resistance, use a spatula to carefully flip or move the fish as needed.



### A HOT ITEM

Stainless steel pans are non-reactive, so they won't impart any metallic flavor or affect the color of food. Find them and other kitchen tools at Hy-Vee.



# BREADED CHICKEN NUGGETS & TENDERS

- ✓ No Antibiotics EVER
- ✓ Pure Air-Chilled
- ✓ Vegetarian Diet
- ✓ Humanely Raised



# pour a perfect morning



FOR THE  
**Love**  
OF  
BREAKFAST

# Game-Day Ready.



**HyVee**  
**mealtime**<sup>TM</sup>  
**TO GO**

Available for pickup or delivery\*



**Order at [hy-vee.com/mealtime](https://hy-vee.com/mealtime)**

\*Where available





# september 2022



GO  
TEAM!

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ITALY

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**TAILGATE**

**MARK**

# HOW TO BE THE MVP

Tailgate season can be a breeze with Hy-Vee as your quarterback.

Whether you're the host or part of the tailgate crew, become a star player with recipes that can be prepped at home and finished on the grill. Find delicious grab-and-go foods and drinks for early morning games, late nights and everything in between at Hy-Vee. Plus, get everyone in the team spirit with themed chairs, clothes, blankets and accessories.



## BARBECUE PORK-TAILGATE FRIES

Spread 1 (24-oz.) pkg. Hy-Vee extra crispy waffle cut French fried potatoes in a large rimmed pan. Bake at 425°F for 25 to 30 minutes or until extra crispy, flipping once halfway through. Remove from oven and cool completely. Cut 4 (14x12-in.) sheets of heavy foil. Divide and layer one-third potatoes, 1 cup Hy-Vee pulled pork with sauce and 1 cup Hy-Vee shredded sharp Cheddar cheese on the foil sheets. Repeat layers two more times using remaining potatoes, and an additional 2 cups pulled pork and 2 cups cheese. Bring up short sides of foil. Double-fold top, then double-fold ends to seal packets. Refrigerate until ready to grill. To grill, open packets by gently unfolding tops of packets and pulling back foil; leave ends of packets intact. Grill over medium-high heat (375°F) for 10 to 15 minutes or until heated through (165°F). Remove from grill. Top with sliced fresh jalapeño peppers; drizzle with That's Smart! original barbecue sauce and Hy-Vee ranch salad dressing, if desired. Serves 4.



### PREP AHEAD

#### FOIL PACK LOADED FRENCH FRIES

Layer the French fries, pulled pork and cheese in foil packets and double fold packets before loading in your cooler.

Then, when you're at the tailgate, you can simply pull out the packets, grill to heat the fries and serve.

### Piling On

No penalty involved when you assemble this sandwich correctly.

**Hy-Vee**  
**seasons**

Watch and learn at  
[Seasons.Hy-Vee.com](http://Seasons.Hy-Vee.com)



# Breakfast Grilled Cheese Sandwiches

**Hands On** 43 minutes  
**Total Time** 50 minutes plus chilling time  
**Serves** 4 (1 each)

**6 slices Hy-Vee sweet smoked thick-sliced bacon, halved**

**4 Tbsp. Hy-Vee salted butter, softened, divided**

**8 slices Hy-Vee white sandwich bread, divided**

**8 slices Hy-Vee singles American cheese, divided**

**Sriracha, optional**

**8 oz. Di Lusso thinly sliced Black Forest deli ham**

**6 Hy-Vee large eggs**

**2 Tbsp. water**

**¼ tsp. Hy-Vee salt**

**¼ tsp. Hy-Vee black pepper**

**1 Tbsp. sliced fresh chives**

**1. PLACE** bacon in a 12-in. nonstick skillet. Cook over medium heat for 16 to 22 minutes or until crisp, turning often. Drain bacon on paper towels; set aside.

Spread 3 Tbsp. butter on one side of bread slices. Place 4 bread slices, butter sides down, in small rimmed baking pan. Top each with 1 slice cheese. Drizzle with sriracha, if desired.

**2. DIVIDE** and form ham into 4 mounds. Place ham on bread slices with cheese and sriracha; set aside.

**3. FOR EGG PATTIES**, whisk together eggs, water, salt and pepper in a medium bowl. Heat remaining 1 Tbsp. butter in same skillet over medium heat. Pour in egg mixture; gently stir with a silicone spatula until egg mixture begins to set. Stop stirring; sprinkle with chives. Use spatula to carefully lift the cooked edge of egg mixture; tilt skillet so uncooked egg mixture can flow underneath. Cook for 1 to 2 minutes or until set. Transfer egg patty to a cutting board and cut into fourths. Place on top of ham on bread slices. Top with bacon, and remaining 4 cheese slices and 4 bread slices with butter sides up. Cover with foil. Refrigerate until ready to grill.

**4. TO GRILL**, preheat a charcoal or gas grill for direct cooking over medium-low heat (325°F). Remove foil from baking pan. Place pan on grill rack. Grill for 5 to 7 minutes or until sandwiches are toasted and cheese is melted, turning once halfway through.

**Per serving:** 600 calories, 40 g fat, 19 g saturated fat, 0 g trans fat, 380 mg cholesterol, 1,970 mg sodium, 27 g carbohydrates, 0 g fiber, 5 g sugar (3 g added sugar), 34 g protein. **Daily Values:** Vitamin D 10%, Calcium 20%, Iron 15%, Potassium 8%



## PREP AHEAD

GRILL-READY SANDWICHES

Cook eggs and bacon at home. Assemble the sandwiches, then place on a rimmed pan and cover. Store in the fridge or pack in the cooler, then quickly grill sandwiches on pan at the tailgate.

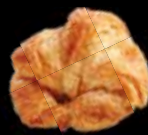
## GRAB-N-GO BREAKFAST

KICK OFF THE TAILGATE WITH A FEW OF HY-VEE'S BREAKFAST ITEMS.



### Loaded Jumbo Muffins

Tasty soft muffins in flavors like wild blueberry and banana nut.



### Large Croissants

Tender, flaky pastries that pair well with jam or as a breakfast sandwich bun.



### Gourmet Cinnamon Rolls

Soft rolls with gooey cinnamon filling and sweet icing.



### Breakfast Bar Coffee Cake

Pillowy cake with icing and fillings such as raspberry.



## TAILGATE TRAYS

CALL AHEAD OR VISIT [HY-VEE.COM/SHOP](http://HY-VEE.COM/SHOP) AND CLICK "CATERING" TO ORDER PARTY TRAYS FOR YOUR TAILGATE.

### DI LUSSO ROTELLA WRAP TRAY

Snackable wraps with cream cheese, shredded lettuce, tomato and red onion with your choice of smoked ham and Swiss, smoked turkey breast and Cheddar or roast beef and Colby Jack.

### PRETZEL BITES WITH CHEESE DIP TRAY

Soft and chewy pretzel bites paired with smooth, creamy cheese dip.

### DI LUSSO PICCOLO PANINO PLATTER

Fluffy white and wheat buns stacked with Di Lusso smoked ham, smoked turkey breast or top round roast beef with a variety of cheeses.

### BUFFALO WING PLATTER

Bone-in wings slathered with spicy Buffalo sauce. Other sauce options include BBQ, General Tsao, honey mustard and honey roasted garlic.

### CUSTOM CHARCUTERIE BOARD

Select your own meats, cheeses, spreads and accompaniments, such as nuts or olives.

# GRAB-N-GRILL

Be the grillmaster of your tailgate with gourmet burgers, chicken grillers and brats in a variety of flavors—all from Hy-Vee.



## BURGERS

Hy-Vee's Gourmet Steakhouse Burgers are made with top-quality ground beef plus cheese, veggies and sauces.

### Varieties

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

## CHICKEN GRILLER PATTIES

Similar to Hy-Vee's popular chicken grillers, ground chicken is mixed with cheese and seasonings and ready to hit the grill.

### Varieties

- Apple Smoked Gouda
- Bacon Cheddar
- Caprese
- Ham & Cheese
- Hawaiian
- Pizza
- Spinach & Ricotta

# MVP TOPPERS

Create game-stopping burgers and brats with these toppings:

- Brisket
- Crispy bacon
- Fried cheese curds
- Fried egg
- Guacamole
- Macaroni and cheese
- Onion rings
- Pico de gallo
- Tortilla chips



## BRATS

Flavored brats and bratwurst burgers from Hy-Vee are a tasty combination of crisp and juicy.

### Varieties

- Apple & Brown Sugar Maple Pork
- Jalapeño Cheddar
- Fresh Pineapple
- Green Onion

## TAILGATE SIDES

PAIR YOUR BRATS AND BURGERS WITH A FEW OF HY-VEE'S DELICIOUS, READY-MADE SIDES.



### Brickhouse Chili with Beans

Rich, gourmet heat-and-eat chili made with red kidney beans, ground beef and chili pepper seasoning.



### Rainbow Rotini Pasta Salad

Tri-color rotini pasta mixed with fresh green pepper, carrots, cherry tomatoes, olives, red onions and three cheeses—all topped with zesty dressing.



### Country Coleslaw

Classic, simple creamy coleslaw dressing mixed with freshly chopped cabbage and shredded carrots.



### White Cheddar Mac and Cheese

Tender pasta noodles covered in warm, comforting white Cheddar cheese sauce.

## SOMETHING SWEET

FINISH A SUCCESSFUL TAILGATE WITH DESSERTS FROM THE HY-VEE BAKERY.



### Assorted Cookie Tray

Share soft cookies in flavors such as classic M&M, sugar and brownie M&M.



### Brownie Cocktail Tray

Snack on chocolate brownie wedges with delicious toppings such as German chocolate and cream cheese frosting.



### Large Decorated Chocolate Chip Cookie

Order a custom 12-in. chocolate chip cookie decorated with your team's colors to share with everyone at your tailgate.



20  
minutes  
or less

## TOUCHDOWN TURF CUPS

Place 12 Crav'n Flavor double stuffed chocolate sandwich cookies with mint crème in a large resealable plastic bag; seal bag. Crush cookies into fine crumbs using a rolling pin; set aside. Arrange 8 Nabisco Nutter Butter sandwich cookies with peanut butter on a tray. Microwave 1/3 cup Hy-Vee semisweet chocolate baking chips in small microwave-safe bowl on HIGH at 30-second intervals until melted, stirring each time. Spread melted chocolate on one side of cookies. Use Over the Top wispy white write-on gel to pipe lines on cookies to resemble laces on a football; chill until set. Prepare 2 (3.9-oz.) pkg. Hy-Vee chocolate instant pudding & pie mix according to pkg.

directions using 4 cups Hy-Vee 2% reduced-fat milk. Divide pudding among 8 (9-oz.) Simply Done clear plastic cups; let stand 5 minutes. Top with two-thirds cookie crumbs, and 1 Tbsp. each white jimmies and Over the Top glam green jimmies. Place 1 (8-oz.) container Hy-Vee frozen original whipped topping, thawed, in medium bowl. Fold in 1 1/2 tsp. Hy-Vee green food coloring just until tinted. Spoon whipped topping into large disposable decorating bag fitted with star tip; pipe on cookie crumb layer. Top with remaining cookie crumbs; garnish with additional white and green jimmies, if desired, and decorated football cookies. Serves 8 (1 each).



# Double Cookie Bars

**Hands On** 35 minutes

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

**Serves** 16

**Hy-Vee nonstick cooking spray**

**2½ cups Hy-Vee all-purpose flour**

**1¼ tsp. Hy-Vee salt**

**1 tsp. Hy-Vee baking soda**

**1 cup Hy-Vee unsalted butter, softened**

**⅔ cup Hy-Vee granulated sugar**

**⅔ cup packed Hy-Vee brown sugar**

**1 tsp. Hy-Vee vanilla extract**

**2 Hy-Vee large eggs**

**16 Crav'n Flavor original chocolate sandwich cookies with vanilla crème**

**¼ cup Hy-Vee semisweet chocolate baking chips**

**2 Tbsp. Over the Top decorating rainbow jimmies, for garnish**

**1. PREHEAT** oven to 350°F. Spray a 9×9-in. baking pan with nonstick spray. Whisk together flour, salt and baking soda in medium bowl; set aside.

**2. BEAT** butter in large mixing bowl with electric mixer on medium-high until creamy. Add granulated sugar, brown sugar and vanilla; beat for 3 minutes or until light and fluffy. Add eggs, one at a time, beating after each addition. Gradually beat in flour mixture.

**3. PRESS** half of dough into the prepared pan. Arrange sandwich cookies on top. Drop dough by spoonfuls evenly over cookie layer. Gently smooth to form an even layer covering sandwich cookies.

**4. BAKE** for 25 to 30 minutes or until edges are set and top is golden brown. Cool completely on wire rack.

**5. MICROWAVE** chocolate chips in small microwave-safe bowl on HIGH at 30-second intervals until melted, stirring each time. Spread chocolate over cooled bars. Sprinkle with jimmies, if desired. Refrigerate for 8 to 10 minutes or until chocolate is set.

**Per serving:** 330 calories, 17 g fat, 9 g saturated fat, 0 g trans fat, 55 mg cholesterol, 320 mg sodium, 44 g carbohydrates, 1 g fiber, 26 g sugar (26 g added sugar), 3 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 2%



# SHOW YOUR SPIRIT

Outfit your crew for a day of tailgating with team gear from Hy-Vee, plus everything to host a successful tailgate like plates, cups, chairs and blankets.

**1. Touchdown Time Oval Platter**  
Sturdy platter supports lots of treats.

**2. Collegiate Cup**  
Hand out drinks to your party in plastic team spirit cups.

**3. Game-Day Tumbler**  
Sip hot or cold drinks and avoid spills with a stylish cup with lid.

**4. Collegiate Slim Can Coolie**  
Keep tall cans cold with a thick sleeve.

**5. Collegiate Blanket**  
A plush blanket in your team's colors is a must for a chilly day.

**6. Collegiate Mini Rubber Football**  
Toss a few passes before game time.

**7. Collegiate Quad Chair**  
Kick back in a canvas chair with cupholder.

**8. Simply Done 18 oz. Red Plastic Cups**  
Pour drinks over ice into heavy-duty cups.

**9. Red Jr. 2 oz. Cups**  
Portion out small servings of drinks, like gelatin shooters.

**10. Collegiate Fleece Gloves**  
Themed gloves keep hands warm.





# EVERYONE'S FAVORITE

Pack a cooler with a variety of drinks to please every tailgater.

## Beer

Choose traditional or craft beers, such as Michelob Ultra or Toppling Goliath Pseudo Sue pale ale.

## Canned Cocktails

Pop the tab and enjoy ready-made cocktails like Cutwater Spirits Tropical Tiki Rum Mai Tai.

## Seltzer

Pack hard and classic drinks, including La Croix, Michelob Ultra organic seltzer and Quirk hard seltzer.

## Soda

Bring plenty of soft drinks such as Sprite and Coca-Cola for non-alcohol options.

## Water

Help your entire party stay hydrated on hot days with bottled water from Hy-Vee.



## LIME-BEER GELATIN SHOOTERS

Arrange 12 (2- to 2.5-oz.) gelatin shot cups in a rimmed baking pan; set aside. Pour 8 oz. lime-flavored beer, from a 12-oz. bottle, into a 4-cup microwave-safe glass measuring cup. Microwave on HIGH for 60 to 90 seconds or until very hot. Stir in ½ cup Hy-Vee granulated sugar and 1 (3-oz.) pkg. Hy-Vee lime gelatin dessert until completely dissolved. Stir in 4 oz. Row vodka and remaining 4 oz. beer. Pour mixture into shot cups. Refrigerate for 4 to 5 hours or until set. Garnish with Hy-Vee original aerosol whipped topping and fresh lime slices before serving, if desired. Serves 12 (1 each).



# BRING THE FAN·ILY TOGETHER



Field of Greens Snacking Board

Get gameday recipes

1. Open  app
2. Go to the  bar
3. Scan with the  icon



Official Crackers and Cookies of





**NEW!**

# **BOUNCERS™**

Try these snackable, poppable, shareable, crème-filled cakes today!



LIVE  
YOUR  *mostess*®

A top-down view of various Italian ingredients arranged on a white marble surface. At the top, there's a pile of pasta including spaghetti, fusilli, and farfalle, topped with cherry tomatoes, a whole tomato, prosciutto slices, and fresh basil. Below this, there's a pile of prosciutto, a whole onion, and more tomatoes. In the center, the word 'ITALY' is written in large, bold, black letters, with a sprig of basil resting on the 'A'. To the right of the word, the text 'Inspired by' is written in a thin, black, sans-serif font. Below the word 'ITALY', there's a pile of prosciutto, a whole onion, and a small bowl of red sauce. At the bottom, there's a pile of farfalle pasta, a small bowl of red sauce, a pile of yellow cornmeal, a pile of green peas, and a pile of brown peppercorns.

Inspired by

# ITALY

**TRADITIONAL ITALIAN  
CUISINE FEATURES PASTA,  
RICH CHEESES AND MEATS,  
AND SIMMERING SAUCES  
MADE WITH VIBRANT  
HERBS AND SPICES. THESE  
RECIPES AND ITALIAN-MADE  
INGREDIENTS PAY HOMAGE  
TO THAT QUALITY, FLAVOR  
AND TRADITION.**

# Polenta With Bolognese

**Hands On** 35 minutes

**Total Time** 5 hours 35 minutes

**Serves** 8

**1 (5-oz.) pkg. Culinary Tours**  
diced pancetta

**2 Tbsp. Hy-Vee Gustare Vita**  
extra virgin olive oil

**10 Tbsp. Hy-Vee unsalted butter,**  
divided

**½ large white onion, finely**  
chopped

**1 medium carrot, peeled and**  
finely chopped

**1 stalk celery, finely chopped**

**1 lb. Hy-Vee 85% lean**  
ground beef

**1 lb. Graziano Bros. Italian**  
sausage

**1¼ tsp. kosher salt, divided**

**½ tsp. Hy-Vee ground nutmeg**

**¼ tsp. Hy-Vee black pepper**

**1½ cups dry white wine, such as**  
sauvignon blanc

**1 Tbsp. Mutti tomato paste**

**1 (28-oz.) can Gustare Vita**  
whole peeled San Marzano  
tomatoes, undrained

**2 (32-oz.) containers Hy-Vee**  
33% less sodium chicken  
broth, divided

**2 cloves garlic, peeled**

**2½ cups Hy-Vee half & half,**  
divided

**2 cups Colavita polenta**  
cornmeal

**2 cups freshly shredded**  
Parmigiano Reggiano cheese,  
plus additional grated  
for garnish

**Fresh basil, for garnish**

**1. COOK** pancetta in a 6-qt.  
Dutch oven over medium heat  
for 3 to 5 minutes or until  
pancetta begins to crisp,  
stirring frequently.

**2. ADD** olive oil and 2 Tbsp.  
butter; cook and stir until butter  
is melted. Add onion, carrot and  
celery; cook for 6 to 8 minutes  
or until vegetables are tender,  
stirring frequently.

**3. ADD** ground beef and sausage;  
cook over medium-high heat for  
7 to 9 minutes or until browned  
(165°F), stirring occasionally to  
break into crumbles. Stir in 1 tsp.  
salt, nutmeg and pepper.

**4. REMOVE** Dutch oven from  
heat. Stir in wine; return to heat.  
Cook over medium-low heat,  
scraping brown bits from bottom  
of Dutch oven. Simmer for  
5 to 7 minutes or until reduced  
by half. Stir in tomato paste.  
Add undrained tomatoes and  
2 cups chicken broth. Simmer,  
uncovered, over low heat for  
4 to 5 hours or until desired  
consistency, stirring occasionally.

**5. FOR POLENTA,** bring  
remaining chicken broth and  
¼ tsp. salt, and garlic cloves  
to a boil in a large saucepan.  
Add 2 cups half & half; stir  
in grits or polenta. Simmer,  
uncovered, over low heat for  
25 to 30 minutes or until desired  
consistency, stirring occasionally.  
Remove and discard garlic  
cloves. Stir in remaining 8 Tbsp.  
butter and 2 cups Parmigiano  
Reggiano until melted. Remove  
from heat; let stand, covered,  
for 3 minutes.

**6. TO SERVE,** stir remaining  
½ cup half & half into the tomato  
sauce mixture; serve over  
polenta. Garnish with additional  
cheese and basil, if desired.

Per serving: 860 calories, 51 g fat,  
27 g saturated fat, 1 g trans fat,  
190 mg cholesterol, 1,750 mg sodium,  
47 g carbohydrates, 3 g fiber,  
10 g sugar (0 g added sugar),  
39 g protein. Daily Values:  
Vitamin D 0%, Calcium 30%,  
Iron 15%, Potassium 15%



## Polenta

Quick-cook  
Colavita polenta  
cornmeal is  
gluten-free  
and ready in  
5 minutes.



## HISTORY OF BOLOGNESE

**Bolognese is a meat sauce, or ragù, that originated in Bologna, Italy. It is thicker, creamier and less tomatoey than the pasta meat sauces commonly served in America.**

### made easy

For weeknight meals, prepare sauce ahead of time—on a weekend or a day off—then refrigerate for 3 to 5 days or freeze for up to a month.

# Coho Salmon

## Puttanesca

**Hands On** 18 minutes

**Total Time** 30 minutes

**Serves** 4

**1 Tbsp. Hy-Vee salted butter**

**1 medium shallot, chopped**

**2 cloves garlic, minced, divided**

**2 Tbsp. chopped Italian parsley, divided, plus additional for garnish**

**2 Tbsp. chopped fresh basil, divided, plus additional for garnish**

**1 (1- to 1¼-lb.) Fish Market fresh Alaska coho salmon fillet, skin removed**

**1 Tbsp. Gustare Vita extra virgin olive oil**

**½ cup drained and halved Hy-Vee Greek Kalamata pitted olives**

**2 Tbsp. Gustare Vita capers, drained**

**2 flat anchovy fillets packed in olive oil, chopped**

**1 tsp. Hy-Vee crushed red pepper**

**1 cup halved cherry tomatoes**

**1 (28-oz.) can Gustare Vita whole peeled San Marzano tomatoes, undrained**

**½ (16-oz.) pkg. Colavita angel hair pasta**

**1. MELT** butter in a large cast iron skillet over medium heat. Add shallot, 1 clove minced garlic, 1 Tbsp. parsley and 1 Tbsp. basil. Cook over medium heat for 2 to 3 minutes or until shallot is softened, stirring frequently.

**2. PAT** salmon dry with paper towels; cut into 4 portions. Add salmon to skillet. Cook over medium-high heat for 4 to 7 minutes or until salmon flakes easily with fork (145°F), turning halfway through. Remove salmon from skillet; cover to keep warm.

**3. WIPE** skillet clean with paper towels. Add olive oil, olives, capers, anchovies, red pepper, and remaining 1 clove garlic, 1 Tbsp. parsley and 1 Tbsp. basil. Cook over medium heat for 3 minutes, stirring occasionally.

**4. STIR** cherry tomatoes and canned tomatoes into olive mixture. Simmer, uncovered, over medium-low heat for 10 minutes, occasionally stirring to break up the canned tomatoes. Meanwhile, cook pasta according to pkg. directions. Drain; reserve ½ cup pasta water.

**5. STIR** reserved pasta water into tomato mixture. Stir in pasta; place salmon on top. Garnish with additional parsley and basil, if desired.

**Per serving:** 830 calories, 29 g fat, 6 g saturated fat, 0 g trans fat, 80 mg cholesterol, 630 mg sodium, 99 g carbohydrates, 8 g fiber, 14 g sugar (0 g added sugar), 43 g protein. Daily Values: Vitamin D 70%, Calcium 8%, Iron 35%, Potassium 25%



**30**  
minutes  
or less

### Skillet Salmon

See how this flavorful seafood and pasta dish came together.

**Hy-Vee**  
**seasons**

Watch and learn at  
[Seasons.Hy-Vee.com](http://Seasons.Hy-Vee.com)



### Pasta

Colavita angel hair pasta, or capellini, is an authentic Italian choice, as it's produced in Molise, Italy.







HISTORY OF  
PUTTANESCA

This spicy dish has several origin stories, including one where a restaurant owner in Italy put together a quick meal for late-night patrons with the few ingredients he had remaining in his kitchen. Likewise, this dish can be prepared quickly.

**made easy**

Did you forget the anchovies? You can substitute a pantry item that lasts: an anchovy-based fish sauce from Hy-Vee.



**COHO SALMON: IN  
SEASON RIGHT NOW**

Coho salmon has an oil content that provides a mild flavor and delicate texture perfect for this recipe. Enjoy Fish Market Coho salmon fresh right now or frozen any time of year.



**SPEND  
MEALS  
TOGETHER**

**September is National Family Meals Month, highlighting the importance of families sitting together at the dinner table.**

**PLAN** Hy-Vee makes it easy to plan meals with a digital Family Cooking Guide. Find more family-friendly recipes at [Hy-Vee.com/familymeals](https://www.hy-vee.com/familymeals)

**PREP** In the morning, pull frozen foods out of the freezer and put them in the fridge so they're ready for cooking that night.

**STOCK UP** Make meal planning easier by keeping your pantry, refrigerator and freezer stocked with foods your family enjoys.

# Cacio e Pepe

**Total Time** 25 minutes  
plus standing time  
**Serves** 4

½ (16-oz.) pkg. **Gustare Vita organic spaghetti** pasta  
¼ cup **Hy-Vee unsalted butter**  
1½ tsp. **freshly cracked Hy-Vee black peppercorns**  
1 cup (3 oz.) **freshly grated Parmigiano Reggiano cheese**

**1. BRING** a large stockpot of lightly salted water to a boil. Add pasta. Cook for 10 to 12 minutes or until pasta is al dente. Drain pasta; reserve pasta water. Set cooked pasta aside; keep warm.

**2. ADD** butter to same stockpot; melt over medium heat. Stir in freshly cracked black pepper; cook for 30 seconds to 1 minute or until fragrant.

**3. ADD** ½ cup reserved pasta water to butter mixture. Stir in cooked pasta and Parmigiano Reggiano. Remove stockpot from heat and let stand for 1 to 2 minutes or until cheese melts; toss. If necessary, add additional reserved pasta water for desired consistency. Serve immediately.

Per serving: 420 calories, 21 g fat, 11 g saturated fat, 0 g trans fat, 50 mg cholesterol, 500 mg sodium, 40 g carbohydrates, 2 g fiber, 2 g sugar (0 g added sugar), 19 g protein. Daily Values: Vitamin D 0%, Calcium 35%, Iron 6%, Potassium 0%

 **VEGETARIAN DISH**



## FABIO'S RECIPE

Technically, we could call this “Parmigiano Reggiano e Pepe” but this simple Italian dish translates to “cheese and pepper.” See? Italian food doesn’t have to be complicated.

– Chef Fabio Viviani

**30**  
minutes  
or less



## Cheese

Parmigiano Reggiano cheese comes from one of five provinces in Italy and is made according to strict guidelines for exceptional flavor, texture and aroma.



## HISTORY OF CACIO E PEPE

According to legend, this dish dates back several centuries, when shepherds combined the dried pasta and pepper they carried with cheese made from their flock.

## made easy

This recipe really can't get any easier (other than maybe buying already grated Parmesan cheese!) and proves authentic Italian cuisine can be fast.



### HSTV HAS IT.

Learn to cook authentic Italian dishes with celebrity chef Fabio Viviani. Share in his enthusiasm for Italian cuisine as he brings a taste of Italy to your home. You'll be saying "Va bene, buon appetito" in no time!

#### RECIPE HIGHLIGHTS:

- Risotto-Style Orzo with Marinated Shrimp
- 4-Cheese & Sausage Penne
- Classic Pizza
- Spinach and Ricotta Lasagna
- Apple Cake with Grappa
- Spaghetti All-Arrabbiata with Fabio's Mom's Meatballs
- Butternut Squash Ravioli with Brown Butter Sage Sauce
- Pesto Gnocchi



SCAN THE QR CODE to watch episodes of Cin Cin to Italian.

# LA PASTA PERFETTA

And you can be sure it's "the perfect pasta" when you use authentic Italian-made ingredients at Hy-Vee.



### HY-VEE IS YOUR ULTIMATE DESTINATION FOR AUTHENTIC ITALIAN FOODS.

You'll find a rich assortment of Italian-made pastas, oils, vinegars, sauces, charcuterie and aged cheeses, as well as wines and other beverages to cap off a true taste of Italy.

DID YOU KNOW PASTA HAS BEEN MADE IN ITALY FOR MORE THAN 500 YEARS? And Italy has more than 150 years' experience making tomato sauces. Together, they are an example of Italy's renowned ability to turn the best ingredients into extraordinary foods.



SCAN THE QR CODE to shop authentic Italian-made foods.



# tea

Learn how to make and decorate beautiful tea bombs, then fill with our therapeutic recipe, or a blend of your own.

# BOMBS

# what are TEA BOMBS?

Tea bombs are clear or colored sugar-base shells that contain loose-leaf tea or tea bags. Similar to hot chocolate bombs, the fillings and shells can be customized and decorated before dissolving in hot liquid. Homemade tea bombs look stunning and are easy to create with just three ingredients, plus your tea blend.

## BASIC TEA BOMB

1

### make the shells



**COOK** 1½ cups granulated sugar, ½ cup light corn syrup and ½ cup distilled water together over high heat until a candy thermometer reaches 295°F. Remove from heat.



**ADD** food coloring gel, if desired. Cool to 265°F. Place a dome silicone mold upside down on a rimmed baking pan lined with wax paper and spray mold with nonstick spray; wipe off excess. Prop the long side of the prepared baking pan up 2 in. with a measuring cup.



**POUR** sugar over each mold in a circular motion, covering each mold. Let set for 30 seconds; remove prop from under pan. Use an oiled 2¼-in. round cookie cutter to push down around the base of each mold. Repeat cutting around each mold 3 or 4 times to release shell.

2

### cool shells

**LET** sugar shells stand on molds for at least 20 minutes while preparing tea blend to ensure shell is hardened and completely cooled. Gently remove extra sugar shell around each half-sphere mold, then remove each half-sphere shell from its mold. Turn silicone mold over; set half of the sugar shells into a half-sphere-shaped compartment. Fill each shell with 1 Tbsp. loose tea or a tea bag. Decorate the remaining shells as desired.

3

### decorate

**BRUSH** a small amount of corn syrup on cooled shells to attach garnishes. Some ideas include:

- edible glitter
- dried or fresh edible flowers
- dried or fresh chopped herbs
- freeze-dried fruit slices
- extra tea leaves
- citrus zest
- edible gold leaf

4

### seal



**HEAT** a nonstick skillet over medium heat. Melt edges of one unfilled half-sphere on skillet. Quickly place on top of a tea-filled half-sphere and gently press 20 seconds to seal.

## Energizing Tea Bomb

Stir together 3 Tbsp. dried goji berries, 2 Tbsp. Tiesta Tea black Thai tropical loose leaf tea and ½ tsp. BeetElite black cherry flavored concentrated beetroot crystals in a small bowl; set aside. Prepare 1 recipe Basic Tea Bomb as directed, except substitute an additional ½ tsp. beet crystals for food coloring gel to tint syrup mixture. Fill half of the half-sphere sugar shells each with about 1 Tbsp. black tea mixture. Garnish and seal spheres, if desired. To serve, place a tea bomb in a 16-oz. mug. Slowly pour 12 oz. boiling water over the tea bomb. Steep for 3 to 5 minutes, stirring occasionally until tea bomb melts. Strain through a fine mesh sieve, if desired. Serves 6 (1 each).

## TIP

Place leftover tea bombs in a single layer in an airtight container and store at room temperature up to 1 week.

## Relaxing Tea Bomb

Sir together 4 Tbsp. Tiesta Tea nutty almond cream loose leaf herbal tea; 4 tsp. finely chopped dried cherries and 1 Tbsp. lemon zest in a small bowl; set aside. Prepare 1 recipe Basic Tea Bomb as directed, except substitute ¼ tsp. ground turmeric spice for food coloring gel to tint syrup mixture. Fill half of the half-sphere sugar shells each with about 1 Tbsp. herbal tea mixture. Garnish and seal spheres, if desired. To serve, place a tea bomb in a 16-oz. mug. Slowly pour 12 oz. boiling water over the tea bomb. Steep for 3 to 5 minutes, stirring occasionally until tea bomb melts. Strain through a fine mesh sieve, if desired. Serves 6 (1 each).



# TEA profiles

*Tea comes from the Camellia sinensis plant (except herbal tea). These are some of the different types.*

### BLACK TEA

When tea leaves are picked, they begin to oxidize (become darker in color). Black tea leaves fully oxidize before drying, which helps create the tea's dark color and bold, earthy, slightly bitter flavor.

### WHITE TEA

Harvested early, white tea is usually made from small, new leaves and buds from the tea plant. The tea is dried almost immediately before it oxidizes, giving it a light color and delicate, mild flavor.

### GREEN TEA

Leaves for green tea are also dried quickly, before much oxidization takes place, but are then processed more than white tea leaves. Green tea has a yellow-and-green color and grassy, nutty flavor.

### OOLONG TEA

Allowed to oxidize more than green tea but less than black, oolong tea falls between both for flavor. Some blends may taste similar to green or black tea, but oolong tends to be light, floral and fruity.

### HERBAL TEA

Unlike other varieties, herbal teas can be made from the bark, leaves, flowers or roots of almost any edible non-tea plant. Common herbal teas include chamomile, ginger and peppermint.



## Sleepy Time Tea Bomb

Stir together  $\frac{1}{4}$  cup Tiesta Tea lavender chamomile loose leaf herbal tea; 1 Tbsp. lime zest and 1 Tbsp. dried edible lavender in a small bowl; set aside. Prepare 1 recipe Basic Tea Bomb as directed, using 4 drops Over the Top radiant purple food coloring gel to tint syrup mixture. Fill half of the half-sphere sugar shells each with about 1 Tbsp. herbal tea mixture. Garnish and seal spheres, if desired. To serve, place a tea bomb in a 16-oz. mug. Slowly pour 12 oz. boiling water over the tea bomb. Steep for 3 to 5 minutes, stirring occasionally until tea bomb melts. Strain through a fine mesh sieve, if desired. Serve as directed. Serves 6 (1 each).



## Restorative Tea Bomb

Stir together 1 (0.8-gram) packet True Lemon crystalized lemon juice, 4 tsp. finely chopped dried peaches and 1 Tbsp. chopped fresh mint in a small bowl; set aside. Prepare 1 recipe Basic Tea Bomb as directed. Fill half of the shells each with 1 double-green matcha tea bag, 1 organic lemon-mint tea bag and about 1 tsp. dried peach mixture. Garnish and seal spheres, if desired. To serve, place a tea bomb in a 16-oz. mug. Slowly pour 12 oz. boiling water over the tea bomb. Steep for 3 to 5 minutes, stirring occasionally until tea bomb melts. Strain through a fine mesh sieve, if desired. Serves 6 (1 each).



## Refreshing Tea Bomb

Stir together 2 Tbsp. organic dried mulberries, 2 Tbsp. Hy-Vee dried blueberries, 1 Tbsp. fresh lemon zest and 1 Tbsp. fresh orange zest in a small bowl; set aside. Prepare 1 recipe Basic Tea Bomb as directed, using 4 drops Over the Top flashy pink food coloring gel to tint syrup mixture. Fill half of the half-sphere sugar shells each with 1 Full Circle Market organic pomegranate white tea bag and about 1 Tbsp. berry mixture. Garnish and seal spheres, if desired. To serve, place a tea bomb in a 16-oz. mug. Slowly pour 12 oz. boiling water over the tea bomb. Steep for 3 to 5 minutes, stirring occasionally until tea bomb melts. Strain through a fine mesh sieve, if desired. Serves 6 (1 each).





HOMESTYLE

# CHICKEN DINNERS



Make delicious, flavor-packed meals using five different cooking methods and the best, juiciest cuts of white and dark meat chicken from Hy-Vee.



# One-Pan Hot Honey Chicken

**Hands On** 30 minutes  
**Total Time** 55 minutes  
**Serves** 6

**3 Tbsp. Hy-Vee honey**  
**1 Tbsp. Lola's original hot sauce**  
**1 tsp. Hy-Vee black pepper**  
**1 (3-lb.) pkg. Hy-Vee fresh 100% natural chicken leg quarters**  
**1 Tbsp. Gustare Vita olive oil**  
**1 cup Hy-Vee Short Cuts tri-colored chopped bell peppers**  
**2 tsp. bottled minced garlic**  
**2 cups water**  
**1 tsp. kosher salt**  
**1 cup Hy-Vee long grain white rice**  
**1 tsp. Hy-Vee less sodium soy sauce**  
**Green onions, for garnish**

**1. PREHEAT** oven to 350°F. Stir together honey, hot sauce and black pepper in a small bowl; set aside.

**2. PAT** chicken dry with paper towels. Heat oil in a 6-qt. Dutch oven over medium-high heat. Place chicken, skin-side down, in Dutch oven. Reduce heat to medium-low. Cook for 6 to 8 minutes or until skin is golden brown; do not turn over. Remove from Dutch oven; set aside.

**3. ADD** bell peppers to pan drippings in Dutch oven. Cook over medium heat for 2 minutes, stirring frequently. Stir in garlic; cook for 30 seconds. Stir in water, salt, rice and soy sauce. Place chicken, skin-side up, on rice mixture. Brush top of chicken with honey mixture.

**4. BRING** to a boil over high heat. Cover Dutch oven. Bake for 20 to 25 minutes or until rice is tender and chicken reaches 165°F. Remove from oven; spoon remaining honey mixture over chicken. Garnish with green onions, if desired.

**Per serving:** 630 calories, 43 g fat, 12 g saturated fat, 0 g trans fat, 200 mg cholesterol, 560 mg sodium, 23 g carbohydrates, 1 g fiber, 10 g sugar (9 g added sugar), 38 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 10%

**GF** option **GLUTEN-FREE**

## A Perfect Pair

**Dutch ovens are versatile cooking vessels that can withstand high temperatures from the stove or oven while retaining heat and moisture. In the One-Pan Hot Honey Chicken recipe with juicy, flavor-filled leg quarters, you'll sear, boil, bake and serve from the same pot.**



**AT HY-VEE: THE  
LODGE ENAMEL 6 QT.  
RED DUTCH OVEN.**



**SCAN THE QR CODE  
to shop Dutch Ovens**



# A Cut Above

**DIFFERENT CUTS OF CHICKEN OFFER DISTINCT FLAVOR AND TEXTURE. LEARN THE DIFFERENCES BETWEEN DARK AND WHITE MEAT AND THE BEST WAYS TO PREPARE BOTH.**

**Dark meat:** Chicken thighs and legs are packed with rich, juicy dark meat that offers a bounty of flavor. Dark meat gets its color from a protein called myoglobin, which helps shuttle oxygen to working muscles like the thighs and legs. Dark meat has a slightly higher fat content and more calories than white meat but has higher levels of nutrients like zinc and iron. These fattier cuts do not dry out as easily as white meat and are great for braising, frying and roasting.

**White meat:** Cuts like the breasts, tenderloins and wings offer lean, tender white meat. The muscles surrounding these areas are rarely used and contain much lower amounts of myoglobin than thighs or legs. White meat provides slightly more protein than dark meat and higher levels of some B vitamins, which help your body make energy. These cuts have little fat and are more prone to drying out. Use them for broiling, sautéing, grilling or stir fries.

**You'll only find flavor-filled chicken grillers at Hy-Vee!** Each juicy chicken griller is stuffed with cheese and sweet or savory fillings and wrapped with bacon. Among the 15 varieties:

**Cowboy:** Hot pepper cheese and jalapeño peppers

**Cowgirl:** Monterey Jack, mushrooms, green peppers and bacon

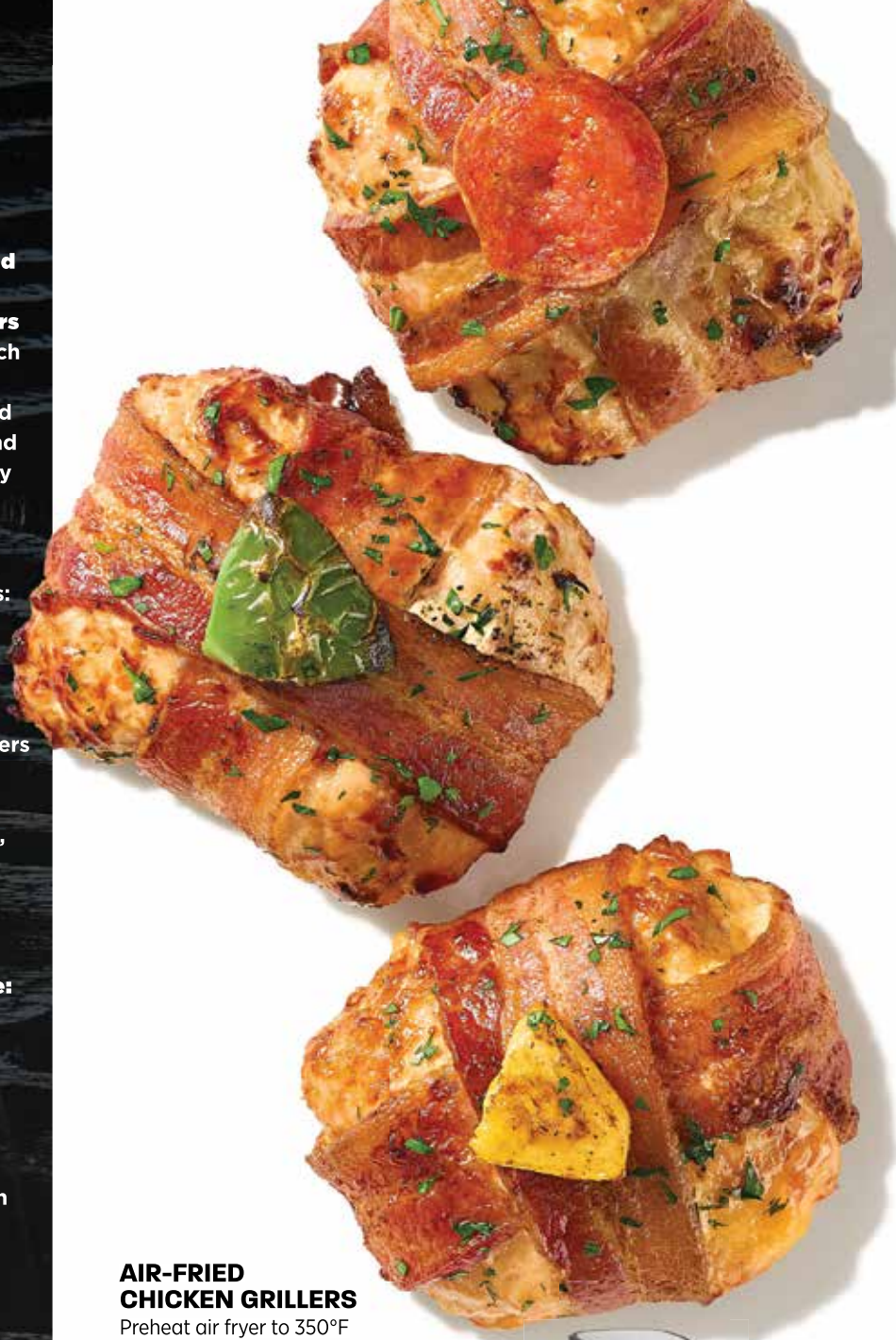
**Ham & Cheese:** Ham, Cheddar and Swiss

**Hawaiian:** Pineapple, brown sugar ham and bacon

**Pizza:** Pepperoni, mozzarella, marinara sauce and Canadian bacon

**Santa Fe:** Banana and green bell peppers, bacon and barbecue sauce

**Three Cheese:** Bacon with Swiss, Cheddar and American cheeses



## AIR-FRIED CHICKEN GRILLERS

Preheat air fryer to 350°F according to manufacturer's directions. Lightly spray 2 (12×10-in.) sheets of foil with Hy-Vee nonstick cooking spray. Wrap 2 Hy-Vee stuffed chicken breast grillers each in a sheet of prepared foil. Place wrapped grillers in a single layer in air fryer basket. Air-fry for 18 to 20 minutes or until chicken reaches 165°F. Remove from air fryer. Spray air fryer basket with nonstick spray. Carefully unwrap chicken grillers. Return chicken grillers to air fryer basket. Air-fry for 4 to 5 minutes or until bacon is golden brown and crisp.



**AT HY-VEE:  
CHEFMAN  
AIR FRYER**



**SCAN THE QR CODE  
to shop Air Fryers**

**GF** GLUTEN-FREE

# Instant Pot Chicken 'N' Dumplings

**Total Time** 1 hour 20 minutes  
**Serves** 8 (1¾ cups each)

- 2 Tbsp. Gustare Vita olive oil
- 2 lb. Hy-Vee True boneless, skinless chicken thigh meat, cut into bite-size pieces
- 2 (32-oz.) containers Hy-Vee 33% less sodium chicken broth
- 1 Tbsp. bottled minced garlic
- 2 sprigs fresh thyme, plus additional for garnish
- 2 tsp. poultry seasoning

- 1 (7.5-oz.) can Hy-Vee buttermilk biscuits (10 ct.)
- 2 (12-oz.) pkg. Hy-Vee frozen mixed vegetables, thawed
- 1 (12-oz.) jar Hy-Vee chicken gravy
- 1 cup Hy-Vee light sour cream
- 3 Tbsp. Hy-Vee corn starch
- ¼ cup water
- Italian parsley, for garnish
- Freshly cracked Hy-Vee peppercorns, for garnish

**1. HEAT** oil in an 8-qt. Instant Pot or pressure cooker on SAUTÉ setting. When HOT displays, add chicken. Cook, uncovered, for 4 minutes, turning halfway through.

**2. TURN OFF** Instant Pot. Add chicken broth, garlic, 2 thyme sprigs and poultry

seasoning. Lock lid in place and set valve to SEALING position. Cook on HIGH PRESSURE for 7 minutes. Allow pressure to release naturally for 10 minutes. Place towel over release valve; move to VENTING position (Quick Release) to release remaining pressure. Carefully remove lid, allowing steam to escape.

**3. RETURN** Instant Pot to SAUTÉ setting and bring broth to a boil. Cut each biscuit in half and roll into a ball. Drop dough balls one at a time into boiling mixture; stir to keep the biscuit dumplings separated. Cook, uncovered, for 8 to 10 minutes or until toothpick inserted in biscuit dumplings comes out clean, stirring occasionally.

**4. TRANSFER** dumplings to a clean plate; loosely cover to keep warm. Remove and discard thyme sprigs. Stir in mixed vegetables, chicken gravy and sour cream. Stir together corn starch and water; stir into chicken mixture. Cook on SAUTÉ setting for 4 to 6 minutes or until thickened, stirring frequently.

**5. TO SERVE**, spoon chicken mixture into serving bowls. Top with dumplings. Garnish with parsley and black pepper, if desired.

**Per serving:** 400 calories, 16 g fat, 6 g saturated fat, 0 g trans fat, 120 mg cholesterol, 1,090 mg sodium, 35 g carbohydrates, 3 g fiber, 7 g sugar (1 g added sugar), 30 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 10%



**AT HY-VEE: INSTANT  
POT DUO 8 QT.  
PRESSURE COOKER**



**SCAN THE QR CODE  
to shop  
Pressure Cookers**

## Fast Fixings

**Pressure cookers cut down cooking time** by trapping steam to quickly increase pressure and temperature. Most electric models include multiple functions, such as a sauté setting, that allow you to sear the chicken and boil the dumplings in this recipe using only one appliance and one pot.

### **Bowl Season**

See how to make this chicken comfort dish in a pressure cooker.

**Hy-Vee  
seasons**

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



AT HY-VEE: COOK  
& CARRY 6 QT.  
CROCKPOT SLOW  
COOKER



SCAN THE QR CODE  
to shop Slow Cookers

# Slow-Cooker Chicken Noodle Soup

**Hands On** 45 minutes  
**Total Time** 4 hours  
50 minutes plus noodle  
chilling and drying time  
**Serves** 10 (1½ cups each)

- 1 (2.2-lb.) pkg. Hy-Vee True boneless, skinless chicken breasts**
- 2 (32-oz.) containers Hy-Vee no salt added chicken stock**
- 1½ cups chopped yellow onions**
- 1½ cups sliced celery**
- 1½ cups sliced carrots**
- 1 Tbsp. bottled minced garlic**
- 1 tsp. ground white pepper**
- 1½ tsp. Hy-Vee salt, divided**
- 2 sprigs fresh thyme, plus additional for garnish**
- 2 sprigs fresh sage**
- 1 sprig fresh rosemary**
- 2 Hy-Vee dried bay leaves**
- 2 Hy-Vee large eggs**
- 2 Hy-Vee large egg yolks**
- 2 Tbsp. Gustare Vita olive oil**
- ¼ tsp. Hy-Vee ground nutmeg**
- 2 cups Hy-Vee all-purpose flour, divided**
- 2 Tbsp. chopped fresh parsley**
- 1 Tbsp. fresh lemon juice**

**1. PLACE** chicken, chicken stock, onions, celery, carrots, garlic, white pepper, ¾ tsp. salt, 2 thyme sprigs, sage, rosemary and bay leaves in a 6-qt. slow cooker. Cover and cook on HIGH for 3 to 3½ hours or until chicken reaches 165°F.

**2. FOR** noodles, whisk together whole eggs, egg yolks, oil, remaining ¾ tsp. salt and nutmeg in a large bowl. Stir in 1 cup flour until smooth. Gradually stir in enough of

the remaining 1 cup flour until dough just forms a ball and is still slightly sticky.

**3. TURN** dough out onto a lightly floured surface. Knead in enough remaining flour to make a dough that is smooth and no longer sticky, about 8 to 10 minutes. Place dough in a small bowl; cover with plastic wrap and refrigerate for 30 minutes.

**4. TURN** chilled dough out onto a lightly floured surface. Roll to 1½ in. thickness. Cut dough into ½-in.-wide strips using a sharp knife or pizza cutter; cut strips into 3-in.-long noodles. Twist noodles, if desired. Transfer to a baking sheet; let stand to slightly dry while chicken is cooking.

**5. TRANSFER** chicken from slow cooker to cutting board; cover to keep warm and set aside. Remove and discard herb sprigs and bay leaves. Add noodles to the slow cooker; cover and cook on HIGH for 25 to 30 minutes or until noodles are tender.

**6. SHRED** chicken breasts using 2 forks. Return chicken to slow cooker. Cover and cook for 4 to 5 minutes or until chicken is warm. Stir in parsley and lemon juice. If desired, garnish with additional thyme sprigs.

**Per serving:** 300 calories, 7 g fat, 1.5 g saturated fat, 0 g trans fat, 140 mg cholesterol, 470 mg sodium, 24 g carbohydrates, 2 g fiber, 2 g sugar (2 g added sugar), 31 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 10%

**Hy-Vee**  
**true**

## Real Flavor

**At Hy-Vee, what you see is truly what you get.**

The Hy-Vee True chicken breasts in this recipe are free of antibiotics, hormones and steroids. After cooking for several hours, the all-natural white meat becomes extra tender and absorbs the flavor of surrounding herbs and vegetables.

## Tender is the Cut

**Tenderloins are cut from the inner portion of the breast and are considered the most tender part of chicken.**

Tenderloins are smaller portions and cook quickly in a cast iron skillet, making them an easy choice for fast family dinners.



## One-Pan Chicken Tamale Pie

**Hands On** 25 minutes

**Total Time** 1 hour 10 minutes plus standing time

**Serves** 6

**1** (1¼-lb.) pkg. Hy-Vee fresh 100% natural boneless, skinless chicken breast tenders, cut into 1-in. pieces

½ tsp. Hy-Vee salt

½ tsp. Hy-Vee ground cumin

**2** Tbsp. Gustare Vita olive oil

¼ cup water

Hy-Vee nonstick cooking spray

**1** Hy-Vee large egg, slightly beaten

**1** (8½-oz.) pkg. Hy-Vee corn muffin mix

⅓ cup Hy-Vee whole milk

**1** Tbsp. Hy-Vee 30% less sodium taco seasoning

**1** (14.75-oz.) can Hy-Vee cream style golden corn

**1** (4-oz.) can Hy-Vee diced green chiles, drained

**1½** cups shredded Monterey Jack cheese, divided

**1** (10-oz.) can Hy-Vee mild tomato base enchilada sauce

Chopped Roma tomato, for garnish

Crumbled Cotija cheese, for garnish

Fresh cilantro, for garnish

**1. PREHEAT** oven to 400°F. Pat chicken dry with paper towels; season with salt and cumin.

**2. HEAT** oil in a 12-in. cast iron skillet over medium-high heat. Add chicken;

cook for 3 to 4 minutes or until chicken reaches 165°F, stirring frequently. Transfer chicken to a medium bowl; set aside.

**3. ADD** water to same skillet. Cook, scraping and stirring browned bits from bottom of skillet. Pour water mixture over chicken in bowl. Wipe skillet dry with a paper towel. Spray with nonstick spray; set aside.

**4. STIR** together egg, corn muffin mix, milk and taco seasoning in a large bowl just until moistened. Stir in corn and green chiles just until combined. Spread evenly in prepared skillet. Bake for 30 minutes or until toothpick inserted near center comes out clean. Meanwhile, shred chicken in bowl using 2 forks.

**5. PIERCE** top of corn bread several times with the tines of a fork. Layer with ½ cup Monterey Jack cheese, enchilada sauce, shredded chicken mixture and remaining 1 cup Monterey Jack cheese. Bake for 12 to 15 minutes or until heated through (165°F). Let stand for 5 minutes before serving. Garnish with tomato, Cotija cheese and cilantro, if desired.

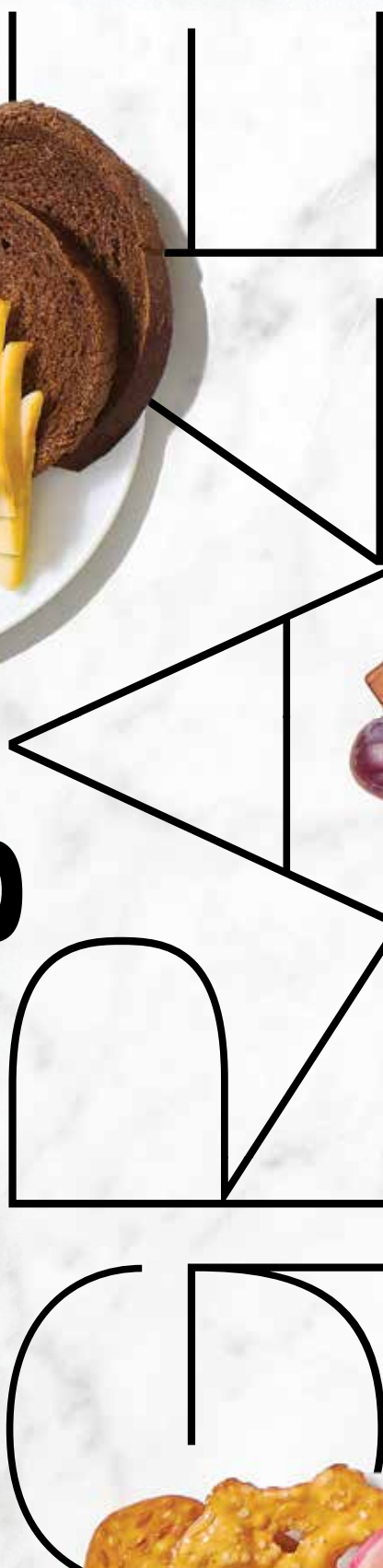
**Per serving:** 460 calories, 21 g fat, 8 g saturated fat, 0 g trans fat, 105 mg cholesterol, 1,070 mg sodium, 35 g carbohydrates, 1 g fiber, 12 g sugar (10 g added sugar), 32 g protein.  
**Daily Values:** Vitamin D 6%, Calcium 20%, Iron 10%, Potassium 4%

**AT HY-VEE: LODGE  
12" CAST IRON SKILLET**



**SCAN THE QR CODE  
to shop Skillet**

# amazing



Create stunning grazing boards to share on any occasion. Find inspiration for four different food themes, plus styling tips to make trays look inviting and professionally arranged.



**SLICE IT UP**  
Draw in the eye by using different shapes of food. To achieve this, cut foods like cheese into a variety of shapes such as squares, rectangles and triangles.



**ELEVATED PRESENTATION**

Place a few small foods, such as pretzel bites or nuts, in serving dishes to add height to the board. Serve dips and spreads in containers as well for added visual interest and so they don't seep over the board.

**ODDLY ENOUGH**

Place odd numbers of containers and food groups (such as three different types of dip or sauce) on the board. Odd numbers of items are more pleasing to the eye.

**OKTOBERFEST**  
grazing board

- Red apple slices
- Granny Smith apple slices
- Round soft pretzel bread bites
- Hy-Vee beer bratwursts in Hy-Vee Bakery brat buns with desired mustard; cut into thirds
- Horseradish mustard
- **Beer Cheese Dip\***
- Culinary Tours smoked porter coarse ground mustard
- Di Lusso Muenster cheese slices
- Pumpernickel rye bread slices
- Green seedless grapes
- Soft-ripened Brie cheese round
- Red cabbage, beet & carrot kraut
- Culinary Tours smoked Gouda cheese
- Red seedless grapes
- Hy-Vee sweet whole gherkins pickles
- Red radish slices with coarsely ground Hy-Vee black pepper
- Roasted garlic green cabbage kraut topped with caraway seeds
- Pretzel crisps

**SAY CHEESE**

Leave the rind on some cheeses; it's an easy way to add extra color and texture to the presentation.

**ONE MORE BITE**

If you plan to include larger foods, such as brats in buns, cut them into smaller portions for easy snacking.

**FAN-TASTIC**

Arrange sliced foods such as cheese and meats in overlapping stacks so guests can easily see and pick them up.



**DIGITAL EXTRA!**

**FIND THE BEER  
CHEESE DIP RECIPE AT  
[SEASONS.HY-VEE.COM](http://SEASONS.HY-VEE.COM)**

# Hy-Vee charcuterie



## MADE FOR YOU

Hy-Vee can create custom charcuterie boards for parties of all sizes. Pick up a prepared option in-store, or order from the Catering Department and choose your meats, cheeses, spreads and accompaniments (such as fresh fruit or olives). To order, visit [Hy-Vee.com/shop](https://www.hy-vee.com/shop) and click "Catering."



## SARTORI CHEESE AND VERONI CHARCUTERIE

Look for high-quality meats and cheeses at Hy-Vee such as Sartori, which produces artisan cheese using milk from Wisconsin farms, and Veroni meats, which are processed and produced in Italy.



## TEX-MEX board

- Hy-Vee street corn dip
- Crav'n Flavor blue corn tortilla chips
- Hy-Vee Monterey Jack con queso salsa
- Hy-Vee fresh pico de gallo
- Lime wedges
- **Sheet Pan Chicken Fajitas\***
- Full Circle Market organic yellow corn tortilla chips
- Sweet mini peppers, seeded and halved
- Hy-Vee homestyle guacamole
- Steak & cheese taquitos
- Sliced mango sprinkled with Tajin clásico seasoning

### PAIR OFF

Place foods that guests will eat together, such as chips and dip or crackers and cheese, next to each other on the board.

### CLEAN SLATE

Use a food-safe board such as wood, marble or slate. If you are using foods that may stain, such as beets, first cover the board with parchment paper.

### SHAPE UP

Make a board more visually interesting by using vessels with different shapes and sizes.

### DIGITAL EXTRA!

#### FIND THE SHEET

#### PAN CHICKEN

#### FAJITAS RECIPE AT

[SEASONS.HY-VEE.COM](https://www.seasons.hy-vee.com)

### DIGITAL EXTRA!

#### FIND THE EVERYTHING

#### BAGEL DIP RECIPE AT

[SEASONS.HY-VEE.COM](https://www.seasons.hy-vee.com)





# MOVIE NIGHT-IN grazing board

- Hy-Vee strawberry licorice twists
- Dots assorted fruit flavored gumdrops
- Zöet sea salt crunch popcorn
- Zöet zebra crunch popcorn
- Ghirardelli chocolate squares
- Hy-Vee candy gummi peach rings
- Zöet mint crunch popcorn
- Hy-Vee pretzel rods
- Animal frosted cookies
- That's Smart! sour gummi crawlers candy
- Crav'n Flavor edible chocolate chip cookie dough
- Crav'n Flavor original graham crackers
- Crav'n Flavor Cheddar cheese & bacon potato skins
- Gustare Vita tomato basil pasta sauce
- Crav'n Flavor mozzarella sticks
- **Everything Bagel Dip\***
- Albanese Gummi Bears candies
- Hy-Vee butter microwave popcorn
- M&M's milk chocolate candies

## FINGER FOOD

Use toothpicks or skewers for small items such as sausage slices or cheese cubes so they are easy to pick up and eat.

## GO GREEN

Add color and freshness by using herbs like rosemary or parsley to garnish sauces and fill in blank spaces on the board.



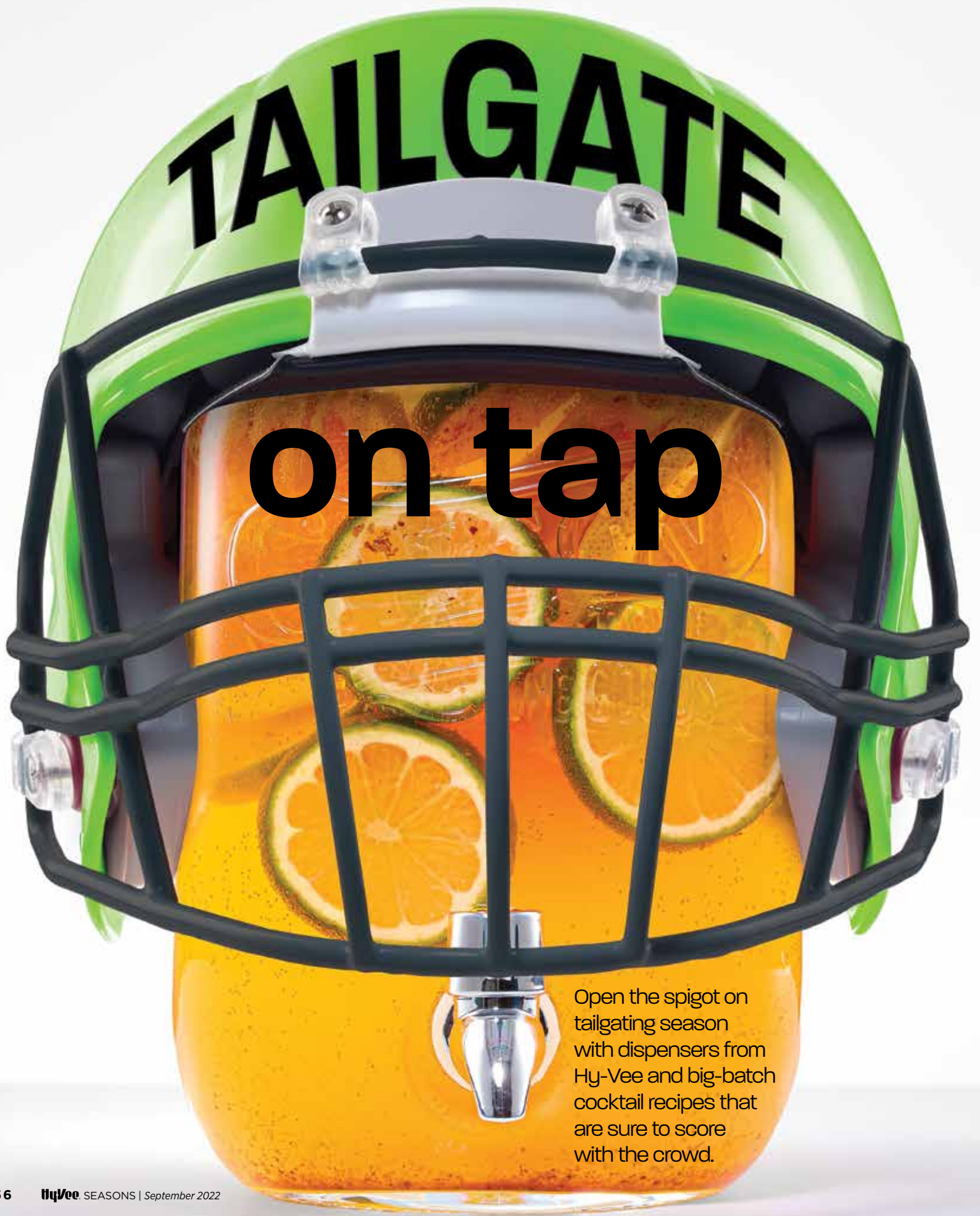
# BBQ grazing board

- Fully cooked beef smoked sausages, cut up and with toothpicks
- Culinary Tours craft beer chipotle BBQ sauce
- **Instant Pot BBQ Brisket\***
- **Watermelon Salad\***
- Hy-Vee Short Cuts corn cobs, cut into thirds
- Hy-Vee Kitchen oven baked beans
- Lillie's Q Carolina barbeque sauce
- Hy-Vee smoked rotisserie chicken
- Hy-Vee Mealtime To Go White Cheddar Mac and Cheese topped with Hy-Vee shredded sharp Cheddar cheese and coarsely ground Hy-Vee black pepper
- Hy-Vee bread & butter sweet pickle slices
- Lillie's Q Gold barbeque sauce
- Hy-Vee Hickory House fully cooked dry rub ribs
- Honey-sweet barbecue sauce
- Hy-Vee coleslaw salad mix with bottled coleslaw dressing
- Lillie's Q Ivory barbeque sauce
- **Pickled Onions\***
- Hy-Vee Bakery corn bread with Hy-Vee honey



**DIGITAL EXTRA! VISIT [SEASONS.HY-VEE.COM](https://www.hy-vee.com) TO FIND THE INSTANT POT BBQ BRISKET, WATERMELON SALAD AND PICKLED ONIONS RECIPES.**





**on tap**

Open the spigot on tailgating season with dispensers from Hy-Vee and big-batch cocktail recipes that are sure to score with the crowd.

# Sweet-and-Spicy Bloody Maria

**Total Time** 35 minutes plus chilling time

**Serves** 8 (14 oz. each)

**8 slices Hy-Vee Country Smokehouse thick-sliced hickory smoked slab bacon**

**10 oz. Full Circle Market organic light-colored agave nectar, divided**

**3 Tbsp. chili lime seasoning rub, divided**

**2 (12-oz.) containers cherry tomatoes**

**2 mangoes, pitted and halved lengthwise**

**10 green serrano chile peppers, divided\***  
**Hy-Vee nonstick cooking spray**  
**16 oz. mezcal**  
**6 oz. bottled sweetened lime juice**  
**2 (33.8-oz.) bottles Tres Agaves organic Bloody Mary mix**

**1. PREHEAT** a charcoal or gas grill with two grilling zones: direct grilling over medium-high heat (375°F) and indirect grilling over medium heat (350°F).

**2. BRUSH** bacon with 2 oz. agave nectar; sprinkle both sides with 2 Tbsp. chili lime rub. Place bacon, in a single layer, in a 15×10-in. disposable rimmed foil baking sheet. Grill bacon over indirect heat for 20 to 30 minutes or to desired doneness, turning halfway through. Remove from grill; set aside.

**3. SPRAY** cherry tomatoes, mango halves and serrano peppers with nonstick spray.

Grill over direct heat for 7 to 9 minutes or until slightly charred, turning occasionally; cool slightly. Set aside 8 cherry tomatoes for garnish.

**4. REMOVE** stems and seeds from 2 serrano peppers; place in blender. Remove skin from 2 mango halves; add to blender. Add remaining charred cherry tomatoes, mezcal, remaining 8 oz. agave nectar and lime juice to blender. Cover and blend on high for 2 to 3 minutes or until smooth. Pour into a 1-gal. beverage dispenser. Stir in Bloody Mary mix. Cover and refrigerate up to 3 days.

**5. FOR GARNISH,** cut remaining 2 mango halves into 8 slices. Partially dip mango slices in remaining 1 Tbsp. chili lime rub. Thread 1 charred serrano pepper, 1 slice mango, 1 slice bacon and

1 reserved cherry tomato onto each of 8 (6-in.) wooden or metal skewers. Cover and refrigerate until ready to serve.

**6. TO SERVE,** fill 8 (16-oz.) glasses with ice; add cocktail. Garnish with prepared skewers.

**\*NOTE:** Chili peppers contain volatile oils that can burn skin and eyes. When working with serrano peppers wear protective gloves.

**Per serving:** 470 calories, 8 g fat, 3 g saturated fat, 0 g trans fat, 20 mg cholesterol, 1,380 mg sodium, 65 g carbohydrates, 3 g fiber, 53 g sugar (31 g added sugar), 10 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 10%

## BLOODY MARY VS. BLOODY MARIA

A classic Bloody Mary is made with a shot of vodka, while a Bloody Maria spikes the cocktail with tequila instead.





## **PINEAPPLE-AND-CITRUS CHILE CHELADA**

Place 1 grapefruit, sliced; 1 lime, sliced; 4 habanero chile peppers, seeded and sliced; 1 Tbsp. Tajín clásico seasoning; and 2 tsp. kosher salt in a 1-gal. beverage dispenser. Add 24 oz. Hy-Vee no sugar added 100% pineapple juice and 8 oz. Hy-Vee reconstituted lime juice. Cover and refrigerate up to 12 hours. To serve, slowly pour 3 (16.9-oz.) cans chilled Radler grapefruit beer and 3 (12-oz.) cans chilled Mexican lager, such as Modelo Especial, into juice mixture in dispenser. Fill 12 (16-oz.) glasses with ice; add cocktail. For garnish, partially dip Hy-Vee Short Cuts pineapple spears in additional Tajín seasoning; add to cocktail in glasses, if desired. Serves 12 (10 oz. each).

### **batch cocktail tips**

#### **DILUTE THE DRINK IF NEEDED**

Many cocktails benefit from a little dilution using water or ice to soften the flavor of the alcohol.

#### **CLEARLY LABEL EVERYTHING**

If you have multiple big batch drinks or an alcohol-free version, label each pitcher to avoid confusion.

#### **FILL WITH BUBBLY**

Sparkling wine is a bubbly, sweet, low-ABV ingredient and mixer to fill out large-batch drinks.

#### **PREP GARNISHES IN ADVANCE**

Chop and prepare garnishes the night before so they're ready to grab and go with each serving.

#### **ADD FRESH CITRUS LAST**

Fresh citrus juices only last about a day, so squeeze your juice right before mixing for brighter flavor.

## Tailgate Ready

Shop Hy-Vee for dispensers, cups and straws.



**Mason Jar Beverage Dispenser**  
Mix and serve a gallon of your favorite big-batch tailgate drink.



**10-oz. SOLO Plastic Clear Cups**  
Pour cocktails into clear plastic cups for easy cleanup and to show off garnishes.



**Simply Done Flexible Straws**  
Sip drinks in style with high-quality and affordable bendable straws from Hy-Vee.



SCAN THE QR CODE to shop tailgate gear at Hy-Vee.

### WHISKEY GREEN APPLE PUNCH

Combine 1 (750-ml) bottle Tennessee apple whiskey, ½ (64-oz.) bottle Hy-Vee 100% apple cider and 8 oz. sour apple pucker liquor in a 1-gal. beverage dispenser. Add 1 medium Granny Smith apple, sliced into rounds, and, if desired, 5 star anise. Cover and refrigerate up to 12 hours. To serve, slowly pour ½ (25.4-oz.) bottle organic sparkling cider and 1 (12-oz.) bottle Green River original soda into whiskey mixture in dispenser. Fill 16 (10-oz.) glasses with ice; add cocktail. Top off each with an additional ¾ oz. sparkling cider. Garnish with Granny Smith apple wedges, if desired. Serves 16 (8 oz. each).

**10**  
minutes  
or less



SCAN THE QR CODE to shop this Mason Jar Beverage Dispenser at Hy-Vee.

### GREEN RIVER SODA

This lime-based soda with a hint of lemon was originally poured into old beer bottles and sold during Prohibition in the Midwest.



# BEST OF THE BACKYARD

Bush's® Baked Beans, Johnsonville® Sausage and Kingsford Charcoal® are your go-tos for the ultimate backyard cookout.



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# GAME DAY HAS NEVER TASTED BETTER



Smithfield.



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A close-up photograph of a clear plastic food processor bowl filled with finely shredded orange carrots. The bowl is mounted on a silver base. The background is a solid, vibrant orange color. The text 'ONE-STEP PREP' is overlaid in white, with 'PREP' in a much larger font size.

# ONE-STEP PREP

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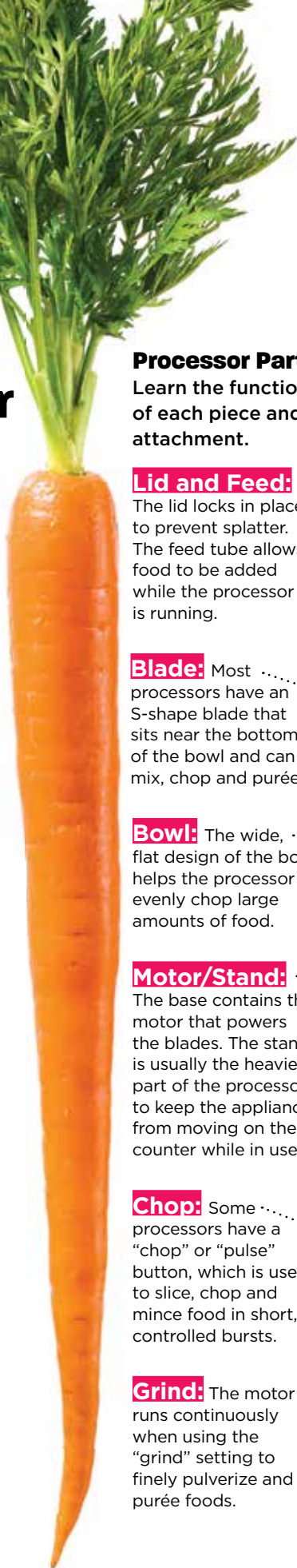
Simplify kitchen tasks like chopping, mincing, kneading and more with a food processor from Hy-Vee.



# Food Processor 101

**A food processor is a motorized kitchen tool with rotating blades that can speed up repetitive tasks such as chopping vegetables or grinding nuts.**

Food processors are designed to slice and chop mostly dry foods, and don't require any liquid to work, though they can be used to mix wet and dry ingredients. Not all food processors have leak-proof lids, so it's best to limit liquids to small quantities. Some processors also have extra attachments for tasks such as shredding cheese and kneading dough. Food or liquid can also be slowly added through an opening at the top of the bowl while the processor is running.



## Processor Parts

Learn the functions of each piece and attachment.

### Lid and Feed:

The lid locks in place to prevent splatter. The feed tube allows food to be added while the processor is running.

**Blade:** Most processors have an S-shape blade that sits near the bottom of the bowl and can mix, chop and purée.

**Bowl:** The wide, flat design of the bowl helps the processor evenly chop large amounts of food.

**Motor/Stand:** The base contains the motor that powers the blades. The stand is usually the heaviest part of the processor to keep the appliance from moving on the counter while in use.

**Chop:** Some processors have a "chop" or "pulse" button, which is used to slice, chop and mince food in short, controlled bursts.

**Grind:** The motor runs continuously when using the "grind" setting to finely pulverize and purée foods.





# WAYS to Use Your Food Processor

**Blend or Mix** Pulverize and combine multiple ingredients into thicker sauces or dips. The mix may still have some larger pieces of food.

- **Blend** chickpeas with tahini paste to make hummus.
- **Mix** small amounts of olive oil, vinegar and flavorings such as mustard for salad dressing.
- **Blend** fresh herbs, pine nuts, olive oil and seasonings for quick pesto.





**Grind** Pulverize whole or sliced ingredients until they are an even consistency.

- **Grind** nuts, such as pistachios, to add to baked goods or use as a topping.
- **Grind** coffee beans to brew a fresh cup of coffee.
- **Grind** meat or seafood for meatballs, meatloaf or homemade burger patties.

**Purée** Blend solid and liquid ingredients into a smooth mixture with no lumps or chunks of unchopped food.

- **Purée** whole nuts with oil to make nut butter.
- **Purée** cooked vegetables and seasonings to make a sauce.
- **Purée** cooked grains, fruits or vegetables for homemade baby food.

**Mince** Chop or continuously run the processor blades to finely chop ingredients.

- **Mince** cloves of garlic.
- **Mince** cauliflower florets into rice-size pieces.
- **Mince** vegetables such as carrots, onions and celery to make soups and sauces or to use as garnish.

**Chop** Use the S-blade or add foods through the feed tube to evenly cut ingredients.

- **Chop** onions evenly to add to sauces or soups.
- **Chop** fresh herbs or lettuce to make salads.
- **Chop** fruits for fruit salad or to add to desserts.

**Combine** Mix or pulse ingredients such as flour and butter for a dessert dough.

- **Combine** melted butter and ground graham crackers for an easy pie crust.
- **Combine** ingredients for pie dough by cutting cold butter into flour.
- **Combine** flour, eggs and oil to create fresh pasta dough.

## Food Processors at Hy-Vee



### Cuisinart Mini-Prep Plus Processor

24-oz. bowl preps small amounts of food with grind and chop settings.



SCAN THE QR CODE to shop the Cuisinart Mini-Prep Plus Processor.



### Oster 3-Cup Mini Food Chopper

Two-speed processor has a whisk attachment and drizzle hole to add liquids without lifting the lid.



SCAN THE QR CODE to shop this Oster food chopper at Hy-Vee.

## Basic Food Processor Operation

**Follow these tips for the best results when using a food processor:**

- Always place the blade in the bowl before adding food.
- If necessary, stop processing and use a rubber spatula to scrape the sides of the bowl to loosen food.
- Rather than continuously running the processor, chop in short bursts to help control the size of the ingredients.



**PICK  
YOUR**



# POCKET



These hot enclosed sandwiches are easy to bake and convenient to take. Plus, the recipes fit any occasion—breakfast, lunch, dinner or dessert!

# Gluten-Free Breakfast Pockets

**Hands On** 40 minutes

**Total Time** 1 hour 12 minutes  
plus chilling time

**Serves** 6 (1 each)

**3 cups Good Graces gluten-free  
all-purpose flour, plus additional  
for dusting**

**2 Tbsp. Hy-Vee dried thyme**

**2 Tbsp. Hy-Vee dried parsley flakes**

**½ tsp. Hy-Vee salt, divided**

**1 cup cold Hy-Vee unsalted butter,  
cut into pieces**

**¾ cup ice water, divided**

**4 oz. Hy-Vee Midwest Pork mild  
spice pork sausage**

**4 Hy-Vee large whole eggs,  
plus 1 large egg white**

**¼ cup Hy-Vee whole milk**

**¼ tsp. Hy-Vee black pepper**

**2 Tbsp. Hy-Vee vegetable oil**

**⅔ cup Simply Potatoes refrigerated  
shredded hash browns**

**⅔ cup shredded Culinary Tours  
Gruyère cheese**

**Hy-Vee Mediterranean sea salt**

**1. PLACE** flour, thyme, parsley and ¼ tsp. salt in food processor. Add butter. Cover and pulse until mixture resembles coarse crumbs. Sprinkle ¼ cup ice water over flour mixture. Cover and pulse. Continue sprinkling enough of the remaining ½ cup ice water, 1 Tbsp. at a time, and pulsing until the flour mixture is moistened and holds together. Shape mixture into a ball. Wrap pastry dough in plastic wrap and refrigerate for 10 minutes.

**2. PREHEAT** oven to 400°F. Line a large rimmed baking pan with parchment

paper; set aside. Brown sausage in a medium nonstick skillet over medium heat. Transfer to medium bowl to cool; set aside.

**3. WHISK** together 4 whole eggs, milk, remaining ¼ tsp. salt and pepper in a medium bowl. Heat same skillet over medium heat. Pour egg mixture into skillet. When bottom begins to set, use a spatula and stir the mixture to form large curds. Continue cooking and stirring until eggs are cooked through but still glossy. Add to sausage in bowl.

**4. HEAT** oil in same skillet over medium-high heat. Add hash browns; cook until crispy and golden brown, stirring frequently. Add to egg mixture in bowl; stir in shredded cheese until combined and set aside.

**5. ROLL** chilled pastry dough on a lightly floured surface into a 16×12-in. rectangle. Cut dough into 12 (4-in.) squares. Mound scrambled egg mixture in the center of 6 squares.

**6. BEAT** egg white with fork in small bowl; brush on edges of square with filling. Top with remaining squares. Press edges together; crimp edges with the tines of a fork to seal. Place filled pastries in prepared baking pan; brush tops with remaining egg white. Cut 2 small slits in tops of each filled pastry to vent steam. Lightly sprinkle with sea salt. Bake for 28 to 32 minutes or until golden brown.

**Per serving:** 760 calories, 49 g fat, 26 g saturated fat, 15 g trans fat, 240 mg cholesterol, 570 mg sodium, 59 g carbohydrates, 3 g fiber, 9 g sugar (3 g added sugar), 19 g protein. Daily Values: Vitamin D 10%, Calcium 25%, Iron 10%, Potassium 4%

**GF**  
option **GLUTEN-FREE**

## crust appeal

Brush crust with egg white before baking for a golden color.



## HOW-TO make pockets easily



### STEP 1: Cut dough

Roll out dough to 16×12-in. rectangle on floured surface. Cut into 12 (4-in.) squares.



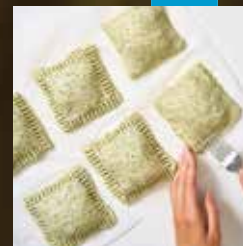
### STEP 2: Add filling

Place filling in the middle of 6 squares, leaving a ¼-in. border.



### STEP 3: Brush with egg

Apply egg white along edges of filled pastry squares; cover with remaining squares.



### STEP 4: Crimp & vent

Use a fork to crimp and seal pastry edges; cut two vent slits diagonally. Brush tops with egg white and garnish with sea salt before baking.

# Chicken & Sweet Potato Stuffed Waffle Pocket

**Hands On** 12 minutes  
**Total Time** 40 minutes  
**Serves** 8 (1 each)

**2 Tbsp. Gustare Vita olive oil**  
**2 cups peeled and coarsely shredded sweet potatoes**

**¼ cup Culinary Tours bourbon barrel aged Vermont maple syrup, plus additional for serving**  
**4 Hy-Vee Kitchen fully cooked hand-breaded savory chicken strips, chopped**  
**1 cup Hy-Vee shredded sharp Cheddar cheese**  
**½ cup chopped green onions**  
**2 (16-oz.) cans Hy-Vee refrigerated homestyle flaky jumbo biscuits (8 ct. each)**  
**Hy-Vee nonstick cooking spray**

**1. HEAT** olive oil in a large nonstick skillet over medium-high heat. Add sweet potatoes and ¼ cup maple syrup. Cook for

4 to 5 minutes or until tender, stirring frequently. Cool slightly; transfer to a large bowl. Add chicken strips, cheese and green onions; toss to combine.

**2. ROLL** out each refrigerated biscuit to a 4-in. round. Mound chicken mixture in center of 8 biscuit rounds. Place remaining biscuit rounds on top. Pinch edges to seal; fold pinched edges under each biscuit.

**3. PREHEAT** a standard-size waffle iron on medium setting according to

manufacturer's directions. Spray top and bottom of waffle grids with nonstick spray. Place 2 filled biscuits in waffle iron, diagonally opposite each other. Close lid, pressing down firmly. Bake for 8 to 9 minutes or until filled waffles are golden brown and internal temperature reaches 165°F. Remove from waffle iron. Repeat baking remaining filled biscuits. Serve with additional maple syrup, if desired.

**Per serving:** 570 calories, 22 g fat, 9 g saturated fat, 0 g trans fat, 25 mg cholesterol, 1,260 mg sodium, 73 g carbohydrates, 1 g fiber, 18 g sugar (10 g added sugar), 15 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 10%



**MAKE IT EASY** with refrigerated Hy-Vee homestyle flaky jumbo biscuits dough.



## FREEZER STORAGE

Freeze cooled pockets in resealable freezer bags up to 2 weeks. Unwrap and reheat on a microwave-safe plate until internal temperature reaches 165°F. Cool slightly.

## time to cool

Allow pocket sandwich to cool for 1 to 2 minutes before eating to avoid scalding mouth.



**MAKE IT EASY** with refrigerated Jus-Rol puff pastry sheets from Hy-Vee.

## BERRIES AND CREAM POCKETS

Preheat oven to 375°F. Line a large rimmed baking pan with parchment paper; set aside. Whisk together ¼ cup water and 1 Tbsp. Hy-Vee corn starch in a small saucepan until dissolved. Whisk in ¼ cup wild Maine blueberry jam. Cook and whisk over medium-low heat for 7 to 8 minutes or until slightly thickened; transfer to small bowl. Refrigerate for 10 minutes or until chilled. Unroll 1 (13.2-oz.) pkg. refrigerated pre-rolled flaky & layered puff pastry sheet; cut into 12 (3-in.) squares. Place 2 tsp. softened Hy-Vee cream cheese in the center of each of 6 pastry squares. Lightly flatten and spread cream cheese to within ½ in. of edges. Top each with 1 Tbsp. jam mixture. Gently beat 1 Hy-Vee large egg white with fork. Brush edges of remaining pastry squares with egg white; place on top of pastry squares with filling, egg white edges down to sandwich. Press edges to seal; crimp edges with tines of a fork. Place filled pastries in prepared baking pan; brush tops with remaining egg white and sprinkle with 1 Tbsp. turbinado cane sugar. Bake for 18 to 20 minutes or until puffed and golden brown. Cool for 15 minutes before serving. Serves 6 (1 each).

## AIR-FRYER MINI CHICKEN CALZONES

Beat ½ (8-oz.) pkg. Hy-Vee cream cheese, softened; 3 Tbsp. Hy-Vee sour cream and 2 Tbsp. Hy-Vee dry ranch dressing mix with electric mixer until combined. Stir in ¾ cup finely shredded Hy-Vee Kitchen picked rotisserie chicken; ¾ cup shredded Monterey Jack cheese; 3 slices Hy-Vee sweet smoked thick-sliced bacon, cooked and chopped; and 1 jalapeño pepper, seeded and finely chopped. Unroll 2 (14.1-oz.) pkg. refrigerated pre-rolled pizza crust dough. Cut each into 6 (4-in.) rounds using a cookie cutter. Spoon 2 Tbsp. filling in center of each round; moisten edges with water. Fold in half to enclose filling; press edges together. Moisten top edge with water. To create a rope edging, fold edge up and over diagonally; slightly press down to seal. Lightly spray air fryer basket

with Hy-Vee nonstick cooking spray. Working in batches, place calzones in a single layer in basket. Spray tops with nonstick spray. Air-fry at 400°F for 7 to 8 minutes or until internal temperature reaches 165°F, turning halfway through. Brush calzones with 2 Tbsp. melted Hy-Vee unsalted butter. Sprinkle with Hy-Vee grated Parmesan cheese and chopped fresh parsley, if desired. Serve with ranch dressing, if desired. Serves 6 (2 each).

**To oven bake:** Prepare calzones as directed; lightly spray with nonstick spray. Bake on a parchment paper-lined baking sheet at 400°F for 15 to 18 minutes or until calzones reach 165°F.



**MAKE IT EASY** with refrigerated Jus-Rol pizza crust dough from Hy-Vee.





BRAND

# LET US HANDLE MEALTIME

ENJOY QUICK, EASY & DELICIOUS MICROWAVABLE ENTREES.

## Chicken Biscuit Casserole

with

SQUARE TABLE™ ROASTED CHICKEN BREAST



serving suggestion



## Roast Beef Poutine

with

SQUARE TABLE™ BEEF ROAST AU JUS



serving suggestion



## Beef Nachos

with

SQUARE TABLE™ BEEF TIPS AND GRAVY



serving suggestion







Made to  
*Melt*  
You



DISCOVER **NEW** ALMOND BUTTER



# SECRETS FOR SHOPPING ON A BUDGET



Shopping for food doesn't have to break the (piggy) bank. With rewards programs, coupons, deals, tips and more, Hy-Vee makes it easy to shop smart and save money. Use these 10 tips to stick to your grocery budget.

**HAVE THE BAKERY DEPARTMENT SPLIT PACKAGES**

If you only need a few muffins or burger buns, ask the Hy-Vee Bakery Department to split the package so you only pay for what you need and reduce waste.



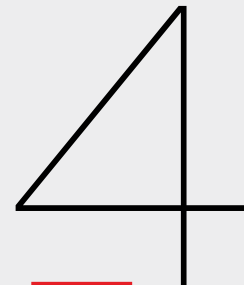
**BUY ITEMS THAT GIVE YOU CASH BACK ON FUEL**

Look for the Fuel Saver + Perks logo on certain Hy-Vee products while you shop to earn discounts on gas—members save an average of \$135.89 per year on fuel with their Fuel Saver + Perks card. The free program also gives you special offers and deals targeted to your shopping list, surprise savings and other additional perks.



**CLIP COUPONS OUT OF THE MONTHLY CATALOG**

Flip through the Hy-Vee monthly catalog to discover and cut out over 50 coupons good during the month of September.



**GET A HY-VEE PLUS PREMIUM MEMBERSHIP**

Visit [Hy-Vee.com/plus](http://Hy-Vee.com/plus) to sign up and enjoy a range of rewards and cost savings with a Hy-Vee Plus membership:

**PERKS OF THE PLUS**

- Earn 3¢ Fuel Saver savings with every purchase\*
- Exclusive monthly deals and offers
- Free grocery delivery\*\* on Aisles Online orders of \$24.95 or more
- Free 2-hour express pickup\*\* on Aisles Online orders of \$24.95 or more



**WITH THE VARIOUS DISCOUNTS, MEMBERS CAN ENJOY OVER \$1,000 IN YEARLY SAVINGS\*\*\*.**

\*Purchase restrictions apply  
 \*\*Where available  
 \*\*\*Savings based on redemption of all available exclusive member monthly offers.

## TIPS TO SHOP SMART

Plan recipes in advance, make a list and stick to it! Go into the grocery store with a game plan and skip anything you don't need.

Use Hy-Vee's grocery delivery or pickup to make shopping easier.

Stock up on sale items you know you'll use. These are found throughout the store but also in stand-alone merchandise displays.

Write your shopping list in reverse. Begin with a comprehensive list of everything that is in your kitchen. This way, once you make your weekly list based on recipes, you can cross off everything you don't need to buy before you head to the store.

Don't be afraid to serve simple meals or redefine dinner by serving breakfast foods in the evening to utilize groceries.

# 5

## CHECK THE DAILY DEALS

Visit [Hy-Vee.com/deals](https://www.hy-vee.com/deals) to discover sales and coupons for shopping at Hy-Vee. The website features discounts such as BOGO Nori Sushi and \$3 off Bakery Fresh cookies.

Show the cashier the coupons on your phone, print them out or load them onto your Fuel Saver + Perks card.



# 6

### LOOK AT THE PRICE PER UNIT

This shows the amount the item costs per unit of measurement. For example, if a 24-oz. bottle of ranch salad dressing costs 20¢ per oz. but another brand has a 16-oz. bottle for 12¢ per oz., the smaller bottle is a better value than the larger item.

# 7

### SHOP PRODUCE IN SEASON

When fruits and veggies are in season, they taste better and are often cheaper because they're readily available. Supplement with frozen options in the off-season. Fruits and veggies are frozen at their peak, so they taste just as good.

**8 CHOOSE DRIED BEANS INSTEAD OF CANNED. WHILE CANNED BEANS ARE GREAT FOR CONVENIENCE, DRIED BEANS WILL TAKE YOUR DOLLAR FURTHER BECAUSE THEY TYPICALLY COST LESS PER SERVING.**



9


## BUY A WHOLE CHICKEN

One 3- to 4-lb. raw chicken can feed up to six people and it can be broken down and used for a variety of recipes. Get a Hy-Vee Fresh Young Whole Chicken to roast and enjoy for multiple meals.

## SHOP HY-VEE EXCLUSIVE VALUE BRANDS

Hy-Vee's private label brand That's Smart! lets you cook with quality ingredients that don't cost a fortune. Items include canned goods, snacks, pantry staples, frozen foods, dairy, condiments and more. Plus, find recipes using That's Smart ingredients at [Hy-Vee.com/recipes](http://Hy-Vee.com/recipes)





# CHIPS OFF THE OLD BLOCK

These recipes make the dream of homemade cookies a reality for those with special dietary requirements. So now you can have your cookies and eat them too!

# vegan

A VEGAN DIET EXCLUDES ALL ANIMAL PRODUCTS, INCLUDING MEAT, DAIRY, EGGS AND EVEN HONEY. HY-VEE OFFERS VEGAN OPTIONS FOR THE FOODS BELOW.

## CHOCOLATE

Some chocolates contain non-vegan ingredients. Dairy-free Enjoy Life semisweet chocolate mega chunks are vegan and also free of gluten, nuts and soy.

## SUGAR

Not all sugars are vegan. Look for one marked unrefined, organic or made from sugar beets. This recipe uses Full Circle Market organic white and light brown pure cane sugars.

## MILK & EGGS

Hy-Vee offers a full range of plant-based milks, such as Full Circle Market non-dairy oat beverage. Tahini replaced eggs in this recipe.

## BUTTER ALTERNATIVES

BUTTER IS A BAKING MAINSTAY BUT ALSO A DAIRY PRODUCT. HERE ARE SOME NON-DAIRY OPTIONS.



### FULL CIRCLE MARKET

This refined coconut oil is USDA-certified organic and non-GMO.



### EARTH BALANCE

A natural buttery spread, it is available as original, soy-free or organic whipped.



### MIYOKO'S CREAMERY

Crafted for baking, this unsalted European-style cultured vegan butter is made entirely from plants.

## Vegan Chocolate Chip Cookies

**Hands On** 30 minutes

**Total Time** 54 minutes plus cooling time

**Serves** 18 (1 each)

**1 1/4 cups Hy-Vee all-purpose flour**

**2 Tbsp. Hy-Vee corn starch**

**1 tsp. kosher salt**

**1/2 tsp. Hy-Vee baking powder**

**1/2 tsp. Hy-Vee baking soda**

**1/2 cup tahini**

**1/2 cup Full Circle Market organic white pure cane sugar**

**1/3 cup packed Full Circle Market organic light brown pure cane sugar**

**2 Tbsp. Full Circle Market organic refined coconut oil**

**1/4 cup Full Circle Market original non-dairy oat beverage**

**1 tsp. Full Circle Market pure vanilla extract**

**1 cup Enjoy Life semisweet chocolate mega chunks**

**1. PREHEAT** oven to 350°F. Line

2 rimmed baking pans with parchment paper; set aside.

Whisk together flour, corn starch, salt, baking powder and baking soda in a medium bowl; set aside.

**2. BEAT** tahini, white and brown

sugars, and coconut oil in a large mixing bowl with an electric mixer

on medium for 2 minutes or until smooth and creamy. Add oat beverage and vanilla; beat for 1 minute.

**3. SLOWLY** beat in flour mixture on low until combined. Fold in chocolate chunks. Drop about 2 Tbsp. dough, 2 in. apart, in prepared baking pans.

**4. BAKE** for 10 to 12 minutes or until edges are lightly browned. Cool in pans for 2 minutes. Transfer cookies to wire rack and cool completely.

**Per serving:** 200 calories, 10 g fat, 4.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 160 mg sodium, 26 g carbohydrates, 1 g fiber, 15 g sugar (9 g added sugar), 3 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 2%

**VEGETARIAN DISH**



**TIP:** Tahini creates a rich sesame flavor that is subtle yet more complex than the peanut butter traditionally paired with chocolate. Stir tahini well before measuring, as the oil separates in storage.

### Chip, Chip Hooray!

This cookie is something to shout about. See how it's made in our video.

**Hy-Vee seasons**

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

# keto

A LOW-CARB, HIGH-FAT KETOGENIC DIET IS INTENDED TO FORCE THE BODY INTO THE FAT-BURNING STAGE OF KETOSIS. HY-VEE HAS KETO-READY INGREDIENTS FOR BAKING.

## Keto Chocolate Chip Cookies

**Hands On** 20 minutes  
**Total Time** 44 minutes  
plus chilling and  
cooling time  
**Serves** 24 (1 each)

**1½ cups Good Graces  
gluten-free  
almond flour**  
**1 Tbsp. gluten-free  
white rice flour**  
**1 tsp. Hy-Vee baking  
powder**  
**½ tsp. kosher salt**  
**¾ cup packed Swerve  
brown sugar  
replacement**  
**½ cup Full Circle Market  
organic creamy  
almond butter**  
**¼ cup Wholesome  
allulose zero-calorie  
sweetener**  
**2 Hy-Vee large eggs**  
**2 Tbsp. Full Circle Market  
organic refined  
coconut oil**  
**1 tsp. Hy-Vee vanilla  
extract**  
**½ cup Lily's no-added-  
sugar semisweet style  
baking chips**

**1. WHISK** together almond flour, rice flour, baking powder and salt in a large bowl; set aside.

**2. BEAT** brown sugar replacement, almond butter, allulose sweetener, eggs, coconut oil and vanilla in a large mixing bowl with an electric mixer on medium for 2 minutes or until smooth and creamy. Slowly beat in almond flour mixture; beat on medium for 2 minutes, scraping side of bowl occasionally. Stir in baking chips. Cover and refrigerate for 30 minutes.

**3. PREHEAT** oven to 350°F. Line 2 large rimmed baking pans with parchment paper. Drop about 2 Tbsp. dough, 2 in. apart, in prepared baking pans; gently press down each to flatten slightly.

**4. BAKE** for 10 to 12 minutes or until edges are lightly browned. Cool in pans for 2 minutes. Transfer cookies to wire rack and cool completely.

**Per serving:** 110 calories, 10 g fat, 2.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 80 mg sodium, 14 g carbohydrates, 3 g fiber, 1 g sugar (0 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%

### FLOUR

Keto-friendly baking means switching out high-carb wheat flours with lower carb alternatives such as almond, coconut or rice flour. Keto diets are naturally low in gluten.

### SWEETENER

Sugar is limited in the keto diet to help the body reach the fat-burning stage of ketosis. That means avoiding sugar, honey and maple syrup in favor of alternative sweeteners.

### FATS

Natural fats such as butter, oil and cream are encouraged in the keto diet, and they add lots of flavor to baked goods. You can also substitute nut butters to enhance flavor.





**WHOLELOTTA.COM IS AN EASY-TO-USE SERVICE FROM HY-VEE** providing dietitian-approved items that can be shipped directly to your home. Search by category, add items to cart and check out.



**WHOLE  
LOTTA**  
GOOD



**TIP:** Almond flour is not very absorbent, so add rice flour to help with oil absorption. A refined rice grain has finer, softer consistency, giving the cookie a softer texture.

# ALTERNATIVE FLOURS

HY-VEE HAS KETO-FRIENDLY FLOURS MADE FROM INGREDIENTS LIKE ALMONDS AND OATS THAT ARE LOWER IN CARBS, HIGHER IN FIBER.



## **GOOD GRACES ALMOND FLOUR**

Hy-Vee's new line of gluten-free products includes almond, coconut and all-purpose flours.



## **OTTO'S CASSAVA FLOUR**

This multipurpose flour is made from yucca root and free of gluten, grains and nuts.



## **NUTIVA COCONUT FLOUR**

This USDA-certified organic gluten-free flour offers 7 grams of fiber per serving.



## **KRUSTEAZ ALL-PURPOSE FLOUR**

An all-purpose gluten-free mix made from whole grain sorghum and millet, as well as rice and quinoa flours.



## **BOB'S RED MILL WHITE RICE FLOUR**

A stone-ground white rice flour that is gluten-free, it is also available as a whole grain brown rice flour.

# sugar-free

SUGAR-FREE DIETS SAVE ON EMPTY CALORIES AND MAY HELP WITH WEIGHT LOSS OR BENEFIT THOSE WITH DIABETES. SUGAR IS A COMMON INGREDIENT IN COOKIES, BUT HY-VEE HAS ALTERNATIVES MADE FROM A VARIETY OF SOURCES.

## **ERYTHRITOL**

A sugar alcohol that occurs naturally in certain fruits and vegetables, erythritol is virtually free of calories and carbohydrates.

## **SUCRALOSE**

Made from real sugar, sucralose changes in chemical structure so it's sweeter than sugar, essentially calorie-free and without aftertaste. It remains stable when heated, so it can be swapped for sugar in baked goods.

## **STEVIA**

Made from a highly refined extract from the stevia plant, stevia sweeteners often include other ingredients such as erythritol or dextrose, a sugar made from corn or wheat.

## **ALLULOSE**

A naturally occurring sugar found in small quantities in figs and raisins, allulose is virtually calorie-free and has no glycemic impact on blood sugar.

**TIP:** Sugar alternatives may cause cookies to bake quicker, so when making a swap in your favorite recipes, check for doneness about three-quarters of the way through bake time.



**TIP:** Add flaky sea salt to accentuate the rich dark chocolate flavor. Used in moderation, it intensifies the sweetness—even when there is no sugar present.

# Gluten- and Sugar-Free Double-Chocolate Cookies

**Hands On** 25 minutes  
**Total Time** 49 minutes plus chilling and cooling time  
**Serves** 34 (1 each)

- 1½ cups Good Graces gluten-free organic coconut flour
- ¾ cup unsweetened Dutch-process cocoa powder
- 1 Tbsp. xanthan gum
- ½ tsp. Hy-Vee baking powder
- ¼ tsp. kosher salt
- 1½ cups Hy-Vee unsalted butter, softened

- 1 cup Wholesome allulose zero-calorie sweetener
- ¼ cup packed Swerve brown sugar replacement
- 4 Hy-Vee large eggs
- ¼ cup Full Circle Market original unsweetened coconut milk beverage
- 1 tsp. Hy-Vee vanilla extract
- 2 (3-oz.) Lily's no-added-sugar 55% cacao dark chocolate bars, chopped into chunks, plus chocolate shavings for garnish
- Coarsely ground Hy-Vee Mediterranean sea salt, for garnish

1. **WHISK** together coconut flour, cocoa powder, xanthan gum, baking powder and salt in a large bowl; set aside.
2. **BEAT** butter in a large mixing bowl with an electric mixer on medium for 30 seconds. Add allulose sweetener and brown sugar replacement. Beat on medium for 2 minutes, scraping side of bowl occasionally. Beat in eggs, coconut milk and

vanilla until combined. (Mixture may appear curdled.)

3. **ADD** coconut flour mixture; beat on medium for 1 to 2 minutes or until combined. Stir in chopped chocolate until combined. Cover and refrigerate for 30 minutes.
4. **PREHEAT** oven to 350°F. Line 2 large rimmed baking pans with parchment paper. Drop about 2 Tbsp. dough, 2 in. apart, in prepared baking pans; gently press down each to flatten slightly. Sprinkle with chocolate shavings and sea salt, if desired.
5. **BAKE** for 10 to 12 minutes or until edges are set. Cool in pans for 2 minutes. Transfer cookies to wire rack and cool completely.

**Per serving:** 130 calories, 11 g fat, 7 g saturated fat, 0 g trans fat, 45 mg cholesterol, 45 mg sodium, 16 g carbohydrates, 5 g fiber, 0 g sugar (0 g added sugar), 2 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 10%, Potassium 4%

**GF** option **GLUTEN-FREE**

## SUGAR ALTERNATIVES

SUGAR-FREE BAKING IS EASY WITH THESE PRODUCTS, WHICH BAKE AND MEASURE LIKE SUGAR.



### HY-VEE DELECTA

This granular no-calorie sweetener, comparable with Splenda, is made with sucralose and is available in bags or individual packets.



### LAKANTO MONKFRUIT SWEETENER

Both the Classic white sugar replacement and Golden raw cane sugar replacement offer zero calories, zero net carbs and zero glycemic values.



### STEVIA IN THE RAW

A zero-calorie sweetener, it is made with stevia blended with other sweeteners.



### TRUVIA SWEET COMPLETE

Made with stevia leaf extract and erythritol, this zero-calorie sweetener is available as white and brown sugar substitutes, the latter with a hint of molasses.



### SWERVE

A blend of erythritol and prebiotic oligosaccharides, this sugar replacement is available in granular and confectioners forms.

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# Delicious Moments

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# blooms

## MUMS ON DISPLAY

Celebrate fall with a bouquet of mums. Their bold, long-lasting blooms are perfect in arrangements.

**As beloved as they are in the garden, mums make fine cut flowers, too—lending their bright colors to arrangements for 1 to 2 weeks at a time. Find a great selection of mums at Hy-Vee Floral, including cremone, cushion, daisy and micromini mums.**



### Assemble Your Own Arrangement

1

#### MUMS

A shared color palette ties together a range of flower shapes and sizes.

2

#### EUCALYPTUS LEAVES

Eucalyptus leaves from Hy-Vee Floral play a supporting role.

3

#### HYPERICUM BERRIES

These red ornamental fruits add a festive touch.

### Care Tips for Mums

#### FOLIAGE

Remove all leaves from mums. They are unnecessary and can turn yellow prematurely.

#### STEMS

Cut stems diagonally so flowers absorb more water. A block of floral foam holds flowers in place.

#### DESIGN

Create a visual frame with foliage plants, add mums, then fill gaps with more foliage and berries.

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# beauty

## TACKLING SKIN CONCERNS

Add face masks to your skin care playbook for the upper hand against acne, dryness, dullness and more.

Face masks give skin an extra boost to tame skin concerns. They're formulated to fight acne, hydrate skin, reduce puffiness, improve skin tone and more. Find a range at Hy-Vee to defeat your problem areas.

### Types of Face Masks

- **Clay:** treat skin conditions related to acne such as excess oil and inflammation with a creamy mask.
- **Peel off:** reveal a smoother complexion by removing impurities and old skin cells.
- **Paper/sheet:** this single-use mask allows skin to rest while also providing a boost of concentrated ingredients.
- **Gel:** these are lightweight with the consistency of jelly to saturate and soothe dry skin.
- **Cream:** with the texture of a rich moisturizer, these soak into dehydrated or aging skin to provide moisture.



SCAN THE QR CODE to shop face masks at Hy-Vee.





## ACNE & BREAKOUTS

### DEFENSE: CHARCOAL

Carbon molecules act as charcoal's source to pull toxins away from skin. They have a negative charge to attract bacteria, dirt and oil from pores.

### ON THE ROSTER:

Garnier SkinActive Black Peel-Off Mask with Charcoal or Yes to Tomatoes Charcoal Peel-Off Mask.



## DRY OR AGING SKIN

### DEFENSE: HYALURONIC ACID

This molecule works to bind water to collagen for plumper, dewier, more hydrated skin. It both moisturizes skin and helps reduce wrinkles.

### ON THE ROSTER:

Urban Hydration Bright & Balanced Aloe Gel Facial Mask and Neutrogena Hydro Boost Hydrating Hydrogel Mask.

# THE GAME PLAN

Huddle up! With the right kind of face mask from Hy-Vee, you can be victorious against problem skin opponents.

## TIPS FOR APPLYING

- **Don't overdo it.** Only use a mask once or twice a week to prevent skin irritation.
- **Apply after you shower.** Steam can make skin more permeable, which means the mask can better penetrate pores.
- **Moisturize afterward.** Seal all the skin-loving ingredients and hydration inside your pores.



## IRRITATED & SENSITIVE SKIN

### DEFENSE: CUCUMBER

The crunchy veggie has cooling and soothing effects on the skin. It also has anti-inflammatory properties to help reduce swelling and puffiness.

### ON THE ROSTER:

Yes to Cucumbers Calming Paper Mask or Formula 10.0.6 Keep Your Cool Skin-Calm Gel Mask.

## TIRED & DULL SKIN

### DEFENSE: VITAMIN C

Citrus fruits contain vitamin C, which is a natural exfoliant that can help lighten skin and improve skin tone by removing old skin cells, including those with dark pigmentation.

### ON THE ROSTER:

Formula 10.0.6 Get Your Glow On Skin-Brightening Peel Mask and Yes to Grapefruit Brightening Peel-Off Mask.



# foods that IMPROVE SLEEP

Sleep is critical to overall health and wellness. If you struggle to get a good night's rest, what you eat and drink may provide a solution.

**Without enough sleep, the brain can't function properly, leading to attention lapses, reduced cognition, delayed reactions and mood shifts.** Insufficient sleep has also been linked to a higher risk of obesity, type 2 diabetes, high blood pressure, heart disease, stroke and poor mental health. Food can be a big factor in getting a decent night's sleep. Food is directly related to serotonin, a key hormone that helps promote healthy sleep. There are also many foods and drinks that contain high amounts of nutrients like melatonin and magnesium, which are known to enhance sleep by helping you fall asleep faster and stay asleep longer. Learn which foods promote sleep, and which ones keep you up.



A DIET THAT IS LOW IN FIBER AND HIGH IN SATURATED FAT AND SUGAR IS ASSOCIATED WITH LESS RESTORATIVE SLEEP, ACCORDING TO THE AMERICAN ACADEMY OF SLEEP MEDICINE.

# SNACK FOR BETTER SLEEP

These foods can help you maintain good, healthy sleep—find them at Hy-Vee.



## Almonds

Nuts like almonds, walnuts, pistachios and cashews contain melatonin, which helps with the timing of your circadian rhythms, the 24-hour internal clock that tells you when it's time for sleep.



## Sage & Basil

Fresh herbs like these have chemicals that help reduce tension to promote sleep. Black pepper, in contrast, should be avoided at night, as it can have a stimulatory effect on the body.



## Salmon

Fatty fish may aid sleep by providing vitamin D and omega-3 fatty acids to help the body regulate serotonin, which is important to the sleep-wake cycle.



## Tart Cherry Juice

Tart cherries and tart cherry juice have been found to have high concentrations of melatonin, a hormone that acts on receptors in the body to encourage and improve sleep.



## Kiwi

Some research has shown eating kiwi can improve sleep. The reasons aren't entirely clear, but researchers believe it relates to the fruit's high levels of serotonin, antioxidants and folate.



## Bananas

Bananas contain tryptophan, a nutrient linked to serotonin, the hormone that regulates healthy sleep cycles. And potassium helps relax muscles and prevent cramps during sleep.



## Tea

Herbal teas like chamomile contain apigenin, an antioxidant that binds to certain receptors in the brain and may promote feelings of sleepiness and reduce insomnia.



## White Rice

Paired with a moderate amount of protein that has tryptophan, such as turkey, carbohydrates may make it easier for the sleep-promoting nutrient to reach the brain.

## limit these, get z's

Cut down on these items for a more restful sleep.

### Caffeine

Caffeine makes the brain more active and alert and can remain in the system for many hours.

### High-Fat Foods

Foods with saturated and trans fats reduce levels of serotonin, which regulates the sleep-wake cycle.

### Alcohol

Although it often acts as a sedative, alcohol can cause an imbalance between slow-wave and REM (rapid eye movement) sleep cycles.

### Refined Carbs

Breads, pasta and desserts reduce serotonin levels for lackluster sleep.

# 62%

of adults around the world say they don't sleep as well as they would like, according to a global sleep survey. And as many as 67% of adults report sleep disturbances at least once each night.

# dietitian Q&A

## KIDS AND FOOD ALLERGIES

Elisa Sloss, Hy-Vee dietitian and vice president of HealthMarket, answers important questions about how to identify and handle food allergies with kids.



Elisa Sloss, RD, LD  
Vice President,  
HealthMarket

### Q: What are food allergies?

**A:** A food allergy is a medical condition where our immune system overreacts to a food protein and identifies it as a harmful substance. When our immune system reacts to the food as a harmful substance it can cause symptoms such as diarrhea, hives or even anaphylaxis.

### Q: How much do they impact children?

**A:** About two students per classroom in the United States have a food allergy—which is equal to about 8% of U.S. children, according to the Centers for Disease Control and Prevention (CDC).

### Q: What are the most common food allergies in children?

**A:** Milk, peanuts and eggs along with wheat, tree nuts, soy, fish and shellfish.

### Q: Are people born with food allergies?

**A:** Babies aren't born with food allergies. A food allergy can develop at any time in life from childhood to adulthood. This is why it's so important to introduce allergy foods at a young age, and also explains how adults can develop food allergies later in life.

### Q: When and how should I introduce common allergy foods into my child's diet?

**A:** It is important to always work with your pediatrician on when to introduce common allergy foods. Gradually introduce small amounts of common allergen foods in an age-appropriate form. Start with a smaller quantity and plan to introduce the food on a day where you are home and able to monitor your child for any possible reactions. Only introduce one common allergy food at a time so the problem food can easily be identified. Once you've safely introduced a food allergen to your child (and they don't severely react), continue to give the food to them regularly as part of a balanced diet.

### Q: How do I know if my child has a food allergy?

**A:** Within a few minutes to hours of ingesting the food a reaction may occur. If you notice your child experiencing any symptoms of an allergic reaction, that is your first indication they may be allergic. Reactions include vomiting, diarrhea, cramps, hives, eczema, itching or swelling of the lips, tongue or mouth, itching or tightness in the throat, difficulty breathing, wheezing and the most serious—anaphylaxis. To confirm and identify the specific food allergy, take your child to an allergist to be tested. Common food allergy tests include skin or blood tests that help determine which food(s) are triggering the allergic reaction.

### Q: Can food allergies be prevented or cured?

**A:** Recent evidence suggests that the introduction of allergy foods early in life may help prevent future allergies, according to the Mayo Clinic. There is also no cure for food allergies—strict avoidance of the food allergen is the only way to prevent a reaction.

**Food allergies affect the immune system. A food intolerance, on the other hand, only affects the digestive system and causes much less serious symptoms.**



SCAN THE QR CODE to find a Hy-Vee dietitian near you for advice on food allergies.

# ALLERGY-FRIENDLY LUNCHTIME ALTERNATIVES



Mott's 100% apple juice is a nutritious lunchtime drink that kids with lactose allergies can safely enjoy instead of milk.



Good Graces Gluten-Free Chicken Nuggets are all-natural and safe for those with gluten intolerances.



Enjoy Life Sea Salt Lentil Chips are free from gluten and 14 major allergens including wheat, dairy, peanuts, egg, sesame and soy.

Made Good Strawberry Crispy Squares are a vegan option free of gluten, nuts, dairy, eggs and soy.



Silk Strawberry Soymilk Dairy-Free Yogurt Alternative has 6 grams of plant-powered protein per serving.



## WHAT TO DO IN CASE OF AN ALLERGIC REACTION

If you notice your child experiencing mild symptoms of an allergic reaction soon after giving them a new food, stop feeding it to them and seek medical advice. If there are any signs of a severe reaction such as difficult or loud breathing, paleness, swelling of the tongue or your child becomes unresponsive, call 911 immediately.

## HY-VEE DIETITIANS CAN HELP

Sign up for a free on-demand Top 8 Food Allergies Store Tour at [Hy-Veehealthyyou.com](http://Hy-Veehealthyyou.com) (click on "Health & Pharmacy," then "Dietitians"). Learn the basics of a healthy eating plan and how to overcome nutrient gaps that can arise from avoiding allergy-causing foods. You can also get shopping tips and product recommendations as Hy-Vee dietitians help you manage food allergies.



**NO APPOINTMENT NECESSARY**

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BRING  
FARMHOUSE  
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BACK HOME



FIND IN THE  
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SECTION





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<b>30</b> minutes or less	<b>20</b> minutes or less	<b>10</b> minutes or less	<b>GF</b> option	<b>V</b> option
<b>30 MINUTES OR LESS</b>	<b>20 MINUTES OR LESS</b>	<b>10 MINUTES OR LESS</b>	<b>GLUTEN- FREE</b>	<b>VEGETARIAN DISH</b>

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Try these  
**Double Cookie  
 Bars,**  
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**Halloween it like  
you mean it**

## COFFIN SURPRISES

With a brownie-like texture, these coffin cookies are filled with a delicious, ghoulish surprise.

Prep Time: 40 minutes

Cook Time: 10 minutes

Total Time: 50 minutes (+ 40 minutes chilling time)

Makes: 12 servings

### INGREDIENTS

1 1/2 cups all-purpose flour	1/4 cup brown sugar
1/3 cup cocoa powder	1 egg
1/4 tsp baking powder	1 tsp vanilla extract
1/4 tsp salt	1 oz chocolate chips, melted
1/2 cup butter, at room temperature	1/4 cup M&M'S® Milk Chocolate Ghouls Mix
1/3 cup granulated sugar	

### NUTRITION FACTS per 1 coffin

Calories 210

Fat 10g

Saturated Fat 6g

Cholesterol 35mg

Sodium 135mg

Carbohydrate 26g

Fiber 1g

Sugars 13g

Protein 3g



### INSTRUCTIONS

1. In small bowl, whisk together flour, cocoa powder, baking powder and salt; set aside.
2. Using electric mixer, beat together butter, granulated sugar and brown sugar until light and fluffy, scraping down side of bowl as needed. Beat in egg; beat in vanilla until combined. Stir in flour mixture; beat on low speed just until combined.
3. Roll out dough between 2 sheets of parchment paper into 1/4-inch thickness. Transfer to baking sheet; refrigerate for about 30 minutes or until firm.
4. Preheat oven to 375°F. Cut out paper coffin template, about 2 1/4 inches long, and 1 1/2 inches at widest part of coffin; set aside.
5. Using template, cut out 36 coffin cookies, rerolling scraps as needed (alternatively, use 2 1/2-inch coffin-shaped cookie cutter).
6. Place cookies on parchment paper-lined baking sheets, about 1 inch apart. Cut out middle section of 12 cookies, leaving 1/2-inch border around edges (this will be the middle part of the coffin so the cookie can be filled; bake or reroll these pieces for cookies if needed).
7. Bake for 6 to 8 minutes or until tops are set. Let cool completely on rack.
8. Arrange 12 uncut cookies on work surface. Brush edges with melted chocolate. Place 1 cutout cookie on top of each uncut cookie, lining up edges.
9. Fill each coffin center with M&M'S® Milk Chocolate Ghouls Mix. Brush edges with more melted chocolate; cap with remaining cookies to resemble lid of coffin.
10. Let stand for 8 to 10 minutes or until chocolate sets.

### TIPS

- If desired, using blunt end of paring knife, score the top of 12 cookies to mimic the wood grain on a coffin. Alternatively, dust cookies with cocoa powder or decorate with melted chocolate or icing if desired.
- Substitute royal icing or chocolate buttercream frosting for melted chocolate if preferred.

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