

HyVee[®] Seasons

CARRIE
Underwood

ON LIVING A FIT & FABULOUS LIFE

january



For the get better quicker side of you.

TopCare®

JANUARY 2023



3 AISLES

Spotlighting new and trending products at Hy-Vee.

9 101: LEMONS

This bright citrus adds tart, tangy flavor to a variety of dishes.

13 BASICS: EGGS ON THE GO!

Learn three simple methods to prepare hard-cooked eggs.

14 SAVINGS: 5 WAYS TO TRIM YOUR GROCERY BUDGET

Simple tips to maximize value and minimize cost.

18 SOLUTIONS: ELIMINATE KITCHEN ODORS

Hy-Vee has tips and products to neutralize unpleasant smells.

21 LEVEL UP: INSTANT OATMEAL

These mix-ins and toppers really jazz up a bowl of oatmeal.

24 NEW YEAR NEW YOU

Keep New Year's resolutions to eat healthier with these recipes.

30 ORANGE YOU GLAD

Oranges are at peak sweetness and add zest to a range of foods.

36 FRESH & FIT COMFORT

Lighten up! Here's a better-for-you take on comfort foods.

40 CARRIE ON WITH CARRIE UNDERWOOD

Multiplatinum-selling artist Carrie Underwood shares her passion for music, fitness and wellness.

46 100 CALORIES OR LESS!

Indulge in these desserts without derailing healthy-eating plans.

50 CHEERS TO THE WINNING TEAM

Let's toast to what beer brings to these watch party appetizers!

58 BUILD YOUR OWN BAR

These wholesome meal-replacement bars are satisfyingly good.

64 FUNCTIONAL FOOD

Learn how certain foods can impact chronic health conditions—and how Hy-Vee dietitians can help you eat smarter.

68 IN A PICKLE

Use leftover pickle juice to liven up these recipes.

72 CHINESE NEW YEAR

Sample recipes traditionally served for Lunar New Year.

78 LOW-ABV COCKTAILS

Craft mixed drinks that are big on flavor, low in alcohol.

82 VEGANUARY

These vegan recipes make eating plant-based meals a treat.

86 BLOOMS: INDOOR DECOR

Boost a room's eye appeal with houseplants from Hy-Vee Floral.

88 FOODS THAT: LOWER CHOLESTEROL

Learn about foods that may help manage cholesterol.

90 DIETITIAN Q&A: HOW TO FIND HELP FOR COMMON DIET CONCERNS

See the range of services available from Hy-Vee dietitians.

93 MEAL MAKEOVER: WINGING IT

No bones about it—these wings taste great.

94 FINDS: GADGET ESSENTIALS

Simplify meal preparation with kitchen tools from Hy-Vee.

95 RECIPE INDEX

Find all the recipes in this issue.



GEORGIA VAN GUNDY

EVP, CHIEF ADMINISTRATIVE OFFICER,
CHIEF CUSTOMER OFFICER

Post-holiday schedules are hopefully becoming less hectic and with winter in full swing, January offers the chance to reflect on the past year—and perhaps set a few goals for the coming year as well.

If those goals involve making healthier lifestyle choices, you may want to learn about the many ways Hy-Vee dietitians can help you along your path, *page 90*.

Of course, proper nutrition plays a critical role in health—and that's why we take a closer look at how eating certain foods may impact chronic health conditions, *page 64*.

In addition, we share plant-based recipes to try at mealtime, *page 82*, and lower-alcohol cocktails to share anytime, *page 78*. There's also a new take on comfort foods, *page 36*, energy bars, *page 58*, and gluten-free chicken wings, *page 93*.

Have a great start to the New Year!

HY-VEE SEASONS IS DIGITAL!

Hy-Vee Seasons Digital Edition is a free, highly interactive online version of *Hy-Vee Seasons* magazine—plus there's digital-exclusive content. Check it out at Seasons.Hy-Vee.com

CRUSH YOUR *Cravings*



**BOLSTER YOUR GAMEDAY SPREAD
WITH FAN-FAVORITES FROM HY-VEE**

More to
Love **Tyson**

AISLES

New & Noteworthy at Hy-Vee

STOP IN AT
YOUR LOCAL
HY-VEE OR VISIT
[HY-VEE.COM/SHOP](https://hy-vee.com/shop)
TO FIND **GREAT
NEW PRODUCTS**
TO TANTALIZE
YOUR TASTE BUDS.



Sugar-Free Dressings

Choose from four flavorful dressings created by award-winning pitmaster G Hughes. Dressings are sugar-free and gluten-free and have no high-fructose corn syrup. They're also low in carbohydrates, containing zero to 1 carb per serving.



- SUGAR FREE POPPYSEED DRESSING
- SUGAR FREE COLESLAW DRESSING
- SUGAR FREE FRENCH DRESSING
- SUGAR FREE THOUSAND ISLAND DRESSING

Get Your Kicks

BROKEN TACO

Give a spicy kick to tacos, tortillas, nachos, chips and more with Broken Taco condiments. Pickled produce grown and packed in the U.S. delivers crisp freshness and unique flavor, with natural herbs and spices.



HONKY TONK HABANERO ONIONS

Spicy, tart, crispy onions and habanero peppers pickled in brine.



MILD BANANA PEPPERS

Mild, slightly tart banana peppers sliced for use in salads, sandwiches, pizza and other dishes.



SPICY SERRANO PEPPERS

Sliced hot serrano peppers in brine for crunch and medium-spice heat in a variety of dishes.



JAMMED JALAPEÑO JAZZ

A sweet and hot combination of chopped red and green jalapeño peppers in brine.



SWEET HERBED JALAPEÑOS

Sliced green jalapeño peppers in a sugary brine infused with a mix of herbs.

Dole Wiggles

AN IDEA THAT'S REALLY GELLING
Made with 100% real fruit juice and no added sugar, these fruit juice gels are available in four-packs of individual 4.3-oz. cups.



ORANGE
All three fruit-forward flavors, including orange, are a good source of vitamin C.



STRAWBERRY
There are no artificial flavors or preservatives in any Dole Wiggles, including strawberry.



CHERRY
Cherry and other flavors are conveniently packaged, non-GMO and gluten-free.

SIMEK'S

THESE FEEL-GOOD FROZEN ENTRÉES AND MEATBALLS ARE THE BASE FOR QUICK, COMFORTING MEALS.



Italian Style Jumbo Beef Meatballs
Microwave, bake or sauté to heat Italian-seasoned, premium beef meatballs for dinner. Serve with noodles and your favorite pasta sauce for a complete meal.



Classic Turkey Meatballs
Warm up cooked ground turkey meatballs blended with Romano cheese, ricotta, rosemary and garlic, then serve alongside veggies or mashed potatoes.



Mini Breakfast Sausage Meatballs
Mini pork sausage meatballs are popular with kids. Serve alongside silver dollar pancakes or bake into an egg casserole.



Vegetable Lasagna
Tender pasta, spinach, carrots, Parmesan, mozzarella and a creamy white sauce are layered into a delicious, heat-and-eat meal the whole family will love.

Pork King Good

Based in Milwaukee, Pork King Good snacks and seasonings are low-carb, high-protein and made with gluten-free ingredients. Offerings include flavored pork rind snacks and pork rind crumbs, plus keto-friendly bacon seasoning to flavor meat, nuts, side dishes and more.



GRAZING GOODIES



MAMA GERALDINE'S KEY LIME COOKIES
Crisp, melt-in-your-mouth Key lime shortbread cookies.



MAMA GERALDINE'S CHEESE STRAWS
The Aged Cheddar crispy straws are baked with Wisconsin cheese. Other flavors include chipotle cheese and Parmesan herb cheese.



OMG! PRETZELS
Poppable sourdough pretzel bites feature flavors such as sweet & salty, lemon pepper, Chesapeake spice, sweet chili and more.

Super Spice

WHETHER IT'S SNACK TIME OR DINNERTIME, THESE PRODUCTS FROM HY-VEE HELP BRING THE HEAT.



PERUANA SAUCE
These Peruvian spicy pepper sauces taste great and do good, with sales benefitting local farmers. Choose the hot Rocoto red or the creamy mild Aji Amarillo yellow.



DOS HERMANOS HOT DICED JALAPEÑOS
Nothing adds a kick to your favorite recipes like these California-grown hot peppers, which are crisp, brined and full of zesty flavor.



Fontecchio's MARINARA SAUCE
This gourmet sauce is a deliciously curated blend of ripe tomatoes, fresh herbs and spices for a classic flavor that complements pastas.



RUFUS TEAGUE MADE SOME SAUCE
He certainly did—creating a wide array of barbecue sauces with natural ingredients and cooked long to capture the flavors, which range from mild to wild.



SPANGLISH ASADERO SEASONING BLENDS
These Mexican-inspired seasonings are a favorite for barbecues and include varieties such as bold citrus marinade, spicy al pastor and more.

Fresh Looks

DSW SHOES
Get your move on with your favorite brands, including these women's Reebok technical running shoes, in select Hy-Vee stores or online at dsw.hy-vee.com



JOE FRESH
Start your New Year's resolutions off the right way with activewear from Joe Fresh. Shop leggings, pullovers, jackets and more for women and kids in select Hy-Vee stores, or go online to joefresh.hy-vee.com



SCAN TO SHOP Joe Fresh apparel at Hy-Vee.

GLOW BABY VITAGLOW FACE LOTION
Packed with vitamins C and E, plus plant extracts that visibly firm and illuminate skin.

Radiant You

PACIFICA GLOW BABY
Get your glow on with this skin-care collection of serum, lotion, eye cream, face wash, peel pads and more. Each Pacifica product is designed to help brighten dull skin and clear clogged pores.

GLOW BABY EYE BRIGHT CREAM
De-puff and brighten tired eyes with this rich hydrating cream made with antioxidants, hyaluronic acid and apple fruit extract.

GLOW BABY BRIGHTENING FACE WASH
Powered by alpha hydroxy acids and vitamin C, this exfoliating wash leaves skin refreshed and radiant.

Brand Highlight

OLAY REGENERIST HYALURONIC + PEPTIDE 24
Olay's new line of skin-care products is formulated with a unique combination of hyaluronic acid, niacinamide and peptides that not only create a moisture barrier but also penetrate deeply, so hydration lasts longer. Try Olay's hydrating moisturizer with sunscreen, revitalizing facial cleanser, hydrating eye gel, hydrating gel and hydrating serum.



take a sip forward

pure, vapor distilled hydration

smartwater

SHOP. SHIP. SAVE.

New Year's Resolutions Made Easy.

Save big on health when you shop bigger at shop.hy-veedeals.com. Get wholesale pricing on hundreds of items for nutrition, pantry, home essentials and more. There's no membership fee. Plus, your order ships to your door for **FREE** with a \$49+ purchase!



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deals
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101

Lemons

Slice, juice or zest this bright acidic fruit to add tart, tangy flavor to any recipe or meal.

Lemons are usually a bit sour, but the fruit is deliciously tangy when baked into a dessert, mixed into a salad or squeezed over seafood. At Hy-Vee, you will find seedless lemons that are juicy and Non-GMO Project Verified, along with Meyer lemons, which have an orange-yellow peel and a sweeter flavor than the traditional tart Eureka or Lisbon varieties. Lemons contain vitamin C, an antioxidant that assists in immune system function, and fiber, which helps regulate the digestive system. Lemons also have calcium, which helps strengthen bones.

BUY The lemon rind should be blemish-free and give a little when lightly pressed.

STORE For short-term storage, keep lemons at room temperature for up to one week. Or place in a resealable plastic bag and refrigerate up to four weeks.

PREP Before slicing or zesting, wash lemons in cool water to remove impurities. If juicing, firmly roll the lemon on a hard surface, pressing down with the palm of your hand to soften the rind and release juice.

WAYS TO ENJOY

Zest

Grate the lemon peel, then add the zest to frosting, cakes, marinades, dips, pesto and more to bring a hint of tang.

Slice

Place slices over a whole chicken before roasting for enhanced flavor. Or add to desserts and drinks as a garnish.

Juice

Use fresh lemon juice as a marinade for seafood, or squeeze lemon wedges over cooked fish to add bright, fresh flavor.

CITRUS TOOLS

FIND THESE HELPFUL DEVICES AT HY-VEE.



Good Cook Touch Juicer has a unique strainer for pouring with or without pulp.



Microplane 3-in-1 Twist & Zest makes juice, zest and garnish twists.



SCAN TO SHOP citrus tools at Hy-Vee.



Lemons without seeds can be less hassle to juice or use in baked goods.

Try Wonderful® seedless lemons, now at Hy-Vee.

Sources: fdc.nal.usda.gov/fdc-app.html#/food-details/167746/nutrients mayoclinic.org/drugs-supplements-vitamin-c/art-20363932 mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983



TIP
Garnish with several cooked lemon pieces. Charring helps release their juices and may make the flavor slightly less sour.

Lemon Orzo Salad

Hands On 30 minutes
Total Time 30 minutes plus cooling time
Serves 6 (1½ cups each)
1 cup Gustare Vita organic orzo
1 Tbsp. Gustare Vita olive oil
½ cup bottled Greek vinaigrette salad dressing
2 Tbsp. lemon zest
½ cup fresh lemon juice

3 lemon slices, for garnish
1 medium English cucumber, cut lengthwise and sliced ¼ in. thick
1 cup halved cherry tomatoes
1 (15.5-oz.) can Hy-Vee no salt added garbanzo beans, drained and rinsed
1 (4-oz.) container Soirée traditional feta cheese crumbles
½ cup chopped fresh basil
½ cup chopped fresh mint
½ cup lemon segments
½ cup thinly sliced red onion
¼ cup Hy-Vee pitted Greek kalamata olives, drained
Coarsely ground Hy-Vee black pepper, if desired

1. COOK orzo according to pkg. directions. Drain; transfer to a small rimmed baking pan. Drizzle with oil; toss to coat. Set aside to cool.
2. WHISK together vinaigrette, lemon zest and lemon juice in a small bowl; set aside.
3. HEAT a medium nonstick skillet over high heat, if lemons are desired for garnish. Add lemon slices; cook for 1 to 2 minutes or until lemon slices are heated through and slightly charred on one side. Remove lemon slices; cut into quarters and set aside.

4. PLACE orzo, cucumber, tomatoes, garbanzo beans, feta, basil, mint, lemon segments, red onion and olives in a large bowl. Drizzle with vinaigrette mixture; toss to coat. Season to taste with black pepper. Garnish with charred lemon quarters.
Per serving: 280 calories, 13 g fat, 4 g saturated fat, 0 g trans fat, 15 mg cholesterol, 530 mg sodium, 32 g carbohydrates, 6 g fiber, 4 g sugar (0 g added sugar), 9 g protein
Daily Values: Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 8%
VEGETARIAN DISH



FREE COFFEE



BUY THREE (3) participating **Kellogg's® Special K®** cereals and **GET** one (1) coupon for a 12 ct box of Green Mountain Coffee Roasters® K-Cup® pods (up to \$10, coupon by mail*)



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THE WAY THEY USED TO BE.
ROTH® HAVARTI IS.

Made with milk from local family farms in the same way for more than 30 years. Find a selection of Roth Havarti at your local Hy-Vee.
rothcheese.com



BASICS

Eggs on the Go!

Portability alone makes hard-cooked eggs pretty perfect, but they're also a nutritional powerhouse.

A compact lunch companion you can pack, peel, salt and enjoy right at your desk, hard-cooked eggs will keep you feeling energized all afternoon. Eggs boast 6 grams of protein, plus immune-boosting selenium and choline for cognitive support. At less than 100 calories and about 5 grams of fat, they're a great go-to for breakfast, a midday snack or an addition to any meal.



DIGITAL SEASONS
EXTRA
Find more deviled egg recipes on
Seasons.Hy-Vee.com

3 WAYS TO COOK EGGS

Each method has its advantages: Eggs boiled in a pot tend to peel easier; cooking in a pressure cooker frees up stove burners; and, with no water needed, oven baking requires the least prep. Store cooked eggs in the shell for up to 5 days in the fridge. Try any of these techniques to make a flawless egg.



BOIL IN A POT

STEP 1: Bring water to a boil in a saucepan over medium heat. Using a slotted spoon or ladle, gently place eggs, in a single layer, into boiling water.

STEP 2: Boil for 11 to 12 minutes. Remove eggs with the slotted spoon or ladle; transfer to a bowl of ice water. Cool completely.



OVEN-BAKED

STEP 1: Preheat oven to 350°F. Place an egg in each of the muffin cups in a muffin pan.

STEP 2: Bake for 30 minutes.

STEP 3: Transfer eggs with a spoon or tongs to a bowl of ice water. Cool completely.



PRESSURE COOKER

STEP 1: Place a trivet in the bottom of a 6-qt. Instant Pot or pressure cooker. Pour in 1 cup water.

STEP 2: Arrange eggs, in a single layer, on trivet. Lock lid in place; set valve to SEALING position.

STEP 3: Cook on LOW PRESSURE for 5 minutes. Allow pressure to release naturally for 5 minutes. Place towel over release valve; move to VENTING position (Quick Release) to release remaining pressure.

STEP 4: Carefully remove lid; remove eggs with a slotted spoon or ladle. Transfer to a bowl of ice water. Cool completely.



SCAN TO
SHOP an
Instant Pot
egg rack at
Hy-Vee.

SAVINGS

5 Ways to Trim Your Grocery Budget

Use these ideas to save money when buying and preparing food. Small things can really add up!

MAKE THE SWITCH

Hy-Vee brands like That's Smart! are more affordable than national brands. Stock up on flour, spices, broth, cereal, dried beans, tuna, canned and frozen produce and more.

SUPPLEMENT MEAT.

Meat can be expensive, so stretching ground meat with less-expensive fillers can be a money saver. Plus, fillers add texture and flavor. Some examples:

- Bulk up ground meat with bread crumbs, leftover cooked brown rice or oatmeal for hamburgers, meatballs and meatloaf (add a beaten egg per pound of ground meat to bind it to the filler).
- Grate fresh carrots, squash, zucchini and other vegetables and fold into any type of ground meat for casseroles.

Bonus Tip: In stews and soups, use less meat and more vegetables. Not only will you stretch dollars, you'll cut fat and add nutrients to recipes.

2

NON-MEAT PROTEINS

Satisfy your protein requirements with less-expensive sources of protein, such as:



BEANS

A half-cup serving of beans has between 7 and 9 grams of protein and as much as 10 grams of fiber.

Best in: Chili, soups, stuffed baked potatoes, taco and burrito fillings, rice bowls.



EGGS

A complete protein, eggs—especially the yolks—contain B vitamins, vitamin D, omega-3 fatty acids and choline.

Best in: Salads (hard-boiled), stir-fries (scrambled).



GREEK YOGURT

Higher protein content than other yogurt types.

Best in: Parfaits, smoothies; use in salad dressings and dips.



3. OUT-OF-SEASON FROZEN FRUIT AND VEGGIES

Most produce retains vitamins and minerals when frozen, so it's a smart buy—especially when the fresh alternative is out of season and therefore costlier. Some easy ideas: Stir frozen corn and beans into pot-pie fillings and soups, add frozen asparagus or broccoli to pasta dishes, mix frozen blueberries into batters or spoon thawed frozen strawberries on desserts.

4. COST-EFFECTIVE COOKING OILS

Use less-expensive vegetable oils to sauté chicken, meats and fish, as well as onions and garlic. For just a few dollars for 48 oz., pure vegetable oil is a bargain compared to cooking olive oil, which costs about three times as much. Save costlier oils like olive oil for salad dressings, pesto and other recipes that highlight the oil's flavor. Also, buy oils in dark bottles to extend storage (light degrades cooking oil).



5. FREEZE SAVINGS

Look for meat, poultry and fish—often the priciest items in your cart—when it goes on sale. Freeze for later use to lock in the price savings.

Hy-Vee deals\$.COM

FIND WEEKLY DIGITAL DEALS! DOWNLOAD THE HY-VEE APP OR VISIT HY-VEEDEALS.COM TO SEARCH DIGITAL COUPONS. SAVE THEM TO YOUR HY-VEE FUEL SAVER + PERKS CARD, THEN SCAN AT CHECKOUT AND SAVE!

Sources: health.clevelandclinic.org/what-are-the-best-sources-of-protein/, aarp.org/health/healthy-living/info-2017/weighting-yogurts-fd.html, beaninstitute.com/bean-nutrition-overview/

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Start your New Year with a
variety of gluten free options.



Good Graces™
You'll never taste what's missing.

SOLUTIONS

Eliminate Kitchen Odors

Neutralize smells from common problem areas with easy at-home hacks, plus products from Hy-Vee.

REFRIGERATOR After cleaning out the refrigerator, line a baking tray with either oats or baking soda and place it inside the fridge for several days. After this natural odor absorber has freshened your fridge, simply discard.

GARBAGE DISPOSAL Scour the visible part of the disposal using a bristle brush and dishwashing soap. Next, run a few peels of citrus fruit through the disposal. In addition to emitting a fresh scent, the rough peels will clean the blades and wall.

DISHWASHER Place a bowl of distilled white vinegar on the top rack and run an empty cycle. The acid breaks down minerals from hard tap water. Pour a cup of grease-dissolving baking soda into the bottom of the dishwasher and repeat.

TRASH CAN Add ¼ cup baking soda to the bottom of the trash can, or sprinkle directly on top of garbage. To clean, wash and dry the can, then leave 1 cup baking soda in the bottom to absorb moisture and prevent odors.



Deodorizing Products at Hy-Vee

In addition to cleaning hacks, look to these products to keep your kitchen smelling fresh.



REFRIGERATOR

The baking soda in Arm & Hammer Fridge Fresh Refrigerator Air Filter's suction cup absorbs and deodorizes food smells via flow-through vents.



GARBAGE DISPOSAL

Affresh Disposal Cleaner deep-cleanses the internal cavity and hose of your machine with powerful citrus-scented foaming action.



DISHWASHER

Cascade Platinum ActionPacs + Dishwasher Cleaner removes limescale and grease while cleaning tough, burnt-on food messes.



TRASH CAN

Double-layered Glad ForceFlex Tall Kitchen Trash Bags with Odor Shield trap, lock and neutralize odors for three times the protection.

CELEBRATE THE NEW YEAR WITH SUBSCRIPTION-FREE ONLINE ORDERING.

Ship to home dietitian-approved products.
No subscription required.



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Organic



Gluten-Free



Keto

WHOLELOTTA
GOOD



Vegan



Low FODMAP



Plant-Based



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OPTIONS.
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SAVINGS.

+

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LEVEL UP

Instant Oatmeal

Add new life to an old breakfast standby with mix-ins and toppers.



GOOD GRACES
GLUTEN FREE MAPLE
& BROWN SUGAR
INSTANT OATMEAL

+



Hy-Vee Baking Cocoa

+



Good Graces Gluten Free
Vanilla Almond Granola

+



Basket & Bushel
Fresh Blueberries

+



Bare Toasted
Coconut Chips





Good Graces
Find a wide variety of gluten-free items from this Hy-Vee-exclusive brand, including oatmeal, granola, pasta and baking mixes.

10
minutes
or less

CHOCOLATEY GRANOLA-TOPPED OATMEAL WITH BLUEBERRIES

► **STIR** together 1 (1.51-oz.) packet Good Graces gluten-free maple & brown sugar instant oatmeal and 1 Tbsp. Hy-Vee baking cocoa in a microwave-safe serving bowl. Stir in ¾ cup water. Microwave on HIGH for 1 minute or until desired

consistency is reached. Top with ¼ cup Good Graces gluten-free vanilla almond granola. Garnish with Basket & Bushel blueberries and toasted coconut chips, if desired. Serves 1.

 **GLUTEN-FREE**  **VEGETARIAN DISH**

save
some
green.



smart saving
made easy.

JANUARY 2023



NEW YEAR NEW YOU | ORANGE YOU GLAD | FRESH & FIT COMFORT |
CARRIE ON WITH CARRIE UNDERWOOD | 100 CALORIES OR LESS! |
CHEERS TO THE WINNING TEAM | BUILD YOUR OWN BAR | FUNCTIONAL FOOD |
IN A PICKLE | CHINESE NEW YEAR | LOW-ABV COCKTAILS | VEGANUARY

NEW YEAR NEW YOU

EASY,
NUTRITIOUS
RECIPES

CUT THE
CALORIES,
NOT THE
TASTE!

RESOLVE
TO BECOME
A HEALTHIER
YOU IN
2023



HOW HY-VEE CAN HELP

Achieve your goals with advice from the health professionals at Hy-Vee. Start with these satisfying, budget-friendly meals—each under 500 calories.

DIETITIAN & PHARMACIST SUPPORT

Hy-Vee Dietitians
Vitamin D screenings. In January, Hy-Vee will offer 1,000 free screenings and consultations in more than 60 locations. A finger-stick test reveals levels of vitamin D, essential for bone health.

Biometric screenings and consultations. A finger-stick test determines your cholesterol, triglyceride and blood sugar levels.

Healthy Habits. This 4-week menu program includes balanced meal plans, simple recipes, convenient grocery lists and 1-on-1 discussions with a Hy-Vee dietitian to track progress and stay motivated.

Meal planning and preparation. Hy-Vee's free virtual Freezer Meal Prep Workshop shows how to prepare five wholesome, family-size freezer meals in under an hour.

Nutrition store tours on demand. Watch video tours hosted by Hy-Vee dietitians online at your convenience. Topics include heart health, diabetes, eating better on a budget, plant-based eating, gluten free, weight management and food allergies.

Hy-Vee Pharmacists
Immunizations. Hy-Vee pharmacists are trained and certified to administer vaccinations for Covid-19, flu, shingles, pneumonia and more.

Smoking cessation. Hy-Vee's six-session Quit for Good program is conducted by a pharmacist and offers access to a Hy-Vee dietitian.

Medication therapy management (MTM). This service helps patients better understand their prescription meds and the conditions they treat.



SCAN TO LOCATE
a dietitian near you
for more information,
tips and advice.

TRY THIS

MEET WITH A HY-VEE DIETITIAN TO HELP YOU ACCOMPLISH YOUR HEALTH GOALS IN 2023. HY-VEE DIETITIANS ARE NUTRITION EXPERTS, OFFERING SERVICES SUCH AS MEAL PLANNING AND PREPARATION, NUTRITION STORE TOURS, HEALTH SCREENINGS AND MORE.

Sources (entire story): hsp.h.harvard.edu/nutritionsource/food-features/quinoa/ ncbi.nlm.nih.gov/pmc/articles/PMC3705336/ canr.msu.edu/news/enjoy_the_taste_and_health_benefits_of_winter_squash ncbi.nlm.nih.gov/pmc/articles/PMC4608274/ health.clevelandclinic.org/the-health-benefits-of-beets/ tools.myfooddata.com/nutrition-facts/172182/wt2/1 www.ars.usda.gov/news-events/news/research-news/2015/consumers-missing-out-on-health-benefits-of-seafood-consumption/ ncbi.nlm.nih.gov/pmc/articles/PMC4373715/ ncbi.nlm.nih.gov/pmc/articles/PMC6250531/

Shrimp and Quinoa Polenta with Chimichurri

Hands On 15 minutes
Total Time 50 minutes
Serves 4

450
CALORIES

Naturally gluten-free
and a good source of fiber,
quinoa is a complete protein
containing nine essential
amino acids the body
can't make on
its own.

- 3 cups Hy-Vee no salt added chicken stock
- 1 cup 2% reduced-fat Hy-Vee milk, divided
- ¾ cup yellow corn grits or polenta
- ½ cup Hy-Vee white quinoa, rinsed
- 3 stalks organic rainbow chard
- 1 small shallot, chopped
- 3 Tbsp. Gustare Vita oil, divided
- 2 Tbsp. Gustare Vita red wine vinegar
- 2 Tbsp. coarsely chopped fresh oregano, plus additional for garnish
- 2 Tbsp. coarsely chopped Italian parsley, plus additional for garnish
- 2 tsp. bottled minced garlic
- ½ tsp Hy-Vee salt
- ¼ tsp. Hy-Vee crushed red pepper
- 1 lb. Fish Market shell-on, EZ peel & deveined raw Gulf shrimp (16 to 20 ct.)
- 1 (10-oz.) pkg. Basket & Bushel Gourmet Medley tomatoes, halved
- 2 Tbsp. Hy-Vee unsalted butter
- ¼ cup Soirée shaved Parmesan cheese (1 oz.), plus additional for serving

1. **PLACE** stock, ½ cup milk, grits or polenta and quinoa in a 6-qt. Instant Pot. Do not stir ingredients. Lock lid in place and set valve to SEALING position. Cook on HIGH PRESSURE for 10 minutes. Allow pressure to naturally release for 15 minutes.

2. **CUT** chard leaves from stems. Thinly slice stems diagonally; set aside. Stack leaves, roll into a cylinder shape and thinly slice. For chimichurri, place chard leaf strips in a food processor or blender. Add shallot, 2 Tbsp. oil, vinegar, 2 Tbsp. oregano, 2 Tbsp. parsley, garlic, salt and crushed red pepper. Cover and pulse 10 to 15 times or until shallot and garlic are finely chopped. Set aside.

3. **PEEL** shrimp, leaving tails attached. Pat shrimp dry with paper towels. Heat remaining 1 Tbsp. oil in a medium skillet over medium-high heat. Add shrimp; cook for 2 minutes. Add tomatoes, reserved chard stems and 1 Tbsp. chimichurri. Cook for 2 to 3 minutes more or until shrimp reach 145°F, stirring occasionally.

4. **PLACE** a towel over release valve; move Instant Pot valve to VENTING position (Quick Release) to release remaining pressure. Carefully remove lid, allowing steam to escape. Whisk in butter and ¼ cup Parmesan cheese until melted; whisk in remaining ½ cup milk until creamy.

5. **TO SERVE**, divide polenta among 4 serving bowls. Swirl in about 1 Tbsp. chimichurri into each bowl. Top with shrimp mixture. Garnish with additional oregano and parsley; serve with additional Parmesan, if desired.

Per serving: 450 calories, 20 g fat, 7 g saturated fat, 0 g trans fat, 155 mg cholesterol, 910 mg sodium, 42 g carbohydrates, 3 g fiber, 7 g sugar (0 g added sugar), 27 g protein. Daily Values: Vitamin D 0%, Calcium 25%, Iron 10%, Potassium 15%

GF GLUTEN-FREE

THE BENEFITS OF LEAN PROTEIN

Protein is an essential building block of any healthy diet, but the type makes a big difference. The United States Department of Agriculture defines lean protein as having less than 10 grams of total fat and fewer than 95 milligrams of cholesterol in a 3.5-ounce serving. Some options include:

Beans, Peas and Lentils

All subgroups of the legume family, beans, peas and lentils are high in folate, potassium, iron and magnesium. They also make a healthy substitute in meat-based dishes.

Salmon

When it comes to lean protein, seafood is a smart choice. Packed with heart-healthy omega-3 fats, it's been linked to a decreased risk of both cardiovascular disease and diabetes.

Cottage Cheese

One cup of cottage cheese offers 47% of the daily value for protein compared to just 4% for carbohydrates. It also provides 19% of daily calcium needs.

Tofu

This soybean-based, naturally cholesterol-free product is a favorite swap for meat among vegetarians and vegans. With its neutral flavor profile, it takes on the flavors of whatever it's cooked with.

Hot Maple Mustard Chicken with Roasted Vegetables

Hands On 30 minutes
Total Time 48 minutes
plus marinating time
Serves 4

½ cup Hy-Vee Select 100% maple syrup
2 Tbsp. Hy-Vee Dijon stone ground mustard
1 Tbsp. Hy-Vee cayenne pepper
1 Tbsp. Hy-Vee apple cider flavored vinegar
1 tsp. ground ancho chile powder
1 tsp. Hy-Vee salt, divided
1 (1-lb.) pkg. Hy-Vee True boneless, skinless chicken thighs
1 small acorn squash, halved, seeded and cut into ¾-in.-thick slices
2 Tbsp. Gustare Vita olive oil, divided
½ tsp. Hy-Vee black pepper
2 cups Basket & Bushel Brussels sprouts, halved (8-oz.)
2 medium shallots, sliced
¼ cup Hy-Vee slivered almonds

1. WHISK together maple syrup, mustard, cayenne pepper, vinegar, ancho chile powder and ½ tsp. salt in a small bowl. Set aside half of the maple mixture for serving.

2. PLACE chicken thighs in a large resealable plastic bag. Pour remaining maple mixture over chicken; seal bag. Turn bag to evenly coat chicken with maple mixture. Place flat in the refrigerator. Marinate for 1 to 2 hours, turning bag occasionally.

3. PREHEAT oven to 425°F. Place a large rimmed baking pan in oven; preheat pan for 10 to 15 minutes. Cut squash slices into 1-in. pieces; set aside.

4. COMBINE 1 Tbsp. oil, remaining ½ tsp. salt and black pepper in a large bowl. Add acorn squash, Brussels sprouts and shallots; toss to coat.

5. REMOVE baking pan from oven; brush with remaining 1 Tbsp. oil. Spread vegetables, in a single layer, on half of the prepared baking pan. Drain chicken; discard marinade. Place chicken thighs on the other half of the pan. Roast for 15 minutes; turn chicken over.

6. SPRINKLE vegetable mixture with slivered almonds; toss with spoon or tongs. Roast for 16 to 18 minutes more or until chicken reaches 165°F. Serve with reserved maple mixture.

Per serving: 450 calories, 21 g fat, 4 g saturated fat, 0 g trans fat, 160 mg cholesterol, 840 mg sodium, 38 g carbohydrates, 5 g fiber, 19 g sugar (16 g added sugar), 32 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 20%, Potassium 20%

GF option **GLUTEN-FREE**

Chicken and Root Vegetables

Hands On 30 minutes
Total Time 1 hour 20 minutes
plus standing time
Serves 7

1 (4.5-lb.) Hy-Vee True whole chicken without giblets
2 (8-oz.) golden beets, peeled and cut into ½-in.-thick wedges
1 lb. whole carrots, peeled, halved crosswise and quartered lengthwise
10 oz. parsnips, peeled, halved crosswise and quartered lengthwise
6 oz. radishes, trimmed and halved lengthwise
2 Tbsp. Gustare Vita olive oil, divided
1 tsp. Hy-Vee salt, divided
1¼ tsp. Hy-Vee black pepper, divided
2 lemons, divided

2 Tbsp. finely chopped fresh tarragon, plus additional for garnish
1 Tbsp. grated gingerroot
3 cloves garlic, minced
½ cup Hy-Vee no salt added chicken stock

1. REMOVE chicken from the refrigerator 20 minutes before roasting. Place a 12-in. cast iron skillet in the lower third of oven; preheat oven to 450°F.

2. PLACE beets, carrots, parsnips and radishes in a large bowl. Drizzle with 1 Tbsp. olive oil; sprinkle with ¼ tsp. salt and ¼ tsp. black pepper. Toss to coat; set aside.

3. CUT 1 lemon into wedges; set aside. Zest and juice remaining lemon. Whisk together lemon zest and juice, 2 Tbsp. tarragon, gingerroot, remaining 1 Tbsp. olive

oil, garlic, ¼ tsp. salt and ½ tsp. black pepper in a small bowl. Set aside.

4. PAT inside and outside of chicken completely dry with paper towels. Place chicken, breast side up, on work service. Gently slide your fingers under the breast skin to loosen the skin, being careful not to tear it.

5. RUB lemon-tarragon-ginger mixture between meat and skin. Rub any remaining lemon-tarragon-ginger mixture in cavity of chicken. Rub remaining ½ tsp. salt and ½ tsp. pepper on outside of chicken. Pierce breast skin with the tip of a sharp knife in a few places to prevent skin from bubbling up. Place reserved lemon wedges in cavity of chicken. Tie drumsticks together with kitchen string. Twist wing tips under back.

6. REMOVE cast iron skillet from oven. Spread vegetable mixture evenly in skillet. Place chicken, breast side up, on top of vegetable mixture.

7. ROAST chicken for 15 to 20 minutes. Add chicken stock to bottom of skillet. Reduce oven temperature to 350°F. Roast for 1 to 1½ hours or until chicken reaches 165°F in thickest part of thigh. If necessary, loosely cover with foil during the last 40 minutes of roasting to prevent overbrowning. Transfer chicken to a cutting board; loosely cover with foil and let rest.

8. TIGHTLY cover skillet with foil. Roast vegetables in cooking juices for 6 to 8 minutes more or until fork-tender. Garnish with additional tarragon, if desired. Serve cooking juices with chicken and vegetables, if desired.

Per serving: 460 calories, 23 g fat, 6 g saturated fat, 0 g trans fat, 120 mg cholesterol, 560 mg sodium, 22 g carbohydrates, 6 g fiber, 10 g sugar (0 g added sugar), 41 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 20%

GF option **GLUTEN-FREE**

Hy-Vee
true
HY-VEE TRUE CHICKEN
Raised cage-free on family farms in the Midwest, this tender, all-natural poultry contains no antibiotics, preservatives or added hormones and is a good source of protein.

460
CALORIES

Golden beets contain betalains, pigments with anti-inflammatory properties that may lower the risk of high blood pressure, asthma and obesity.

Spicy Salmon Tacos

with Yogurt Crema

Hands On 20 minutes
Total Time 30 minutes plus standing time
Serves 4 (2 each)

4 (4-oz.) Verlasso salmon portions, about ¾ in. thick
2 Tbsp. Full Circle Market organic light-colored agave nectar, divided
2 canned chipotle peppers, plus 2 tsp. adobo sauce
1 Tbsp. water
1 Tbsp. smoked paprika
1 garlic clove
½ cup thinly shredded red cabbage
½ cup shredded carrot
3 Tbsp. diagonally sliced green onion
2 Tbsp. chopped fresh cilantro, plus additional for garnish
3 Tbsp. fresh lime juice, divided
½ tsp. Hy-Vee salt, divided
½ cup Hy-Vee plain nonfat Greek yogurt
2 tsp. lime zest
1 tsp. Hy-Vee ground cumin
Hy-Vee nonstick cooking spray
8 (6-in.) Hy-Vee enchilada-size white corn tortillas, toasted
Thinly sliced radishes, for garnish
Lime wedge, for serving

1. PAT salmon dry with paper towels. Place 1 Tbsp. agave nectar, chipotle peppers plus adobo sauce, water, paprika and garlic in a mini food processor. Cover and pulse 10 to 12 times or until mixture is a smooth paste. Set half of the chipotle mixture aside. Brush remaining chipotle mixture on both sides of salmon. Let stand for 10 minutes.

2. FOR SLAW, place cabbage, carrot, green onion and 2 Tbsp. cilantro in a medium bowl. Add 1 Tbsp. lime juice, remaining 1 Tbsp. agave nectar and ¼ tsp. salt. Toss to combine. Cover and refrigerate until serving.

3. FOR YOGURT CREMA, stir together yogurt, lime zest, cumin and remaining 2 Tbsp. lime juice and ¼ tsp. salt. Cover and refrigerate until serving.

4. PREHEAT a large grill pan or skillet over medium-low heat. Remove pan from heat; generously spray with nonstick spray. Return pan to heat. Add salmon; cook over medium-low to medium heat for 6 to 10 minutes or until salmon reaches 145°F, turning halfway through. Transfer salmon to a cutting board. Loosely cover with foil and let rest for 10 minutes.

5. BRUSH reserved chipotle mixture on salmon. Flake salmon into large pieces using 2 forks.

6. TO SERVE, top tortillas with slaw mixture and salmon. Garnish with radishes and additional cilantro, if desired. Drizzle with yogurt crema. Serve with lime wedges.

Per serving: 430 calories, 16 g fat, 3 g saturated fat, 0 g trans fat, 75 mg cholesterol, 450 mg sodium, 39 g carbohydrates, 4 g fiber, 12 g sugar (8 g added sugar), 31 g protein. Daily Values: Vitamin D 80%, Calcium 6%, Iron 10%, Potassium 15%

GF option **GLUTEN-FREE**

VERLASSO SALMON

Boasting a buttery texture and a delicate, mild flavor, this premier salmon is raised in pristine Chilean coastal waters on a hormone- and antibiotic-free diet rich in omega-3 fatty acids.



Sensational Salmon

Take a stairway to salmon heaven with the steps outlined in our video.

Hy-Vee
seasons

Watch and learn at
Seasons.Hy-Vee.com

430
CALORIES

The omega-3 fatty acids found in salmon are associated with a reduced risk of heart disease.

500
CALORIES

An excellent source of vitamins, minerals and fiber, figs are rich in heart-healthy polyphenols and amino acids, which help build muscle.

Roasted Pork Salad

with Warm Bacon-Fig Vinaigrette

Hands On 20 minutes
Total Time 45 minutes plus standing time
Serves 4

1 (1- to 1¼-lb.) pork tenderloin, trimmed
2 tsp. plus 2 Tbsp. Gustare Vita olive oil
½ tsp. Hy-Vee salt
½ tsp. coarsely ground Hy-Vee black pepper
Hy-Vee nonstick cooking spray
1 large fennel bulb, thinly sliced; plus fennel fronds for garnish
4 slices hickory-smoked classic-cut bacon, chopped
¼ cup Hy-Vee apple cider flavored vinegar
3 Tbsp. fig spread
2 Tbsp. Hy-Vee stone ground Dijon mustard

1½ tsp. refrigerated garlic paste
1 (5-oz.) pkg. organic baby spinach and arugula blend
1 cup thinly shredded radicchio
1 Granny Smith apple, cored and cut into thin wedges
½ cup Hy-Vee pecan halves, toasted

1. REMOVE pork tenderloin from refrigerator 15 minutes before searing. Preheat oven to 375°F. Pat pork tenderloin dry with paper towels. Rub tenderloin with 1 tsp. oil. Season with salt and black pepper.

2. SPRAY an oven-going skillet with nonstick spray. Heat over medium-high heat; sear pork tenderloin on each side for 2 to 3 minutes or until golden.

3. TRANSFER pork tenderloin in the skillet to oven. Roast for 20 to 25 minutes or until pork reaches 145°F. Transfer pork to a cutting board. Loosely cover with foil and let rest for 5 minutes.

4. HEAT 1 tsp. olive oil in a medium skillet over medium heat. Add fennel; cook for 3 to 4 minutes or until tender, stirring occasionally. Transfer fennel to a small bowl; set aside.

5. COOK bacon in the same skillet over medium heat for 4 to 5 minutes or until bacon is crisp, stirring occasionally. Using a slotted spoon, transfer bacon to a plate lined with paper towels; reserve 1 Tbsp. bacon drippings in skillet for vinaigrette.

6. FOR VINAIGRETTE, whisk together reserved 1 Tbsp. bacon drippings, remaining 2 Tbsp. olive oil, vinegar, fig spread, mustard and garlic paste. Cook over medium-low heat for 2 to 3 minutes or until simmering, whisking occasionally. Stir in bacon; cool slightly.

7. TO SERVE, cut pork into ¼-in.-thick slices. Line a large serving platter with baby spinach blend and radicchio. Top with sliced pork, fennel, apple and pecans. Drizzle with warm bacon vinaigrette. Garnish with fennel fronds, if desired.

Per serving: 500 calories, 31 g fat, 7 g saturated fat, 0 g trans fat, 80 mg cholesterol, 790 mg sodium, 25 g carbohydrates, 5 g fiber, 17 g sugar (0 g added sugar), 29 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 20%

GF option **GLUTEN-FREE**

RAW VS. COOKED VEGGIES

They are beneficial both ways. Raw vegetables provide more fiber and a higher vitamin content, as some nutrients break down when exposed to heat. Cooked veggies are easier to digest, and the softened fibers can aid in the absorption of key minerals. It's best to get a good balance of the two types of vegetables in your diet.

ORANGE PANCAKE YOU'LL BE GLAD

ADD SUNSHINE TO WINTER MEALS WITH THE BRIGHT SWEETNESS OF ORANGES. SEVERAL VARIETIES ARE IN PEAK SEASON RIGHT NOW AT HY-VEE.

Orange Skillet Pancake

Hands On 10 minutes
Total Time 40 minutes
plus standing time
Serves 8

2 cups Krusteaz buttermilk complete pancake mix
1½ cups Hy-Vee refrigerated 100% orange juice
1 Tbsp. Cara Cara orange zest, plus additional for garnish
2 Tbsp. Hy-Vee unsalted butter
½ cup Soirée mascarpone cheese
1 Tbsp. Full Circle Market organic light-colored agave nectar
1 Cara Cara orange, peeled and sliced
1 blood orange, peeled and sliced
Hy-Vee chopped walnuts, for garnish
Fresh mint, for garnish

- 1. PLACE** a 10-in. cast iron skillet in the oven. Preheat oven to 350°F.
- 2. WHISK** together pancake mix, orange juice and 1 Tbsp. orange zest in a medium bowl until smooth. Let stand for 2 minutes.
- 3. MELT** butter in preheated cast iron skillet. Tilt skillet to coat bottom with melted butter. Pour in pancake batter.
- 4. BAKE** for 25 to 30 minutes or until toothpick inserted near center comes out clean.
- 5. STIR** together mascarpone cheese and agave nectar in a small bowl; set aside.
- 6. TO SERVE**, arrange the Cara Cara and blood orange slices on top of warm pancake; top with mascarpone mixture. Garnish with additional orange zest, walnuts and mint.

Per serving: 240 calories, 10 g fat, 5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 330 mg sodium, 34 g carbohydrates, 1 g fiber, 14 g sugar (7 g added sugar), 4 g protein.
Daily Values: Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 2%

 **VEGETARIAN DISH**

Cara Cara Oranges

These pink-colored oranges add a punch of sweet-tart flavor to quick breads like pancakes.



SCAN TO SHOP
this 10-in. Lodge cast iron pan at Hy-Vee.

Skillet Skill Set
Give a boost to your breakfast-making abilities with this how-to video.

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

Baked Orange Desserts

Hands On 10 minutes
Total Time 15 minutes
Serves 2

20
minutes
or less

1 navel orange, halved crosswise
2 tsp. Full Circle Market organic light-colored agave nectar
¼ tsp. Hy-Vee powdered peanut butter
¼ tsp. Hy-Vee baking cocoa
½ tsp. Hy-Vee vanilla extract
¼ tsp. kosher salt

Hy-Vee frozen original whipped topping, thawed, for serving
Roasted & salted shelled pistachios, chopped, for garnish
Fresh mint, for garnish

1. PLACE oven rack 4 in. from heat. Preheat broiler to HIGH.

2. FOR EACH orange half, use a knife to cut outer edge of flesh where it meets the rind, just enough to loosen it. Then carefully cut along both sides of each thin membrane to separate segments.

3. COMBINE agave nectar, powdered peanut butter, cocoa,

vanilla and salt in a small bowl. Brush agave mixture over tops of orange halves.

4. PLACE orange halves, cut sides up, on a baking sheet. Broil for 3 to 5 minutes or until edges begin to lightly brown.

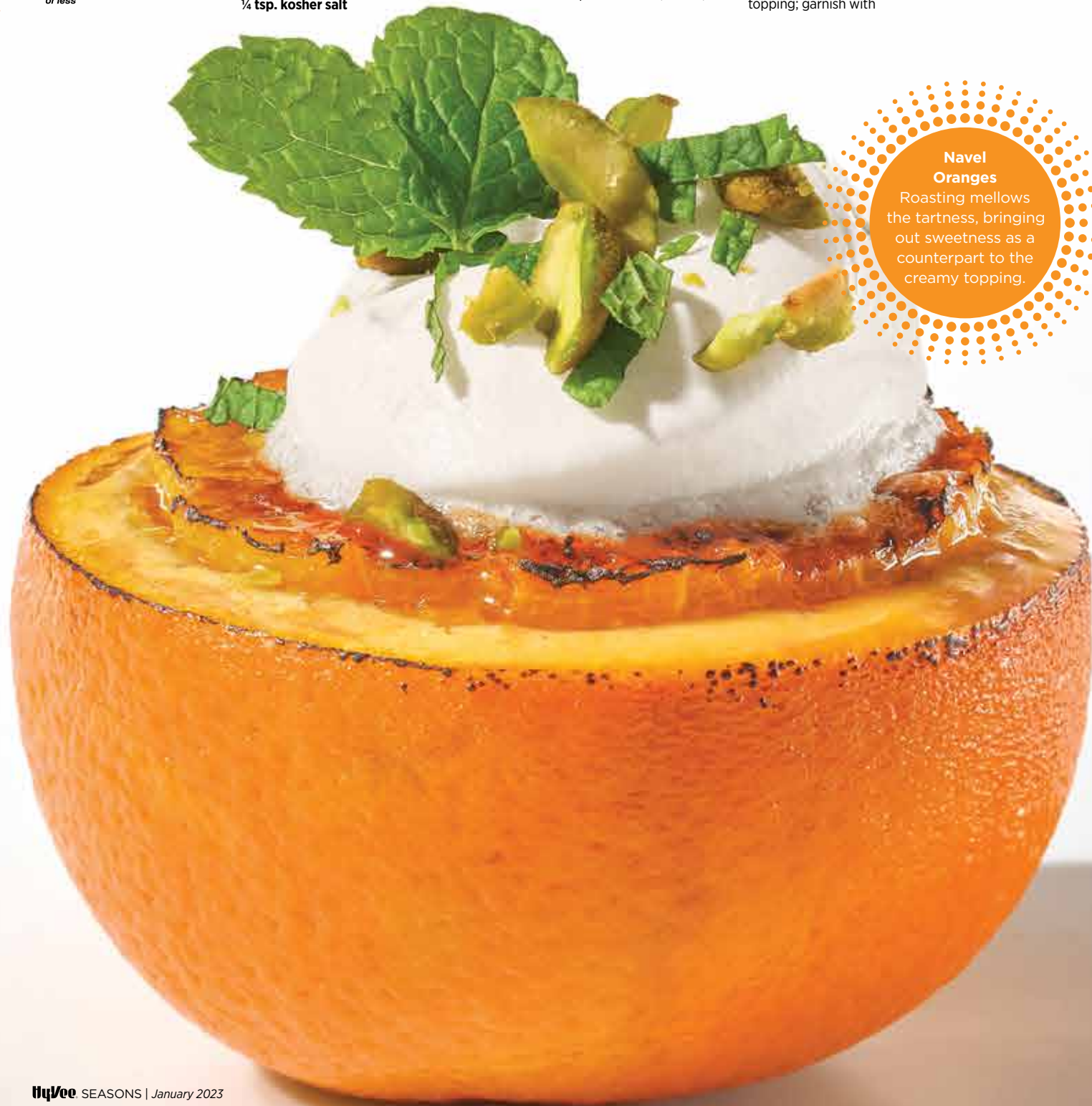
5. TOP with whipped topping; garnish with

pistachios and mint, if desired. Serve warm.

Per serving: 60 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 240 mg sodium, 14 g carbohydrates, 2 g fiber, 11 g sugar (5 g added sugar), 1 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 2%

 **VEGETARIAN DISH**

Navel Oranges
Roasting mellows the tartness, bringing out sweetness as a counterpart to the creamy topping.



Citrus Beef Salad with Caramelized Fennel Vinaigrette

Hands On 25 minutes
Total Time 25 minutes plus standing time
Serves 4

VINAIGRETTE

¼ cup Gustare Vita olive oil
½ fennel bulb, trimmed and chopped
1 Tbsp. bottled chopped garlic
2 tsp. fennel seed
3 Tbsp. Gustare Vita white wine vinegar
½ cup Full Circle Market organic light-colored agave nectar
¼ tsp. coarsely ground Hy-Vee black pepper
½ tsp. kosher salt

SALAD

2 (8-oz.) Hy-Vee Choice Reserve New York strip steaks, ¾ to 1 in. thick
2 Tbsp. Fat Boy pecan rub
2 tsp. Hy-Vee frozen 100% orange juice concentrate, thawed
1 Tbsp. Gustare Vita olive oil
4 small navel oranges
1½ (9-oz.) pkg. Italian salad blend
½ fennel bulb, trimmed and very thinly sliced; plus fronds for garnish
¼ cup Hy-Vee pecan pieces, toasted

1. FOR VINAIGRETTE, heat olive oil in a medium skillet over high heat. Add chopped fennel, garlic and fennel seed. Cook for 2 to 3 minutes or until fennel is golden, stirring frequently. Stir in vinegar; cook for 1 minute. Remove from heat. Stir in agave nectar, black pepper and salt; set aside.

2. FOR SALAD, pat steaks dry with paper towels. Sprinkle and rub both sides of steaks with pecan rub; brush with orange juice concentrate. Let stand for 5 minutes.

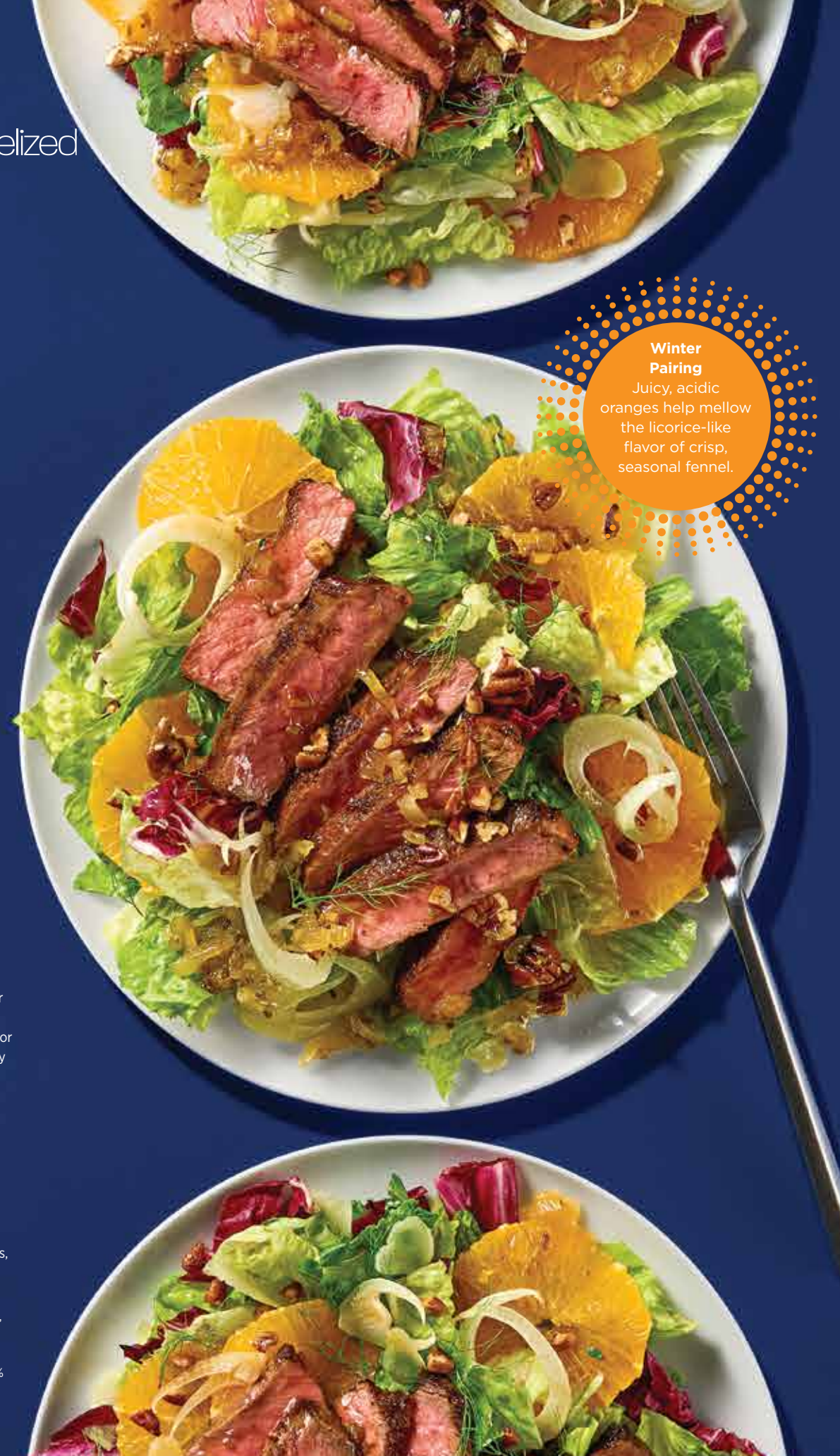
3. HEAT olive oil in a 10-in. cast iron skillet over medium-high heat. Add steaks to skillet; cook for 4 to 6 minutes or until steaks reach 130°F for medium-rare doneness, turning steaks halfway through. Transfer steaks to a cutting board; loosely cover with foil. Let rest for 5 minutes. Cut steaks across the grain into thin strips.

4. CUT peel and outer white membranes from navel oranges carefully, using a sharp knife; cut oranges into slices.

5. TO SERVE, toss together salad blend and sliced fennel in a large bowl. Divide mixture among 4 serving plates. Top with orange slices, steak and pecans. Drizzle with vinaigrette. Garnish with fennel fronds, if desired.

Per serving: 700 calories, 42 g fat, 10 g saturated fat, 0 g trans fat, 100 mg cholesterol, 420 mg sodium, 52 g carbohydrates, 7 g fiber, 41 g sugar (21 g added sugar), 34 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 20%, Potassium 20%

Winter Pairing
Juicy, acidic oranges help mellow the licorice-like flavor of crisp, seasonal fennel.



ORANGE APPEAL

FIND A SELECTION OF ORANGE VARIETIES AVAILABLE AT HY-VEE THROUGHOUT THE YEAR.

CARA CARA ORANGES Seedless navel orange with bright orange skin and pink-orange flesh. Sweeter, with less acidity, than other navels. Use in baking and to brighten greens. Also good in fruit salads or eaten out of hand.

SUMOS Large seedless mandarins with a "topknot" bump at the stem end. Easy to peel and extra-sweet, they're excellent consumed fresh, as well as in drinks, desserts and vinaigrettes for meats and poultry.

NAVEL ORANGES Most common variety and versatile in recipes. Large, round and uniformly orange; juicy and sweet. Use zest and juice in baking, add peeled sections to salads, chop segments for chutneys and compotes, squeeze for juices or eat fresh.

BLOOD ORANGES Crimson in color from anthocyanins—a type of antioxidant not often found in oranges. They offer a sweet-tart flavor and are less acidic than many other varieties, with slight berry hints. Use in drinks, salads, sauces and jams.

MANDARINS Small with a loose rind, very sweet, easy to peel and excellent for snacking. The juice brightens meat sauces and dresses up salad dressings. Segments are delicious in spinach salads with bacon.

Source: thewholeu.uw.edu/2022/05/23/citrus/



Sumo Oranges
When added to the marinade, super-sweet Sumo juice gives pork tenderloin sweet-and-savory flavor.

Orange Pork Tenderloin with Broccolini and Sweet Potatoes

Hands On 20 minutes

Total Time 1 hour

9 minutes plus marinating and standing time

Serves 4

½ cup plus 2 Tbsp. Hy-Vee frozen 100% orange juice concentrate, thawed, divided

1½ Tbsp. Hy-Vee less sodium soy sauce

1 (1- to 1¼-lb.) pork tenderloin

Hy-Vee nonstick cooking spray

2 (10- to 12-oz.) sweet potatoes

2 Sumo mandarin oranges

4 Tbsp. Gustare Vita olive oil, divided

1 Tbsp. coarsely ground Hy-Vee black pepper

1 tsp. bottled minced garlic

1 tsp. coarsely ground Hy-Vee sea salt

1½ lb. Broccolini, trimmed

1. COMBINE ½ cup orange juice concentrate and soy sauce in a large resealable plastic bag. Add pork tenderloin and seal bag. Turn bag to evenly coat pork with marinade. Refrigerate for 3 to 5 hours, turning bag occasionally.

2. PREHEAT oven to 350°F. Spray 2 large rimmed baking pans with nonstick spray; set

aside. Cut sweet potatoes in half lengthwise; cut each half lengthwise into ¼-in.-thick slices. Place in a large bowl. Cut unpeeled mandarins into ¼-in.-thick slices; add to sweet potatoes in bowl. Add 2 Tbsp. olive oil, black pepper, garlic and salt; toss to coat. Spread evenly on one prepared baking pan. Roast for 20 minutes or until sweet potatoes begin to soften, turning halfway through.

3. REMOVE pork tenderloin from marinade; discard marinade. Pat tenderloin dry with paper towels. Heat 1 Tbsp.

olive oil in a large nonstick skillet over medium-high heat. Add pork tenderloin to skillet. Cook for 5 to 6 minutes or until golden brown on all sides, turning frequently. Place tenderloin in baking pan with sweet potatoes and oranges. Roast for 15 to 18 minutes or until pork reaches 145°F and sweet potatoes are tender. Brush pork with remaining 2 Tbsp. orange juice concentrate. Cover loosely with foil; let stand 10 minutes.

4. CUT large stalks of Broccolini in half lengthwise.

Toss Broccolini with remaining 1 Tbsp. olive oil in a medium bowl. Place in other prepared baking pan. Roast for 9 to 11 minutes or until desired doneness.

5. TO SERVE, slice pork. Arrange sweet potatoes and orange slices on a large platter. Top with Broccolini and sliced pork.

Per serving: 570 calories, 17 g fat, 3 g saturated fat, 0 g trans fat, 65 mg cholesterol, 970 mg sodium, 71 g carbohydrates, 9 g fiber, 34 g sugar (0 g added sugar), 34 g protein. **Daily Values:** Vitamin D 0%, Calcium 30%, Iron 20%, Potassium 30%

FRESH &



COMFORT

SATISFY COLD-WEATHER CRAVINGS WITH LIGHTENED-UP MEALS FEATURING INGREDIENTS WITH LOWER FAT AND SODIUM, PLUS FEWER CALORIES.

AIR-FRIED
SPICY

TORTELLINI

Total Time 35 minutes
Serves 8 (7 each)

1 (9-oz.) pkg. Hy-Vee refrigerated cheese tortellini
½ cup Hy-Vee all-purpose flour
1 Tbsp. Hy-Vee crushed red pepper
1 tsp. Hy-Vee salt, plus additional to taste
2 Hy-Vee large eggs
½ cup water
1 cup Hy-Vee Italian seasoned panko bread crumbs
¼ cup Soirée shredded three cheese blend
1 tsp. Hy-Vee garlic powder
Hy-Vee nonstick cooking spray
Gustare Vita spicy marinara pasta sauce, warmed, for serving
Fresh basil, for garnish

1. PREHEAT air fryer to 400°F according to manufacturer's instructions.

2. COOK tortellini in salted boiling water according to pkg. directions. Drain and set aside.

3. COMBINE flour, crushed red pepper and 1 tsp. salt in a shallow bowl.

Whisk together eggs and water in another shallow bowl. Combine bread crumbs, cheese blend and garlic powder in a third shallow bowl.

4. DIP tortellini, a few at a time, in flour mixture to coat; shake off excess. Then dip in egg mixture and coat with bread crumb mixture. Place on a baking sheet.

5. SPRAY air fryer basket with nonstick spray. Working in batches, place one layer of tortellini into basket; spray tortellini with nonstick spray. Air-fry for 3 to 4 minutes or until golden and crisp, turning and shaking occasionally. Season to taste with additional salt.

6. SERVE tortellini with pasta sauce. Garnish with basil, if desired.

Per serving: 190 calories, 6 g fat, 2 g saturated fat, 0 g trans fat, 65 mg cholesterol, 570 mg sodium, 26 g carbohydrates, 1 g fiber, 0 g sugar (0 g added sugar), 9 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 2%



LOWER FAT
Rather than deep-frying in high-fat oil, the air fryer uses just a small amount of oil as it circulates hot air around food to crisp it.



GLUTEN-FREE DEEP DISH VEGGIE PIZZA

Hands On 15 minutes
Total Time 32 minutes
Serves 8

DOUGH
Hy-Vee nonstick cooking spray
½ cup water
2 Tbsp. Full Circle Market organic raw unfiltered apple cider vinegar
2 Tbsp. Gustare Vita olive oil
1 (9.8-oz.) pkg. almond flour pizza dough mix
2 tsp. chopped fresh rosemary

PIZZA
½ cup Gustare Vita pizza sauce
1½ cups Hy-Vee finely shredded reduced fat mozzarella cheese, divided
1 (14-oz.) can Hy-Vee quartered artichoke hearts, drained and patted dry
½ cup thinly sliced red and green bell pepper strips
¼ cup Hy-Vee Greek kalamata pitted olives, drained and halved
Fresh arugula, for garnish

Thinly sliced red onion strips, for garnish
Soirée traditional feta cheese crumbles, for garnish

1. PREHEAT oven to 425°F. Generously spray a 9-in. springform pan with nonstick spray; set aside.

2. FOR DOUGH, stir together water, vinegar and olive oil in a large bowl. Add pizza dough mix and rosemary; stir until dough forms a ball.

3. SPRAY hands with nonstick spray. Pat dough into bottom and 1 in. up the side of prepared pan. Pierce dough several times with a fork. Bake crust without toppings for 15 to 17 minutes or until edges begin to brown.

4. REMOVE from oven; reshape crust, if needed. For pizza, top crust with pizza sauce, ½ cup mozzarella cheese, artichoke hearts, bell pepper strips, olives and remaining 1 cup mozzarella cheese.

5. BAKE for 12 to 15 minutes or until crust is golden brown and cheese is melted. Release spring on pan and remove side to serve. Garnish with arugula, red onion and feta crumbles, if desired.

Per serving: 290 calories, 18 g fat, 3.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 600 mg sodium, 23 g carbohydrates, 5 g fiber, 3 g sugar (0 g added sugar), 10 g protein. Daily Values: Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 8%

GF GLUTEN-FREE V VEGETARIAN DISH

SKINNY

CHEESY POTATO MASH



FEWER CALORIES

This casserole replaces butter and cream with vegetable oil spread and almond milk for creamy potatoes with fewer calories and fat.

Hands On 30 minutes
Total Time 1 hour 45 minutes plus cooling time
Serves 8 (½ cup each)

3 lb. (2½-in.) gold potatoes
2 garlic bulbs
2 Tbsp. Gustare Vita olive oil
Hy-Vee nonstick cooking spray
¾ cup Hy-Vee shredded mozzarella cheese
¾ cup Hy-Vee finely shredded reduced-fat mild Cheddar cheese
2 Tbsp. 45% vegetable oil soft spread
¼ cup finely chopped white onion
½ cup Hy-Vee vanilla unsweetened almond milk
1 Tbsp. chopped fresh thyme
1 Tbsp. chopped fresh rosemary, plus additional for garnish
1 tsp. Hy-Vee salt
1 tsp. Hy-Vee ground dry mustard
1 tsp. smoked paprika
1 tsp. Hy-Vee black pepper, plus additional for garnish

1. PREHEAT oven to 375°F. Pierce potatoes with a fork; place in a large rimmed baking pan and set aside.

2. CUT off a thin slice from tops of garlic bulbs to expose ends of individual cloves. Place garlic bulbs, cut side up, on a sheet of foil; drizzle with olive oil. Wrap bulbs with foil and place in baking pan with potatoes.

3. BAKE potatoes and garlic for 40 to 45 minutes or until potatoes are fork-tender. Cool for 10 minutes. Coarsely shred unpeeled potatoes using large holes on a box grater; transfer potatoes to a large bowl. Squeeze base of each garlic clove and push it up and out of its paper husk; add to potatoes in bowl.

4. SPRAY 8 (4½-oz.) ramekins with nonstick spray; place in a large rimmed baking pan and set aside. Combine mozzarella and Cheddar cheeses in a medium bowl; set aside.

5. FOR CHEESE SAUCE, melt vegetable oil spread in a medium saucepan over medium heat. Add onion; cook for 3 to 4 minutes or until slightly softened, stirring frequently. Stir in almond milk, thyme, 1 Tbsp. rosemary, salt, dry mustard, smoked paprika and 1 tsp. black pepper. Stir in 1 cup cheese mixture; cook for 1 minute or until cheese is completely melted, stirring occasionally.

6. ADD cheese sauce to potato mixture in bowl; gently stir to combine. Spoon half of mixture into prepared ramekins; sprinkle with ¼ cup cheese mixture. Top with remaining potato mixture; sprinkle with remaining ¼ cup cheese mixture.

7. BAKE for 25 to 30 minutes or until golden brown. Garnish with additional rosemary and black pepper, if desired.

Per serving: 250 calories, 9 g fat, 3 g saturated fat, 0 g trans fat, 10 mg cholesterol, 480 mg sodium, 34 g carbohydrates, 4 g fiber, 2 g sugar (0 g added sugar), 9 g protein.
Daily Values: Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 15%

GF **GLUTEN-FREE** **V** **VEGETARIAN DISH**

Freedom from Frying

See how to make this tasty dish with a baking pan, not a frying pan.

Hy-Vee
seasons

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Seasons.Hy-Vee.com

NO- FRY

FRIED RICE



REDUCED SODIUM

Coconut aminos are a lower-sodium substitute for soy sauce; they're also gluten- and soy-free.

Hands On 10 minutes
Total Time 42 minutes plus cooling time
Serves 6 (1½ cups)

Hy-Vee nonstick cooking spray
5 cups cold cooked Hy-Vee long grain or instant white rice
1 cup chopped Hy-Vee Short Cuts fajita vegetables
1 cup chopped green onions, divided
½ cup bottled hot kimchi, coarsely chopped
4 cloves garlic, minced
1 Tbsp. grated fresh gingerroot
6 Tbsp. organic coconut aminos, plus additional for serving
6 Tbsp. seasoned rice vinegar
5 Hy-Vee large eggs, beaten
½ lb. Fish Market natural peeled & deveined raw shrimp (31 to 40 ct.)
2 Tbsp. fresh lime juice

1. PREHEAT oven to 450°F. Spray a 17×12×1-in. baking pan with nonstick spray; set aside.

2. SPREAD rice in baking pan. Bake for 5 to 6 minutes or until dry. Cool for 3 minutes.

3. TOSS together rice, fajita vegetables, ½ cup green onions, kimchi, garlic, gingerroot, 6 Tbsp. coconut aminos and rice vinegar in a large bowl. Evenly spread rice mixture in same baking pan.

4. BAKE for 12 minutes; remove from oven. Toss rice using a spatula. Drizzle with beaten eggs; tuck shrimp into rice mixture.

5. BAKE for 8 to 10 minutes or until shrimp reach 145°F and eggs are completely set.

6. TO SERVE, drizzle rice mixture with lime juice; toss to combine. Top with remaining ½ cup green onions. Serve with additional coconut aminos, if desired.

Per serving: 320 calories, 5 g fat, 1.5 g saturated fat, 0 g trans fat, 225 mg cholesterol, 790 mg sodium, 49 g carbohydrates, 2 g fiber, 8 g sugar (6 g added sugar), 19 g protein. **Daily Values:** Vitamin D 6%, Calcium 6%, Iron 15%, Potassium 8%

GF **GLUTEN-FREE**

V **VEGETARIAN DISH**



CARRIE

PEAK PERFORMANCE—ON STAGE AND IN THE GYM—DRIVES UNDERWOOD'S WELLNESS GOALS.

KNOWN AS THE QUEEN OF MODERN COUNTRY, MULTI-PLATINUM ARTIST **CARRIE UNDERWOOD** IS SHARING HER PASSION FOR MUSIC AND LIVING A HEALTHY LIFESTYLE.

Carrie Underwood is one of music's biggest superstars, with record-setting success. She's won 25 CMT Music Awards (more than any other artist), eight Grammys and 16 Academy of Country Music Awards. The world was introduced to Underwood on the fourth season of *American Idol*, where her powerful voice and penchant for country songs made her a fan favorite and the eventual winner. When her *American Idol* win launched her into the spotlight, Underwood went from singing in her hometown to performing on physically demanding arena tours in front of thousands. Fitness is crucial for her, because Underwood draws on strength from her entire body when she sings. This makes her the perfect partner for BODYARMOR, a sports hydration company dedicated to creating better-for-you hydration products. Find BODYARMOR in-store at Hy-Vee.



Music has always played an important part in Carrie Underwood's life. She started singing at her church when she was just three, and some of her earliest performances were at festivals in her small hometown of Checotah, Oklahoma, which has just over 3,000 residents. "Growing up, I saw incredible, talented women like Reba McEntire and Dolly Parton and Barbara Mandrell just doing it all and I wanted to be like them," she says. "They showed me you could come from a small town and, with hard work and determination, accomplish more than I ever dared to dream of."

Underwood was raised on a cattle farm with a father who worked in a paper mill and a mother who was an elementary school teacher. "I grew up in a small town with two older sisters who were already teenagers when I was little, so they were out and about with school activities and with their friends most of the time," she says. That left her to her own dreams. "I knew when I was a teenager that I loved singing and wanted to pursue it professionally," Underwood says.

Her big break came when she auditioned for *American Idol*. "I saw a news story for the auditions in St. Louis, and my mom said she would drive me," Underwood says. "I almost didn't go, but I'm glad I did now!" Her performance of "I Can't Make You Love Me" by Bonnie Raitt earned a "yes" from all three judges, and a ticket to compete in Los Angeles. "The trip to Hollywood for the next round of auditions was my first time flying on a plane," Underwood says.

Almost from her very first week, Underwood was a fan favorite on the show. She was a frontrunner through most of the competition, earning enough votes to keep her safe from elimination every week. "I'll always have fond memories—it helped launch my career," Underwood says. "It first opened me up to critiques and how to handle and learn from them, along with creating a 'thick skin.'"

Even though she's 17 years into her recording career, Underwood still gets a thrill every time she releases new music.



MUSICAL INFLUENCES

Underwood may be known as a country artist, but much of the music throughout her career has been influenced by a blend of genres. "I grew up listening to all kinds of music, so my influences cover everything from gospel hymns to rock to pop and, of course, I've always loved country music," Underwood says. "It's all in me and I'm lucky to get to bring those influences to albums like *My Savior* and now my latest album *Denim & Rhinestones*, which covers a lot of musical ground." In addition to her albums featuring country music, such as *Play On* and *Storyteller*, Underwood has also released a Christmas album, *My Gift*, and a Grammy-winning gospel album, *My Savior*.

GIVING BACK

Throughout her career, Underwood has used her platform to highlight many causes. In 2009, she founded the Checotah Animal, Town and School (C.A.T.S.) Foundation to help support needs in her hometown. Underwood has also represented, supported or held benefit concerts for charities such as Save the Children, Stand Up to Cancer, Danita's Children and Tunnel to Towers Foundation.

PHOTOS (Kevin Winter/Getty Images (above), Gabriel Bouys/Getty Images (right))

CARRIE'S CAREER AT A GLANCE

2005
Competes on, and wins, *American Idol*'s fourth season.

2007
Wins a Grammy Award for Best New Artist, her first of eight Grammys.

2008
Co-hosts the CMA Awards with Brad Paisley, the first of 12 years as a host.

2011
Is honored by the Academy of Country Music in a Superstar Women of Country special.

2012
Fourth album *Blown Away* debuts at #1 on the Billboard 200.

2013
Performs show open of NBC's Sunday Night Football for the first of 10 consecutive seasons.

2020
Releases her *New York Times* bestselling book *Find Your Path*.

2022
Releases ninth studio album, *Denim & Rhinestones*.



Q. What is your favorite "wow" moment from your career?

C: There are so many...but performing with Axl Rose during my Stagecoach set last year, and then getting to perform with Guns N' Roses in London last summer was something I will always cherish.

Q. How has your music evolved over the course of your career?

C: I've learned to embrace all the musical influences that are in me and not to try to put myself in any one lane or box. When you try to please everyone, you end up pleasing no one. Just be true to yourself and follow your instincts.

Q. If you weren't in the music industry, what job would you have?

C: I was studying broadcast journalism before I auditioned for *American Idol* and everything changed for me, so I think that's what I would be doing.

Q. What is your best career advice?

C: Work hard and treat people well. Show up prepared and do your best to exceed people's expectations.

Q. Favorite city to visit?

C: That will always be my hometown, Checotah, Oklahoma.

Q. Favorite performance venue?

C: The Grand Ole Opry.

Q. Favorite way to unwind?

C: I have discovered how much I truly love gardening. It has become one of my favorite things to do. I love canning and cooking and eating food I've grown in my own garden!

Q. What has been your greatest achievement so far?

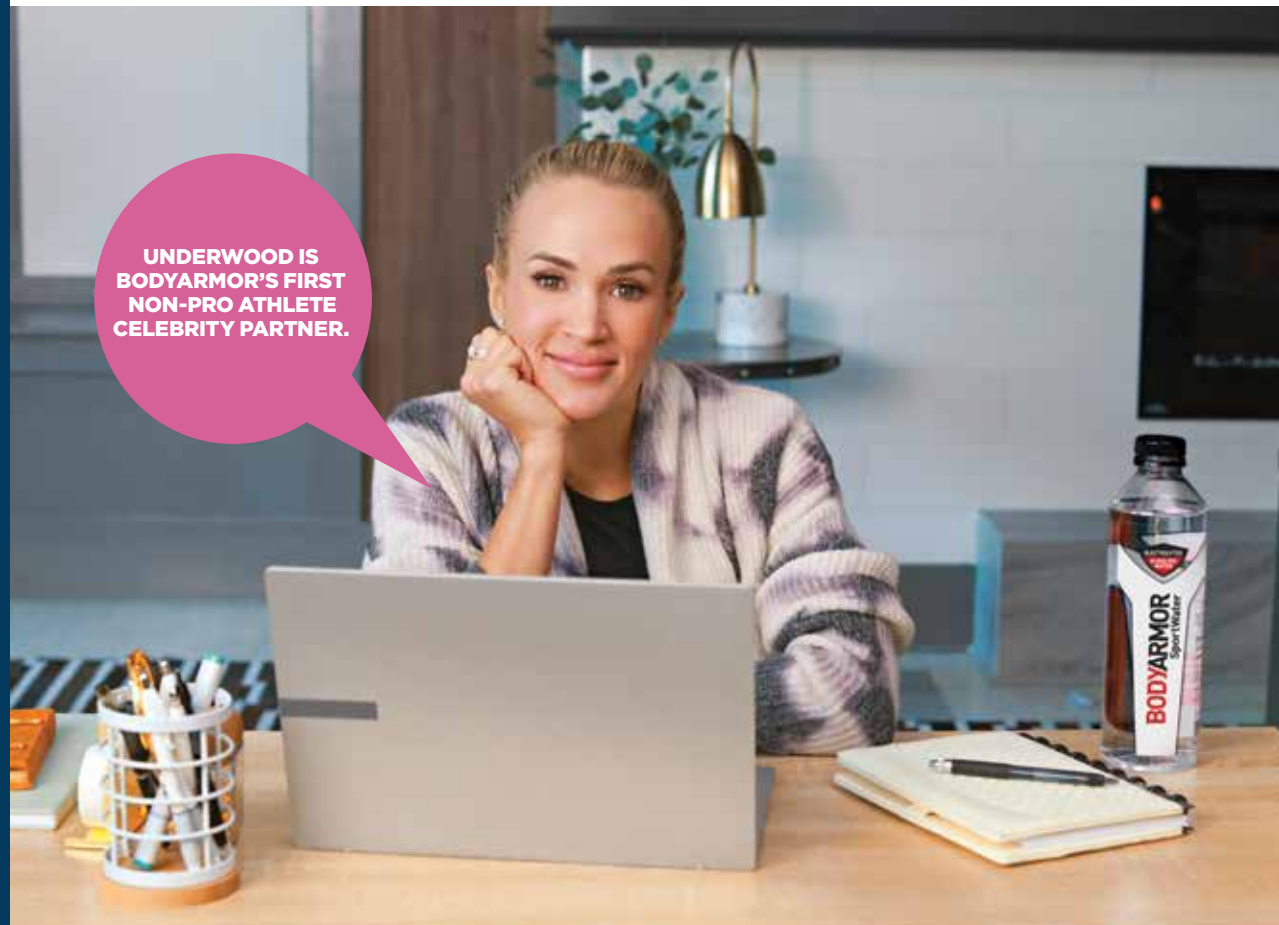
C: Being the best mom, wife, sister and daughter I can be.

Q. What can we look forward to seeing from you this year?

C: My *Denim & Rhinestones* Tour continues through March, and later this year I will resume my ongoing Las Vegas residency, *Reflection*, at Resorts World Las Vegas. Hope to see you all out there!



"AFTER YEARS OF FINDING OUT WHAT WORKS BEST FOR ME AND MY HEALTH, THE ONE THING I'VE REALIZED IS THAT WHEN I EAT AND DRINK BETTER THINGS, I HAVE MORE ENERGY TO DO EVERYTHING I AM ASKING MY BODY TO DO."
—CARRIE UNDERWOOD



UNDERWOOD IS BODYARMOR'S FIRST NON-PRO ATHLETE CELEBRITY PARTNER.

BODYARMOR PARTNERSHIP

"The decision to partner with BODYARMOR was easy for me," Underwood says. "I believe that what you put into your body matters, and so does BODYARMOR. I love BODYARMOR LYTE, which is a low-calorie, no-sugar-added premium sports drink, and BODYARMOR SportWater is also with me wherever I go...

all day, every day." Underwood teamed up with BODYARMOR in 2021, and her current favorite flavor is BODYARMOR LYTE kiwi strawberry. "BODYARMOR LYTE is great post-workout, because the electrolytes, vitamins and antioxidants help replenish what I lose," Underwood says.

LOOK FOR BODYARMOR AT YOUR LOCAL HY-VEE. FLAVORS INCLUDE KIWI STRAWBERRY, BLUEBERRY POMEGRANATE AND MORE.



BODYARMOR SPORTS DRINK & LYTE

BODYARMOR is a premium coconut water-based sports drink that contains electrolytes and antioxidants to help hydrate the body and replenish minerals lost through sweat. Available at Hy-Vee in more than 25 different flavors, each drink is made with natural flavors and no artificial sweeteners or dyes. BODYARMOR LYTE has the same delicious taste and beneficial ingredients as the original variety but with 20 calories per 16-oz. bottle.

BODYARMOR SPORTWATER

BODYARMOR SportWater is an alkaline water with pH9+ and a proprietary electrolyte formula. Featuring a bottle made with recycled plastic and a wide-mouth cap, BODYARMOR SportWater is built for all-day hydration.

Underwood is known for her show-stopping performances on tour, all of which require her to be in top physical form to be able to hit the notes. "After years of finding out what works best for me and my health, the one thing I've realized is that when I eat and drink better things, I have more energy to do everything I am asking my body to do, whether it's performing, working out or just getting through my busy day," Underwood says.

Sometimes, balancing everything means making compromises, like including her two kids in a workout or taking the day off. "While music will always be my first love and priority, I'm fortunate to have been able to also pursue my passion for health and fitness and build a personal brand I can stand behind and be proud of," Underwood says.

Her demanding schedule—at home and on tour—made teaming up with BODYARMOR an easy choice. "Staying healthy and focusing on my wellness is something that I'm very passionate about, and BODYARMOR is a perfect fit for my busy lifestyle," Underwood says.

“Outside of music, my greatest passion is health and fitness. I just love learning about what my body can do when I give it what it needs.”



UNDERWOOD ALSO WROTE THE BOOK FIND YOUR PATH, IN WHICH SHE SHARES HER PERSONAL INSIGHTS ABOUT MAKING EXERCISE AND NUTRITIOUS EATING LIFELONG HABITS.

10

CALORIES
OR LESS!

Even if you overindulged a bit over the holidays, there's no need to ditch dessert with these guilt-free options.

Garbanzo Bean Cookie Dough Bites

Hands On 15 minutes

Total Time 15 minutes plus chilling time

Serves 18 (4 bites each)

½ cup Hy-Vee natural whole almonds

1 (15-oz.) can Hy-Vee garbanzo beans, drained and rinsed

3 Tbsp. Hy-Vee honey

½ cup Hy-Vee old fashioned oats

½ cup Hy-Vee no-stir creamy almond butter

1½ tsp. Hy-Vee vanilla extract

¼ cup Hy-Vee mini semisweet chocolate baking chips

1. PLACE almonds in a food processor; cover and process until chopped. Add garbanzo beans and honey. Cover and process until smooth, scraping down sides of bowl as needed.

2. ADD oats, almond butter and vanilla. Cover and process until combined.

3. TRANSFER mixture to a medium bowl. Stir in baking chips. Roll into 72 (¾-in.) balls; place on a large tray. Cover and refrigerate at least 30 minutes before serving. Store in an airtight container in refrigerator up to 1 week or freeze up to 1 month.

Per serving: 80 calories, 4 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 45 mg sodium, 11 g carbohydrates, 1 g fiber, 4 g sugar (4 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%



GLUTEN-FREE



VEGETARIAN DISH



CUT & SERVE

To create precise slices, cut the mini chocolate éclairs with a serrated knife while they're still frozen.

Strawberry-Filled Mini Chocolate Éclairs

Sprinkle 1 (0.04-oz.) packet Sweet'N Low sweetener over ½ cup chopped Hy-Vee Short Cuts strawberries in a small bowl; stir to coat. Gently stir in ½ cup thawed Hy-Vee frozen light whipped topping until combined. Microwave 1 Tbsp. sugar-free seedless strawberry jam in a small microwave-safe cup for 10 to 15 seconds or until melted when stirred. Drizzle over whipped topping mixture; gently swirl. Cut 8 frozen chocolate-topped Belgian custard cream mini éclairs in half horizontally; let stand for 10 to 15 minutes or until thawed. Spoon strawberry cream mixture onto éclair bottoms; spread evenly. Top with éclair tops. Garnish with sliced strawberries, if desired. Serves 8 (1 each).

30
minutes
or less



VEGETARIAN DISH

3 TIPS FOR friendlier desserts

Simple ingredient swaps can make your favorite baked desserts more healthful by cutting calories and lowering fat content.

APPLESAUCE

Substitute half the oil in baked-goods recipes with unsweetened applesauce. One cup of oil contains 218 grams of fat; the applesauce has 0 fat grams.

DARK CHOCOLATE

Calm your craving by baking with dark chocolate. It has up to 90% cocoa solids (vs. up to 50% with milk chocolate). The higher number means less sugar.

GREEK YOGURT

Replace 1 cup of butter in baked recipes with ¼ cup nonfat plain Greek yogurt and ½ cup butter. This easy switch saves 366 calories.

Sources: thewholeu.uw.edu/2014/07/21/fruits-for-fats/, health.clevelandclinic.org/dark-chocolate-health-benefits/, canr.msu.edu/news/put_a_healthier_twist_on_recipes_with_yogurt



MIX & MATCH
Customize flavors to suit your guests' preferences by topping chocolates with other types of nuts, dried fruit or chopped candies.

Ice Cube Tray Chocolates

Lightly spray 28 (2x1x1¼-in.) molds in flexible plastic ice cube trays with Hy-Vee nonstick cooking spray. Microwave 1 (9-oz.) pkg. Lily's no sugar added white chocolate-style baking chips, 1 (9-oz.) pkg. Lily's no sugar added chocolate salted caramel-flavor baking chips or 1 (9-oz.) pkg. Lily's no sugar added dark chocolate baking chips in a medium microwave-safe bowl on HIGH at 15-second

intervals until melted, stirring each time. Spoon chocolate into a disposable pastry bag. Cut off ¼-in. tip on pastry bag. Pipe chocolate into prepared molds, filling just until bottom of each mold is lightly coated with chocolate. Immediately press 3 Hy-Vee miniature marshmallows into each section of chocolate. Drizzle with remaining melted chocolate. Firmly tap filled ice cube trays on work surface

a few times to compact ingredients. Garnish **white chocolates** with 3 Tbsp. Hy-Vee dried cranberries and 2 Tbsp. coarsely chopped roasted & salted shelled pistachios. Garnish **salted caramel chocolates** with 2 Tbsp. Hy-Vee sweetened banana chips, halved if needed, 2 Tbsp. Hy-Vee lightly salted whole cashews and coarsely ground Hy-Vee sea salt, if desired. Garnish **dark chocolates** with

¼ cup Hy-Vee natural sliced almonds and 3 Tbsp. finely chopped crystallized ginger. Freeze for 10 minutes or until chocolate is set. Let stand at room temperature for 5 minutes. Pop chocolates out of ice cube tray before serving, using tip of paring knife to release, if necessary. Store in covered container in refrigerator up to 1 week. Serve at room temperature. Each chocolate variation serves 14 (2 each).

GF GLUTEN-FREE V VEGETARIAN DISH



BERRY GOOD!
Substitute blackberries or sliced strawberries for fresh raspberries to vary the flavor and accommodate seasonal supply.

Raspberry Angel Food Cake Parfaits

Mash ½ cup Basket & Bushel raspberries, 3 Tbsp. sugar-free red raspberry preserves, 1 tsp. lime zest, 2 tsp. fresh lime juice and 1 (0.04-oz.) packet Sweet'N Low sweetener in a small bowl with a fork; set aside. Fold together 1 cup thawed Hy-Vee frozen light whipped topping and 1 Tbsp. Hy-Vee light sour cream in a medium bowl until combined. Divide 3½ cups (1-in.) cubes Hy-Vee Bakery angel food cake and 1 cup raspberries among 8 (8-oz.) glasses. Top with mashed raspberry mixture and whipped topping mixture. Garnish with mint, if desired. Serves 8.

20 minutes or less V option VEGETARIAN DISH



Low-Calorie Mocha Mousse

Sprinkle 1 (0.25-oz.) envelope unflavored gelatin over ¼ cup cold water in a small bowl; let stand for 2 minutes. Bring an additional ¼ cup water to a boil in a small saucepan. Remove from heat. Immediately stir in ¼ cup Hy-Vee baking cocoa, 1 tsp. Hy-Vee medium roast instant coffee granules and gelatin mixture; stir until gelatin is dissolved. Stir in 3 (0.04-oz.) packets Sweet'N Low sweetener and 1 tsp. Hy-Vee vanilla extract. Add 2 ice cubes; stir until ice is melted. Transfer to a medium bowl. Stir in 1 cup thawed Hy-Vee frozen light whipped topping until combined. Fold in additional 1 cup thawed whipped topping. Spoon into 4 (6-oz.) dessert serving dishes. Refrigerate 2 hours. Just before serving, garnish with finely chopped Hy-Vee dark chocolate espresso beans and mixed berries, if desired. Serves 4 (½ cup each).

GF GLUTEN-FREE

GRAB & GO 100-CALORIE DESSERTS AT HY-VEE

Cut the calories without the sacrifice. These delicious little sweet treats are the perfect guilt-free way to give in to your cravings.



Halo Top Light Ice Cream Pops

Each pop contains 6 grams of protein. Enjoy flavors like brownie batter, strawberry swirl and mint chip.



Yasso Frozen Greek Yogurt Bars

Made with amazingly creamy frozen yogurt, these tasty bars contain no high-intensity sweeteners.



trüfrü Nature's Raspberries

The freshly picked berries of this gluten-free dessert are frozen, immersed in chocolate and chilled to lock in flavor.



TO THE WINNING TEAM

CRACK OPEN A COLD ONE AND ADD BEER TO YOUR COOKING AS YOU CHEER ON YOUR FAVORITE TEAM. PLUS, FIND THE BEST SNACKS AND TREATS AT HY-VEE FOR A WATCH PARTY.

Slow-Cooked Beer Barbeque Sauced Meatballs

Hands On 20 minutes
Total Time 3 hours
50 minutes
Serves 14 (5 each)

1 (12 oz.) can American-style IPA beer
1 cup That's Smart! original barbecue sauce
3 Tbsp. Hy-Vee Korean gochujang sauce
3 tsp. Kansas City BBQ rub, divided
2 Hy-Vee large eggs, beaten
1 lb. Hy-Vee 85% lean ground beef
1 lb. fresh ground pork sausage
1 cup Hy-Vee Italian seasoned panko bread crumbs
1 cup Hy-Vee Short Cuts chopped tricolor bell peppers, finely chopped
Italian parsley, for garnish

1. FOR SAUCE, whisk together beer, barbeque sauce, gochujang and 1 tsp. rub; set aside.

2. COMBINE eggs, ground beef, pork sausage, panko, bell peppers and remaining 2 tsp. rub in a large bowl.

3. FORM meat mixture into 70 meatballs using a 1-in. scoop. Place

meatballs in a 6-qt. slow cooker. Pour sauce mixture over meatballs. Cover and cook on HIGH for 3 to 4 hours or until meatballs reach 165°F.

4. TO SERVE, transfer to a serving bowl. Garnish with parsley, if desired.

OVEN METHOD Preheat oven to 375°F. Form meat mixture into 70 meatballs, as directed. Arrange the meatballs in a 13×9-in. baking dish. Pour sauce mixture over meatballs; stir to coat. Bake, uncovered, for 35 to 40 minutes or until meatballs reach 165°F, stirring halfway through.

Per serving: 220 calories, 11 g fat, 3.5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 600 mg sodium, 12 g carbohydrates, 0 g fiber, 7 g sugar (7 g added sugar), 14 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4%

BEER IS USUALLY LESS THAN 10% CONCENTRATED ALCOHOL. AFTER 30 MINUTES OF COOKING, A SMALL AMOUNT OF ALCOHOL WILL REMAIN. KEEP THIS IN MIND IF THERE ARE KIDS ATTENDING THE PARTY.

Source: isu.edu/news/2019-fall/no-worries-the-alcohol-burns-off-during-cooking-but-does-it-really.html



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TOP BEERS FOR COOKING

LEARN ABOUT DIFFERENT BEER STYLES TO ADD TO SWEET OR SAVORY RECIPES.



LAGER

A broad category of beer that includes many popular American beers, including Pilsner.

FLAVOR PROFILE

Traditional lagers are usually crisp, clean, mellow and smooth, without much detectable bitterness.



TRY THESE:

Stella Artois, Toppling Goliath Dorothy's New Lager, Kona Longboard Lager



PORTER/STOUT

These beers are closely related. Stouts are often heartier and use roasted wheat in the brewing process, while porters use malted barley.

FLAVOR PROFILE

Rich, dark malt flavor balanced with bitter hops. May also have notes of chocolate, caramel and coffee.



TRY THESE:

Guinness Draught, Deschutes Black Butte Porter, Left Hand Milk Stout



WHEAT

Usually pale in color and brewed with a larger amount of wheat rather than malted barley.

FLAVOR PROFILE

May have a mellow, fruity taste with a crisp finish, but can also feature spicier flavors. It may have notes similar to bread.



TRY THESE:

Boulevard Wheat, Paulaner Hefe-Weizen, Leinenkugel's Honey Weiss



AMBER ALE

Roasted malts give amber ales their reddish-gold color. They were created on the West Coast as a byproduct of popular pale ales.

FLAVOR PROFILE

Caramel and crystal malts create a toffee flavor, which may have fruit or pine notes.



TRY THESE:

New Belgium Fat Tire, Bell's Amber Ale, Smithwick's Red Ale



PALE ALE

This style includes India Pale Ales (IPAs), and usually contains more hops than most other varieties.

FLAVOR PROFILE

Recognizable by their malty, bitter flavor, the notes of pale ales can vary widely depending upon the hops used.



TRY THESE:

Bell's Two Hearted Ale, Toppling Goliath Pseudo Sue, Lagunitas IPA



PILSNER

Pilsners are pale lagers that usually include hops. They were created in the Czech Republic city of Plzeň.

FLAVOR PROFILE

Czech-style Pilsners have light malt flavor with spicy, herbal Saaz hops, some bitterness and a clean finish.



TRY THESE:

Firestone Pivo Pils, Pilsner Urquell, Oskar Blues Mama's Little Yella Pils

DARKER BEERS HAVE MORE ROBUST FLAVORS THAT PAIR WELL WITH RICH FOODS LIKE BAKED GOODS AND BEEF, WHILE LIGHTER BEERS ARE CRISPER AND MORE SUBTLE, BEST FOR PAIRING WITH FISH, PORK AND POULTRY.



SCAN TO SHOP glasses and barware at Hy-Vee.

Mango-Basil BBQ Chicken Flatbreads

Hands On 20 minutes
Total Time 39 minutes
plus resting time
Serves 4 (1 each)

$\frac{3}{4}$ cup Heineken 0.0% alcohol-free beer
2 Tbsp. Gustare Vita basil pesto
2 cups Hy-Vee all-purpose flour
 $\frac{1}{2}$ tsp. Hy-Vee salt
2 Tbsp. Gustare Vita olive oil
 $\frac{3}{4}$ cup organic mango jalapeño barbecue sauce
 $\frac{2}{4}$ cups Hy-Vee shredded mozzarella cheese, divided
 $\frac{3}{4}$ cup Hy-Vee Kitchen picked rotisserie chicken
1 cup chopped mango
 $\frac{1}{2}$ cup red bell pepper strips
Fresh basil, for garnish

1. PLACE a large baking sheet in oven. Preheat oven to 475°F.

2. STIR together beer and pesto in a large bowl. Add flour and salt; stir with a fork until a dough forms. Turn dough out onto a lightly floured surface; knead dough for 5 minutes to make a smooth ball. Cover with plastic wrap and rest for 10 minutes.

3. DIVIDE dough ball into 4 equal portions. Roll each portion into an 8x6-in. oval on a lightly floured surface. Brush with olive oil. Invert dough ovals and place on a large sheet of parchment paper; brush with olive oil.

4. TRANSFER dough ovals from parchment paper to hot baking sheet. Bake for 8 to 10 minutes, turning halfway through.

5. REMOVE baking sheet from oven. Spread flatbreads with barbecue sauce; top with 2 cups cheese, chicken, mango, red pepper and remaining $\frac{1}{4}$ cup cheese.

6. BAKE for 5 to 7 minutes or until cheese is melted and bubbly. Garnish with basil, if desired.

Per serving: 590 calories, 23 g fat, 8 g saturated fat, 0 g trans fat, 50 mg cholesterol, 1,110 mg sodium, 70 g carbohydrates, 3 g fiber, 15 g sugar (0 g added sugar), 24 g protein. Daily Values: Vitamin D 0%, Calcium 30%, Iron 20%, Potassium 6%

BEER HELPS DOUGH RISE, CREATING A LIGHT, AIRY CRUST.

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Hy-Vee seasons

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GAME TIME FUEL

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Buffalo Wing Platter



Boneless Wing Platter



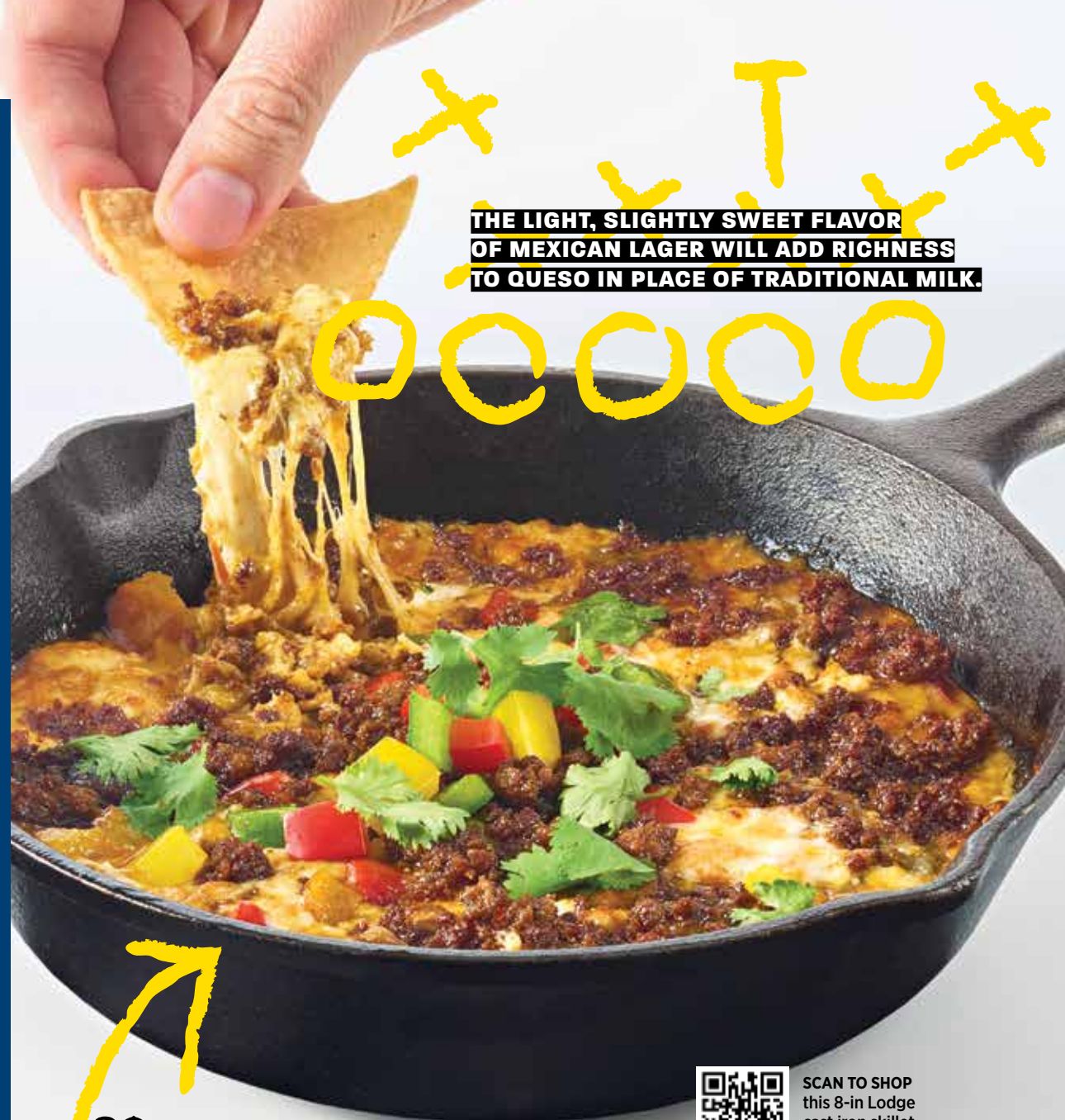
Mia Italian Pizza



Crab Rangoons



Egg Rolls



30 minutes or less

Queso Fundido

Hands On 15 minutes
Total Time 18 minutes
Serves 8 (¼ cup each)

4 oz. Hy-Vee Midwest Pork chorizo sausage
½ cup Hy-Vee Short Cuts chopped tricolor bell peppers, plus additional for garnish
1 Tbsp. bottled chopped garlic
1 (12-oz.) can Mexican lager-style beer
½ (8-oz.) pkg. Hy-Vee mozzarella cheese chunk, shredded (1 cup)

1 cup Taco Bell 7-layer cheese blend
½ cup crumbled Cotija cheese
Fresh cilantro, for garnish
Hy-Vee stone ground restaurant style tortilla chips, for serving

1. PLACE oven rack 4 in. from heat. Preheat broiler to HIGH. Heat 8-in. cast iron skillet over medium-high heat. Add chorizo; cook for 3 to 4 minutes or until browned (165°F), stirring occasionally to break into crumbles. Transfer chorizo to bowl using a slotted spoon; reserve drippings in skillet.

2. ADD ½ cup bell peppers and garlic to skillet with drippings; cook for 1 to 2 minutes or until bell peppers begin to soften, stirring occasionally.



SCAN TO SHOP this 8-in Lodge cast iron skillet at Hy-Vee.

Remove skillet from heat; stir in beer. Return skillet to heat; cook over medium heat for 8 to 10 minutes or until most of the beer has evaporated.

3. ADD mozzarella, 7-layer cheese blend and Cotija cheeses to skillet; stir to combine. Top with chorizo. Broil for 2 to 3 minutes until cheese is melted and slightly golden. Garnish with additional bell peppers and cilantro, if desired. Serve with chips.

Per serving: 200 calories, 14 g fat, 7 g saturated fat, 0 g trans fat, 45 mg cholesterol, 440 mg sodium, 4 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 12 g protein.
Daily Values: Vitamin D 0%, Calcium 20%, Iron 0%, Potassium 2%

Beer Brat-and-Cabbage Crostini

Heat 1 Tbsp. Gustare Vita olive oil in a 4-qt. Dutch oven over medium heat. Add 1 small yellow onion, halved and thinly sliced; cook for 5 minutes or until golden, stirring occasionally. Add 4 cups thinly shredded red cabbage; cook for 3 to 4 minutes or until cabbage begins to wilt, stirring occasionally. Stir in 1 Tbsp. coarsely ground Hy-Vee black pepper. Remove Dutch oven from heat. Pierce casing on 8 desired-flavor Hy-Vee bratwursts with toothpick; add bratwursts to cabbage mixture. Pour in 2 (12-oz.) cans lager-style beer. Return to heat and bring to boil; reduce heat to medium-low. Cover and gently simmer for 20 to 25 minutes or until bratwursts reach 165°F. Split 8 Hy-Vee Bakery brat buns; cut bottoms and tops diagonally into thirds. Place on baking sheet, cut side up; broil 4 in. from heat for 20 to 30 seconds or until toasted. Remove bratwursts from Dutch oven; slice diagonally. To serve, place 1 Tbsp. of cabbage mixture on each bun piece. Top with bratwurst slices and desired toppers. Serves 24 (2 each).



PIZZA TOPPER

Hy-Vee pizza brat + Hy-Vee canned sliced ripe olives, drained + Hy-Vee Short Cuts chopped tricolor bell peppers + cherry tomato, quartered + fresh basil

CHEESEBURGER TOPPER

Hy-Vee bacon & Cheddar brat + Hy-Vee hamburger pickle chips, chopped + red onion, sliced + Hy-Vee thick & rich tomato ketchup + Hy-Vee original yellow mustard

PHILLY TOPPER

Hy-Vee Philly Style brat + Hy-Vee Short Cuts fajita vegetables, chopped + Hy-Vee sliced provolone cheese, cut up, melted

GERMAN POTATO SALAD TOPPER

Hy-Vee beer brat + Basket & Bushel petite red potato, cooked and chopped + Hy-Vee thick-sliced bacon, cooked and chopped + Gustare Vita red wine vinegar + Gustare Vita olive oil + Italian parsley, chopped

TRY THESE BRAT FLAVORS FROM THE HY-VEE MEAT DEPARTMENT:

- **APPLE & BROWN SUGAR MAPLE**
- **COSMIC APPLE**
- **FRESH CHEDDAR**
- **GREEN ONION**
- **JALAPEÑO CHEDDAR**
- **PINEAPPLE**



Radler Berry Beer Punch

Combine 2 (12-oz.) cans blackberry-lemon sparkling water, chilled, and ½ (12-oz.) container Hy-Vee frozen concentrated raspberry lemonade juice drink, partially thawed, in an 80-oz. pitcher. Slice 1 each orange, lemon and lime; add to pitcher. Add ¼ cup Basket & Bushel blackberries. Gently stir in 2 (11.2-oz.) bottles Paulaner München Weizen-Radler nonalcoholic malt beverage, chilled. Garnish with fresh mint. Pour into 8 (10-oz.) glasses; garnish with additional citrus slices and mint, if desired. Serves 8 (8 oz. each).

30
minutes
or less

GAME-WINNING GEAR

FIND EVERYTHING YOU NEED TO HOST A WATCH PARTY AT HY-VEE.



Gracious Dining
4-Section Dish Set



Molcajete Salsa Bowls



Popcorn and Candy
Bowl Set by MudPie



Mason Jar
Beverage Dispenser



Lodge Enamel 6-qt.
Dutch Oven



SCAN TO
SHOP
party items
at Hy-Vee.

Chocolate Beer Cake

Hands On 50 minutes

Total Time 1 hour 25 minutes
plus cooling time

Serves 12

2½ cups Guinness Extra stout
½ cup Full Circle Market organic
light-colored agave nectar

Hy-Vee nonstick cooking spray

Hy-Vee all-purpose flour,
for dusting

½ cup Hy-Vee vegetable oil

3 Hy-Vee large eggs

1 (16.5-oz.) pkg. Hy-Vee extra moist
devil's food deluxe cake mix

1 (16-oz.) container Hy-Vee
creamy cream cheese frosting

½ (16-oz.) pkg. Zōet zebra crunch
popcorn (about 3 cups)
½ cup M&M's minis chocolate
candies, for topping

1. BRING stout to a boil in a small
saucepan over high heat; reduce
heat to medium-low. Simmer,
uncovered, for 30 to 35 minutes or
until reduced in half. Remove from
heat; whisk in agave nectar. Set
stout syrup aside to cool.

2. PREHEAT oven to 350°F. Spray
bottom and sides of a 13×9-in.
glass baking dish with nonstick
spray. Sprinkle about 1 Tbsp. flour
on inside of sprayed baking dish.
Tilt and shake baking dish to
coat bottom and sides with flour;
remove excess flour by turning
baking dish over and tapping dish
exterior. Set baking dish aside.

3. SET aside ¼ cup stout syrup.
Beat oil, eggs and remaining stout

syrup in a large mixing bowl with an
electric mixer on low for 30 seconds
or until combined. Add cake mix;
beat on low for 30 seconds more
or until moistened. Beat on medium
for 2 minutes more, scraping side
of bowl occasionally. Pour into
prepared baking dish.

4. BAKE for 33 to 35 minutes or
until toothpick inserted near center
comes out clean. Cool in baking
dish for 10 minutes. Invert to
remove cake from baking dish; cool
cake completely on a wire rack.

5. BRUSH top of cake with
reserved ¼ cup stout syrup;
spread with frosting. Top
with popcorn and M&M's.

Per serving: 560 calories, 21 g fat,
9 g saturated fat, 0 g trans fat,
50 mg cholesterol, 440 mg sodium,
83 g carbohydrates, 2 g fiber,
64 g sugar (63 g added sugar),
4 g protein. Daily Values: Vitamin D 0%,
Calcium 4%, Iron 10%, Potassium 4%



GUINNESS EXTRA
STOUT COMBINES
BITTER AND SWEET
FLAVORS, WHICH
HELPS CREATE A
RICH, CHOCOLATEY
CAKE WITH A HINT
OF ROASTED MALT.

EXTRA POINTS

SCORE BIG WITH
FOOTBALL FANS BY
SERVING DELICIOUS
DESSERTS FROM THE
HY-VEE BAKERY.



Assorted Cookie Tray



Brownie Cocktail Tray



Mini Cupcake Tray



Spritz & Thumbprint Tray



Large Decorated
Chocolate Chip Cookie



Homemade bars are easy to make and can be packed with wholesome ingredients that provide on-the-go fuel.

IN OUR FAST-PACED WORLD OF PREDAWN WORKOUTS, EARLY-MORNING SCHOOL DROP-OFFS AND HECTIC WORK DEMANDS, IT CAN BE DIFFICULT TO FIND THE TIME TO SIT DOWN AND ENJOY A PROPER BREAKFAST OR MIDDAY SNACK.

But a 2022 Cleveland Clinic article notes the importance of eating breakfast to fuel the body and provide energy to start the day and help the body perform at its best. Plus, skipping breakfast may cause you to overcompensate for hunger pains later in the day with empty-calorie junk food that provides only short-lived spurts of energy. With these easy-to-make recipes, you can create customized bars to fit your dietary needs. They'll keep you feeling satiated and fueled throughout even the busiest days.

GOJI BERRIES
Often billed as a super food, these little red berries increase the density of pigments lutein and zeaxanthin that are said to protect eyes from damage related to light exposure.

GROUND CHIA SEEDS
This tiny seed packs a big nutritional punch with calcium, fiber, iron and omega-3 fatty acids, which help strengthen bones, promote intestinal health and reduce blood sugar levels.

Why They Keep You Going
High-protein ingredients like oats, almonds, chia seeds and goji berries keep you feeling fuller and provide sustained energy throughout your day.

CHOCOLATE CHIP OATMEAL BARS

Line an 8x8-in. baking pan with waxed paper, extending paper over edges of pan; set aside. Soak ½ cup pitted Medjool dates, chopped, in 1 cup warm water in a small bowl for 15 minutes. Combine 1 cup Hy-Vee old fashioned oats, ½ cup Hy-Vee slivered almonds, ½ cup Hy-Vee pecan pieces, ¼ cup shelled hemp hearts and 2 Tbsp. ground organic chia seeds in a medium bowl. Drain water from dates; reserve 2 Tbsp. water. Place dates and reserved 2 Tbsp. water in a food processor. Cover and pulse until smooth, stopping to scrape down sides as needed. Add date mixture to oats mixture. Microwave ¼ cup Hy-Vee creamy peanut butter in a small microwave-safe bowl for 15 to 30 seconds or until softened.

Stir in 2 Tbsp. Hy-Vee Select 100% maple syrup and 1½ tsp. Hy-Vee vanilla extract. Pour warm peanut butter mixture over oats mixture. Stir until well combined. Fold in ½ cup organic goji berries and ¼ cup Lily's no sugar added dark chocolate baking chips. Firmly press mixture into prepared baking pan, using the bottom of a glass to press mixture until it holds together, if necessary. Garnish with additional goji berries and chocolate chips, if desired. Place in freezer, uncovered, for 30 to 60 minutes or until firm. Use waxed paper to lift mixture out of pan; cut into 10 bars. Store covered in refrigerator up to 5 days. Serves 10 (1 each).

GF GLUTEN-FREE **V** VEGETARIAN DISH

Sources: health.clevelandclinic.org/do-you-really-need-to-eat-breakfast/, health.clevelandclinic.org/heres-how-fast-food-can-affect-your-body/, health.ucdavis.edu/news/headlines/dried-goji-berries-may-provide-protection-against-age-related-macular-degeneration/2022/01/, hsph.harvard.edu/obesity-prevention-source/obesity-causes/diet-and-weight/

BUILDING BLOCKS

Use these core ingredients as the base of your bar.

2. WHOLE GRAIN

Old-fashioned oats, unblanched pecan flour or gluten-free oat flour lends structure to the bar and binds the other ingredients together.

4. SWEETENER

Add a little sweetness as a complementary flavor note. Hy-Vee Select 100% pure maple syrup has 0 fat grams. Or blend in a bit of powdered peanut butter.

6. DRIED FRUIT

Chopped Medjool dates and goji berries are dense in phenol antioxidants, which function as anti-inflammatories in your body.

7. PROTEIN

Powders are a convenient way to add protein to your bar. And those that contain whey, like Performance Inspired decadent natural chocolate whey protein powder, have quickly absorbable essential amino acids that can improve muscle recovery.

1. SEEDS

Ground chia seeds or ground flaxseed are both good sources of fiber, vitamins and minerals, as well as heart-healthy polyunsaturated fat.

3. NUTS

The unsaturated fats found in nuts such as slivered almonds and chopped pecans can help lower LDL (bad) cholesterol and raise HDL (the good kind).

5. ADD-INS

Augment the flavor in your bar with favorite ingredients such as toasted coconut chips, Lily's no sugar added white chocolate style baking chips, frozen avocado chunks or roasted, unsalted pepitas.

Why It's Keto

Keto-friendly fats like avocado, coconut cream, chia seeds and flaxseed meal can help with weight loss. Eating low-carb foods can promote ketosis, a metabolic state that causes the body to burn fat for energy.

Avocado Pomegranate Chocolate Protein Bars

Hands On 20 minutes

Total Time 25 minutes

plus freezing time

Serves 14 (1 each)

1 Tbsp. ground chia seeds
3 Tbsp. plus ¼ cup water
1 cup unblanched, finely ground pecan flour
¼ cup whole ground flaxseed meal
¼ cup Hy-Vee roasted & unsalted pepitas
3 Tbsp. Full Circle Market organic virgin coconut oil, melted
1 cup Hy-Vee frozen avocado chunks
½ cup canned unsweetened coconut cream
2 scoops Performance Inspired gourmet natural vanilla bean flavored whey protein powder

2 Tbsp. fresh lemon juice
2 Tbsp. Hy-Vee low calorie, sugar free pancake and waffle syrup
1 tsp. Hy-Vee vanilla extract
3 Tbsp. Lily's no sugar added dark chocolate baking chips
Pomegranate arils, for garnish

1. LINE an 8×8-in. baking pan with waxed paper, extending paper over edges of pan; set aside. Soak chia seeds in 3 Tbsp. water in a small bowl for 5 to 6 minutes or until thickened, stirring occasionally.

2. COMBINE pecan flour, flaxseed meal and pepitas in a medium bowl. Stir in melted coconut oil and hydrated chia seeds until well combined.

3. FOR CRUST, press mixture into prepared pan. Freeze for 10 to 15 minutes or until firm.

4. FOR FILLING, place frozen avocado chunks, coconut cream, remaining ¼ cup water, protein powder, lemon juice, syrup and vanilla in a high-powered blender. Cover and blend until smooth. Pour avocado mixture over crust; set aside.

5. MICROWAVE dark chocolate chips in a small microwave-safe bowl on HIGH at 15-second intervals or until melted, stirring each time.

6. DROP small dollops of melted chocolate on top of avocado layer; lightly swirl in using a toothpick. Garnish with pomegranate arils, if desired. Freeze, uncovered, for 2 hours or until firm. Use waxed paper to lift bar mixture out of pan; cut into 14 bars; serve frozen. Store covered in freezer up to 5 days.

Per serving: 160 calories, 13 g fat, 6 g saturated fat, 0 g trans fat, 10 mg cholesterol, 25 mg sodium, 5 g carbohydrates, 3 g fiber, 1 g sugar (0 g added sugar), 6 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%

GF GLUTEN-FREE

V VEGETARIAN DISH

Sources: [hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/ketogenic-diet/](https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/ketogenic-diet/)
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Red Velvet Cupcake Protein Bars

Hands On 25 minutes
Total Time 25 minutes plus freezing time
Serves 10 (1 each)

Hy-Vee nonstick cooking spray
1 cup gluten-free oat flour
½ cup Hy-Vee powdered peanut butter
½ cup Hy-Vee baking cocoa
2 scoops Performance Inspired decadent natural chocolate flavor whey protein powder
3 Tbsp. Performance Inspired better beet apple flavor powder
½ cup Hy-Vee unsweetened vanilla almond milk
1 tsp. Hy-Vee vanilla extract
½ cup Lily's no sugar added white chocolate-style baking chips
1 Tbsp. Hy-Vee vegetable shortening

1. LIGHTLY SPRAY an 8×8-in. baking pan with nonstick spray. Line baking pan with waxed paper, pressing paper into pan to adhere and extending paper over edges of pan. Set pan aside.

2. WHISK together oat flour, powdered peanut butter, cocoa, protein powder and beet powder in a medium bowl. Stir in almond milk and vanilla. Lightly spray hands with nonstick spray; knead mixture in bowl for 3 to 5 minutes or until well combined and mixture forms a ball.

3. TRANSFER mixture to prepared baking pan. Place an additional sheet of waxed paper on top of mixture; firmly press mixture evenly in pan. Discard top sheet of waxed paper.

4. MICROWAVE white chocolate chips and shortening in a small microwave-safe bowl on HIGH at 15-second intervals or until melted, stirring each time.

5. USE waxed paper to lift bar mixture out of pan; place on a cutting board. Set aside 1 Tbsp. melted chocolate for drizzling. Spread remaining white chocolate mixture evenly on top of bar mixture. Freeze for 2 to 3 minutes or until chocolate is set.

6. TURN bar mixture over on cutting board; remove waxed paper. Cut into 10 bars. Drizzle half of each bar with reserved 1 Tbsp. white chocolate mixture. Return bars to freezer for 3 to 5 minutes or until chocolate is set. Store covered in refrigerator up to 5 days.

Per serving: 170 calories, 6 g fat, 2.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 100 mg sodium, 23 g carbohydrates, 5 g fiber, 4 g sugar (1 g added sugar), 11 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 6%

GF **GLUTEN-FREE** **V** **VEGETARIAN DISH**

Why It's Low Cal
Adding protein powder to this recipe promotes muscle maintenance and growth. We kept the sugar content low, for a calorie count less than 200.

Sources: health.clevelandclinic.org/7-tips-choosing-best-protein-powder/
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nutrition.ucdavis.edu/sites/g/files/dgvnsk426/files/inline-files/fact-pro-paleo-diet.pdf

Why It's Paleo
In keeping with paleo diet principles, this recipe contains minimally processed ingredients, as well as nuts, seeds and berries.

Paleo-Friendly Blueberry-Coconut Squares

Hands On 20 minutes
Total Time 48 minutes plus cooling time
Serves 16 (1 each)

5 Tbsp. ground chia seeds, divided
½ cup plus ½ cup warm water, divided
Hy-Vee nonstick cooking spray
½ cup Bob's Red Mill unsweetened coconut flakes
1½ cups Bob's Red Mill super-fine blanched almond flour
¼ cup Hy-Vee slivered almonds
¼ tsp. Hy-Vee salt
¼ cup Full Circle Market creamy almond butter
3 Tbsp. Full Circle Market virgin coconut oil
2 cups Hy-Vee frozen unsweetened blueberries
2 Tbsp. Hy-Vee Select 100% maple syrup
2 Tbsp. fresh lemon juice
1½ tsp. Hy-Vee vanilla extract
1 tsp. lemon zest
Toasted coconut chips, for serving

1. PREHEAT oven to 350°F. Line an 8×8-in. baking pan with waxed paper, extending paper over edges of pan; set aside. Soak 2 Tbsp. chia seeds in ½ cup warm water in a small bowl for 5 to 6 minutes or until thickened, stirring occasionally.

2. SPRAY a small skillet with nonstick spray. Toast coconut flakes over medium heat for 3 to 4 minutes or until golden brown, stirring occasionally.

Combine toasted coconut flakes, almond flour, almonds and salt in a medium bowl; set aside.

3. MICROWAVE almond butter and coconut oil in a small microwave-safe bowl for 1 to 1½ minutes or until melted, stirring occasionally. Pour over almond flour mixture. Add in hydrated chia seeds; stir until combined.

4. FOR CRUST, evenly press 1½ cups almond mixture into prepared baking pan. Set aside remaining almond mixture for topping. Bake crust for 8 to 10 minutes or until lightly golden brown.

5. SOAK remaining 3 Tbsp. ground chia seeds in remaining ½ cup water in small bowl for 5 to 6 minutes or until thickened, stirring occasionally.

6. FOR FILLING, stir together frozen blueberries, maple syrup and hydrated chia seeds in a medium saucepan. Cook over medium heat for 5 to 7 minutes or until thickened and berries begin to burst. Stir in lemon juice, vanilla and lemon zest; cook 1 minute more. Cool slightly.

7. POUR blueberry filling over almond crust. Top with remaining almond mixture. Bake for 15 to 18 minutes or until filling is bubbly and topping is light golden brown. Cool completely on a wire rack.

8. TO SERVE, top with coconut chips, if desired. Use waxed paper to lift bars out of pan; cut into 16 bars. Store covered in refrigerator up to 5 days.

Per serving: 150 calories, 11 g fat, 3.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 35 mg sodium, 10 g carbohydrates, 3 g fiber, 4 g sugar (2 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 2%

GF **GLUTEN-FREE** **V** **VEGETARIAN DISH**



ELEVATE YOUR HEALTH AND FITNESS PLAN

The Performance Inspired line offers a range of health and fitness supplements and products to support those who are committed to living an active lifestyle. Founded by actor and fitness enthusiast Mark Wahlberg, Performance Inspired products contain no synthetic formulas and are made with all-natural ingredients to help you achieve your health goals.



FUNCTIONAL

FOOD

All foods have nutrients that help your body perform basic tasks, and some have extra elements that may protect against chronic diseases. Learn about some foods that have additional health benefits.

Food contains essential nutrients—carbohydrates, fats, proteins, vitamins, minerals and water that help maintain the body.

Some foods have additional health compounds that provide even more benefits and are often called functional foods, or super foods. For example, compounds that create the red, pink and orange colors in fruits and vegetables like tomatoes and peaches may support heart health. These components, such as lycopene and other phytonutrients, can help lower your risk of developing chronic diseases, maintain blood pressure or cholesterol levels, or boost the immune system. While functional foods aren't identified as such by governmental food agencies, they are defined by professional dietary associations, such as the Academy of Nutrition and Dietetics, Institute of Food Technologists and International Life Sciences Institute.

Many whole foods, like fruits and vegetables, naturally have the additional elements that make them functional. Other foods, like eggs or cereal, might be fortified with extra nutrients to provide more benefits.

Adding functional foods to your diet likely won't require drastic changes. Many of the foods you're already familiar with are considered functional foods (see examples on the next page).

"Small, simple changes with your diet can lead to long-term health benefits," says Hy-Vee Registered Dietitian Amanda Jochum. "Ask yourself, what is one functional food that you can add to your diet each day? For example, simply adding chia seeds to your morning oatmeal or an extra can of no salt added beans to your chili recipe can provide your body with extra nutritional benefits."

Sources: stlukeshealth.org/resources/essential-nutrients-edis.ifas.ufl.edu/publication/FS210-extension.colostate.edu/topic-areas/nutrition-food-safety-health/functional-foods-for-health-9-39/
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"BECAUSE MANY FUNCTIONAL FOODS ARE HIGH IN ANTIOXIDANTS, THESE FOODS CAN HELP PREVENT CELL DAMAGE AND CERTAIN CHRONIC CONDITIONS SUCH AS HEART DISEASE, CANCER AND DIABETES."
—AMANDA JOCHUM, RDN, LMNT, LD, HY-VEE REGISTERED DIETITIAN



CATEGORIES OF FUNCTIONAL FOOD

LEARN ABOUT THE TWO TYPES OF FUNCTIONAL FOODS TO HELP INCORPORATE THEM INTO A NUTRITIOUS DIET.



WHOLE

These foods are usually grown, raised or caught and have intrinsic health benefits without any modification. Some examples include fruits, vegetables, nuts, seeds, fish and legumes. In addition to nutrients, each of these foods have naturally occurring phytonutrients that provide health benefits, such as reducing risk of some cancers.



FORTIFIED

Some processed foods, such as cereal and fruit juices, are enriched to add beneficial compounds or nutrients that may help reduce risk of disease. For example, some breakfast cereals have been enhanced to include vitamin D, even though the vitamin doesn't naturally occur in the ingredients used for the cereal. Some juices are also fortified with calcium, while eggs may be enriched with omega-3 fatty acids.

FUNCTIONAL FOOD MYTHS

KNOW THE
LIMITATIONS OF
FOOD AND AVOID
MISINFORMATION.

MYTH:
Functional
food can cure
disease.

TRUTH: Any claims
that a food will
“cure” disease are
inaccurate. Some
food may help
reduce symptoms
or contribute to
overall health but
can’t cure disease.

MYTH:
Functional food
can replace
medication.

TRUTH: Always
consult a doctor
for medical advice,
and never try to
replace prescribed
medications
on your own.
Functional foods
can’t replace
treatments
recommended by
your doctor.

MYTH: You
have to eat
organic food to
be healthy.

TRUTH: Organic
produce has lower
levels of pesticide
residue and
may have small
increases in some
nutrients, such
as antioxidants.
However,
traditional and
frozen produce
can provide the
same nutrients
and overall benefits
to your body.

BENEFICIAL FOODS

DISCOVER THE POTENTIAL
BENEFITS OF SOME
FUNCTIONAL FOODS TO
SEE IF THEY’RE A FIT FOR
YOUR DIET.



MODERATION IS KEY: A HEALTHY BALANCE
OF NUTRIENT-DENSE FOODS, SUCH AS FUNCTIONAL
FOODS, ALONG WITH THE OCCASIONAL TREAT, IS A
MUCH MORE SUSTAINABLE APPROACH RATHER THAN
TRYING TO HAVE A ‘PERFECT’ DIET.”

—AMANDA JOCHUM, HY-VEE REGISTERED DIETITIAN



TOMATOES

Tomatoes and watermelon contain lycopene, an antioxidant that eliminates cell-damaging free radicals. Foods rich in lycopene support overall heart health and may help reduce risk of stroke and some cancers, such as mouth, prostate and lung cancer.

BERRIES

Anthocyanins create the vibrant colors in strawberries, blueberries, blackberries and raspberries. As part of a nutritious diet, they may also help reduce risk of diabetes, some cancers, cardiovascular disease and obesity.

CITRUS

Oranges, lemons, grapefruit and other citrus fruits have plant compounds called flavonoids that may help improve heart and metabolic health, which is linked to blood sugar and cholesterol. Eating citrus may also help reduce risk of esophageal cancer.

PROBIOTIC YOGURT

Fermented foods, such as Greek yogurt, kefir and cottage cheese, have probiotics. These are a mix of live bacteria and yeast that naturally live in the body and support digestive, immune, cardiovascular and metabolic health.

FATTY FISH

Salmon, tuna and mackerel are a source of omega-3 fatty acids, an essential fat that helps build cells within the body. Foods with omega-3 fatty acids help maintain eye, brain and heart health, and may reduce the risk of heart disease.

BROCCOLI

Cruciferous vegetables such as broccoli, cauliflower and cabbage have glucosinolates, a type of natural compound found in plants. Eating food with glucosinolates may reduce the risk of some cancers, such as colorectal and mouth cancer.

WALNUTS

Walnuts and some other nuts, such as pecans, contain ellagitannins and phenolic acids, two types of antioxidant compounds. They help support cardiovascular and brain health, and may reduce the risk of some cancers such as breast and prostate cancer.

CARROTS

Carrots are a source of alpha- and beta-carotene, carotenoids that can be converted to vitamin A, which helps maintain vision and promotes immune system and cardiovascular health. Carotenoids may also help reduce the risk of some cancers.

ONIONS

Food such as onions, garlic and scallions have naturally-occurring sulfides, a compound added to some other food as a preservative. Sulfides may help lower cholesterol and maintain overall immune health.

WHOLE GRAINS

Whole wheat bread, brown rice, quinoa and other whole grains have flavonoids that support heart and metabolic health. Some grains such as quinoa also have saponins, plant compounds that may reduce cancer risk and maintain blood sugar levels.

Dietitian Services

Hy-Vee dietitians can help you make lifestyle changes to improve your health. Learn more about these services and sign up at [Hy-Vee.com/health/hy-vee-dietitians](https://hy-vee.com/health/hy-vee-dietitians)

BEGIN 4 FAMILIES:

A four-part virtual program designed to help you and your family create balanced, healthy lifestyles through diet and physical activity.

HEALTHY HABITS:

This four-week program provides one-on-one dietitian support to help create better eating habits. The program includes easy recipes from Hy-Vee dietitians, shopping lists, meal plans and meetings with your dietitian to help track your progress.

NUTRITION

STORE TOURS:

Available virtually or in-person, Hy-Vee dietitians will guide you through the aisles and provide advice for shopping for general wellness, heart health, diabetes and more.



SCAN TO
FIND more
dietitian
services from
Hy-Vee.

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IN A PICKLE

Don't waste leftover pickle juice. **Use it to jazz up a variety of foods, including chicken, steak fries and bread.**

Pickle juice is trendy! Athletes are downing the juice to recharge electrolytes after a workout, while others want to boost beneficial probiotics in the gut. Meanwhile, foodies are invigorating everything from pizza to popcorn with the salty, sour and sweet brine and its infusion of garlic, dill and other spices. See how pickle juice is used to spice up these recipes.



IT'S FAIR GAME

Taking aim at the breaded sandwiches at state fairs, this recipe uses a pickle juice marinade that tenderizes the chicken and adds salty, sour tang.

Air-Fried Crispy Pickle-Brined Chicken Sandwiches

Hands On 20 minutes

Total Time 33 minutes plus marinating and freezing time

Serves 2

1 cup Hy-Vee lowfat buttermilk, divided
½ cup Wahlburgers fresh dill pickle chips, drained, divided
¼ cup Wahlburgers fresh dill pickle chips juice
2 large sprigs fresh dill
1 (8-oz.) D&D Poultry chicken breast, halved horizontally into 2 cutlets
¾ cup finely shredded green cabbage
2 medium radishes, cut into thin matchsticks

2 tsp. coleslaw dressing
1 Tbsp. Hy-Vee all-purpose flour
1 Tbsp. Hy-Vee corn starch
1 cup Hy-Vee plain panko bread crumbs
1 Tbsp. salt-free blackened seasoning
1½ tsp. chopped fresh dill
Hy-Vee nonstick cooking spray
1 Tbsp. Hy-Vee unsalted butter
1 Tbsp. sriracha
1½ tsp. Hy-Vee honey
2 Hy-Vee Bakery sesame buns, split and toasted

1. STIR together ½ cup buttermilk, ¼ cup pickle chips, pickle juice and dill sprigs in a small bowl. Add chicken; turn to coat. Cover

and marinate in refrigerator for 2 hours or up to 24 hours, turning chicken occasionally.

2. FOR SLAW, stir together cabbage, radishes and dressing in another small bowl; cover and refrigerate until ready to serve.

3. PLACE a wire rack in a rimmed baking pan; set aside. Combine flour and corn starch in a shallow bowl. Combine bread crumbs, blackened seasoning and 1½ tsp. chopped dill in another shallow bowl. Place remaining ½ cup buttermilk in a third shallow bowl.

4. REMOVE chicken from buttermilk mixture; discard

buttermilk mixture. Pat chicken dry with paper towels. Dip chicken, one piece at a time, into flour mixture to coat; shake off excess. Then dip in buttermilk and coat in bread crumb mixture, gently pressing to adhere. Place chicken pieces on wire rack in baking pan. Freeze for 10 to 15 minutes or until coating is set.

5. PREHEAT air fryer to 400°F, according to manufacturer's directions. Generously spray air-fryer basket with nonstick spray. Place coated chicken pieces in a single layer in basket; spray with nonstick spray. Close

air fryer and air-fry for 10 to 13 minutes or until chicken reaches 165°F, turning and spraying occasionally with additional nonstick spray.

6. HEAT butter in a small saucepan over medium heat until melted. Stir in sriracha and honey; remove from heat and set aside.

7. TO ASSEMBLE sandwiches, arrange remaining ¼ cup pickle chips on bun bottoms. Top with chicken, sriracha, slaw and bun tops.

Nutrition facts are not available for brined foods.

DOUBLE DIP

Fans of malt vinegar or salt and vinegar on fried potatoes will love this double dip of dill. Potatoes are marinated in dill buttermilk, then dipped in dill pickle sauce.

Dill Pickle Steak Fries with Dipping Sauce

Hands On 20 minutes

Total Time 40 minutes plus marinating time

Serves 10

1 (1-qt.) container Hy-Vee lowfat buttermilk
5 Tbsp. chopped fresh dill, divided
4 Hy-Vee One Step russet potatoes
1 (8-oz.) container Hy-Vee sour cream
1 Tbsp. prepared horseradish
1 Tbsp. Hy-Vee kosher baby dill pickle juice
1½ tsp. Hy-Vee reconstituted 100% lemon juice
1 tsp. plus 2 Tbsp. Mrs. Wages kosher dill pickles refrigerator pickle pickling mix, divided
½ tsp. Gustare Vita white wine vinegar
1 cup Hy-Vee all-purpose flour
2 cups Hy-Vee vegetable oil, for frying
Chopped Hy-Vee kosher baby dill pickle, for garnish

1. STIR together buttermilk and 2 Tbsp. dill in a medium bowl. Cut each potato lengthwise into 8 wedges. Add potato wedges to buttermilk mixture; toss to coat. Cover and marinate in refrigerator for between 1 to 24 hours, tossing potatoes occasionally.

2. FOR DIPPING SAUCE, stir together sour cream, 1 Tbsp. dill, horseradish, pickle juice, lemon juice, 1 tsp. pickling mix and vinegar in a small bowl; cover and refrigerate.

3. COMBINE flour, remaining 2 Tbsp. pickling mix and 1 Tbsp. dill in a medium bowl. Remove potatoes from buttermilk mixture; discard buttermilk mixture. Dip potato wedges, a few at a time, into flour mixture to coat; shake off excess. Place coated potato wedges on large baking sheet.

4. HEAT oil to 350°F in a 12-in. skillet over medium heat. Fry potatoes in hot oil, in batches, for 4 to 5 minutes or until golden brown and tender, turning frequently. Drain on paper towels. Sprinkle with remaining 1 Tbsp. dill. Serve with dipping sauce. Garnish sauce with chopped pickle, if desired.

Nutrition facts are not available for fried foods.

Dill Pickle Bread

Hands On 20 minutes

Total Time 1 hour 25 minutes plus rising and cooling time

Serves 10

3 cups unbleached bread flour
2 (¼-oz.) pkg. active dry yeast
1 tsp. coarsely ground Hy-Vee sea salt
1 tsp. Hy-Vee granulated sugar
1¼ cups drained and chopped Hy-Vee kosher baby dill pickles, divided

¾ cup Hy-Vee shredded sharp Cheddar cheese, divided
3 Tbsp. chopped fresh dill, divided
1¼ cups water
¼ cup Hy-Vee kosher baby dill pickle juice
Hy-Vee salted butter, softened, for serving

1. WHISK together bread flour, yeast, salt and sugar in a large bowl. Stir in 1 cup chopped pickles, ½ cup cheese and 2 Tbsp. dill.

2. MICROWAVE water and pickle juice in a small microwave-safe bowl on HIGH for 45 to 65 seconds or until warm (120°F to

130°F). Stir into flour mixture until dough forms. Place dough in a medium bowl. Cover; let rise in a warm place for 2 to 3 hours or until doubled in size.

3. PREHEAT oven to 425°F. Place a 5-qt. Dutch oven in the oven; preheat for 10 minutes. Meanwhile, cut a 16-in.-square piece of parchment paper; lightly sprinkle with flour. Turn bowl over onto parchment paper and let dough fall out.

4. REMOVE Dutch oven from oven. Carefully place dough on parchment paper into hot Dutch oven. Sprinkle with remaining 1 Tbsp. dill, ¼ cup chopped pickles and ¼ cup cheese.

5. COVER and bake for 25 minutes. Uncover and bake for 35 to 40 minutes more or until crisp and deep golden brown.

6. REMOVE bread from Dutch oven by lifting edges of parchment paper. Cool bread on a wire rack. Serve with butter, if desired.

Per serving: 180 calories, 3 g fat, 1.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 470 mg sodium, 28 g carbohydrates, 2 g fiber, 1 g sugar (0 g added sugar), 7 g protein.
Daily Values: Vitamin D 0%, Calcium 6%, Iron 0%, Potassium 2%

STAND-IN

No pickle juice? Make your own. Combine 1 cup white wine vinegar, 1 cup water, 1 Tbsp. salt, 1 Tbsp. sugar and 1 pkg. pickling spices in a saucepan. Boil and stir until salt and sugar are dissolved.

DIGITAL SEASONS EXTRA

Look for more
pickle recipes on
[Seasons.Hy-Vee.com](https://www.hy-vee.com/seasons)

CHINESE NEW YEAR

Try these celebratory dishes in honor of a tradition thousands of years in the making.

CHINESE NEW YEAR, also known as Lunar New Year, begins with the first new moon of the year (Jan. 22 this year). In Chinese culture, a new year is a time to usher out the bad, invite in the good and reunite with family. As with many family occasions, food plays an important role in Chinese New Year celebrations. Many of the holiday dishes have names or ingredients that symbolize wishes for the new year, such as long life and prosperity. They are eaten to bring these wishes into existence for the whole family. See if these dishes bring luck for your family.

Longevity Noodles

Total Time 25 minutes
Serves 4 (1¼ cups each)

- 2 Tbsp. hoisin sauce**
- 2 Tbsp. Hy-Vee less sodium soy sauce**
- 1 Tbsp. mirin sweet cooking rice wine**
- 3 Tbsp. minced gingerroot, divided**
- 2 tsp. Hy-Vee toasted sesame oil**
- 2 cloves garlic, minced**
- 1 (6-oz.) pkg. chow mein stir-fry noodles**
- 1 Tbsp. Hy-Vee vegetable oil**
- 4 cups trimmed and sliced mixed mushrooms, such as shiitake, baby bellas and/or white button**
- 1 cup trimmed and halved sugar snap peas**
- 4 green onions, thinly sliced on the bias; plus additional for garnish**
- 1 cup fresh baby arugula**

1. WHISK together hoisin sauce, soy sauce, mirin, 1 Tbsp. gingerroot, sesame oil and garlic in a medium bowl; set aside.

2. COOK noodles according to pkg. directions. Drain; cover to keep warm.

3. HEAT vegetable oil in a large skillet over medium-high heat. Add mushrooms; cook for 3 to 4 minutes or until slightly crispy.

4. ADD sugar snap peas, green onions and remaining 2 Tbsp. gingerroot; cook for 2 to 3 minutes or until vegetables are crisp-tender. Stir in hoisin sauce mixture. Add cooked

noodles; gently stir to combine, being careful not to break the noodles. Add arugula; gently stir until slightly wilted.

5. TO SERVE, divide among 4 serving bowls; garnish with additional green onions, if desired.

Per serving: 270 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 520 mg sodium, 45 g carbohydrates, 2 g fiber, 7 g sugar (1 g added sugar), 9 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 8%

30 minutes or less **V** **VEGETARIAN DISH**



pro tip: FAMILY TIME

“The annual New Year’s Eve dinner is an important time of reunion for the Chinese people. It’s a time for family to gather around the dinner table and enjoy the last meal of the year, while spending time together and looking forward to a good new year.”

—Chris Lin
Assistant Vice President,
HyChi, Hy-Vee,
West Des Moines, IA



Longevity

These long noodles symbolize life span, and the tradition is to not cut them to ensure a long life. They are prepared on the first day of the Chinese New Year celebrations and are served first to the eldest in the family as a sign of respect.



Fortune

Fish and surplus sound the same when spoken in Chinese. Enjoying fish during the New Year is meant to bring a surplus of luck, prosperity and fortune. Only part of the fish should be eaten on New Year's Eve, with the rest—the surplus—carried over to New Year's Day.

#HyChi

Many types of fish can be enjoyed during the New Year festivities. Sichuan is one of the most popular selections.



SCAN TO ORDER
HyChi takeout from
Mealtime to Go.

Sichuan Fish

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

- 4 Tbsp. seasoned rice vinegar, divided
- 1 Tbsp. Hy-Vee corn starch
- ½ tsp. kosher salt
- ½ tsp. coarsely ground Hy-Vee black pepper
- 1 lb. Fish Market fresh tilapia fillets, cut into 2-in. pieces
- 1 Tbsp. plus ¼ cup Hy-Vee vegetable oil, divided
- 4 small celery stalks with leaves, cut into ½-in.-thick bias slices
- 1 cup (2-in. pieces) green onions, divided
- 2 Tbsp. peeled and thinly sliced gingerroot
- 3 cloves garlic, thinly sliced
- 3 cups Hy-Vee chicken stock
- 1 cup fresh bean sprouts
- 6 dried whole red chilies*
- 1 Tbsp. whole pink peppercorns
- ¼ cup finely chopped fresh cilantro, plus additional for garnish
- 2 cups loosely packed baby spinach
- Heinz 57 Collection chili pepper culinary crunch sauce, for serving

1. WHISK together 2 Tbsp. rice vinegar, corn starch, salt and black pepper in a medium bowl. Add fish; turn to coat. Refrigerate for 20 minutes.

2. HEAT 1 Tbsp. vegetable oil over medium heat in a large saucepan. Add celery stalks with leaves and ¼ cup green onions. Cook for 2 to 3 minutes or until tender, stirring occasionally. Add gingerroot and garlic; cook for 30 seconds, stirring constantly. Slowly add chicken stock, remaining 2 Tbsp. rice vinegar and bean sprouts. Bring to a boil; reduce heat to medium-low.

3. TRANSFER vegetables to a large heatproof serving bowl using a large slotted spoon. Increase heat to medium-high. Add fish, one piece at a time, to the boiling stock mixture. Boil for 2 to 3 minutes or until opaque (145°F).

4. HEAT remaining ¼ cup vegetable oil in a small saucepan over medium heat. Add remaining ¾ cup green onions, dried chilies, pink peppercorns and ¼ cup cilantro. Heat to boiling.

5. POUR stock and fish over vegetables in serving bowl. Add fresh spinach; stir gently to avoid breaking apart fish. Pour hot chili oil over fish.

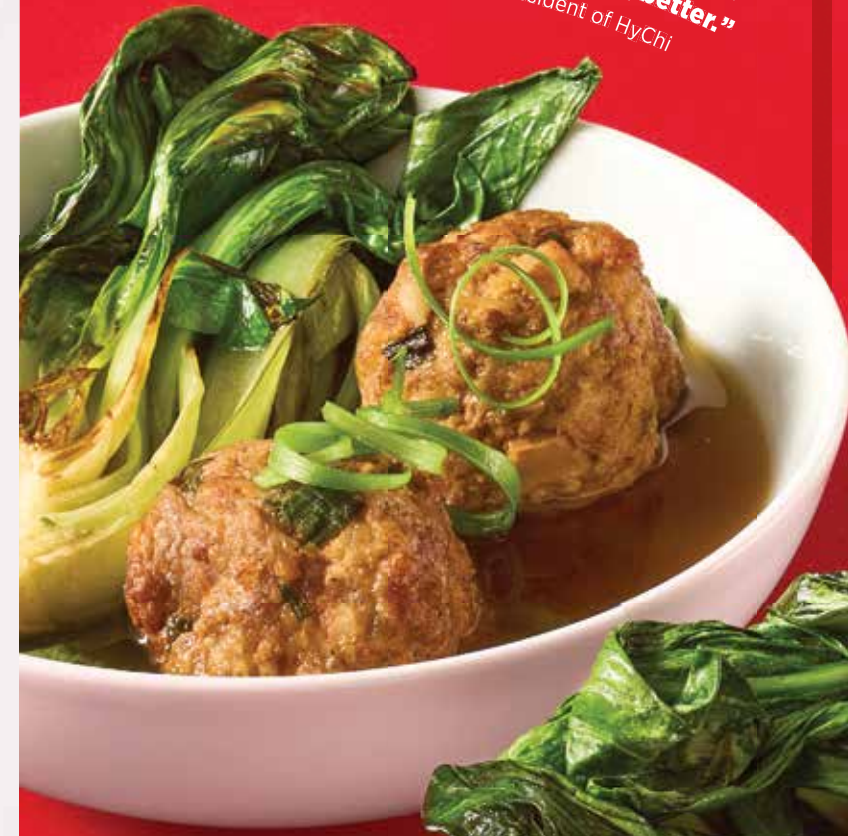
6. GARNISH with additional fresh cilantro and chili pepper crunch sauce, if desired. Serve immediately. Discard dried chilies.

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

Per serving: 360 calories, 21 g fat, 3.5 g saturated fat, 0 g trans fat, 65 mg cholesterol, 950 mg sodium, 13 g carbohydrates, 2 g fiber, 6 g sugar (4 g added sugar), 35 g protein. **Daily Values:** Vitamin D 20%, Calcium 6%, Iron 10%, Potassium 20%

GF GLUTEN-FREE

"This dish is a symbol of family togetherness and moving up together and getting better."
- Chris Lin, Assistant Vice President of HyChi



Happiness

It is said these meatballs resemble a lion's head (the meatball represents the head, the cabbage the mane). They are a symbol of family togetherness. The meatballs can be served any time of year as part of a celebration.

Lion's Head Meatballs

Hands On 50 minutes
Total Time 1 hour 5 minutes
plus chilling time
Serves 6 (2 each)

- 1 lb. Hy-Vee fresh ground pork sausage
- ¼ cup unfiltered sake
- 3 Tbsp. stone ground white rice flour
- 3 Tbsp. coconut aminos, divided
- 1 tsp. grated fresh gingerroot
- 1 tsp. ground white pepper
- ¾ cup Hy-Vee plain panko bread crumbs
- ½ cup drained and finely chopped Hy-Vee canned water chestnuts
- ¼ cup finely chopped green onions, green parts only, plus additional for garnish
- 1 Hy-Vee large egg
- 2 Tbsp. Hy-Vee vegetable oil, divided

3 baby bok choy, trimmed, halved lengthwise
3 cups Hy-Vee no salt added chicken broth

1. LINE a large baking sheet with parchment paper; set aside.

2. PLACE pork sausage, sake, rice flour, 1 Tbsp. coconut aminos, gingerroot and white pepper in a large bowl; mix until well combined.

3. ADD bread crumbs, water chestnuts, ¼ cup green onions and egg; mix until a thick paste forms. With wet hands, shape sausage mixture into 12 meatballs, using almost ¼ cup for each. Place on prepared baking sheet; refrigerate for 10 minutes.

4. HEAT 1 Tbsp. vegetable oil in a large Dutch oven over medium heat. Arrange half of the meatballs in a single layer in the Dutch oven. Cook for 6 to 8 minutes until meatballs are golden brown and reach 145°F, turning frequently. Remove meatballs

using a slotted spoon; set aside. Repeat with remaining 6 meatballs.

5. INCREASE heat to medium-high; add remaining 1 Tbsp. vegetable oil to drippings into the Dutch oven. Place bok choy, cut sides down, in Dutch oven; cook for 2 to 3 minutes or until golden brown and just beginning to wilt. Remove bok choy; set aside. Add vegetable stock and remaining 2 Tbsp. coconut aminos to Dutch oven; bring mixture to a boil. Gently add meatballs to stock mixture. Cover and cook for 10 to 12 minutes or meatballs reach 165°F.

6. TO SERVE, divide bok choy and meatballs among 6 serving bowls; ladle stock mixture over meatballs and bok choy. Garnish with additional green onions, if desired. Serve immediately.

Per serving: 340 calories, 21 g fat, 5 g saturated fat, 0 g trans fat, 105 mg cholesterol, 740 mg sodium, 15 g carbohydrates, 2 g fiber, 4 g sugar (1 g added sugar), 20 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 10%





LUNAR NEW YEAR

One of the most important holidays in Asian culture, Lunar New Year is celebrated the first 15 days of the lunar new year by Chinese, Vietnamese and Korean communities, among others. Each culture observes the occasion differently. Houses are thoroughly cleaned to open space for goodwill and good luck. Also, various foods are prepared emphasizing prosperity, abundance and connectedness. It is a time for feasting, honoring deities and ancestors, and inviting prosperity in the coming year.

Good Luck

Eight is a lucky number because, when spoken in Chinese, it sounds similar to a word that means to be rich or prosper in business.

Eight Treasure Rice Pudding

Hands On 1 hour 30 minutes
Total Time 2 hours 15 minutes plus chilling and cooling time
Serves 8

1 (15-oz.) can Hy-Vee red beans, drained and rinsed
1½ cups Hy-Vee granulated sugar, divided
2 cups uncooked sushi rice, rinsed and drained; divided
½ cup hot water
1 Tbsp. Hy-Vee refined coconut oil
Hy-Vee nonstick cooking spray
8 desired dried and candied fruits, such as Hy-Vee dried apricots, dried mango, dried pineapple, and/or dried strawberries, dried papaya, dried peaches, golden raisins, pitted dates and candied red cherries

½ cup cold water
2 tsp. Hy-Vee corn starch
1 Tbsp. fresh lemon juice

1. COMBINE red beans and 1 cup sugar in a small saucepan. Cook over medium heat for 10 to 12 minutes or until sugar dissolves and mixture is glossy. Remove from heat; mash with a potato masher or fork, leaving some beans whole. Cover and chill red bean paste for 2 hours or until mixture has thickened.

2. COOK rinsed and drained sushi rice according to pkg. directions. Fluff rice with fork; set aside. Stir together hot water, 2 Tbsp. sugar and coconut oil in a small bowl until combined. Stir mixture into cooked rice. Set rice mixture aside.

3. SPRAY the bottom and side of a 9-in.-diameter glass, rounded-bottom bowl (8 to 10 cups) with nonstick spray. Arrange

a thick layer of 4 varieties of chopped dried or candied fruit in bottom of bowl.

4. USING damp hands, firmly pat one-third of the rice mixture into a 1-in.-thick layer over the fruit in bottom of bowl and one-third the way up side of bowl. Place 2 rows of dried fruit along the edge of the bowl.

5. SPOON the red bean paste into the center. Using damp hands, firmly pat remaining rice on top of bean paste; pat the top smooth. Place 2 rows of dried fruit along edge of bowl and on top of rice.

6. TO COOK, place a trivet or round wire rack in the bottom of a large stockpot; add 1 to 2 in. of water. Carefully place the uncovered bowl with rice mixture on trivet or wire rack. Cover stockpot and steam the rice mixture over

boiling water for 45 minutes; add additional water every 15 minutes as needed.

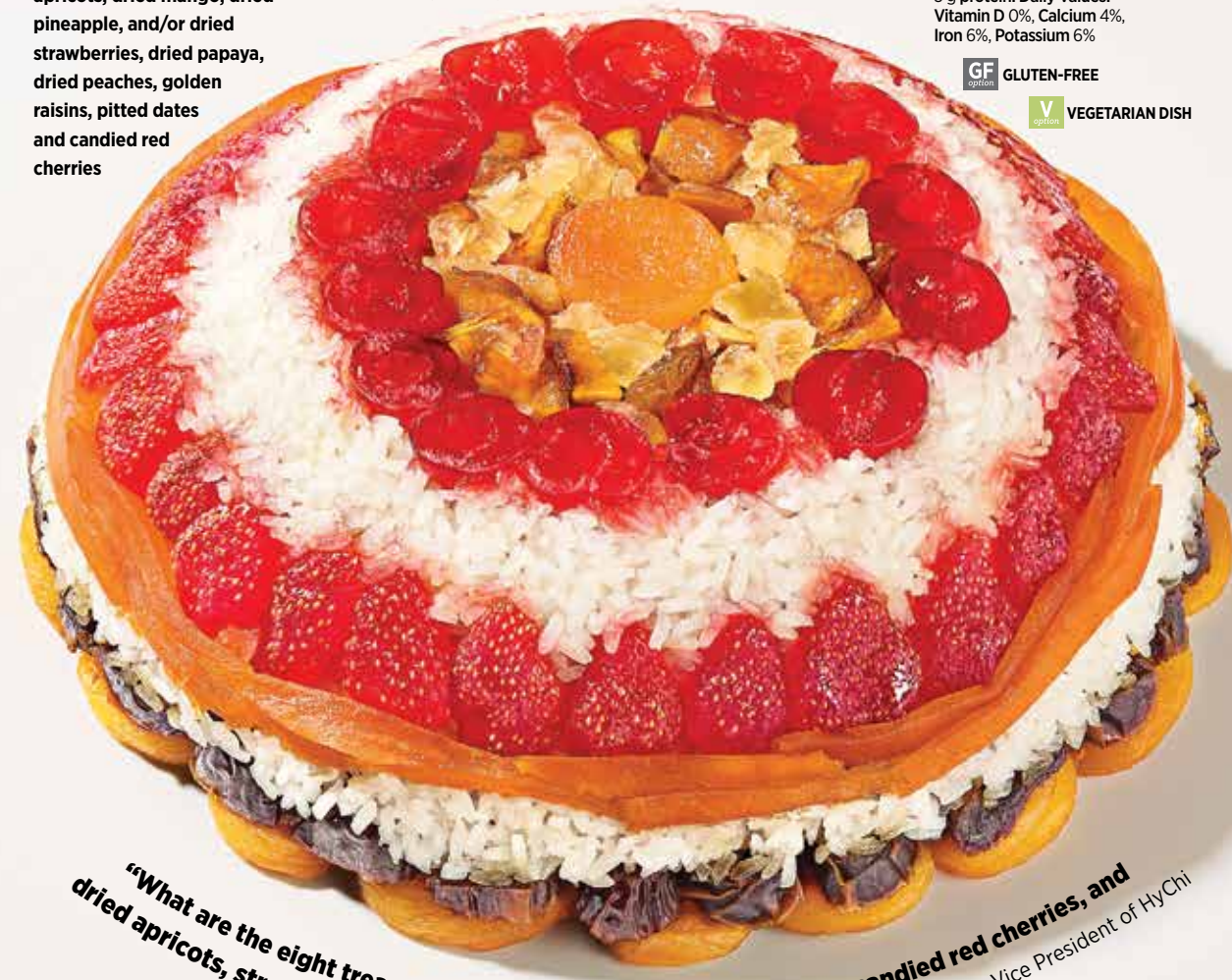
7. FOR SYRUP, stir together ½ cup cold water and corn starch in a small bowl; set aside. Stir together remaining 2 Tbsp. sugar and lemon juice in a small saucepan; stir in corn starch mixture. Cook and stir over medium heat until sugar dissolves and mixture is slightly thickened; set aside.

8. CAREFULLY remove rice mixture from stockpot. Cool slightly. Place a serving plate face down over bowl of rice pudding. Carefully invert bowl and plate; remove bowl. Brush hot syrup over pudding. Serve warm or at room temperature.

Per serving: 380 calories, 1.5 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 160 mg sodium, 88 g carbohydrates, 5 g fiber, 50 g sugar (28 g added sugar), 5 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 6%

GF GLUTEN-FREE

V VEGETARIAN DISH



“What are the eight treasures in this dish? Dates, golden raisins, candied red cherries, and dried apricots, strawberries, pineapple, peaches and papaya.” –Chris Lin, Assistant Vice President of HyChi



Prosperity

The classic fold of a Chinese dumpling resembles the silver ingot used as money in ancient China, and dumplings are a staple of the holiday. Many families gather to make them on New Year's Eve and begin eating them at midnight.

New Year's Dumplings

Hands On 1 hour
Total Time 1 hour 32 minutes plus rising and standing time
Serves 10 (4 dumplings each)

2¼ cups Hy-Vee all-purpose flour, plus additional for dusting
2½ tsp. kosher salt, divided
¾ cup plus 3 Tbsp. cold water
Hy-Vee nonstick cooking spray
6 cups finely shredded napa cabbage

1 lb. Hy-Vee fresh ground pork sausage
3 Tbsp. finely chopped fresh cilantro, plus additional for garnish
3 green onions, finely chopped
2 tsp. Hy-Vee toasted sesame oil
1 tsp. sherry vinegar
1 tsp. refrigerated garlic paste
1 tsp. refrigerated ginger paste
½ tsp. ground white pepper
4 Tbsp. Hy-Vee vegetable oil, divided
This Little Goat Southeast Asia flavored sauce, for dipping

1. WHISK together 2¼ cups flour and ½ tsp. kosher salt in a medium bowl. Add cold water and stir until combined. Knead dough on a lightly floured

surface for 4 to 5 minutes or until a smooth elastic ball forms. Spray a large bowl with nonstick cooking spray; place dough in bowl and cover with plastic wrap sprayed with nonstick cooking spray. Let rise in a warm place for 20 minutes or until slightly puffy.

2. COMBINE cabbage and 1 tsp. kosher salt in a fine-mesh strainer set over a large bowl. Let stand at room temperature for 15 minutes. Transfer cabbage to a clean dish towel; wrap and squeeze cabbage to remove excess liquid. Discard liquid.

3. FOR FILLING, place pork, drained cabbage, 3 Tbsp. cilantro, green onions, sesame oil, sherry vinegar, garlic paste, ginger paste, remaining 1 tsp.

kosher salt and white pepper in a large bowl; stir for 2 to 3 minutes or until combined.

4. LINE a large baking sheet with parchment paper. Lightly dust with flour; set aside.

5. DIVIDE dough into 40 (½-oz.) pieces. On a lightly floured surface, roll each piece into a 3-in. round, lightly dusting surface as needed to keep dough from sticking.

6. FOR EACH DUMPLING, hold one dough round in the palm of your hand; use a spoon to place 1 Tbsp. pork filling in center of dough. Working from one side, carefully seal by folding into a crescent shape; pinch edges together. Transfer dumplings to prepared baking sheet.

7. HEAT 1 Tbsp. vegetable oil in a large nonstick skillet over medium heat. Add 10 dumplings in a single layer, flat side down. Cook for 1 to 2 minutes on each side or until golden brown on all sides. Repeat cooking remaining dumplings using remaining vegetable oil.

8. TO SERVE, garnish dumplings with cilantro, if desired. Serve with sauce for dipping.

Per serving: 290 calories, 16 g fat, 3.5 g saturated fat, 0 g trans fat, 45 mg cholesterol, 730 mg sodium, 23 g carbohydrates, 1 g fiber, 1 g sugar (0 g added sugar), 13 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 6%



LOW- ABV cocktails

These low-alcohol recipes offer true mixed-drink flavor—without the aftereffects.

NIX ALCOHOL, not flavor

If holiday imbibing is in your rearview mirror, you may be part of the Dry January trend: cutting down on alcohol or steering clear of it altogether. One upside is avoiding the dreaded hangover. But lowering alcohol intake may provide other health benefits, such as improved sleep, more energy and weight loss, reports Harvard Health.

Blueberry Rosé

Stir together 2 (9-oz.) bottles chilled ginger beer, 8 oz. chilled 100% pomegranate juice and 6 oz. chilled passion fruit purée cocktail mix in an 80-oz. pitcher. Add 1 lemon, sliced, and ¼ cup Basket & Bushel blueberries. Add 1 (750-ml) bottle chilled sparkling rosé wine; gently stir. Garnish with a lemon peel twist and additional blueberries, if desired. Serves 10 (5½ oz. each).

10
minutes
or less

health.harvard.edu/blog/thinking-of-trying-dry-january-steps-for-success-202201032662

READY-TO-GO OPTIONS

Find these no-alcohol drinks and more at Hy-Vee.



Monday Mezcal Zero Alcohol Spirit



Free Spirits Non Alcoholic Bourbon



Stella Rosa Non Alcoholic Wine (4 varieties)



Athletic Run Wild



Heineken 0.0



Budweiser Zero

Cold Snap Smash

20
minutes
or less

For Basil-Spiced Simple Syrup, bring ½ cup Hy-Vee granulated sugar, 4 oz. water, 2 (3½-in.) cinnamon sticks, 8 whole cloves and 8 fresh basil leaves to a gentle boil in a small saucepan over medium-high heat; reduce heat. Simmer, uncovered, for 8 to 10 minutes or until reduced to ½ cup. Strain through a fine-mesh strainer set over a bowl; discard spices and basil. Cool syrup. For each drink, muddle 2 (½-in.-thick) slices peeled gingerroot in a cocktail shaker. Add 2 oz. Triple Sec, 1 oz. fresh lime juice, 1 oz. Basil-Spiced Simple Syrup and 3 dashes orange bitters and ice to the cocktail shaker. Cover and shake well until chilled. Strain into 1 (10-oz.) ice-filled cocktail glass. Garnish with orange slice and additional basil, if desired. Serves 1 (5 oz.).



SCAN TO
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cocktail
glasses
at Hy-Vee.



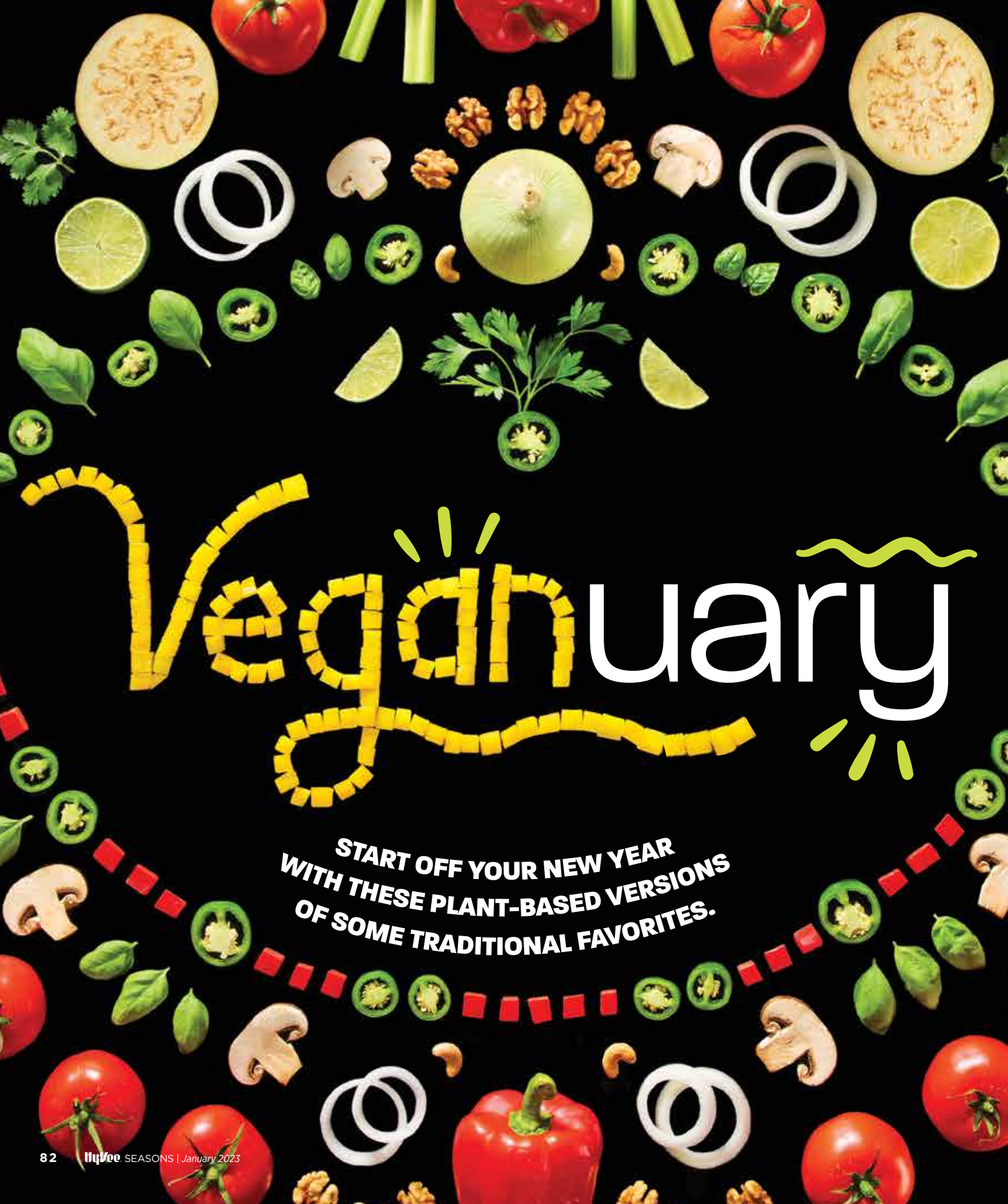
Hot Butter Beer

Heat 1 (12-oz.) can Hy-Vee evaporated milk and 2 Tbsp. Hy-Vee salted butter in a small saucepan over medium heat until butter is melted. Remove from heat; whisk in 1 (12-oz.) bottle cream soda, 2½ oz. butterscotch-flavored sundae syrup, 1 tsp. Hy-Vee vanilla extract, ¼ tsp. Hy-Vee ground ginger and ¼ tsp. Hy-Vee ground cinnamon. Pour into 2 (16-oz.) mugs. Garnish with Hy-Vee aerosol original whipped topping and additional butterscotch syrup, if desired. Serves 2 (14 oz. each).

10
minutes
or less



SATISFYINGLY RICH AND SWEET, THIS HOT DRINK ENTICES WITH A MIX OF CREAM SODA, BUTTERSCOTCH, SPICES AND WHIPPED CREAM.



START OFF YOUR NEW YEAR
WITH THESE PLANT-BASED VERSIONS
OF SOME TRADITIONAL FAVORITES.

Going vegan and eliminating animal products can be daunting, but these meat-, egg- and dairy-free takes on classics make it possible to ease into a new way of eating.

Hands On 20 minutes
Total Time 50 minutes
Serves 8 (1½ cups each)

4 cups coarsely chopped fresh jackfruit pods
2 Tbsp. Gustare Vita olive oil, divided
½ tsp. Hy-Vee salt
1½ cups Hy-Vee Short Cuts chopped white onions
1 cup coarsely chopped celery
1 cup Hy-Vee Short Cuts chopped tricolor bell peppers
1 Tbsp. bottled minced garlic
1 (28-oz.) can Hy-Vee crushed tomatoes, undrained
3 Tbsp. salt-free Creole seasoning
2 Tbsp. chopped fresh oregano
2 (32-oz.) containers unsalted vegetable stock
3 cups Hy-Vee long grain white instant rice
1 (12-oz.) pkg. Hy-Vee frozen cut okra
1 Tbsp. Hy-Vee reconstituted 100% lemon juice
1 tsp. hot sauce, plus additional for garnish
Fresh parsley, for garnish

1. DRIZZLE chopped jackfruit with 1 Tbsp. olive oil in a medium bowl. Sprinkle with salt; toss to coat all sides of jackfruit. Set jackfruit aside.

2. HEAT remaining 1 Tbsp. olive oil in a 4- to 6-qt. Dutch oven on medium-high heat. Add onions, celery and bell peppers; cook for 3 to 4 minutes or until onions are softened. Add garlic; cook for 1 to 2 minutes or until fragrant. Stir in undrained tomatoes, Creole seasoning and oregano. Cook over medium heat for 6 to 8 minutes or until mixture comes to a boil.

3. ADD broth, jackfruit, rice and frozen okra; return to a boil. Reduce heat to medium-low. Cover and simmer for 20 to 30 minutes or until mixture begins to thicken, stirring occasionally.

4. STIR in lemon juice and 1 tsp. hot sauce. Garnish with additional hot sauce and parsley, if desired. Serve immediately.

Per serving: 350 calories, 5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 430 mg sodium, 71 g carbohydrates, 6 g fiber, 25 g sugar (0 g added sugar), 8 g protein.
Daily Values: Vitamin D 0%, Calcium 10%, Iron 30%, Potassium 20%

 **VEGETARIAN DISH**

Vegan Jackfruit Jambalaya

**LODGE
DUTCH OVEN**

This 6-qt. enameled cast iron pot is a classic.



SCAN TO
SHOP this
Lodge Dutch
Oven from
Hy-Vee.

Jackfruit

This popular meat alternative has a texture similar to shredded beef or pork with a neutral flavor that works well with other spicy ingredients.

See more plant-based meal ideas come together.

**VEGAN
VEGGIE
VENTURES**
—HY-VEE—

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Vegan Sheet Pan Nachos



Hands On 20 minutes
Total Time 32 minutes
Serves 8

1 (8-oz.) pkg. whole baby bella mushrooms, sliced
2 cups Hy-Vee walnuts
2 Tbsp. Hy-Vee thick & rich tomato ketchup
2 Tbsp. tamari soy sauce
1 Tbsp. Hy-Vee cayenne pepper
1 Tbsp. smoked paprika
½ tsp. Hy-Vee garlic powder
2 Tbsp. Gustare Vita olive oil
1 (13-oz.) pkg. Hy-Vee white corn restaurant style tortilla chips
1 cup dairy-free Mexican-style shreds

½ (16-oz.) container homestyle guacamole
½ (8-oz.) container chipotle Bitchin' Sauce
½ cup Culinary Tours mild Texas style two corn salsa
¼ cup bottled pickled red onions, drained
1 Tbsp. fresh lime juice
Thinly sliced jalapeño peppers, for garnish*
Fresh cilantro, for garnish
Lime wedges, for serving

1. PREHEAT oven to 400°F. Line a 13×9-in. baking pan with parchment paper, extending paper over edges of pan; set aside.

2. PLACE mushroom slices in a medium saucepan; add water to cover. Bring to a boil; boil for 4 to 5 minutes or until softened. Drain mushrooms. Place on paper towels; pat dry.

3. PLACE mushrooms and walnuts in a food processor or blender. Cover and pulse or blend until finely chopped. Add ketchup, tamari, cayenne pepper, smoked paprika and garlic powder; cover and pulse or blend until smooth.

4. HEAT a large nonstick skillet over medium-high heat. Add mushroom-walnut paste; cook for 3 to 5 minutes or until lightly

browned, stirring and breaking into fine crumbles. Stir in olive oil; cook for 2 to 3 minutes or until browned and crumbled, stirring occasionally.

5. TO ASSEMBLE, spread half of tortilla chips in prepared baking pan. Layer with half each of Mexican-style shreds and mushroom-walnut crumbles; repeat layers with remaining chips, Mexican-style shreds and mushroom-walnut crumbles. Bake for 10 to 12 minutes or until shreds are heated through.

6. TO SERVE, lift edges of parchment paper to remove nachos from baking pan; transfer

nachos to a large serving platter. Top with guacamole, chipotle sauce, corn salsa, pickled red onions and lime juice. Garnish with jalapeño peppers and cilantro; serve with lime wedges, if desired.

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

Per serving: 620 calories, 46 g fat, 7 g saturated fat, 0 g trans fat, 0 mg cholesterol, 830 mg sodium, 50 g carbohydrates, 4 g fiber, 6 g sugar (4 g added sugar), 11 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 10%

VEGETARIAN DISH

"Meaty" Mixture

The tangy flavor and oily texture of walnuts pairs with earthy mushrooms to create a ground beef alternative without a lot of fat.

Hands On 25 minutes
Total Time 1 hour
12 minutes plus standing time
Serves 4

Hy-Vee nonstick cooking spray
8 (¼-in.-thick) eggplant slices
½ tsp. Hy-Vee salt
½ cup gluten-free 1 to 1 baking flour
1½ Tbsp. Hy-Vee corn starch, divided
1 cup Just Egg plant-based scramble
1½ cup Full Circle Market Italian style gluten-free bread crumbs
1½ Tbsp. nutritional yeast, divided
1½ tsp. Hy-Vee garlic powder, divided
2 portabella mushroom caps, cut into ¼-in. slices
¼ cup Hy-Vee whole raw cashews
2 Tbsp. unsweetened cashew milk
2 Tbsp. plain unsweetened almond milk yogurt
1 Tbsp. shredded dairy-free Parmesan cheese alternative, plus additional for serving
2 tsp. Gustare Vita white wine vinegar
1¼ cups Gustare Vita tomato basil pasta sauce
4 Tbsp. dairy-free mozzarella style shreds
Fresh basil, for garnish

1. PREHEAT oven to 400°F. Spray a 2-qt. shallow casserole dish with nonstick spray; set aside. Line a rimmed baking pan with foil; place a wire rack in pan and spray with nonstick spray; set aside.

2. SPRINKLE eggplant with salt; drain in colander for 20 minutes; rinse and pat very dry.

3. COMBINE flour and 1 Tbsp. corn starch in a shallow bowl. Place plant-based scramble in another bowl. Combine bread crumbs, 1 Tbsp. nutritional yeast and 1 tsp. garlic powder in a third bowl.

4. DIP eggplant in flour mixture to coat. Dip in scramble mixture. Coat with bread crumb mixture. Place on prepared wire rack.

5. SPRAY both sides of eggplant with nonstick spray. Bake for 25 to 30 minutes, turning halfway through.

6. PLACE mushroom slices in a medium saucepan; add water to cover. Boil for 6 to 8 minutes or until softened; drain. Pat dry with paper towels; set aside.

7. FOR CASHEW CREAM, place cashews, cashew milk, almond milk yogurt, 1 Tbsp. Parmesan cheese alternative, vinegar, and remaining ½ Tbsp. corn starch, ½ Tbsp. nutritional yeast and ½ tsp. garlic powder in a blender. Cover; blend until smooth.

8. TO ASSEMBLE, spread ½ cup pasta sauce in the prepared casserole dish. Arrange 4 eggplant slices on top of sauce. Top eggplant slices with 4 tsp. cashew cream, 4 Tbsp. pasta sauce and mushroom slices. Repeat layers on each using 4 tsp. cashew cream and 4 Tbsp. pasta sauce; top with 2 Tbsp. mozzarella-style shreds. Layer with remaining eggplant slices, 4 tsp. cashew cream, 4 Tbsp. pasta sauce and remaining 2 Tbsp. mozzarella-style shreds.

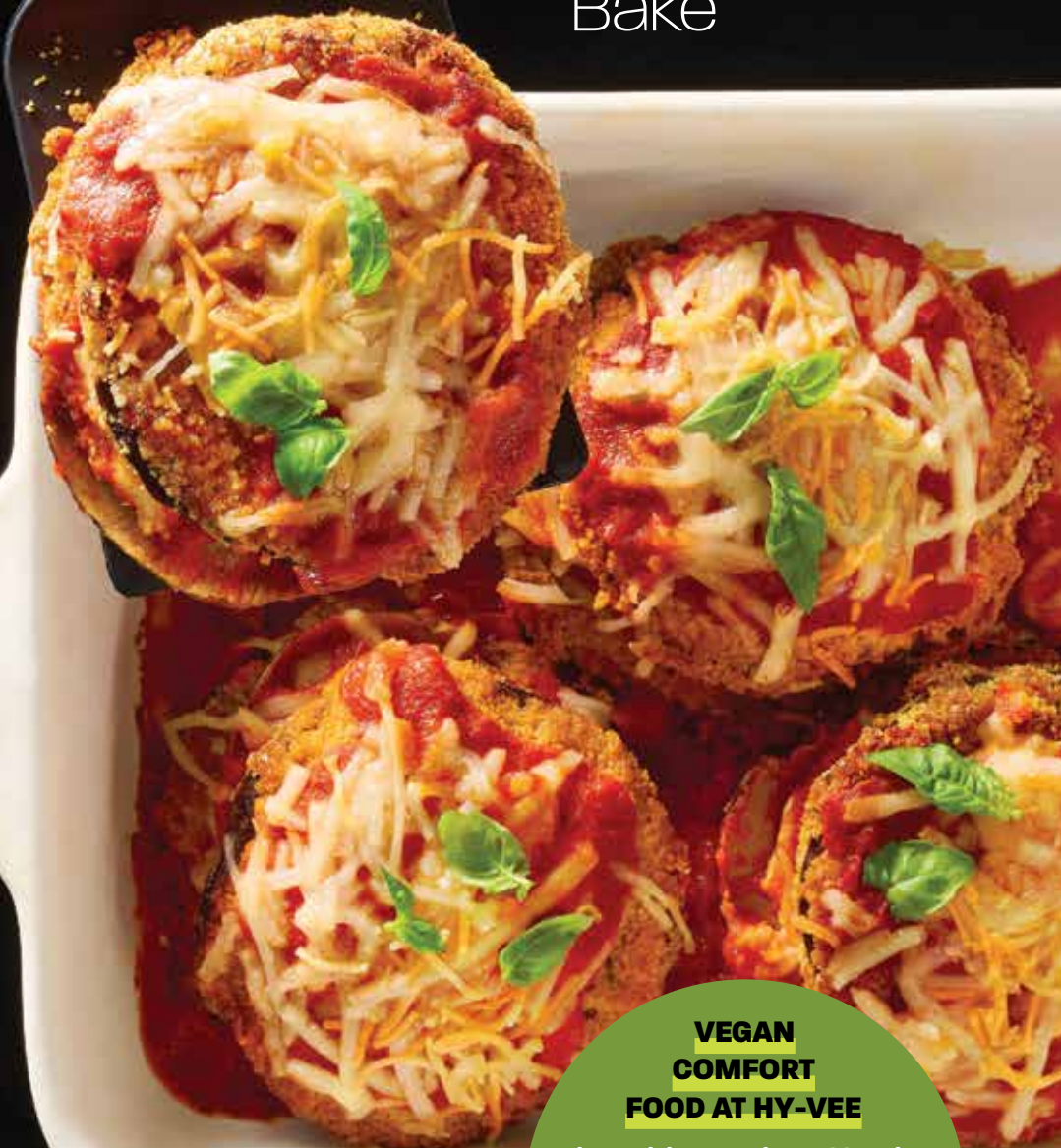
9. BAKE, uncovered, for 15 to 17 minutes or until lightly browned. Serve with additional shredded Parmesan cheese and pasta sauce, and remaining cashew cream; garnish with basil, if desired.

Per serving: 510 calories, 19 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 1,140 mg sodium, 70 g carbohydrates, 9 g fiber, 10 g sugar (2 g added sugar), 16 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 15%

GF GLUTEN-FREE

VEGETARIAN DISH

Vegan Eggplant Parmesan Bake



VEGAN COMFORT FOOD AT HY-VEE

Find delicious versions of favorite classic entrées, like creamy Amy's Vegan Organic Rice Mac & Cheese, light and crispy Daiya's Gluten-Free Cheeze Lover's Pizza and Morning Star Farms Veggie Chick'N Nuggets with 100% plant protein.

Dairy-Free Goodness

This dish is typically vegetarian, but supplementing dairy-free cheese with a cashew cream bumps it into vegan territory without sacrificing flavor or creaminess.

BLOOMS

Indoor Decor

Use indoor plants from Hy-Vee Floral to create attractive views that boost eye appeal.

FLOWERS

Kalanchoe adds indoor color in winter if given bright, indirect light. You can take it outdoors in summer and grow it in partial sun.

FOLIAGE

Ensure year-round interest with a range of leaf textures, such as the scalloped, variegated and waxy foliage seen here.

COFFEE TABLE

A brightly painted tray and pots provide a stage for plants. Using one color simplifies the look and keeps the focus on the plants, which include orange-flowered kalanchoe, bird's-nest fern, jade and spider plant, a clean-air plant.

2

WALL OR CORNER

A blank wall calls for a little drama—and this hanging planter fills the bill. An ivy spills out of a ceramic planter nestled in a DIY sling made of knotted rope. In addition to its attractive habit, the ivy can deal with dim indoor lighting.



BULB PLANTS

IN THE MIDST OF WINTER, IT'S NICE TO HAVE THE PROMISE OF SPRING. FLOWERING BULBS FROM HY-VEE FLORAL DELIVER ON THAT PROMISE.



TULIPS. This beloved spring-flowering bulb comes in a variety of colors, including orange, red, pink, white and lilac.



DAFFODILS. The distinctive trumpet-shape flowers raise plenty of smiles and will come back annually if planted outdoors in spring.

3

SHELF OR WINDOWSILL

Plants add a natural touch to home decor, softening the look of books, picture frames and other geometric shapes. Succulents offer a pleasing contrast in texture without seeming out of place, thanks to pots that echo the color of nearby items.



FOODS THAT

Lower Cholesterol

Add nutrient-rich foods to your diet to help reduce cholesterol levels, which may also lower your risk of developing heart disease.

Cholesterol is a waxy substance produced by the liver that can build up and lead to health problems. Foods such as beans, vegetables and whole grains have soluble fiber, which binds to extra cholesterol and eliminates it from the body as waste. According to Cleveland Clinic, every gram of soluble fiber in your diet may help lower cholesterol by around 1%. Eating 10 to 15 grams of soluble fiber per day and limiting the amount of saturated fat in your diet can help keep cholesterol at normal levels. A 10% decrease in total blood cholesterol levels may reduce risk of heart disease by up to 30%, according to the Centers for Disease Control and Prevention (CDC).

Though some foods may help lower cholesterol, others can increase it. Foods such as meat, dairy and poultry naturally contain cholesterol, which can affect the amount in your body. Cholesterol-containing foods may also be high in saturated fats, which can then stimulate the liver to make too much cholesterol. Blood circulates cholesterol throughout the body, so excesses can build up in arteries and increase the risk of heart disease, blood clots, heart attack and stroke.

What is “good” and “bad” cholesterol?

HDL (high-density lipoprotein) is sometimes referred to as “good” cholesterol, because it carries cholesterol to the liver where it’s eliminated from the body. Exercise can lead to higher levels of HDL cholesterol, which reduces risk of heart disease. LDL (low-density lipoprotein) may be called “bad” cholesterol because it can build up in the body and restrict arteries, and higher levels are linked to an increased risk of heart disease and stroke.

Eat These to Help Reduce Cholesterol

Include these foods in your diet to help reduce LDL and boost HDL cholesterol.

AVOCADOS
In addition to nutrients, avocados contain mono-unsaturated fatty acids, which support heart health, may lower risk of heart disease and promote higher levels of HDL cholesterol.

VEGGIES
Non-starchy vegetables, such as broccoli, tomatoes, carrots, peppers and leafy greens, contain fiber, which can help reduce LDL cholesterol and may help lower overall risk for heart disease.

WHOLE GRAINS
Oatmeal, quinoa, brown rice, whole wheat bread and other whole grain foods are a much better source of soluble fiber than refined grains, such as white bread.

BEANS
Kidney beans, black beans and other legumes such as lentils are high in protein and soluble fiber, and can replace meat in some meals to help lower LDL cholesterol.

NUTS
Eating 2 oz. of nuts per day, such as almonds, walnuts and peanuts, can help to lower LDL cholesterol by about 5%, according to Harvard Health.

BERRIES
Fruits such as blackberries, raspberries, strawberries and blueberries contain pectin, a variety of soluble fiber that may help reduce LDL cholesterol.

FATTY FISH
Salmon, tuna, mackerel and herring have omega-3 fatty acids that help reduce a type of fat found in blood. These fish may help reduce LDL cholesterol when eaten in place of red meat.

SOY
Eating 25 grams of protein per day from soy-based foods, such as tofu and soy milk, may reduce LDL cholesterol by 5% to 6%, according to Harvard Health. Soy also can replace meat in some meals.

94

MILLION U.S. ADULTS OVER THE AGE OF 20 HAVE TOTAL CHOLESTEROL LEVELS THAT ARE CONSIDERED HIGH OR BORDERLINE HIGH.
—CDC

Sources (entire story): heart.org/en/health-topics/cholesterol/about-cholesterol health.clevelandclinic.org/foods-that-lower-cholesterol/ my.clevelandclinic.org/health/articles/14400-improving-your-health-with-fiber cdc.gov/cholesterol/ldl_hdl.htm cdc.gov/cholesterol/facts.htm mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/cholesterol/art-20045192 health.harvard.edu/heart-health/11-foods-that-lower-cholesterol cdc.gov/dhds/data_statistics/fact_sheets/fs_state_cholesterol.htm

DIETITIAN Q&A

How to Find Help for Common Diet Concerns

Elisa Sloss, senior vice president, HealthMarkets and Dietitians, details the many online services offered by Hy-Vee's staff of registered dietitians.



Elisa Sloss, RD, LD
Senior Vice President,
HealthMarkets and Dietitians

Q: I want to get healthier in 2023. How should I begin?

A: Getting started can be a bit overwhelming, but reaching out to a Hy-Vee dietitian is a good first step in assessing your current health and setting goals to improve it. Taking part in a complimentary **Discovery Session** (virtually or in person) allows you to build rapport with a Hy-Vee dietitian, who can learn about your health history and help guide you to the next step. Together, you can set realistic goals and determine which nutrition service will be the best fit for you. You can connect with a dietitian by logging on to [Hy-Vee.com/health/hy-vee-dietitians](https://hy-vee.com/health/hy-vee-dietitians), using the Healthie app or sending a message on our Facebook or Instagram accounts.

Q: I'm not looking to lose weight. Can I still work with a Hy-Vee dietitian?

A: Our team of Hy-Vee dietitians is happy to help, no matter if you're looking to lose weight, gain weight or simply develop better eating habits for your family! One of our most popular programs—**Healthy Habits**—will show you how to construct a balanced diet, including four one-on-one sessions with a Hy-Vee dietitian, either virtually or in person at select stores. Each week your dietitian will review a weekly meal plan, recipes and a shopping list and check on any overall health goals you've set. By focusing on lifestyle and dietary changes, we hope to help you achieve and maintain a healthier lifestyle for good.

Q: How can I be sure I'm choosing the right foods?

A: A great way to educate yourself about trending nutrition topics is to join your local Hy-Vee dietitian for **Wellness Wednesday**, a complimentary online session from noon to 12:30 p.m., when the dietitian will take on nutritional topics and answer questions. Sign up at [Hy-Vee.com](https://hy-vee.com). As a bonus, customers receive 10% off any HealthMarkets item purchased on Wellness Wednesday.

Q: How do I find foods to meet my nutritional goals?

A: Are you looking to manage a new diagnosis or simply take charge of your health by adding more dietitian-approved items to your shopping cart? You can now access free on-demand **Nutrition Store Tours** online at your convenience. A Hy-Vee registered dietitian will walk you through the store on a prerecorded 30- to 45-minute tour that concentrates on specific topics such as heart health, weight management, diabetes, eating better on a budget and more. Tours also include Hy-Vee Aisles Online shoppable links for the products shared.

Q: How can Hy-Vee help me plan healthier meals?

A: Save time and eliminate meal-planning stress by registering for Hy-Vee's free virtual **Freezer Meal Prep Workshop**. You'll learn how to prepare five wholesome freezer meals for four to six people in less than an hour. We offer both a traditional workshop and workshops focusing on gluten-free and dairy-free recipes. The menu changes monthly, so your family is sure to find new recipes to bring them back to the dinner table!



SCAN TO LOCATE
a dietitian near you
for more information,
tips and advice.

GET HEALTHIE!

Sign up to access this free online Hy-Vee portal to connect with a registered dietitian to create health goals, monitor progress and more. Scan the code below with your smartphone or log onto [Hy-Vee.com/health/hy-vee-dietitians](https://hy-vee.com/health/hy-vee-dietitians)



SCAN TO
DOWNLOAD the
Healthie app.

Customer Testimonial

"I just want to let you know how much my dietitian, Amanda Jochum, and the Hy-Vee Healthy Habits program has changed my life. After years of counting points and eating processed packaged food, I decided I was sick of it all. I've lost 40 pounds and have a healthy relationship with food now. With the opportunity of being able to work one-on-one with Amanda, in my opinion, this is the best weight-loss program I've ever encountered."

—Julie K.,
Omaha, NE

5 HEALTHY MEAL STARTERS

Use these starters from Hy-Vee as the base for quick, nutritious meals.

1. SHORT CUTS VEGGIES Enjoy as a side with a lean piece of salmon.

2. SALAD KITS Just add chicken, tuna, hard-boiled egg or other protein.

3. GREEK YOGURT Pair with anything from granola to fresh fruit.

4. TUMARO'S WRAPS Fill these high-fiber, low-carb tortillas with veggies and add hummus or dressing.

5. SUSHI High in protein and low in fat and calories, sushi makes a great entrée or side.

MORE DIETITIAN SERVICES

EMPLOYEE WELLNESS

SCREENINGS Get cholesterol, blood pressure, fasting blood glucose and other tests for your employees completed on-site or at the Hy-Vee of your choice.

NUTRITION PRESENTATIONS

Hy-Vee dietitians can present to your team virtually, or visit your local office for an in-person presentation.

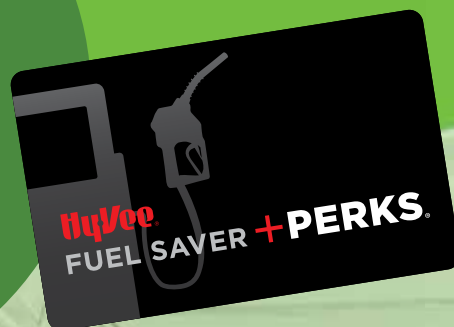
KIDS IN THE HY-VEE KITCHEN

These virtual classes help little aspiring chefs gain confidence while improving their culinary skills.

FRESH START. FAST STOP.

**\$5
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Di Lusso Salad &
Freshly Brewed
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+Perks card



A new year means new resolutions
and what better place to start
than at Fast & Fresh.

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MEAL MAKEOVER

Winging It

Kick up the heat with these
homemade gluten-free wings
that curb fat, calories and sodium.

Gluten-Free Boneless Buffalo Wings

Hands On 20 minutes

Total Time 50 minutes plus
marinating time

Serves 8 (2 each)

- 1 (1-lb.) pkg. Hy-Vee True chicken breast tenders**
- 1 cup Hy-Vee lowfat buttermilk, divided**
- Hy-Vee nonstick cooking spray**
- 4 cups gluten-free toasted whole grain oat cereal rings**
- 2 cups Good Graces gluten-free all-purpose flour**
- 2 Hy-Vee large eggs, beaten**
- 1 (0.85 oz.) pkg. Good Graces gluten-free organic hot wing seasoning, divided**
- 6 Tbsp. Dave's Gourmet creamy garlic red pepper hot sauce**
- 1½ Tbsp. Hy-Vee white distilled vinegar**
- ¾ tsp. Hy-Vee cayenne pepper**

1. CUT each chicken tender crosswise into 3 pieces; place in a large resealable plastic bag. Add ½ cup buttermilk; seal bag and turn to evenly coat chicken pieces. Marinate in refrigerator for 1 to 2 hours, turning bag occasionally.

2. PREHEAT oven to 400°F. Line a large rimmed baking pan with foil; place a wire rack in pan. Spray with nonstick spray; set aside. Place cereal in a food processor. Cover and pulse until coarse crumbs; set aside.

3. PLACE flour in a medium bowl. Whisk together eggs, 2 Tbsp.

hot wing seasoning and remaining ½ cup buttermilk in another bowl. Combine cereal crumbs and remaining hot wing seasoning in a third bowl.

4. REMOVE chicken pieces from buttermilk; discard buttermilk. Dip chicken, one piece at a time, into flour to coat. Then dip into egg mixture. Repeat dipping in flour and egg mixtures; coat with cereal mixture. Place coated pieces on prepared wire rack.

5. SPRAY coated chicken pieces with nonstick spray. Bake for 25 to 30 minutes or until chicken reaches 165°F. Meanwhile, for sauce, stir together hot sauce, vinegar and cayenne pepper in a large bowl.

6. ADD cooked chicken tenders to sauce; toss to coat. Serve immediately.

Per serving: 360 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 80 mg cholesterol, 770 mg sodium, 54 g carbohydrates, 3 g fiber, 8 g sugar (2 g added sugar), 20 g protein. **Daily Values:** Vitamin D 6%, Calcium 20%, Iron 35%, Potassium 6%

GF option **GLUTEN-FREE**

BETTER-FOR-YOU BUFFALO WINGS

The gluten-free oats in the breading provide added fiber. And these chicken wings are baked, so they contain less fat than their fried counterparts, with just 6 grams of fat per serving, 1 gram of saturated fat and zero grams trans fat.



FINDS

Gadget Essentials

Preparing dishes is easier with these handy tools from Hy-Vee.

1 MICROPLANE SPIRAL VEGGIE CUTTER Create coils and ribbons.

2 SIMPLY DONE 2-PIECE SILICONE SPATULA SET Handle everything from fillings to baking batters.

3 SIMPLY DONE MEASURING CUP SET Includes 1/4-, 1/2-, 3/4- and 1-cup sizes.

4 ZYLISS GREEN APPLE DIVIDER Easily core and split apples into eight perfect slices.

5 OXO SOFTWORKS 8" STRAINER Dishwasher-safe and sized for multiple tasks.

6 FARBERWARE 4-PIECE CUTTING MAT SET Features ample-sized 11x14-in. plastic mats.

7 OXO SOFTWORKS BALLOON WHISK Polished stainless steel wires and soft non-slip grip.

8 GOOD COOK TOUCH PRODUCE CHOPPER Stainless steel blades and 4-cup capacity.

9 GOOD COOK TOUCH TOP VIEW MEASURING CUPS Available in three sizes: 1/4 cup, 1 cup and 2 cups.



Try this Lemon Orzo Salad, p. 10

recipe index

101: LEMONS Lemon Orzo Salad p. 10

LEVEL UP: INSTANT OATMEAL Chocolatey Granola-Topped Oatmeal with Blueberries p. 21

NEW YEAR NEW YOU Shrimp and Quinoa Polenta with Chimichurri p. 25 Hot Maple Mustard Chicken with Roasted Vegetables p. 26 Chicken and Root Vegetables p. 27 Spicy Salmon Tacos with Yogurt Crema p. 28 Roasted Pork Salad with Warm Bacon-Fig Vinaigrette p. 29

ORANGE YOU GLAD Orange Skillet Pancake p. 31 Baked Orange Desserts p. 32 Citrus Beef Salad with Caramelized Fennel Vinaigrette p. 33 Orange Pork Tenderloin with Broccolini and Sweet Potatoes p. 35

FRESH & FIT COMFORT Air-Fried Spicy Tortellini p. 37 Gluten-Free Deep-Dish Veggie Pizza p. 37 Skinny Cheesy Potato Mash p. 38 No-Fry Fried Rice p. 39

100 CALORIES OR LESS! Garbanzo Bean Cookie Dough Bites p. 47 Strawberry-Filled Mini Chocolate Eclairs p. 47 Ice Cube Tray Chocolates p. 48 Raspberry Angel Food Cake Parfaits p. 49 Low-Calorie Mocha Mousse p. 49

CHEERS TO THE WINNING TEAM Slow-Cooked Beer-Barbeque Sauced Meatballs p. 51 Mango-Basil BBQ Chicken Flatbreads p. 53 Queso Fundido p. 54 Beer Brat-and-Cabbage Crostini p. 55

30 Radler Berry Beer Punch p. 56 Chocolate Beer Cake p. 57

BUILD YOUR OWN BAR Chocolate Chip Oatmeal Bars p. 59 Avocado Pomegranate Chocolate Protein Bars p. 61 Red Velvet Cupcake Protein Bars p. 62 Paleo-Friendly Blueberry-Coconut Squares p. 63

IN A PICKLE Air-Fried Crispy Pickle-Brined Chicken Sandwiches p. 69 Dill Pickle Steak Fries with Dipping Sauce p. 70 Dill Pickle Bread p. 71

CHINESE NEW YEAR Longevity Noodles p. 73 Sichuan Fish p. 74 Lion's Head Meatballs p. 75 Eight Treasure Rice Pudding p. 76 New Year's Dumplings p. 77

LOW-ABV COCKTAILS Blueberry Rosé p. 79 Cold Snap Smash p. 80 Hot Butter Beer p. 81

VEGANUARY Vegan Jackfruit Jambalaya p. 83 Vegan Sheet Pan Nachos p. 84 Vegan Eggplant Parmesan Bake p. 85

MEAL MAKEOVER: WINGING IT Gluten-Free Boneless Buffalo Wings p. 93

30 minutes or less 20 minutes or less 10 minutes or less GF option V option 30 MINUTES OR LESS 20 MINUTES OR LESS 10 MINUTES OR LESS GLUTEN FREE VEGETARIAN DISH

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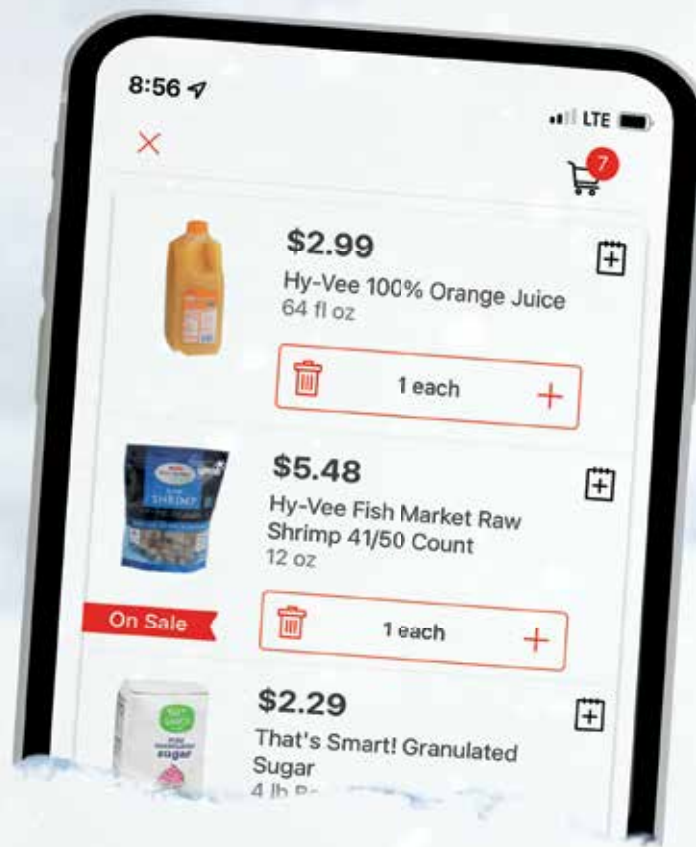
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See your Hy-Vee pharmacist for details. A complete list is available at Hy-Vee.com.

Hy-Vee pharmacy

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