

**HyVee**<sup>®</sup> FOOD | LIFE | HEALTH  
**seasons**<sup>®</sup>



**TOP  
CHOP**

july





**HyVee**



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**aisles**  
online.

# JULY 2022

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

**T**he heat of summer is upon us,

encouraging us to get out and enjoy the warm weather while we can. Find tips to protect yourself from whatever the great outdoors can throw at you, *page 104*. Invite friends and family to a fancy bash in your backyard with food from Hy-Vee and complementary recipes, *page 44*.

Catch up with entertainer Julianne Hough and actress Nina Dobrev as they introduce their low-sugar, gluten-free Fresh Vine Wine at Hy-Vee, *page 64*.

If wedding bells are in your future, turn to the experts at Hy-Vee to help guide you through planning the special day, from ceremony flowers to reception food, *page 90*.

Enjoy the sunny days of summer!

**HY-VEE SEASONS  
IS DIGITAL!**



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



# EXPERIENCE A NEW TWIST ON SOFT SERVE



CREAMY CHOCOLATE  
OOEY GOOEY FUDGE SWIRLS  
SOFT VANILLA



**Blue Bunny**  
WE MAKE FUN

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## NEW & NOTEWORTHY PRODUCTS AT HY-VEE **aisles**

VISIT YOUR LOCAL HY-VEE OR [HY-VEE.COM/SHOP](http://HY-VEE.COM/SHOP) TO FIND **EXCITING NEW PRODUCTS** THAT FIT YOUR DIETARY LIFESTYLE.



- ROTINI CHICKPEA PASTA
- ROTINI RED LENTIL PASTA
- SPAGHETTI YELLOW LENTIL & BROWN RICE PASTA

### GOOD GRACES PASTA

Good Graces offers a range of affordable gluten-free products, including frozen entrées, snacks, baking ingredients and more, available only at Hy-Vee. Enjoy the foods you love without breaking your diet

or your budget, like pasta dishes made with Good Graces gluten-free alternatives. Select from a variety of pasta styles and shapes made with corn, rice, chickpea or lentil flour.

### Healthier @ Hy-Vee

#### HEALTHY CHOICE

For a quick, good-for-you meal, choose Healthy Choice, made with fresh ingredients. You'll find a variety of gourmet entrées that fit into your diet, whether you're gluten-free, cutting carbs or sugar, or need an extra boost of protein.



#### HEALTHY CHOICE PIZZAS

High protein, low-carb pizza made with cauliflower crust.



#### HEALTHY CHOICE ZERO CARNE ASADA

Less than 10 grams of net carbs with no added sugar, preservatives or artificial flavors.



#### HEALTHY CHOICE MAX PROTEIN BOWLS

Packed with 33 grams of muscle-building protein from lean chicken breast.



## Brand Highlight

### JOHNSONVILLE

For more than 70 years, Johnsonville has been making high-quality sausage. Based in Sheboygan Falls, Wisconsin, Johnsonville offers a variety of brats, hot dogs, breakfast sausage and more made from pork, turkey and chicken. Look for these products and more at Hy-Vee.



**JOHNSONVILLE TURKEY BREAKFAST SAUSAGE**  
Sandwich-size patties have 65% less fat than pork sausage and fit perfectly on an English muffin.



**JOHNSONVILLE SMOKED SAUSAGE**  
Create flavorful breakfast scrambles, jambalaya and more with premium rope sausage varieties like Beef or Beddar with Cheddar made with 100% pork.

## FRESH FROM THE FREEZER

FIND QUICK SNACKS AND EASY MEAL IDEAS IN THE FREEZER SECTION AT HY-VEE.



**Marie Callender's Duos**  
Dig in to double entrées with a pairing of savory pesto chicken and four cheese ravioli that contains less than 400 total calories.



**Gardein Breakfast Saus'ge**  
Power through the morning with 13 grams of plant-based protein in Gardein Ultimate Plant-Based Breakfast Saus'ge that cooks in the microwave, stovetop or oven.



**Hot Pockets Deli Wich**  
Toss a Hot Pockets Deli Wich, made with savory ham and Cheddar cheese inside a soft roll, in the microwave for just one minute or let thaw for two hours when you're on the go.



**DiGiorno Stuffed Pizza Bites**  
Double the size of the leading pizza snack roll, these handheld bites are loaded with 100% real cheese in varieties such as four cheese, pepperoni and three meat.



**Gardein Ultimate Chick'n Wings**  
Toss plant-based wings in the oven or air fryer and coat with desired amount of provided Buffalo sauce for a crispy, zesty snack that provides 17 grams of protein.

## CLEAN SWEEP



**CLOROX SPRAY AND REFILLS**  
Reduce plastic waste by refilling an empty Clorox bottle with concentrate from the refill capsule and tap water.



**CLOROX DISINFECTING MIST**  
This multi-surface disinfectant kills 99.9% of bacteria and is aerosol- and bleach-free.



## summer drinks

### TALKING RAIN AQA

This water with electrolytes and minerals helps replenish what's lost in perspiration.

### BUBLY BELLINI BLISS

Relax with an 8-pack of alcohol-free Bellini Bliss mocktails in flavors like peach, pineapple and mango.

### MOUNTAIN DEW BAJA BLAST

Bask in the classic lime flavor of Baja Blast or try new Baja flavors Mango Gem or pineapple-flavor Gold, available in 6-packs.

### ICE+ CAFFEINE

Get a boost from 70 mg of caffeine and naturally sourced watermelon and lemonade flavors.

## snack attack

THESE SINGLE-SERVE SNACKS MAKE FOR EASY GRAB-AND-GO TREATS.



**NATURE VALLEY CRUNCHY DIPPED**  
Savor the classic crunch of Nature Valley granola in thin squares with a sweet layer of chocolate.



**NATURE VALLEY SOFT-BAKED MUFFIN BARS**  
Take these soft, individually packaged whole-grain bars on the go for a quick snack.



**SONIC THE HEDGEHOG FRUIT SNACKS**  
Available for a limited time, Sonic the Hedgehog-themed fruit snacks are sure to go fast!



**MICKEY AND FRIENDS FRUIT SNACKS**  
Gummy versions of Mickey, Minnie and more classic characters are free from artificial flavors and colors.



# THE ULTIMATE ENERGY BAR®



Baked with delicious, wholesome ingredients and purposefully crafted with a blend of protein, fat, and carbs to *keep you moving.*

# GET INTO THE #SmoresLife



Make sure your S'mores stack up with the best ooey-gooey, crispy, meltiness.

**Live your best #SmoresLife**

with Hershey's Milk Chocolate, Jet-Puffed Marshmallows, and Honey Maid Grahams.





# A CUT ABOVE

*Thick cut shredded cheese for a rich & bold taste.*



# food



**Learn how to cook the best pork, plan an upscale picnic and go global with international seafood recipes.**

- 10** TOP CHOP GRILL AND SIZZLE
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# GRILL AND SIZZLE

Hy-Vee has the best pork chops—become a grill master by learning how to choose, prep, brine, season and cook them. Plus, learn the best beer, ale and cider pairings to serve alongside expertly prepared chops.

## GRILLING FLAVORFUL PORK STARTS WITH SELECTING THE BEST CHOPS FROM THE HY-VEE MEAT DEPARTMENT.

Pork chops are cut from the loin, which is a lean, tender section of the pig. Chops are one of the most popular cuts of pork, because they cook quickly and have a mild flavor that pairs well with almost any seasoning. By comparison, bacon comes from the belly and is cured, giving it a saltier flavor, while pork shoulder steaks tend to have more fat and richer flavor.

### HOW TO CHOOSE PORK CHOPS

Look for a pink, slightly gray color. This indicates freshness (the color will fade over time as the meat is exposed to air). If you're buying packaged pork chops, avoid chops with pale color and lots of liquid in

the package. The excess liquid may mean the chops will be less tender and drier when cooked.

Additionally, choose pork chops that have marbling (small flecks of fat in the pinkish muscle). As the chops cook, the fat melts into the muscle, making the pork more flavorful and tender. For even richer flavor, consider buying bone-in pork chops, which have extra fat connecting the meat and bone that will help keep the meat juicy as it cooks.

### MIDWEST-RAISED PORK AT HY-VEE

Look for these brands at your store:

**MIDWEST PORK**, available exclusively at Hy-Vee, is hand-selected for the best quality, flavor and tenderness.

**TRUE PORK** animals are fed a vegetarian diet, and receive no added hormones or antibiotics.

**DUROC PORK** is from a heritage breed of pig with top-tier marbling and mild flavor. Animals are also fed a vegetarian diet with no added hormones or antibiotics.

## 3 REASONS TO BUY PORK FROM HY-VEE

HY-VEE GOES THE EXTRA MILE TO MAKE SURE YOU ALWAYS TAKE HOME THE FINEST PORK CHOPS.

### 1 SERVICE

Experts in the Hy-Vee Meat Department can help you choose the best cut and offer cooking and seasoning tips. Meat cutters can also trim or slice any cut of pork to fit your needs.

### 2 VARIETY

Find a wide selection of cuts in the Hy-Vee Meat Department, including tenderized, butterflied, stuffed, seasoned and bacon-wrapped pork chops.

### 3 QUALITY

Hy-Vee has strict selection and trim specifications. Only top-quality pork is chosen and excess fat is trimmed, so you're buying more meat and less fat on each chop.

## PORK CUTS AT HY-VEE

CHOOSE THE BEST CHOP FOR YOUR RECIPE. THESE CUTS ARE AVAILABLE AT HY-VEE.



### PORK LOIN RIB EYE CHOP

Cut from the rib section of the loin, this chop is tender with subtle flavor. Includes part of the back and rib bone with more fat than most cuts.



### PORTERHOUSE LOIN CHOP

The porterhouse chop has loin and tenderloin sections separated by a bone. It's considered to be the most tender and flavorful pork chop.



### AMERICA'S CUT CHOP

This boneless cut is one of the leanest chops available. To help tenderize and flavor the meat, brine before grilling.



### PORK LOIN CHOP

Similar to the porterhouse chop, this cut may include tenderloin but is usually boneless and lean with mild flavor. Brine or marinate, then cook.



### BUTTERFLY CHOP

This is a boneless pork loin chop that has been sliced almost in half and opened like a book to make it thinner. It's also easy to stuff.



**145°F** IS THE TEMPERATURE THE U.S. DEPARTMENT OF AGRICULTURE RECOMMENDS COOKING WHOLE CUTS OF PORK TO. INSERT A MEAT THERMOMETER THROUGH THE SIDE AND INTO THE CENTER TO CHECK THE TEMPERATURE. REST THE CHOP FOR THREE MINUTES BEFORE SERVING.



## 4 TIPS FOR JUICIER CHOPS

**1. CHOOSE THICK**  
Use thick-cut pork chops at least 1 in. thick, unless the recipe specifies otherwise. Thick chops take longer to cook but are also less likely to dry out.

**2. USE A BRINE**  
A wet brine is a mix of liquid and salt. It seasons the pork, helping draw in and retain moisture so the meat stays tender while cooking.

**3. REST, THEN COOK**  
Take pork chops out of the fridge at least 30 minutes before cooking. This helps raise the internal temperature for more even cooking.

**4. TAKE THE TEMP**  
Prevent overcooking and get an accurate temperature reading while cooking by using an instant-read meat thermometer. The center may remain a little pink.

## Cast Iron Cilantro-Lime Pork Chops

**Hands On** 40 minutes  
**Total Time** 53 minutes plus marinating and standing time  
**Serves** 4

**4 (8-oz.) America's Cut pork loin boneless chops, 1½ in. thick**  
**½ cup finely chopped fresh cilantro, divided, plus additional cilantro for garnish**  
**4 Tbsp. Gustare Vita extra virgin olive oil, divided**  
**2 tsp. lime zest, divided**  
**4 Tbsp. fresh lime juice, divided**  
**2 tsp. minced fresh garlic, divided**  
**½ tsp. Hy-Vee crushed red pepper, divided**  
**½ cup Hy-Vee unsalted butter, softened**  
**½ tsp. kosher salt**  
**1 tsp. coarsely ground Hy-Vee black pepper**  
**Lime wedges, for garnish**

**1. PLACE** pork chops in large resealable plastic bag. Combine ¼ cup cilantro, 2 Tbsp. olive oil, 1 tsp. lime zest, 2 Tbsp. lime juice, 1 tsp. garlic and ¼ tsp. crushed red pepper in small bowl. Add mixture to pork chops in bag; seal bag. Gently massage mixture on pork chops to evenly coat. Refrigerate for 30 minutes or up to 2 hours.

**2. COMBINE** butter; remaining ¼ cup cilantro, 1 tsp. lime zest, 2 Tbsp. lime juice, 1 tsp. garlic and ¼ tsp. crushed red pepper; salt and black pepper. Set butter mixture aside.

**3. PREHEAT** a charcoal or gas grill with a greased grill rack for direct cooking over high heat (400°F). Place a 12-in. cast iron skillet on the grill rack; preheat for 10 minutes.

**4. REMOVE** pork chops from marinade; discard marinade. Add pork chops to skillet. Cook for 4 minutes, turning halfway through. Add half of butter mixture. Continue cooking pork chops for 6 to 9 minutes or until pork chops reach 145°F, basting frequently with butter mixture. Remove skillet from grill. Loosely cover skillet with foil and let chops rest for 3 minutes.

**5. TO SERVE**, top chops with remaining butter mixture. Garnish with lime wedges and additional cilantro, if desired.

**Per serving:** 610 calories, 42 g fat, 18 g saturated fat, 1 g trans fat, 205 mg cholesterol, 390 mg sodium, 3 g carbohydrates, 0 g fiber, 0 g sugar (0 g added sugar), 52 g protein. **Daily Values:** Vitamin D 6%, Calcium 2%, Iron 10%, Potassium 20%



Scan the QR Code to shop this Lodge cast iron pan.



**1** Preheat cast iron skillet by placing it on the prepared grill for 10 minutes.



**2** Add pork chops to the heated pan and cook for 2 minutes per side.



**3** Add butter and continue cooking, basting with cilantro lime butter until the pork chops are cooked through, about 6 to 9 minutes.



**4** Remove the pan from the grill. Cover the pork chops with tented foil to rest for 3 minutes.

## DRINK PAIRING

Samuel Adams Summer Ale

This wheat ale has citrus flavors—orange, lime and lemon—with just a hint of spice.



## BASTING TIP

In addition to extra sizzle, basting the pork chops with butter creates a better sear and a delicious golden crust.





**DRINK PAIRING**  
**Angry Orchard Crisp Apple Cider**  
 Bright, fresh hard cider with a balance of sweet and tart flavors.



# Apple Cider-Brined Pork Chops

**Hands On** 30 minutes  
**Total Time** 46 minutes plus marinating and standing time  
**Serves** 4

- 4 (12-oz.) Midwest Pork bone-in, thick-cut pork loin or rib chops, 1¼ in. thick**
- 3 cups hard apple cider, divided**
- ¼ cups Full Circle Market organic raw unfiltered apple cider vinegar, divided**
- 1 Tbsp. kosher salt**
- 2 medium Red Delicious and/or Granny Smith apples, cored and cut into matchsticks**
- ½ cup Hy-Vee granulated sugar**
- 2 (3½-in.) cinnamon sticks**
- 2 fresh bay leaves**
- 2 Tbsp. Hy-Vee unsalted butter**
- Italian parsley, for garnish**

**1. PLACE** pork chops in large resealable plastic bag. Combine 1 cup hard cider, ¼ cup apple cider vinegar and salt in a small bowl. Pour over pork chops; seal bag. Turn bag to evenly coat pork chops with marinade. Refrigerate for 1 to 2 hours, turning bag occasionally.

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

**3. PLACE** matchstick-cut apples in a small bowl; set aside. Heat remaining 1 cup apple cider vinegar, sugar, cinnamon sticks and bay leaves in a small saucepan over medium-low heat until sugar dissolves, stirring occasionally. Pour over apples; let stand for 3 to 5 minutes. Drain; discard cinnamon sticks, bay leaves and liquid.

**4. REMOVE** pork chops from marinade; discard marinade. Pat pork chops dry with paper towels. Grill for 14 to 16 minutes or until pork chops reach 145°F, turning halfway through. Transfer to a serving platter. Loosely cover with foil and let rest for 3 minutes.

**5. MEANWHILE,** bring remaining 2 cups hard apple cider and butter to a boil in a large skillet over medium heat. Reduce heat; simmer for 10 to 14 minutes or until reduced to ½ cup.

**6. POUR** apple cider mixture over pork chops; top with apples. Garnish with parsley, if desired.

*Nutrition facts not available for brined food.*

## CIDER BRINING

SWAP CIDER FOR WATER FOR AN EVEN MORE FLAVOR-FILLED BRINE.

Using cider in place of water for brine helps flavor the pork while it marinates. Apple cider vinegar strengthens the flavor and helps tenderize the pork.

## HOW TO GRILL

AFTER BRINING, FOLLOW THESE STEPS TO CREATE A DELICIOUS SEAR ON THE GRILL.



**1** Remove chops from the brine and pat dry with paper towels.



**2** Place chops on the grill rack over direct heat.



**3** Use tongs to flip chops halfway through cooking, about 7 to 8 minutes, when they are beginning to turn golden brown.



**4** Remove the pork chops from the grill. Cover with tented foil to rest.



## GRILLING TIP

Use a spatula or tongs to turn pork chops when grilling. Sharp utensils like meat forks can pierce the meat, allowing juices to leak out which could cause chops to be less tender and flavorful.

## Grilled Mojo Cuban Sandwiches

**Hands On** 35 minutes  
**Total Time** 50 minutes plus marinating and standing time  
**Serves** 4

- 1½ cups loosely packed Italian parsley, divided**
- 1 Tbsp. orange zest**
- 1 cup fresh orange juice**
- ¼ cup loosely packed fresh mint**
- 6 cloves garlic, peeled**
- ½ cup Gustare Vita olive oil**
- 1 Tbsp. lime zest**
- ½ cup plus 1 tsp. fresh lime juice, divided**
- 2 tsp. finely chopped fresh oregano**
- 4 (4-oz.) boneless pork top loin chops, ¾ in. thick**
- ¼ cup Hy-Vee mayonnaise**

- ¼ tsp. coarsely ground Hy-Vee black pepper**
- ¼ tsp. kosher salt**
- ¼ cup Hy-Vee original yellow mustard**
- 4 Hy-Vee Bakery hoagie buns, split**
- 4 slices Hy-Vee sliced Swiss cheese, halved**
- 8 slices Hy-Vee thinly shaved deli ham**
- 16 spicy pickle chips**

**1. PLACE** 1 cup parsley, orange zest and juice, mint and garlic in a food processor or blender. Cover and process or blend until smooth. Add olive oil, lime zest, ½ cup lime juice and oregano. Cover and process or blend until smooth.

**2. PLACE** pork chops in a large resealable plastic bag. Pour citrus-herb marinade over chops; seal bag. Turn bag to evenly coat chops with mixture. Refrigerate for 6 to 24 hours, turning bag occasionally.

**3. PREHEAT** a charcoal or gas grill with greased grill rack for direct cooking over medium-high heat (400°F). For spread, place remaining

½ cup parsley and 1 tsp. lime juice, mayonnaise, pepper and salt in a food processor or blender. Cover and pulse until combined; set aside.

**4. REMOVE** pork chops from marinade; discard marinade. Grill pork chops for 8 to 12 minutes or until pork reaches 145°F, turning halfway through. Transfer chops to a cutting board; loosely cover with foil and let rest for 5 minutes.

**5. TO ASSEMBLE** sandwiches, thinly slice pork into strips. Spread mustard on bottoms of buns. Top evenly with pork, Swiss cheese, ham and pickles. Spread mayonnaise mixture on bun tops; place on top of sandwich.

**6. PLACE** sandwiches on grill rack; place a cast iron skillet on top of sandwiches to press them against grill rack. Grill for 2 minutes or until lightly toasted, turning halfway through. Cut in half and serve immediately.

**Per serving:** 660 calories, 26 g fat, 7 g saturated fat, 0 g trans fat, 110 mg cholesterol, 1,670 mg sodium, 54 g carbohydrates, 3 g fiber, 6 g sugar (2 g added sugar), 48 g protein. Daily Values: Vitamin D 0%, Calcium 30%, Iron 35%, Potassium 15%



**DRINK PAIRING**  
**Firestone Walker Mind Haze IPA**  
 This California-brewed IPA has intense tropical hops and juicy, fruity, creamy flavors.



# Grilled Kimchi Stuffed Pork Chops

**Hands On** 35 minutes  
**Total Time** 53 minutes plus standing time  
**Serves** 4  
 ¼ cup Korean gochujang chili sauce  
 2 Tbsp. packed Hy-Vee brown sugar

2 Tbsp. Hy-Vee less sodium soy sauce  
 1 tsp. refrigerated garlic paste  
 1 tsp. refrigerated ginger paste  
 12 green onions, divided  
 4 (8-oz.) pork loin butterfly chops  
 1 (14-oz.) jar hot kimchi  
 Hy-Vee nonstick cooking spray  
 Coarsely ground Hy-Vee black pepper, for garnish

**1. PREHEAT** a charcoal or gas grill with greased grill rack for direct cooking over medium heat (350°F).  
**2. WHISK** together gochujang sauce, brown sugar, soy sauce and garlic and

ginger pastes in a small bowl. Coarsely chop 4 green onions; stir into sauce mixture. Set aside.

**3. PAT** pork chops dry with paper towels. Open each chop. Place each chop between 2 pieces of plastic wrap. Using the flat side of a meat mallet, lightly pound chops to ½-in. thickness.

**4. REMOVE** plastic wrap. Coat both sides of chops with sauce mixture. Place kimchi evenly on top of one half of each butterflied chop. Fold the other side of the pork chop up and over the kimchi. Secure with toothpicks or kitchen string.

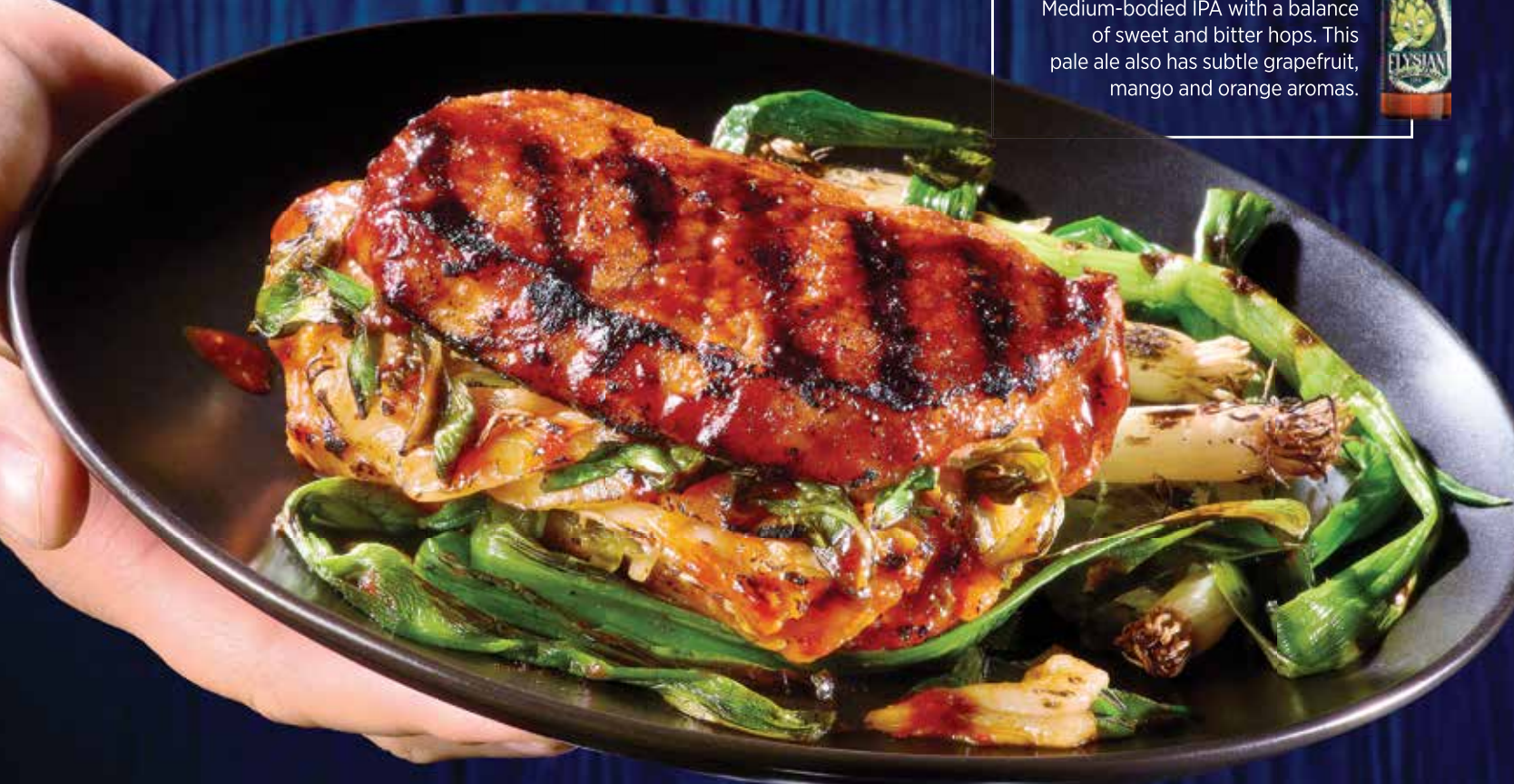
**5. GRILL** chops for 12 to 18 minutes or until pork reaches 165°F, turning halfway through. Remove from grill; loosely cover with foil and let rest for 3 minutes.

**6. LIGHTLY SPRAY** remaining 8 green onions with nonstick spray. Grill 1 to 2 minutes or until lightly charred, turning halfway through. Remove from grill. Serve chops with grilled green onions.

**Per serving:** 400 calories, 12 g fat, 4 g saturated fat, 0 g trans fat, 120 mg cholesterol, 1,650 mg sodium, 22 g carbohydrates, 1 g fiber, 15 g sugar (13 g added sugar), 49 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 6%, Iron 30%, Potassium 6%

## DRINK PAIRING

**Elysian Brewing Space Dust IPA**  
 Medium-bodied IPA with a balance of sweet and bitter hops. This pale ale also has subtle grapefruit, mango and orange aromas.



## HOW TO STUFF CHOPS

FOLLOW THESE STEPS TO FILL BUTTERFLY-CUT CHOPS.



**1** Use a spoon to coat both sides of each pork chop with gochujang sauce.



**2** Divide kimchi evenly and spoon onto one half of each chop.



**3** Fold one side of the pork chop over the kimchi so it is completely covered.



**4** To secure, tie chops with kitchen twine or pierce both edges of pork chops with wooden toothpicks.

# Sweet Onion Smothered Pork Chops

**Hands On** 30 minutes  
**Total Time** 1 hour 32 minutes plus standing time  
**Serves** 4

**4 (10-oz.) Hy-Vee Midwest Pork bone-in porterhouse loin chops, 1 in. thick**  
**2 Tbsp. finely chopped fresh thyme, plus additional sprigs for garnish**  
**¼ cup crushed pink peppercorns**  
**1 tsp. kosher salt, plus additional to taste**  
**8 cloves garlic, thinly sliced**  
**2 large yellow onions, thinly sliced**  
**6 Tbsp. Hy-Vee unsalted butter, sliced 1 (12-oz.) bottle American pale ale beer**  
**1 cup Hy-Vee no salt added beef broth**  
**1 Tbsp. Hy-Vee less sodium Worcestershire sauce**

**1. PAT** pork chops dry with paper towels. Stir together 2 Tbsp. thyme, peppercorns, 1 tsp. salt and garlic in small bowl. Rub mixture on both sides of chops. Let pork chops stand at room temperature for 30 minutes.

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

**3. PLACE** onions in 12-in. cast iron skillet; top with butter. Arrange pork chops on top. Place skillet on grill rack. Grill for 20 to 25 minutes or until pork chops reach 130°F, turning halfway through. Remove pork chops from the skillet and place directly on grill rack. Grill 2 minutes or until lightly charred and pork reaches 145°F, turning halfway through. Remove pork chops from grill; loosely cover with foil and set aside.

**4. ADD** ale, beef broth and Worcestershire sauce to onion mixture in skillet. Place skillet on grill rack; grill for 30 to 35 minutes or until the onions are deep golden brown, stirring frequently.

**5. PLACE** pork chops back into skillet with the onion mixture. Grill for 5 to 10 minutes or until pork chops are heated through. Garnish with thyme sprigs, if desired.

**Per serving:** 610 calories, 37 g fat, 18 g saturated fat, 1 g trans fat, 190 mg cholesterol, 680 mg sodium, 13 g carbohydrates, 2 g fiber, 4 g sugar (0 g added sugar), 47 g protein.  
**Daily Values:** Vitamin D 10%, Calcium 10%, Iron 10%, Potassium 15%

## DRY BRINING

BRINE MEAT WITHOUT LIQUID USING JUST SALT AND SEASONINGS.

To dry brine, season the chops with salt and other spices. The salt draws out moisture, creating a liquid brine, which is then reabsorbed, flavoring and tenderizing meat.



**Chop, Chop!**  
 Learn how a dry brine makes these chops extra flavorful and juicy.

Hy-Vee **seasons**

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

## DRINK PAIRING

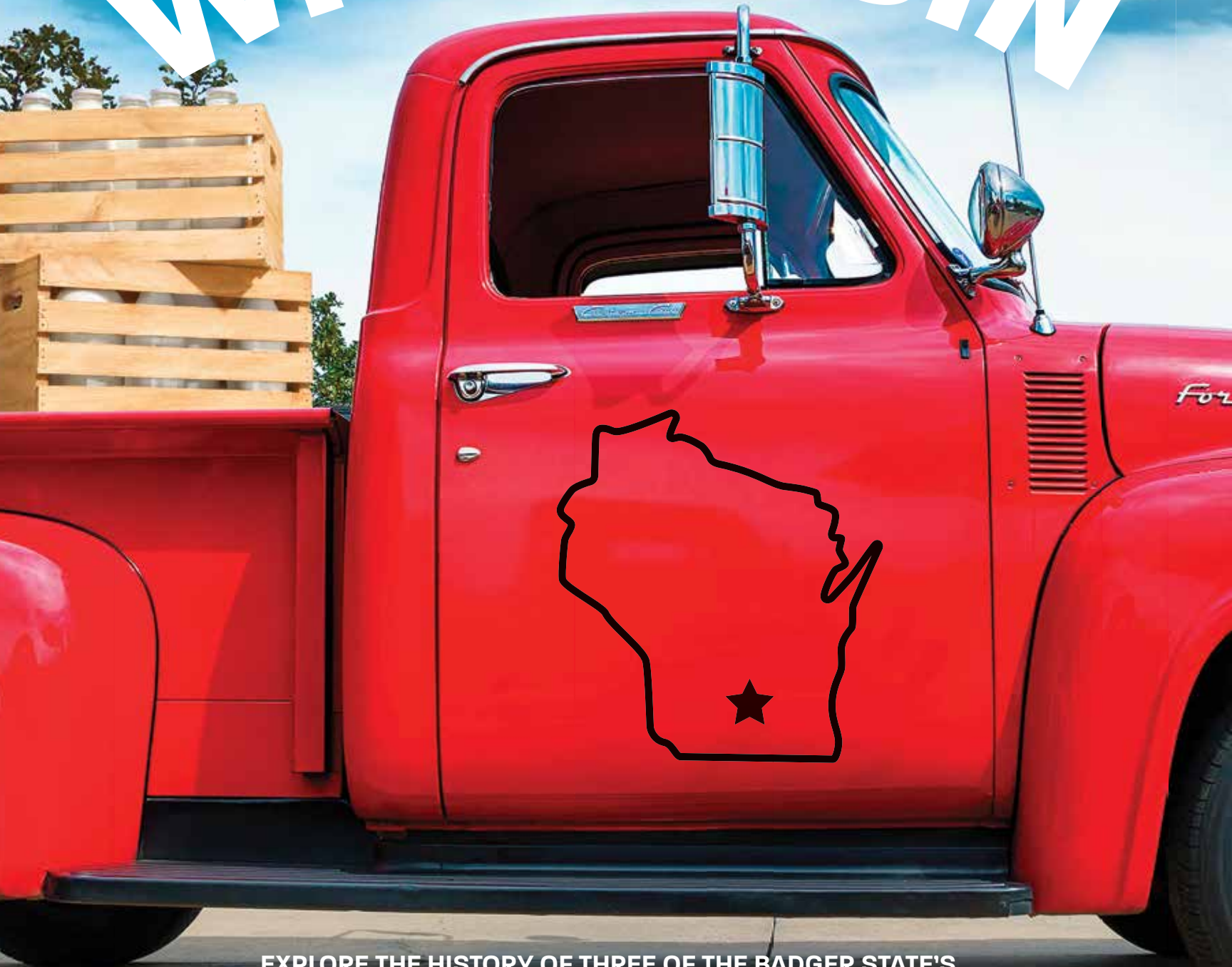
Toppling Goliath Pseudo Sue Pale Ale

Mild flavor with slight bitterness and notes of grapefruit, citrus, mango and evergreen. Clean flavors allow the richness of pork and onions to shine.





# FOODS OF WISCONSIN



EXPLORE THE HISTORY OF THREE OF THE BADGER STATE'S  
 ICONIC RECIPES—NOW REIMAGINED—AND DISCOVER SOME  
 OF THE FINE WISCONSIN-MADE PRODUCTS AT HY-VEE.



**The butter burger is a creation with long ties to Wisconsin.** A food vendor at a county fair in Seymour, Wisconsin, first served hamburgers fried in butter in 1885. By the mid-1930s, a grille in Milwaukee and another in Green Bay were serving hamburgers cooked with a pat of butter on top.

## Spicy Butter Burgers with Beer Cheese

**Hands On** 25 minutes  
**Total Time** 47 minutes plus standing time  
**Serves** 4

- 4 Tbsp. Hy-Vee cold unsalted butter, divided**
- 2 jalapeño peppers, seeded and finely chopped, divided\***
- 1 cup Miller Lite beer**
- ½ cup Hy-Vee heavy whipping cream**
- 5 tsp. Hy-Vee corn starch**
- ½ tsp. Hy-Vee salt**
- ¼ tsp. Hy-Vee black pepper**
- 4 oz. Henning's Wisconsin Cheese pepper Jack cheese, shredded (1 cup)**
- 1½ lb. Hy-Vee 85% lean ground beef**
- 1½ tsp. salt-free steak grilling seasoning**
- 1 tsp. Hy-Vee less sodium Worcestershire sauce**

- 4 oz. Henning's Wisconsin Cheese extra-sharp Cheddar cheese, thinly sliced**
- 4 pretzel hamburger buns, split and toasted**
- Lettuce leaves, for serving**
- Tomato slices, for serving**
- 4 slices Hy-Vee sweet smoked bacon, halved crosswise and crisp-cooked**

- 1. MELT** 2 Tbsp. butter in small skillet. Stir in 2 Tbsp. chopped jalapeños. Cook over medium heat for 2 minutes or until softened, stirring frequently. Cool.
- 2. FOR SAUCE**, whisk together beer, cream, corn starch, salt and black pepper in a medium saucepan. Bring to a boil; reduce heat. Cook and whisk 1 minute.

Remove from heat; whisk in pepper Jack cheese until melted. Set aside; keep warm.

- 3. FOR BURGERS**, combine ground beef, steak seasoning, Worcestershire sauce and remaining chopped jalapeños in bowl. Do not overmix. Form into 4 meatballs. Use thumb to press an indentation into the center of each. Place remaining ½ Tbsp. cold butter into each indentation; form beef around butter to seal in. Flatten each meatball to ¾-in.-thick patty.

- 4. GRILL** patties on a greased rack over medium direct heat (350°F) for 18 minutes, turning halfway through. Top with Cheddar cheese; grill for 2 to 3 minutes more or until burgers reach

165°F and cheese is melted. Transfer to a platter. Let rest, covered, for 3 minutes.

- 5. TO SERVE**, spread buns with jalapeño-butter mixture. Top bun bottoms with lettuce, tomatoes, burgers, cheese sauce, bacon and bun tops.

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

**Per serving:** 1,020 calories, 66 g fat, 32 g saturated fat, 2 g trans fat, 225 mg cholesterol, 1,020 mg sodium, 51 g carbohydrates, 2 g fiber, 5 g sugar (3 g added sugar), 52 g protein. **Daily Values:** Vitamin D 6%, Calcium 35%, Iron 35%, Potassium 15%



PHOTO: Leena Robinson/Shutterstock (left), Visit Milwaukee (top right)





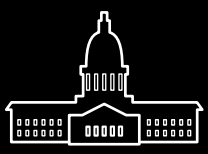
**Cheese curds have a strong connection with Wisconsin, owing to the state's many cheesemakers.** Fresh cheese curds are springy and squeak when chewed. They are often flavored and eaten out of hand. Meanwhile, batter-dipped-and-fried cheese curds are a crowd favorite at fairs and festivals.



SCAN THE QR CODE for the Old Fashioned recipe on [Hy-Vee.com](http://Hy-Vee.com)



Wisconsin has a lot of nicknames! *The Badger State* is a nod to the 19th century miners who burrowed into the ground like badgers. *The Dairy State* refers to the state's many dairy farms. *The Middle Coast* is a reflection of Wisconsin having shorelines on two of the Great Lakes.



**CAPITOL IDEA**  
Wisconsin became the 30th state to join the Union in 1848. The present Capitol building—the third on the site—was built between 1906 and 1917 in Madison.

**Hy-Vee in Wisconsin**  
Hy-Vee operates four stores in Wisconsin: one in Fitchburg; two in Madison; and the latest, a 92,000-square-foot store in Eau Claire.



## Air-Fried Triple Ranch Cheese Curds

**Hands On** 15 minutes  
**Total Time** 33 minutes  
**Serves** 10 (3 each)  
¼ cup Hy-Vee all-purpose flour  
2 Tbsp. Hy-Vee ranch dressing mix powder

3 Hy-Vee large eggs, beaten  
1½ cups Hy-Vee plain panko bread crumbs  
1 tsp. Hy-Vee garlic powder  
30 Ellsworth ranch flavored Cheddar cheese curds (about 8 oz.)  
Hy-Vee canola oil nonstick cooking spray  
Italian parsley, for garnish  
Hy-Vee ranch salad dressing, for serving

**1. COMBINE** flour and ranch dressing mix powder in shallow

bowl. Place beaten eggs in another shallow bowl.

**2. PLACE** panko crumbs in large resealable plastic bag. Seal bag; crush slightly with rolling pin. Combine crushed panko and garlic powder in third bowl.

**3. COAT** cheese curds, a few at a time, in flour mixture. Then dip into eggs; shake off excess. Coat with crumb mixture. If coating does not adhere completely, dip curds in eggs and bread crumbs again. Place coated curds on

baking sheet. Refrigerate until ready to air-fry.

**4. PREHEAT** air fryer to 350°F according to manufacturer's directions. Working in batches, remove one batch of cheese curds at a time from refrigerator. Spray coated cheese curds on both sides with nonstick spray. Place in single layer in air fryer basket. Close air fryer and air-fry for 4 to 6 minutes or until lightly browned and crisp, shaking basket halfway through.

Remove from air fryer and repeat with remaining breaded curds.

**5. TO SERVE**, garnish with parsley and use ranch salad dressing for dipping.

**Per serving:** 210 calories, 10 g fat, 6 g saturated fat, 0 g trans fat, 85 mg cholesterol, 390 mg sodium, 16 g carbohydrates, 1 g fiber, 0 g sugar (0 g added sugar), 10 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 6%, Potassium 2%

PHOTO: Visit Milwaukee (top left), Travel Wisconsin (top right)

**\* A BRANDY OLD FASHIONED IS A WISCONSIN CREATION SUBSTITUTING BRANDY FOR WHISKEY AND LEMON-LIME SODA FOR WATER. IT PAIRS WELL WITH THE YOUNG CHEDDAR USED TO MAKE CHEESE CURDS.**



# Cream Puff Ice Cream Sundaes

**Hands On** 20 minutes  
**Total Time** 55 minutes plus cooling time  
**Serves** 12 (1 each)

- Hy-Vee nonstick baking spray
- 1 cup water
- ½ cup Hy-Vee unsalted butter
- ¼ tsp. Hy-Vee salt
- 1 cup Hy-Vee all-purpose flour
- 4 Hy-Vee large eggs
- ¾ cup Hy-Vee heavy whipping cream
- 1 (3.5-oz.) bar Zöet 57% cacao dark chocolate bar, coarsely chopped
- 3 bananas, sliced
- 1 (1.5-qt.) carton It's Your Churn premium vanilla bean ice cream
- Rainbow jimmies, for garnish
- Hy-Vee aerosol whipped topping, for garnish
- Hy-Vee maraschino cherries with stems, for garnish

**1. PREHEAT** oven to 400°F. Spray a large baking sheet with baking spray; set aside.

**2. COMBINE** water, butter and salt in a medium saucepan. Bring to a boil. Add flour all at once, stirring vigorously with a wooden spoon. Cook and stir over medium-high heat until mixture forms a ball. Remove from heat. Cool 10 minutes.

**3. ADD** eggs, one at a time, beating well with a wooden spoon after each addition.

**4. DROP** into 12 mounds (about ¼ cup each) 3 in. apart onto prepared baking sheet. Bake for 30 to 35 minutes or until golden brown and puffed. Transfer cream puffs from baking sheet to wire rack. Immediately cut a slit in each cream puff for steam to escape. Cool completely.

**5. FOR SAUCE**, microwave heavy whipping cream in medium microwave-safe bowl on HIGH 1 minute or until very hot. Add chocolate to bowl; let stand 2 minutes. Whisk until chocolate is melted and mixture is smooth. Set aside to cool. Sauce will thicken as it cools.

**6. TO SERVE**, split cream puffs; discard soft dough from insides. Fill cream puffs with banana slices and ice cream. Drizzle with chocolate sauce. Garnish with jimmies, whipped cream and maraschino cherries, if desired. Serve immediately.

**Per serving:**  
 370 calories,  
 24 g fat,  
 15 g saturated fat,  
 0 g trans fat,  
 125 mg cholesterol,  
 120 mg sodium,  
 35 g carbohydrates,  
 2 g fiber, 20 g sugar  
 (12 g added sugar),  
 6 g protein. Daily  
 Values: Vitamin D 6%, Calcium 8%, Iron 10%, Potassium 6%

Every state has its anointed king of desserts, but in Wisconsin, it is a toss-up. There is the ice cream sundae, born in Two Rivers in 1881 (and originally only sold on Sundays, hence the name). And there is the cream puff, introduced in 1924 (but dating back to the 1500s and a dessert made for King Henry II of France). There's no need for debate when you can put them together and make a dessert truly fit for a king.

**Tastes Dough Good!**  
 Discover the surprising cooking method that makes these dreamy cream puffs.

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



PHOTO Nejet Duzen/Shutterstock (bottom right)



## Leinenkugel's Beer

Founded in Chippewa Falls in 1867 by a German immigrant, Leinenkugel's beer quickly developed a following among the local lumberjacks. Today it is available nationwide, and 6th-generation Leinenkugel family members are still involved with the company. In addition to lagers and IPAs, Leinenkugel's beers include seasonal selections like summer shandy.

## Skinny Sticks Maple Syrup

Founded a decade ago by a U.S. Army veteran and his family, Skinny Sticks specializes in pure maple syrup handcrafted in Marathon City. The company also makes a finely ground organic maple sugar—great sprinkled on toast, muffins or slices of apple or peach.



## Sprecher Craft Soda

Established in the Walker's Point neighborhood of Milwaukee in 1985, Sprecher's Brewing Company later moved to Glendale, where it produces a range of boldly flavored craft sodas such as cherry cola, cream soda, orange dream and best-selling root beer.



## OLD WISCONSIN SNACK STICKS

With a legacy dating back to 1947 in Sheboygan, the "Bratwurst Capital of the World," Old Wisconsin produces premium beef and turkey snack sticks and snack bites in a range of flavors.



## JUST A FEW OF THE ITEMS YOU'LL FIND AT HY-VEE

### BelGioioso Cheese

BelGioioso was founded in Denmark, Wisconsin, in 1979 by the great-grandson of an Italian cheesemaker. Since then, its pure, distinctive cheeses have won many awards. Offerings at Hy-Vee include Parmesan and American Grana extra aged Parmesan.





MADE RIGHT.  
ON THE

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## 101

### ZUCCHINI

Slightly earthy in flavor with a delicate texture, zucchini is a nutritious, versatile summertime squash to add to your weekly menu.

**Z**ucchini is a member of the squash family. Technically a fruit, it's generally treated as a vegetable because of its mellow, grassy flavor and buttery texture that absorbs sauces, herbs and seasonings when cooked. It can be eaten raw, but may have a bitter flavor. Small zucchini usually have a sweeter flavor, while large zucchini often have tougher skin and more fibrous flesh. Zucchini are watery and low in calories but packed with nutrients. One cup of chopped zucchini has about 35% of the daily recommended amount of vitamin C, an antioxidant which supports the immune system and may help prevent heart disease.

**BUY** Zucchini skin should be smooth, glossy and free of bruises. It should also be firm with the stem intact.

**STORE** Whole zucchini can be kept in the fridge for 1 to 2 weeks. Place in the crisper drawer or inside a perforated plastic bag.

**PREP** Before cooking, rinse zucchini with water to remove any dirt and trim the ends. Skin can be peeled or left on. Slice into desired shape and cook.



#### WAYS TO ENJOY

**Grilled** For a great side dish, cut zucchini into quarters, lengthwise. Brush with olive oil and sprinkle with kosher salt and pepper. Grill, cut sides down, over medium heat for 6 to 8 minutes. Flip and grill for up to 8 additional minutes or until softened.

**Baked** If desired, slice zucchini into rounds, spears or boats. Drizzle with olive oil and bake. Remove from oven when crisp-tender and sprinkle with Parmesan cheese, kosher salt and pepper.

**Pickled** To make sandwich pickles, cut into spears and place in a large sealable jar. Bring vinegar, sugar, garlic and fresh herbs to a boil. Pour pickling liquid over zucchini and refrigerate for up to 1 week.

Sources: [fdc.nal.usda.gov/fdc-app.html#/food-details/169291/nutrients](https://fdc.nal.usda.gov/fdc-app.html#/food-details/169291/nutrients)  
[mayoclinic.org/drugs-supplements-vitamin-c/art-20363932](https://mayoclinic.org/drugs-supplements-vitamin-c/art-20363932)





**Choose Almond Flour**  
As an alternative to wheat flour, almond flour is keto-friendly because it's low-carb and has more fat and protein than wheat.

## Keto Zucchini Bread

**Hands On** 20 minutes

**Total Time** 1 hour 20 minutes plus cooling time

**Serves** 10

**Hy-Vee nonstick cooking spray**

**1 1/4 cups Good Graces gluten-free almond flour**

**1/2 cup Swerve granular sugar replacement**

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

**1 1/2 tsp. Hy-Vee ground cinnamon**

**1/2 tsp. Hy-Vee salt**

**3 Hy-Vee large eggs**

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

**1/2 cup Hy-Vee refined coconut oil, melted; cooled**

**1 1/4 cups shredded zucchini**

**1/2 cup Hy-Vee chopped walnuts, toasted**

**1. PREHEAT** oven to 350°F. Line an 8×4-in. loaf pan with parchment paper. Spray with nonstick spray; set aside.

**2. WHISK** together almond flour, sugar replacement, baking powder, cinnamon and salt in medium bowl until combined.

**3. WHISK** eggs and vanilla in large bowl. Gradually fold in dry ingredients and coconut oil until combined. Stir in zucchini and walnuts.

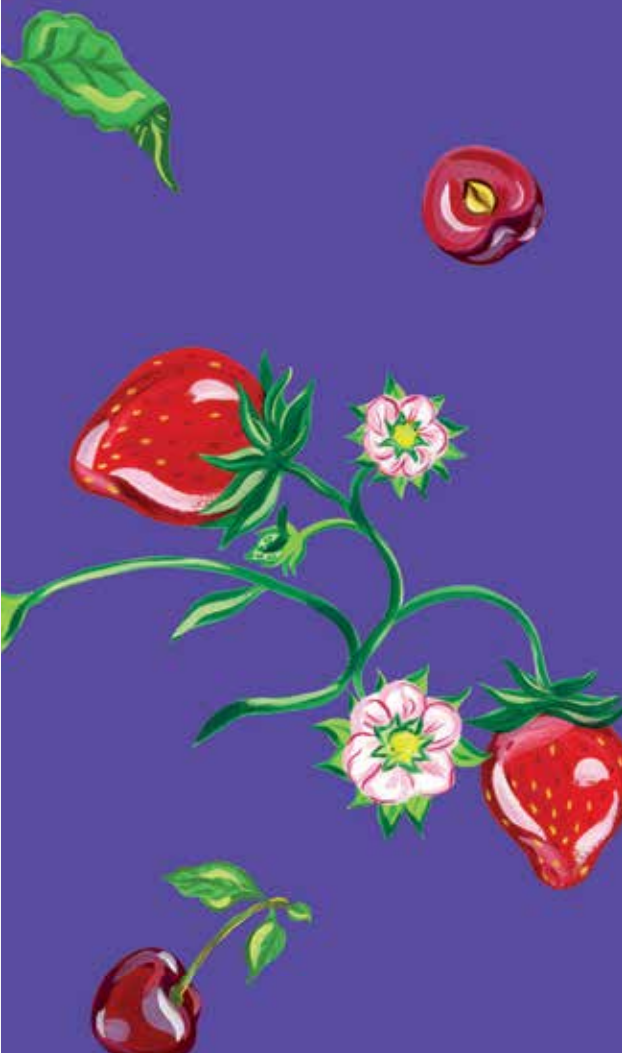
**4. SPREAD** batter in prepared pan. Bake 55 to 60 minutes or until toothpick inserted near center comes out clean. Cool in pan 15 minutes. Remove from pan; cool completely on wire rack.

Per serving: 260 calories, 24 g fat, 8 g saturated fat, 0 g trans fat, 55 mg cholesterol, 260 mg sodium, 16 g carbohydrates, 2 g fiber, 2 g sugar (0 g added sugar), 7 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 6% Potassium 4%

# Impossibly delicious. Made possible by Chobani.



*New flavors!*







# KICKED-UP KOMBUCHA

Enjoy a refreshing punch of sweet and sour flavors with spiked kombucha cocktail recipes and canned hard kombucha.

## what is KOMBUCHA?

It is an effervescent, sweet and sour tea that has been passed down through centuries of Eastern tradition due to supposed health benefits. According to the Mayo Clinic, probiotics within kombucha may aid digestion, support gut health and boost immune function. Kombucha is made by fermenting tea—similar to the process used to turn grapes into wine and barley into beer. The result is a light, bubbly beverage that you can drink by itself or use as a mixer.

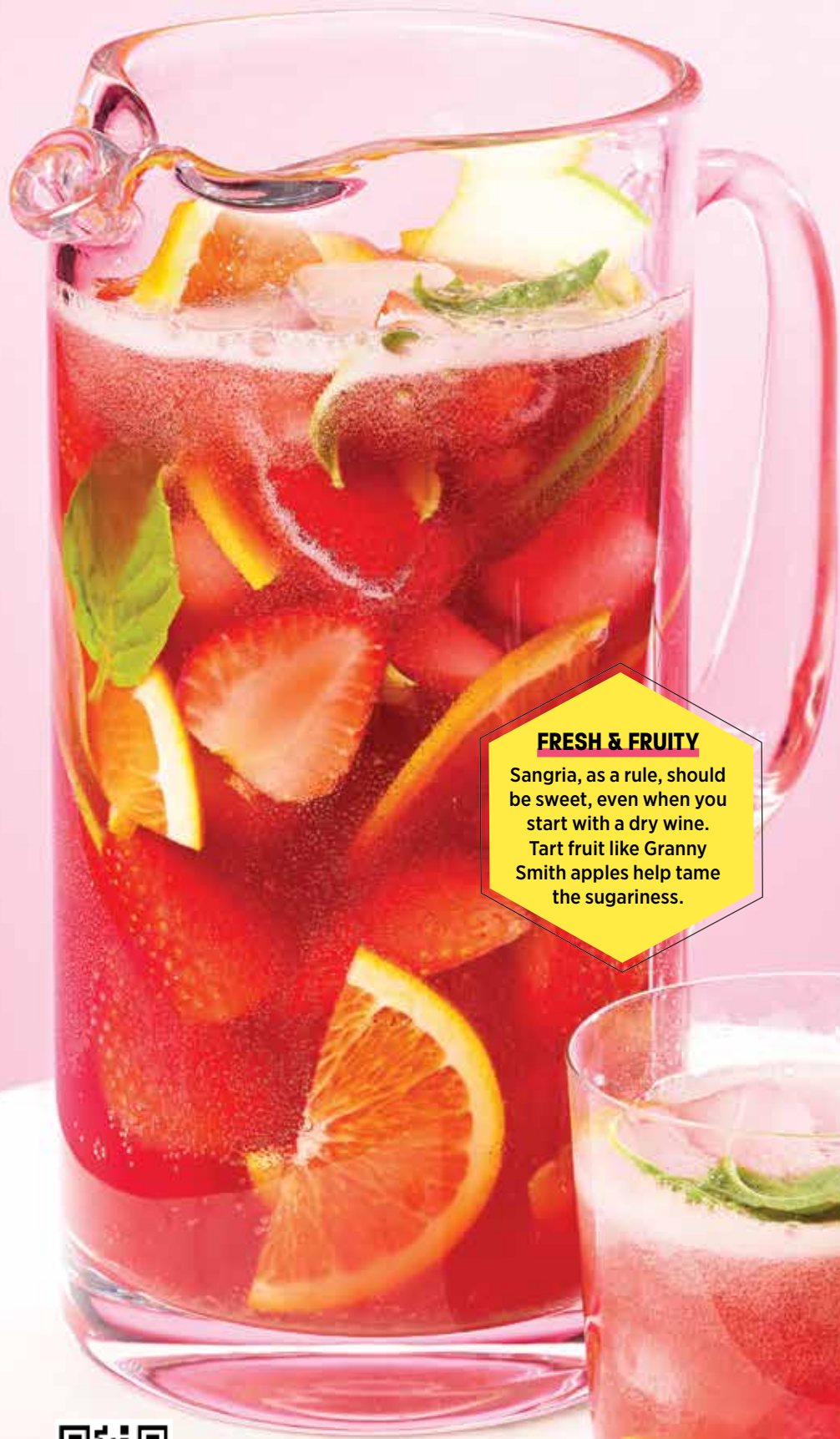
### BLUEBERRY KOMBUCHA MOJITO

Muddle  $\frac{1}{4}$  cup Hy-Vee granulated sugar and  $\frac{1}{4}$  cup tightly packed fresh mint leaves in a 2-qt. pitcher. Quarter 2 limes, squeeze juice from lime wedges into pitcher, then add wedges to pitcher. Stir in 8 oz. white rum until sugar dissolves. Place 1 cup blueberries and additional  $\frac{1}{2}$  cup lime juice and 1 tsp. sugar in a blender. Cover and blend until smooth. Strain mixture through a fine-mesh sieve and discard pulp, if desired. To serve, gently stir blueberry mixture and 1 (14-oz.) bottle Brew Dr. Clear Mind organic mint, rosemary, sage and green tea kombucha into rum mixture in pitcher. Pour into 4 (12-oz.) ice-filled glasses; top drinks with additional 1 (14-oz.) bottle kombucha. Garnish with lime slices and additional blueberries and mint, if desired. Serves 4 (10 oz. each).



**BALANCING ACT**  
With their sweet flavor and just a hint of acid, blueberries offset the tartness of kombucha for a harmonious-tasting cocktail.





## HIBISCUS KOMBUCHA SANGRIA PUNCH

Place 2 cups halved Hy-Vee Short Cuts strawberries; 1 Granny Smith apple, cored and sliced; and 1 orange, sliced and halved crosswise; into 3-qt. pitcher. Add 1 (750-ml) bottle rosé wine and 4 oz. Grand Marnier liqueur; gently stir to combine. Cover and refrigerate for 2 hours or up to 24 hours. To serve, add 2 (16-oz.) bottles hibiscus ginger kombucha to pitcher; gently stir. Pour into 8 (10-oz.) ice-filled glasses. Garnish with fresh basil, if desired. Serves 8 (8 oz. each).

### FRESH & FRUITY

Sangria, as a rule, should be sweet, even when you start with a dry wine. Tart fruit like Granny Smith apples help tame the sugariness.

## hard KOMBUCHA

Pop the tab on canned hard kombuchas from Hy-Vee Wine & Spirits.



**Strange Beast** Fermented with organic fruits, spices and herbs for fresh aromas and unique flavors.



## LEMON GINGER KOMBUCHA MULE

Peel and thinly slice 1 (3-in.) piece gingerroot. Combine sliced gingerroot, 2 oz. hot water, 2 oz. fresh lemon juice and ¼ cup Hy-Vee honey in small saucepan; bring to simmer over low heat. Simmer, uncovered, for 10 minutes or until slightly thickened. Remove from heat; cool completely. Strain ginger mixture through a fine-mesh sieve over 2-qt. pitcher. Stir in 1 (16-oz.) bottle Hy-Vee ginger kombucha and 8 oz. lemon-flavored vodka. Pour into 6 (10-oz.) ice-filled wine glasses and top drinks with additional 1 (16-oz.) bottle ginger kombucha. Garnish with additional thin gingerroot slices, lemon slices and rosemary, if desired. Serves 6 (8 oz. each).

### FIZZY, NOT FLAT

Top drinks with kombucha right before serving to prevent them from losing all of their carbonation and becoming flat.



Scan the QR Code to shop glass pitchers from Hy-Vee.



# basics

## 8 WAYS TO CUT WATERMELON

Slicing instructions and tool options for creative ways to serve a quintessential summertime treat.

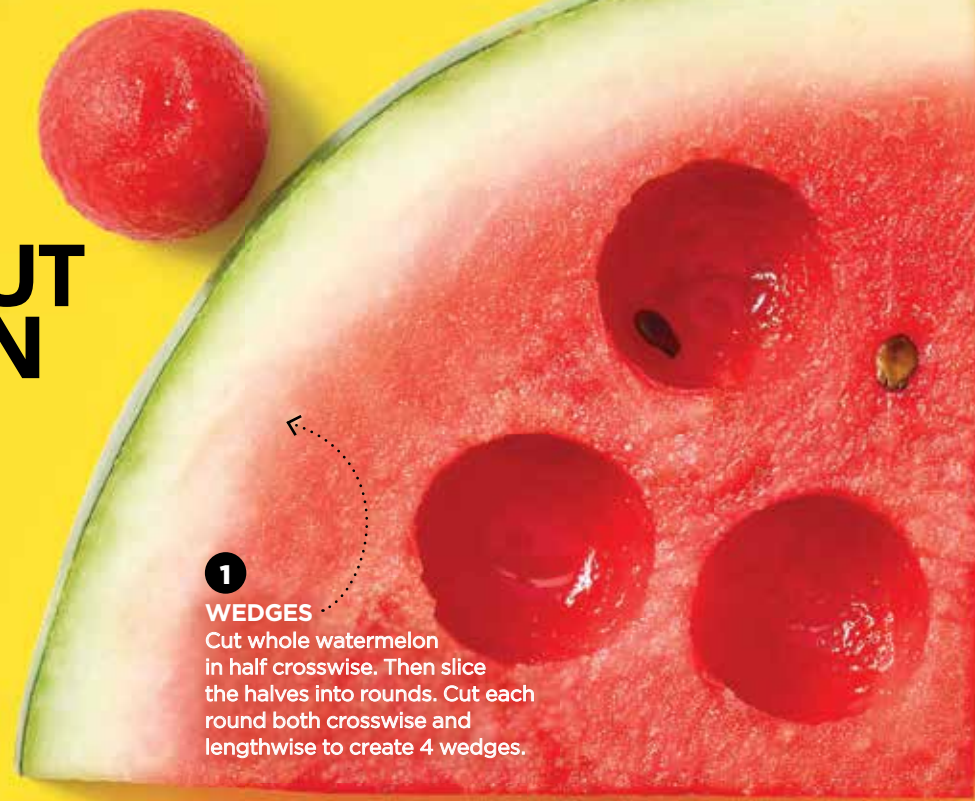


**2 BALLS**  
Cut watermelon in half and use a melon baller to gently scoop out the flesh for sphere-shape bites.

### IT STARTS WITH THE FIRST CUT

To create any shape, begin by cutting a whole watermelon in half. Use a sharp chef's knife; a serrated knife works well on large watermelons. When slicing, use a cutting board with a runnel groove on the edge to help catch the juice and make cleanup easier. Slice the melon crosswise for two circular pieces or lengthwise for two oblong pieces. Then, cut into smaller pieces as desired. Keep the rind on for handheld options or use melon ballers or cookie cutters for fun bite-size pieces.

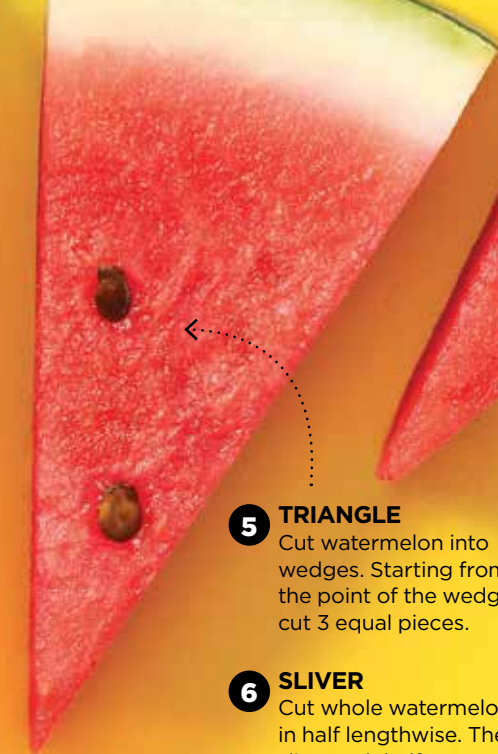
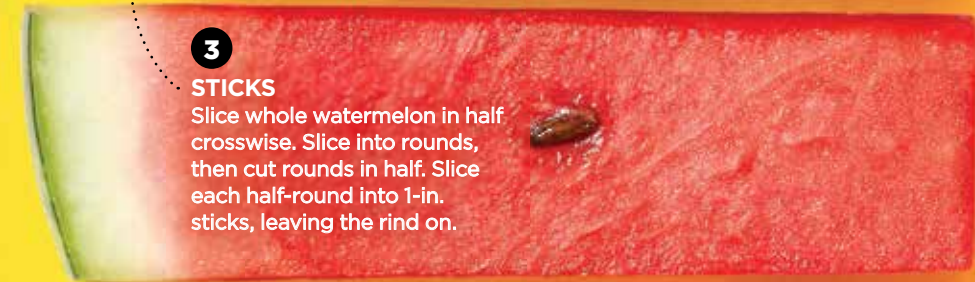
**4 CUT OUTS**  
Cut watermelon in half crosswise; slice into ½-in. to 1-in.-thick rounds. Use a cookie cutter to stamp out shapes, like stars, from each round.



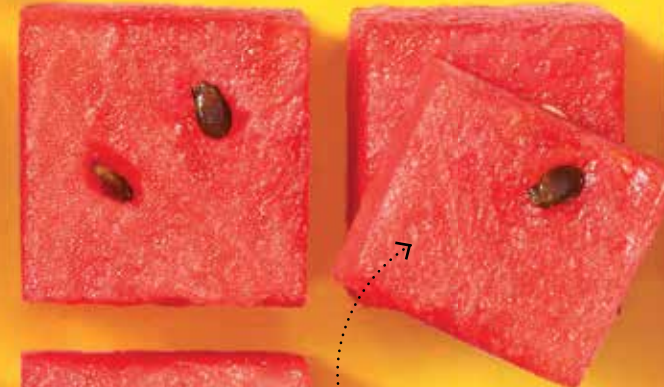
**1 WEDGES**  
Cut whole watermelon in half crosswise. Then slice the halves into rounds. Cut each round both crosswise and lengthwise to create 4 wedges.



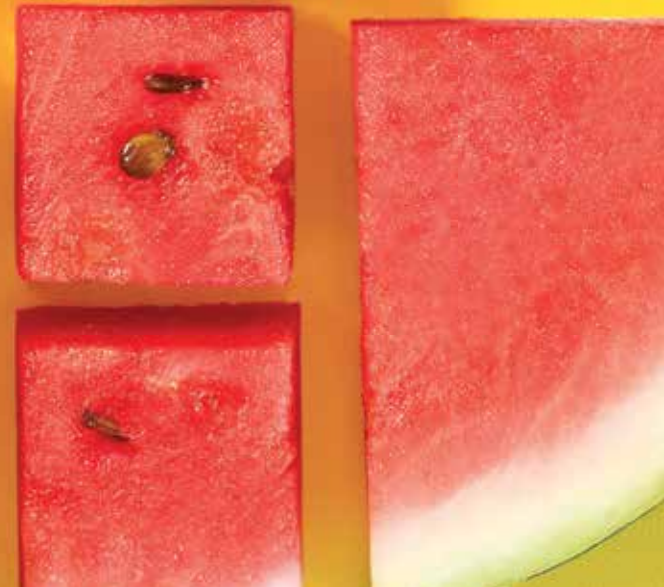
**3 STICKS**  
Slice whole watermelon in half crosswise. Slice into rounds, then cut rounds in half. Slice each half-round into 1-in. sticks, leaving the rind on.



**5 TRIANGLE**  
Cut watermelon into wedges. Starting from the point of the wedge, cut 3 equal pieces.



**7 CUBES**  
Cut watermelon into sticks, then slice crosswise, creating 1-in. cubes.



**6 SLIVER**  
Cut whole watermelon in half lengthwise. Then slice each half crosswise into 4 to 6 equal pieces.



**8 QUARTERS**  
Slice a whole watermelon in half crosswise. Cut each piece in half again, creating quarters.



Scan the QR code for inspiration on how to use these watermelon cuts.



**SHORT ON TIME**  
Hy-Vee offers pre-washed and chopped watermelon cubes when you need bite-size pieces quickly.



# TAPAS

## GRILL

**DISCOVER THE ORIGINAL APPETIZER: TAPAS. THESE SMALL, SAVORY DISHES, OFTEN SERVED WITH DRINKS, FEATURE A RANGE OF FOODS.**



### A BIT OF HISTORY

Legend has it tapas were born when a Spanish king, recovering from illness, had to take small bites of food with wine between meals. Later, he decreed that no wine was to be served commercially unless food accompanied it.

### TAPAS TODAY

#### FOOD & DRINK

Many regions of Spain claim to be the birthplace of tapas. The name itself means “to cover” and tradition has it that barkeepers originally covered customer drinks with a slice of bread, meat or cheese to keep out flies and dust. While the range of foods has grown greatly over the years, one tradition remains the same: serving tapas with alcohol. The drink of choice is often a Spanish wine: a robust red for meat dishes, a dry white for seafood. However, the drink can be tailored to guests’ personal preferences.



#### STEAMY HOT ... OR NOT

*Shishito and pimientos de Padrón peppers make great snacks when blistered. Both types are generally mild, but about 1 in 10 is spicy.*

### Blistered Grilled Shishito Peppers

**Total Time** 25 minutes  
**Serves** 4

**¼ cup Gustare Vita extra virgin olive oil**

**1 Tbsp. fresh lime juice**  
**1 (8-oz.) pkg. shishito peppers\***

**Hy-Vee Mediterranean sea salt, for serving**  
**Lime zest, for serving**  
**Lime wedges, for serving**

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

**2. HEAT** olive oil and lime juice in a 12-in. cast iron skillet on grill. Add shishito peppers to skillet; cook for 10 to 12 minutes or until peppers begin to blister, turning them occasionally.

**3. TO SERVE**, transfer peppers to a serving platter. Lightly sprinkle with sea salt and lime zest; serve with lime wedges, if desired.

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

**Per serving:**  
90 calories, 9 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 3 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 0 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%





# Grilled Bacon-Wrapped Chicken Bites

**Hands On** 20 minutes  
**Total Time** 36 minutes plus soaking and cooling time  
**Serves** 6 (2 each)

**½ cup plus 1 Tbsp. packed Hy-Vee brown sugar**  
**2 tsp. Hy-Vee paprika**  
**1½ tsp. finely ground Hy-Vee sea salt**  
**2 (8-oz.) Hy-Vee bacon Cheddar chicken grillers**  
**2 slices Hy-Vee sweet smoked bacon, halved**  
**Hy-Vee honey mustard, for serving**  
**Maple bacon onion jam, for serving**

**1. SOAK** 12 wooden toothpicks or skewers in water for 30 minutes. Preheat a charcoal or gas grill with greased grill rack for direct cooking over medium-high heat (375°F).

**2. STIR** together brown sugar, paprika and sea salt in a small bowl; set aside.

**3. UNWRAP** bacon from chicken grillers and cut in half; set bacon aside with sweet smoked bacon halves. Cut each chicken griller into 6 pieces.

Wrap each chicken piece with bacon; secure with soaked toothpicks.  
**4. SPRINKLE** wrapped chicken pieces evenly with brown sugar mixture. Grill for 14 to 16 minutes or until chicken reaches 165°F, turning halfway through. Transfer to a serving platter and let stand for 5 minutes. Serve with honey mustard and maple bacon onion jam for dipping, if desired.

**Per serving:** 290 calories, 15 g fat, 6 g saturated fat, 0 g trans fat, 65 mg cholesterol, 1,080 mg sodium, 18 g carbohydrates, 0 g fiber, 17 g sugar (17 g added sugar), 22 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 6%, Potassium 6%

## TAPAS ADD-ONS



**Wasa Multi Grain Whole Grain Crispbread**



**Columbus Prosciutto Panino**



**Hy-Vee Salted Mixed Nuts**



**Castello Havarti Caraway Cheese**

## Garlic Shrimp Toasts

**Hands On** 20 minutes  
**Total Time** 26 minutes plus marinating time  
**Serves** 8 (1 each)

**16 Fish Market fresh natural peeled and deveined raw shrimp (31 to 40 ct.)**  
**¼ cup plus 3 Tbsp. Gustare Vita garlic-flavored olive oil, divided**  
**2 Tbsp. fresh lemon juice**  
**2 tsp. bottled chopped garlic, divided**  
**¾ tsp. finely ground Hy-Vee sea salt, divided**  
**½ tsp. coarsely ground Hy-Vee black pepper**

**1 large avocado, seeded, peeled and mashed**  
**1½ Tbsp. finely chopped red onion**  
**1 Tbsp. finely chopped fresh cilantro, plus additional for garnish**  
**1 Tbsp. fresh lime juice**  
**1½ tsp. seeded and finely chopped jalapeño pepper\***  
**8 (¾-in.-thick) slices Hy-Vee Bakery artisan French baguette**  
**Lemon zest, for garnish**  
**Lemon wedges, for garnish**

**1. PLACE** shrimp in a large resealable plastic bag. Stir together ¼ cup garlic-flavored olive oil, lemon juice, 1¼ tsp. minced garlic, ½ tsp. sea salt and black pepper in a small

bowl. Pour marinade mixture over shrimp in bag. Refrigerate for 1 hour, turning bag occasionally.

**2. FOR GUACAMOLE,** stir together avocado, red onion, 1 Tbsp. cilantro, lime juice, jalapeño and remaining ¾ tsp. garlic and ¼ tsp. sea salt in a small bowl; set aside.

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

**4. REMOVE** shrimp from bag; discard marinade. Pat shrimp dry with paper towels. Thread shrimp onto metal skewers. Brush both sides of baguette slices with remaining 3 Tbsp. garlic oil.

### ABOUT THE BASE

*When toasted, an artisan French baguette from the Hy-Vee Bakery holds up well to heavy toppings like guacamole and shrimp.*

**5. GRILL** shrimp and baguette slices for 4 to 6 minutes or until the shrimp reach 145°F and baguette slices are toasted, turning halfway through.

**6. TO SERVE,** spread guacamole on one side of baguette slices. Top each with 2 shrimp. Garnish with lemon zest and additional cilantro; serve with lemon wedges, if desired.

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

**Per serving:** 300 calories, 16 g fat, 2 g saturated fat, 0 g trans fat, 40 mg cholesterol, 600 mg sodium, 32 g carbohydrates, 2 g fiber, 1 g sugar (0 g added sugar), 10 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 2%



# GRILL A TAPAS PLATTER

Fill foil packets with bite-size foods, cook over flame, then serve on platters for guests to build their plates.

## HOW TO SERVE TAPAS

### BUFFET STYLE

Lay food out buffet style with small plates stacked and ready for guests.

### MORSELS

Serve food in easy-to-grab bite-size morsels. Keep warm and cold foods separate from each other.

### QUANTITY

Plan on offering two to three tapas dishes for every four guests.

### ROUND IT OUT

Fill in any gaps by offering snack items such as almonds, olives and pickled vegetables.

### GRILLING DIRECTIONS

Preheat a charcoal or gas grill for direct cooking over medium heat (350°F). Place foil bowls filled with tapas on grill rack. Grill for 12 to 18 minutes or until meat reaches 165°F or vegetables reach desired doneness, gently stirring every 3 to 5 minutes.

## Grilled Lemon-Rosemary Sweet Peppers

Combine 1 (1-lb.) pkg. sweet mini peppers, stemmed and sliced; 1 (4.3-oz.) jar sweet n' tangy pepper drops, undrained; 3 Tbsp. Gustare Vita extra virgin olive oil and 4 cloves whole garlic, peeled, in a large bowl. Cut a 16×16-in. sheet of heavy foil. Place pepper mixture in center of foil; roll or fold up edges of foil to form a side around the pepper mixture. Add 4 lemon slices and 2 sprigs fresh rosemary on top of pepper mixture. Grill according to directions. Garnish with additional lemon slices and fresh rosemary, if desired. Serves 6.

## Grilled Manzanilla Olives

Combine ¼ cup Gustare Vita extra virgin olive oil and 1 tsp. Hy-Vee crushed red pepper in a large bowl. Add 2 (5.75-oz.) jars Hy-Vee stuffed manzanilla olives, drained; toss to coat. Cut a 16×16-in. sheet of heavy foil. Place olive mixture in center of foil; roll or fold up edges of foil to form a side around the olive mixture, leaving the top open. Grill according to directions. Garnish with Italian parsley, if desired. Serves 10.

## Grilled Potatoes with Lemon-Garlic Aioli

Combine ½ cup Hy-Vee mayonnaise, 1½ tsp. bottled chopped garlic, 1½ tsp. lemon zest, 1½ tsp. fresh lemon juice, 1½ tsp. Hy-Vee Dijon mustard, ½ tsp. finely ground Hy-Vee sea salt and ½ tsp. coarsely ground Hy-Vee black pepper in a small bowl; chill aioli mixture until serving. Cut 1 (1½-lb.) pkg. Hy-Vee Smart Bite Potatoes baby blondes in half. Place potatoes on a microwave-safe plate; microwave on HIGH for 4 minutes. Transfer potatoes to a large bowl. Add 3 Tbsp. Gustare Vita extra virgin olive oil, 1 Tbsp. bottled chopped garlic, 1 tsp. finely ground Hy-Vee sea salt and 1 tsp. coarsely ground Hy-Vee black pepper; toss to coat. Cut a 32×16-in. sheet of heavy foil. Place potato mixture in center of foil; roll or fold up edges of foil to form a side around the potato mixture, leaving the top open. Add 2 sprigs fresh rosemary on top of the potato mixture. Grill according to directions. Garnish with lemon zest and lemon wedges, if desired. Drizzle with aioli. Serves 10.

## Grilled Garlic Mushrooms

Combine ¼ cup Gustare Vita extra virgin olive oil, 1½ tsp. bottled chopped garlic and ½ tsp. finely ground Hy-Vee sea salt in a large bowl. Add 1 (8-oz.) pkg. whole white mushrooms, trimmed; toss to coat. Cut a 16×16-in. sheet of heavy foil. Place mushroom mixture in center of foil; roll or fold up edges of foil to form a side around the mushroom mixture, leaving the top open. Grill according to directions. Garnish with curly parsley, if desired. Serves 10.

## Red Wine Grilled Chorizo

Cut 1 (13.5-oz.) pkg. fully cooked chorizo smoked sausage into ½ in. pieces. Combine ½ cup dry red wine, 2 Tbsp. Gustare Vita extra virgin olive oil and 1½ tsp. Hy-Vee paprika in a large bowl. Add chorizo pieces; toss to coat. Cut a 16×16-in. sheet of heavy foil. Place chorizo mixture in center of foil; roll or fold up edges of foil to form a side around the chorizo mixture, leaving the top open. Add 2 sprigs fresh thyme on top of the chorizo mixture. Grill according to directions. Serves 6.




# must-have UTENSILS



TURN TO  
HY-VEE FOR  
VERSATILE  
AND USEFUL  
KITCHEN TOOLS  
THAT CAN  
MAKE  
COOKING  
A BREEZE.

## 1 GOOD COOK SILICONE SPATULA SPOON




A silicone spatula spoon has curved edges for scooping and scraping food, and it won't stain or become discolored over time.

**WHY IT'S IMPORTANT:** Silicone spatulas are safe to use on nonstick pans and they won't scorch or melt at normal cooking temperatures like rubber or plastic.

**WAYS TO USE:** Stir hot mixtures, scrape batter from bowls, stir sautéed veggies and even remove food directly from roasting or frying pans.

## 2 KITCHENAID MEASURING CUPS & SPOONS




Use these to accurately measure ingredients in cups, teaspoons and tablespoons.

**WHY IT'S IMPORTANT:** Cooking and baking rely on precise ingredient amounts to achieve the desired flavor, texture and yield.

**WAYS TO USE:** Measure both wet and dry ingredients like flour, sugar, milk, butter, baking powder, baking soda, salt, pepper, garlic powder, cooking oils and more.

## tools you NEED



### KITCHENAID STAINLESS STEEL UTILITY TONGS

Tongs are like an extra set of heat-resistant hands for grabbing, stirring, rotating and serving foods.

**WHY IT'S IMPORTANT:** Tongs spare your hands from burns and accidents when you need to reach into the oven or a hot pan to turn or grab food.

**WAYS TO USE:** Flip meat on the grill, serve salads, stir pasta, rotate foods in an air fryer, pick up chicken legs or lift spears of asparagus onto a plate.



# the ultimate, most-versatile KNIFE



## 5 FLUSS GREEN PARING KNIFE

For small-scale jobs that require extra precision, a paring knife is always convenient.

**WHY IT'S IMPORTANT:** It can be used to cut small items quickly so the results that don't require a cutting board.

**WAYS TO USE:** Peel and core vegetables, dice vegetables, engrave olive oils, or even string, if necessary, and so on.



## 5 GOOD COOK STAINLESS STEEL TURNER

Metal spatulas—also known as turners or flippers—are durable, easy to clean and come in a range of shapes and sizes to suit different cooking tasks.

**WHY IT'S IMPORTANT:** Metal spatulas neatly flip or transfer large, flat foods from grills and cast iron or carbon steel cookware.

**WAYS TO USE:** Flip and remove pancakes, burgers, eggs, fried fish and home fries from cooking vessels and transfer cookies to cooling racks.



## 6 CUISINART GRAPHIX CHEF'S KNIFE

The long, slightly curved edge of a chef's knife allows for easy slicing of foods of various sizes.

**WHY IT'S IMPORTANT:** Whenever you're not sure which knife to use, this do-everything workhorse chops, dices and slices almost anything.

**WAYS TO USE:** Chop herbs, mince garlic, dice onions and even carve and separate meat from bone.



## AN UNSUNG KITCHEN

# hero

## SIMPLY DONE WHISK

This low-tech kitchen tool may seem simple, but the quality it brings to recipes is unmatched by other common utensils.

**WHY IT'S IMPORTANT:** Whisks blend, whip and help incorporate air into recipes while eliminating lumps and evenly dispersing ingredients for smooth, light, uniform flavor.

**WAYS TO USE:** Beat eggs for omelets, combine dry ingredients for baked goods, drizzle chocolate on desserts, make whipped cream and stir sauce or gravy in a pan.

## 8 GOOD COOK BOX GRATER

Box graters can turn a variety of foods into ribbons, strands and garnishes.

**WHY IT'S IMPORTANT:** Box graters' four useful sides shred, slice or grate foods in coarse or fine textures.

**WAYS TO USE:** Thinly slice raw veggies; finely grate cheese, nutmeg and cinnamon; zest citrus fruits or shred garlic and ginger.



## 9 OXO DIGITAL READ THERMOMETER

Digital thermometers detect the internal temperature of a dish in seconds and then display it on an easy-to-read screen.

**WHY IT'S IMPORTANT:** Cooking meat to the correct internal temperature helps ensure that potentially harmful germs are killed to prevent food-borne illnesses.

**WAYS TO USE:** Check the internal temperature of beef, veal, lamb, pork, chicken, turkey and fish before you remove it from the oven, grill or stovetop.



## OXO GOOD GRIPS SNAP-LOCK CAN OPENER

Can openers are a simple, yet crucial gadget to have in the utensil drawer.

**WHY IT'S IMPORTANT:** While there are hacks for opening cans without this tool, a can opener is the safest way to remove lids.

**WAYS TO USE:** Open cans of any size quickly and easily.



# 10

## SHOP **HS**TV PRODUCTS DELIVERED TO YOUR DOOR

Enjoy food, drink and lifestyle content any time, on any device with **HS**TV, a free streaming network that allows you to shop food and products while you watch. As you stream content, look for the red **HS** logo, tap or click it to shop items and add them to your cart for delivery right to your home.









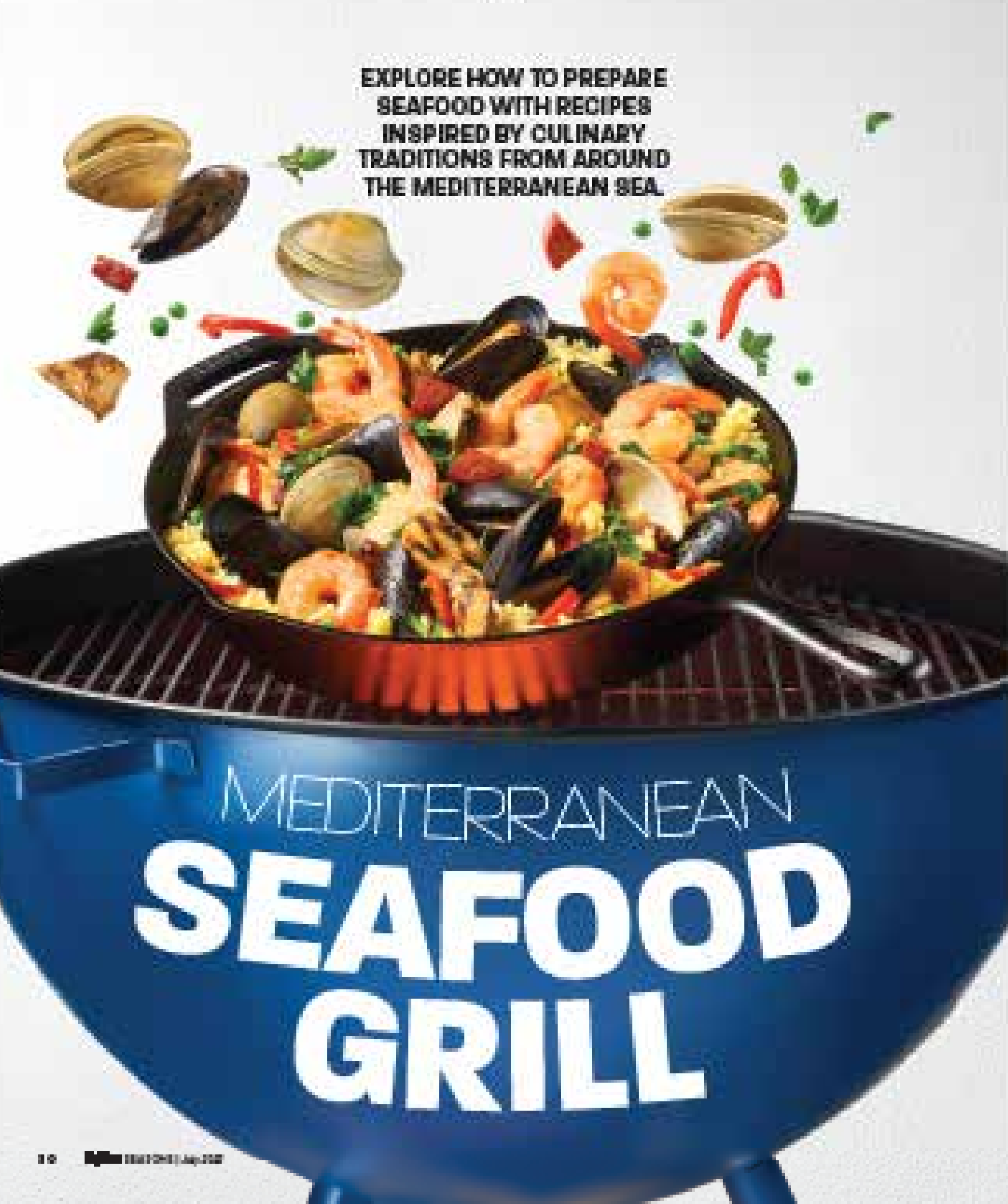








EXPLORE HOW TO PREPARE SEAFOOD WITH RECIPES INSPIRED BY CULINARY TRADITIONS FROM AROUND THE MEDITERRANEAN SEA.



MEDITERRANEAN  
**SEAFOOD GRILL**

## Grilled Spanish Paella

Paella is a traditional Spanish dish that is made with a variety of seafood, including shrimp, mussels, and clams. It is a popular dish in the coastal regions of Spain and is often served as a main course. The dish is made with a base of saffron-infused rice, which is then topped with the seafood and a variety of vegetables. The paella is cooked in a shallow pan over a wood fire, which gives it a smoky flavor. This recipe is a simplified version of the traditional dish, using a grill to cook the seafood and a paella pan to cook the rice. The result is a delicious and healthy meal that is perfect for a summer barbecue.

### SHELLFISH

This recipe features shrimp and mussels along with rice and saffron. The dish is a healthy meal that is easy to make and perfect for a summer barbecue.



**Spain**

Paella is a traditional Spanish dish that is made with a variety of seafood, including shrimp, mussels, and clams. It is a popular dish in the coastal regions of Spain and is often served as a main course. The dish is made with a base of saffron-infused rice, which is then topped with the seafood and a variety of vegetables. The paella is cooked in a shallow pan over a wood fire, which gives it a smoky flavor. This recipe is a simplified version of the traditional dish, using a grill to cook the seafood and a paella pan to cook the rice. The result is a delicious and healthy meal that is perfect for a summer barbecue.















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# RESERVING UP THE STARS & STRIPES



PATRIOTIC-INSPIRED TREATS AND SIDE DISHES ADD FESTIVE FLAIR TO SUMMER PICNICS, COOKOUTS AND PARTIES. THESE QUICK, EASY AND REFRESHING RECIPES FEATURE A VARIETY OF RED, WHITE AND BLUE INGREDIENTS.

## PATRIOTIC PARFAITS

Combine 1 cup of frozen strawberries, 1/2 cup of frozen raspberries and 1/4 cup of frozen blueberries with 1/2 cup of vanilla yogurt. Layer in a 4-ounce glass with 1/2 cup of vanilla yogurt. Top with 1/4 cup of granola. Garnish with additional frozen strawberries and raspberries.



## BLUEBERRY-CHERRY PULL-APART PIE

Preheat oven to 350°F. Line bottom of 9-inch springform pan with parchment paper, and add 1/2 cup of blueberries and 1/2 cup of cherries. Top with 1/2 cup of vanilla yogurt. Layer in a 4-ounce glass with 1/2 cup of vanilla yogurt. Top with 1/4 cup of granola. Garnish with additional frozen strawberries and raspberries.



Don't wait! Learn how easy it is to make this pull-apart pie perfect for the biggest parties this summer.

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 We're real here at [KitchenBy-You.com](https://www.KitchenBy-You.com)

## COOKOUT-INSPIRED HYDRATION POPPS

Combine 1 cup of frozen strawberries, 1/2 cup of frozen raspberries and 1/4 cup of frozen blueberries with 1/2 cup of vanilla yogurt. Layer in a 4-ounce glass with 1/2 cup of vanilla yogurt. Top with 1/4 cup of granola. Garnish with additional frozen strawberries and raspberries.

REIMAGINE THIS CLASSIC, ALL-AMERICAN DESSERT IN BITE-SIZED SHAREABLE PIECES.



## TRI-COLOR POTATO SALAD

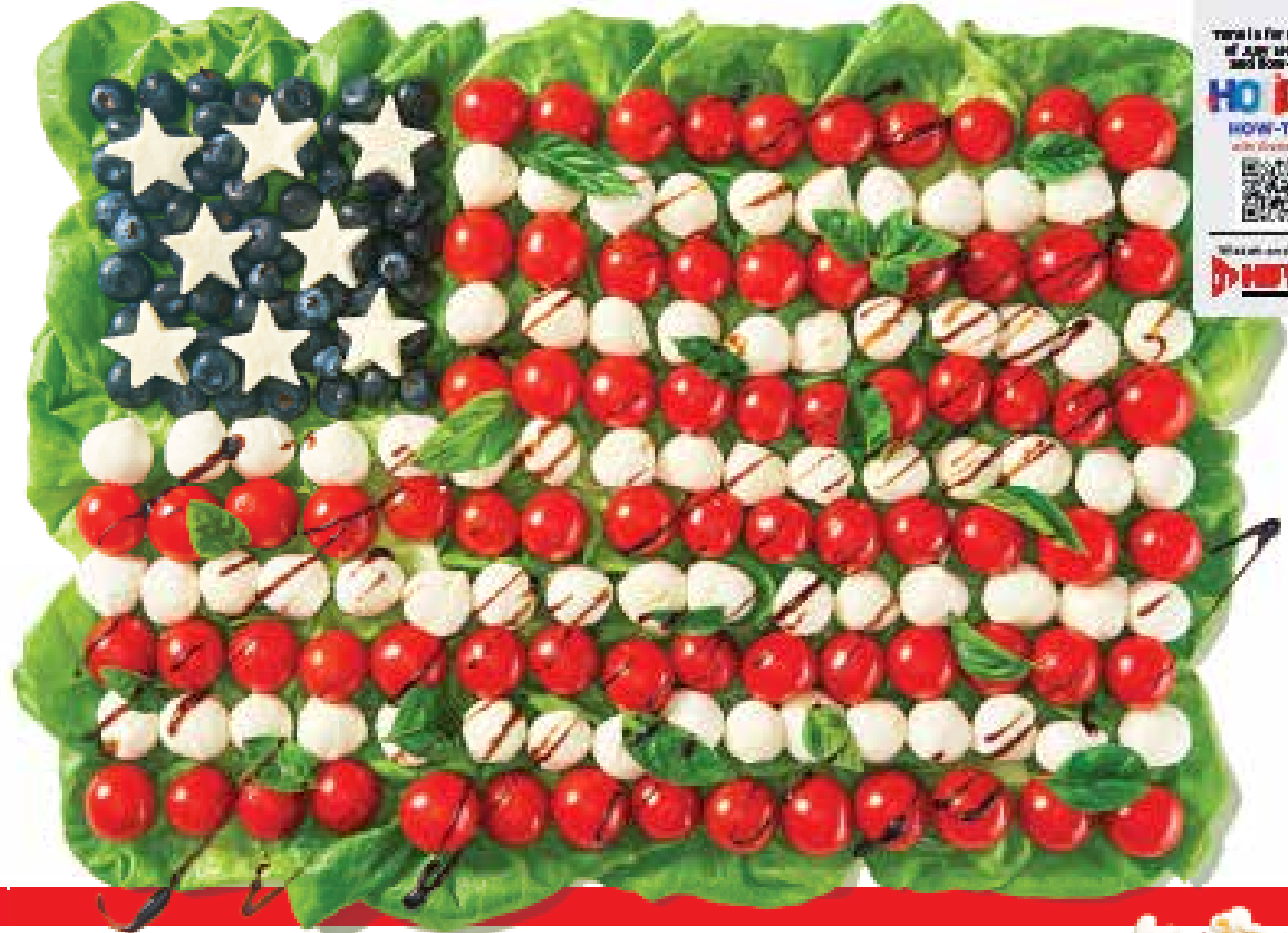
Fill a large, heavy pot with 10 quarts of water and 2 (1/2 lb.) cups of the kosher salt. Bring to a boil, add the potatoes, and cook until tender. Drain, cool, and cut into 1/2-inch cubes. In a large bowl, combine the potatoes with the dressing. Toss well. Refrigerate for 1 hour. Garnish with the hard-boiled eggs, sliced radishes, and green onions. Serve chilled.

PAIR THIS MULTICOLOR POTATO SALAD WITH BURGERS, BEATS OR HOT DOGS FROM THE GRILL.



## STAR-SPANGLED CAPRESE SALAD

Layer buttered lettuce leaves and a capriciously packed ball on a round-topped or hollow pasta cage. Top with cherry tomatoes, fresh mozzarella, and sliced mushrooms. Drizzle with olive oil and balsamic vinegar. Garnish with fresh basil leaves.



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 our world of  
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 with the help of  
 HOPE  
 HOPE

## RED, WHITE & BLUE POPCORN MIX

1 cup white popcorn  
 1 cup blue popcorn  
 1 cup red popcorn  
 1/2 cup white chocolate chips  
 1/2 cup blueberries  
 1/2 cup raspberries  
 1/2 cup strawberries  
 1/2 cup blueberries  
 1/2 cup raspberries  
 1/2 cup strawberries

1/2 cup white chocolate chips  
 1/2 cup blueberries  
 1/2 cup raspberries  
 1/2 cup strawberries  
 1/2 cup blueberries  
 1/2 cup raspberries  
 1/2 cup strawberries

1/2 cup white chocolate chips  
 1/2 cup blueberries  
 1/2 cup raspberries  
 1/2 cup strawberries  
 1/2 cup blueberries  
 1/2 cup raspberries  
 1/2 cup strawberries

1/2 cup white chocolate chips  
 1/2 cup blueberries  
 1/2 cup raspberries  
 1/2 cup strawberries  
 1/2 cup blueberries  
 1/2 cup raspberries  
 1/2 cup strawberries

## RED, WHITE & BLUE POPCORN MIX

Combine 1 cup white popcorn, 1 cup blue popcorn, 1 cup red popcorn, 1/2 cup white chocolate chips, 1/2 cup blueberries, 1/2 cup raspberries, and 1/2 cup strawberries. Toss well. Refrigerate for 1 hour.



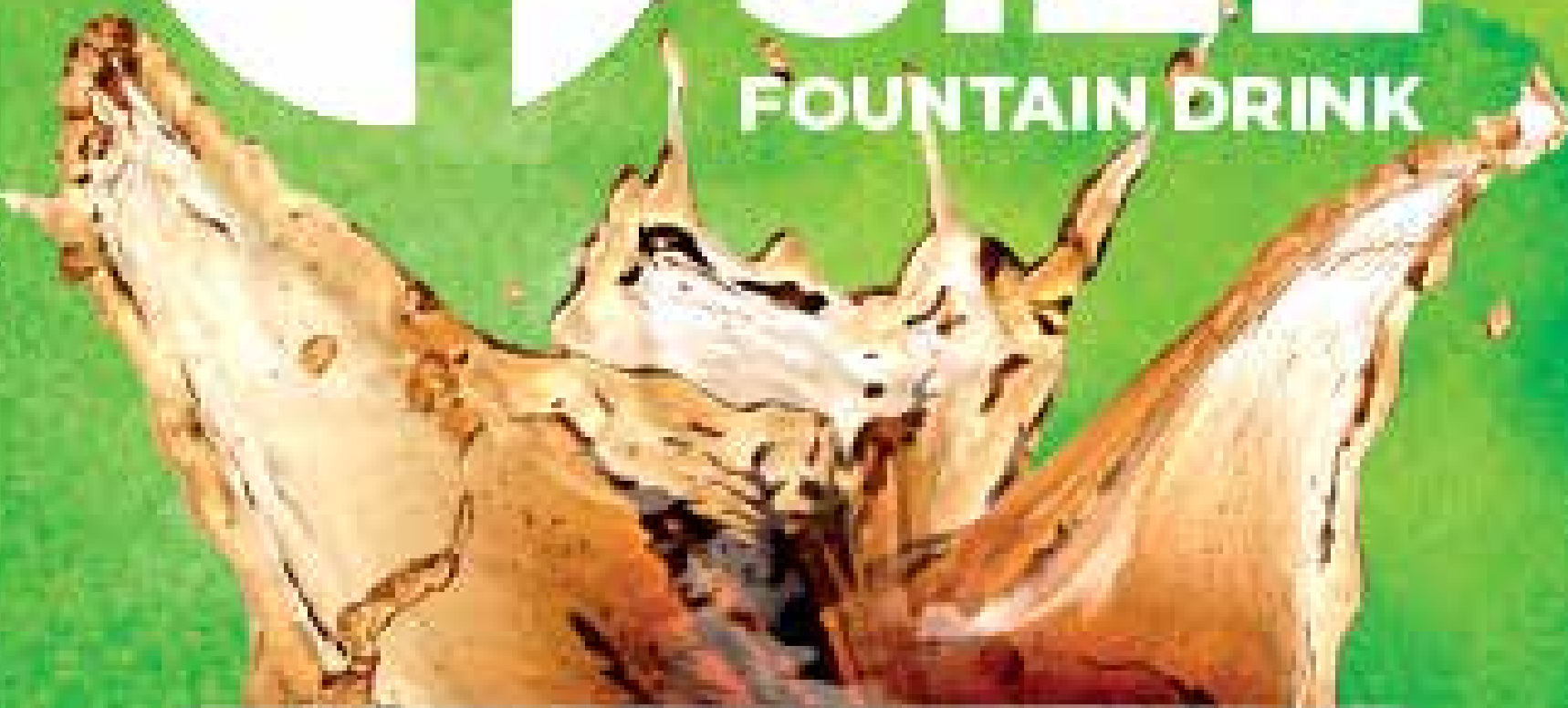


ALL SUMMER LONG!

\$1

ANY  
SIZE

FOUNTAIN DRINK



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life

Discover how entertainers Julianne Hough and Nina Dobrev launched a line of wines, get dorm room stock-up ideas and learn how to keep your pup peaceful.

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90 HAPPILY EVER AFTER







## NINA DOBREV & JULIANNE HOUGH:

# Same Vine

Hollywood entertainers Nina Dobrev and Julianne Hough are toasting to their friendship and a new collaboration: Fresh Vine Wine, now at Hy-Vee. Introduced in 2012 by a mutual friend, Nina and Julianne quickly bonded over their many similarities, including their love for an active lifestyle and a glass of wine. Those same interests inspired them to go into business together and launch Fresh Vine Wine, a collection of guilt-free, health-focused wines that go back to the traditional roots of winemaking. "Fresh Vine is definitely the perfect balance of our friendship," Julianne says. "It's laughter, fun, celebration, as well as staying really aware of our health."





**A**s actors, entertainers and entrepreneurs, best friends Nina Dobrev and Juliana Hough both lead jam-packed lifestyles. Nina has been an actress for more than 15 years, starring in hit TV shows and movies such as *Diary of a Wimpy Kid*, the vampire series and *Love Hard*. An Emmy-winning choreographer, professional dancer and fearless personality, Juliana first became a household name in the mid-2000s as the youngest professional dancer ever to win dancing with the stars, and also is known for her work as a singer, actress and Broadway performer. Combined, the pair have more than 20 million devoted followers on Instagram.

When they first met 10 years ago, Juliana and Nina were both at similar points in life. "We met through our friend, Kristin Capri, who at the time was doing both on our list, and we both were actually going through big life changes, both breaking up with our significant others," Juliana says. "And she was just like, 'You know what? I think you guys would be really good friends, not just because of what you're going through, but you basically are like the blonde and brunette version of each other.'" "She was right," Nina chimes in, "ever since then, the rest has been history."

Mutual interests like a love for travel and staying active initially drew them together. "We knew we were best friends pretty much the minute we met," Juliana says. "We went on a date, actually a meet date to a Lakers game." Nina agrees that they both had a connection almost instantly. "I know that sounds cheesy, but when we first hung out, we ended up talking for hours on end bonding on each other," Nina says. "And what's great is that as we grew older, we have managed to stay in sync and move through different chapters of our lives together."

One new chapter they're undertaking is the launch of Fresh Vine Wines, now at six-year-old. They both wanted to be able to sip or savor glasses of wine together without feeling the need for the next morning. "We found a gap in the market, and really felt there wasn't a wine that we liked in the good-to-go category that we liked," Nina says. "We wanted to create something that tasted premium, but was guilt-free, we are big social butterflies and tend to always have a glass in our hands when we are together catching up, so making that into a company is a dream."

After years of friendship, creating Fresh Vine together was an easy decision. "We've definitely drank a lot of wine together and to be able to create something that felt really authentic and true to us was just kind of a no-brainer," Juliana says.

Once they realized the wine they were looking for was not already on shelves, the pair teamed up with Jamey Whittmore, a SoCal valley winemaker with over 20 years of experience. "His experience in the field is so beyond that we feel like we hit the jackpot by being able to have Jamey on our team," Juliana says.

Throughout the process of developing Fresh Vine, Nina and Juliana have been involved at every step. "We try to keep wine to taste and test the direct tastings," Nina says. "From the bottle design, website design, marketing, social media... we're both very hands-on."

More than anything, Juliana and Nina want their customers to bond over each glass, just like they did. "We really care about the people who are so perceiving the wine, and we want everyone to have the same experience that we do, which is friendship, bonding, connection and real friendship," Juliana says.

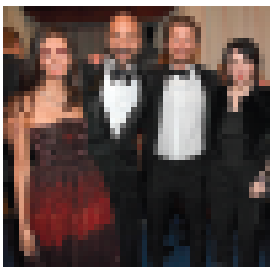


### WINE BUSINESS

Juliana and Nina's partnership is a testament to the power of friendship in business. They met through a mutual friend, Kristin Capri, and their shared experiences of heartbreak and life changes brought them together. Their mutual interests in travel and staying active led to a deep friendship that eventually blossomed into a business partnership. They both wanted to be able to sip or savor glasses of wine together without feeling the need for the next morning, and they found a gap in the market for a good-to-go wine that they liked. They wanted to create something that tasted premium, but was guilt-free, and they are big social butterflies and tend to always have a glass in their hands when they are together catching up, so making that into a company was a dream.

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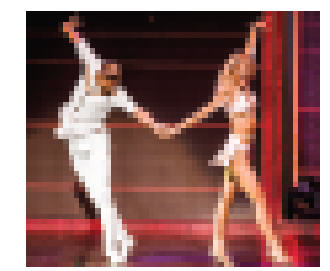
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# OFF TO THE RACES

Witness the rumble of anticipation as the NTT INDYCAR SERIES returns to Iowa Speedway for a turbocharged weekend of racing presented by Hy-Vee. Don't miss the competition, along with performances by some of the biggest names in music.

## REV UP FOR RACING, JULY 22-24

Hy-Vee will host a weekend of special events with the NTT INDYCAR SERIES and sponsors by Mike Stefanik, Cole Sost, Tim McQuinn and Florida Georgia Line. Live! Entertainment in Madison, Wis., 10-track track will add more than 100 live events with Fun! Track Challenge when our drivers take the track. **Friday, July 22** will be the start of the week. **Saturday, July 23** will be the place for the excitement with the live event, **Sunday, July 24** will be the place for the excitement with the live event.

## TWICE THE FUN

With two weekends, two Speedway events and the IndyCar Series, Hy-Vee is the ultimate destination for fans of the sport.



## WHAT'S IN STORE FOR RACE FANS?

- **Friday, July 22**
  - 10:00 AM - 12:00 PM: Live! Entertainment in Madison, Wis.
  - 12:00 PM - 1:00 PM: Live! Entertainment in Madison, Wis.
  - 1:00 PM - 2:00 PM: Live! Entertainment in Madison, Wis.
  - 2:00 PM - 3:00 PM: Live! Entertainment in Madison, Wis.
  - 3:00 PM - 4:00 PM: Live! Entertainment in Madison, Wis.
  - 4:00 PM - 5:00 PM: Live! Entertainment in Madison, Wis.
  - 5:00 PM - 6:00 PM: Live! Entertainment in Madison, Wis.
  - 6:00 PM - 7:00 PM: Live! Entertainment in Madison, Wis.
  - 7:00 PM - 8:00 PM: Live! Entertainment in Madison, Wis.
  - 8:00 PM - 9:00 PM: Live! Entertainment in Madison, Wis.
  - 9:00 PM - 10:00 PM: Live! Entertainment in Madison, Wis.
  - 10:00 PM - 11:00 PM: Live! Entertainment in Madison, Wis.
  - 11:00 PM - 12:00 AM: Live! Entertainment in Madison, Wis.
- **Saturday, July 23**
  - 10:00 AM - 12:00 PM: Live! Entertainment in Madison, Wis.
  - 12:00 PM - 1:00 PM: Live! Entertainment in Madison, Wis.
  - 1:00 PM - 2:00 PM: Live! Entertainment in Madison, Wis.
  - 2:00 PM - 3:00 PM: Live! Entertainment in Madison, Wis.
  - 3:00 PM - 4:00 PM: Live! Entertainment in Madison, Wis.
  - 4:00 PM - 5:00 PM: Live! Entertainment in Madison, Wis.
  - 5:00 PM - 6:00 PM: Live! Entertainment in Madison, Wis.
  - 6:00 PM - 7:00 PM: Live! Entertainment in Madison, Wis.
  - 7:00 PM - 8:00 PM: Live! Entertainment in Madison, Wis.
  - 8:00 PM - 9:00 PM: Live! Entertainment in Madison, Wis.
  - 9:00 PM - 10:00 PM: Live! Entertainment in Madison, Wis.
  - 10:00 PM - 11:00 PM: Live! Entertainment in Madison, Wis.
  - 11:00 PM - 12:00 AM: Live! Entertainment in Madison, Wis.
- **Sunday, July 24**
  - 10:00 AM - 12:00 PM: Live! Entertainment in Madison, Wis.
  - 12:00 PM - 1:00 PM: Live! Entertainment in Madison, Wis.
  - 1:00 PM - 2:00 PM: Live! Entertainment in Madison, Wis.
  - 2:00 PM - 3:00 PM: Live! Entertainment in Madison, Wis.
  - 3:00 PM - 4:00 PM: Live! Entertainment in Madison, Wis.
  - 4:00 PM - 5:00 PM: Live! Entertainment in Madison, Wis.
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  - 8:00 PM - 9:00 PM: Live! Entertainment in Madison, Wis.
  - 9:00 PM - 10:00 PM: Live! Entertainment in Madison, Wis.
  - 10:00 PM - 11:00 PM: Live! Entertainment in Madison, Wis.
  - 11:00 PM - 12:00 AM: Live! Entertainment in Madison, Wis.

## HY-VEE & THE SERIES

Hy-Vee has been involved in the NTT INDYCAR SERIES since 2000 as a way to connect with racing fans and to support growing interest in the sport, part of a hybrid sports and entertainment strategy.

## 2020

Hy-Vee sponsored Rahm Letterman Knutson (No. 14) and the 2020 Iowa Speedway IndyCar Series Driver by Graham Rahm (No. 14) the Hy-Vee Florida. **Friday, July 22**

## 2021

Hy-Vee was a primary sponsor of NTT's No. 48 car, driven by 2020 IndyCar's Rookie of the Year (Benjamin Pedersen), for the challenge to 100 and other events.

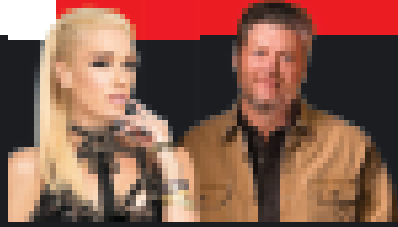
## 2022

Hy-Vee provides primary sponsorship of NTT's No. 48 car, driven by Josh Herron, and also acts as a sponsor of Graham Rahm's No. 14 car as well as the No. 30 car driven by Christian Lundgaard.

## RACE WEEKEND CONCERTS



TIM MCGRAW & FLORIDA GEORGIA LINE SAT. JULY 23



GWEN STEFANI & BLAKE SHELTON SUN. JULY 24



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**Chips Ahoy** "Cookie Dough" Sandwiches



1. Open 2. Go to bar 3. Search

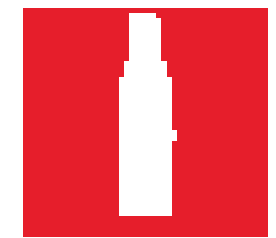
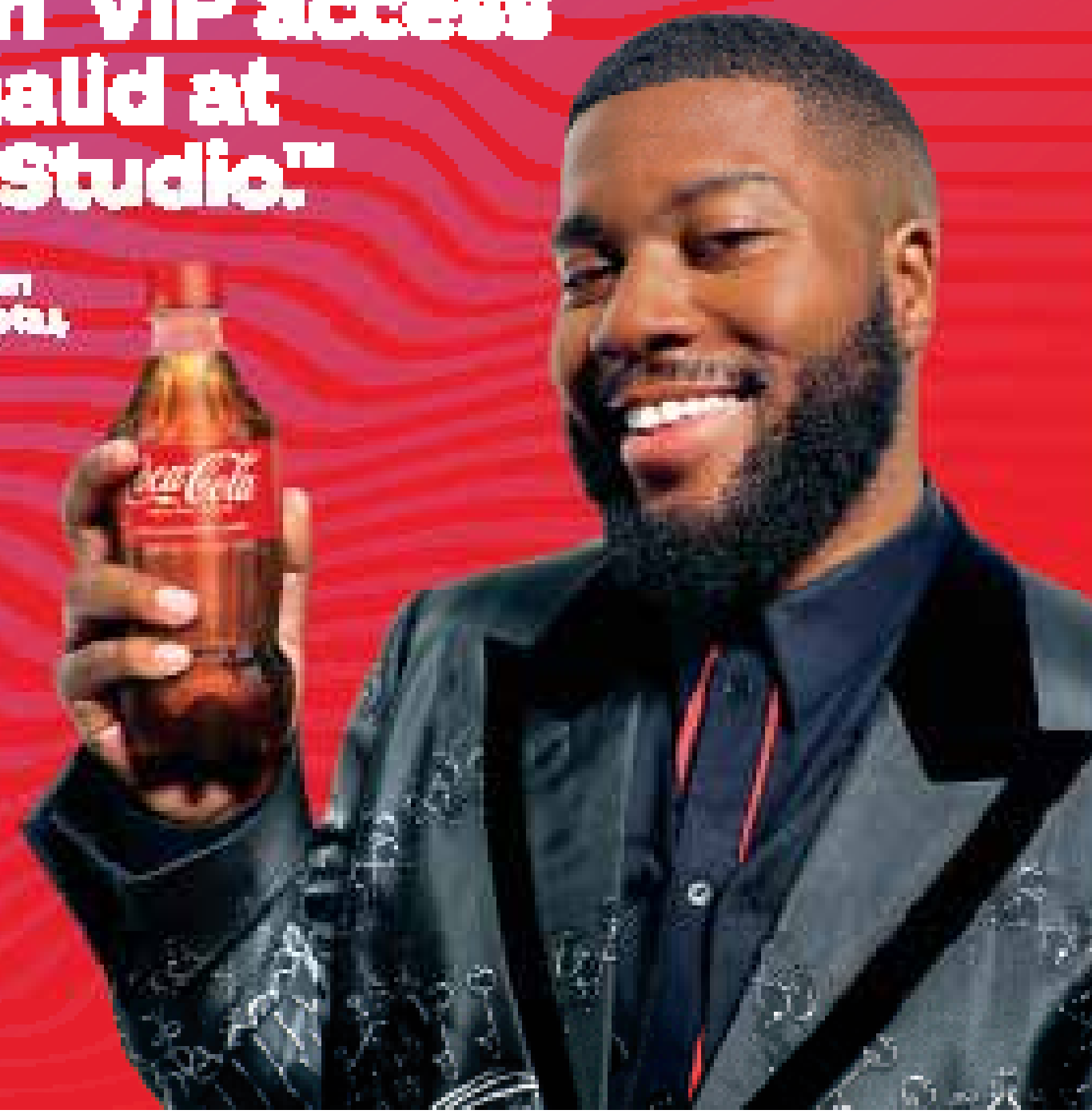
20 PACKS



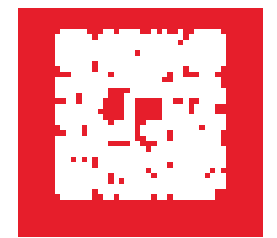
**BACK TO SCHOOL**

# Enter for a chance to win\* VIP access to Khalid at Coke Studio.™

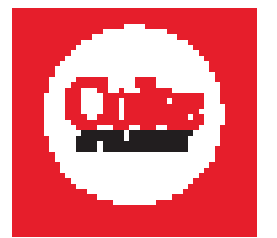
Multi-platinum global superstar, Khalid



**Drink.**



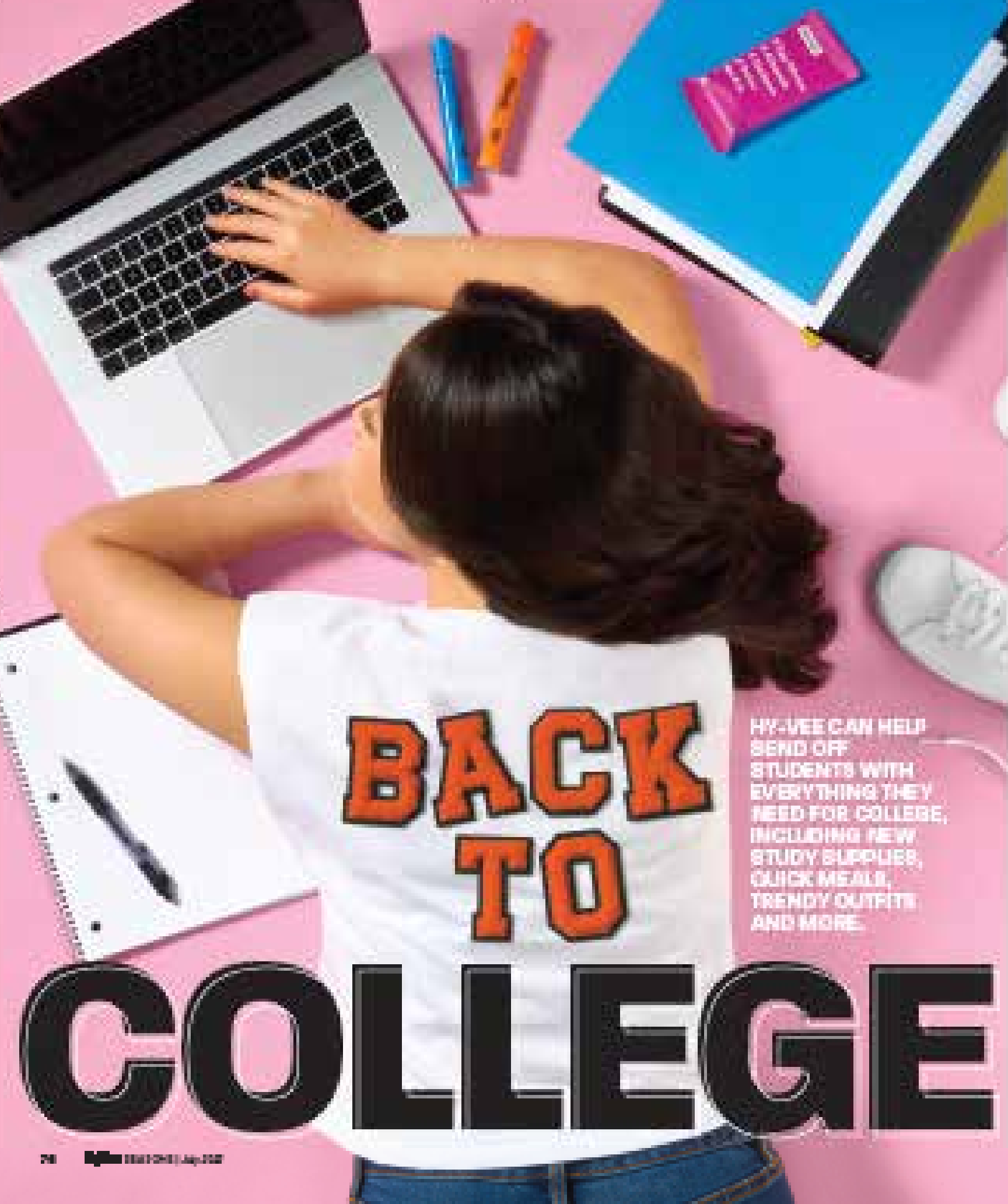
**Scan.**



**Enjoy.**

\*Winners will be selected by random drawing. Open to legal residents of the United States who are at least 18 years old at the time of registration. Sweepstakes ends 10/31/13. See rules for details. © 2013 Coca-Cola





**BACK  
TO**

HY-VEE CAN HELP SEND OFF STUDENTS WITH EVERYTHING THEY NEED FOR COLLEGE, INCLUDING NEW STUDY SUPPLIES, QUICK MEALS, TRENDY OUTFITS AND MORE.

**COLLEGE**

# study

Roll-treated water with dry-inked dyes to go and keep organized all day with a slight twist—use the press holes.



Two-pocket folders are made for ring binders, easy loop fast of papers and notes with rounded corners and one-sided dividers.



Rolls of neon and simple base colored paper clips write reminders and keep assignments organized.

Watercolor notebook with transparent cover is an ideal meaning cap.

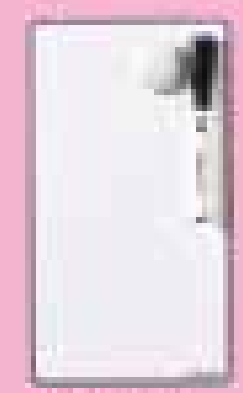
Roll books in that large- and multi-subject and college- and wide-size notebooks at \$9-14.99.



Protect eyes while studying with two light yellow rose gold speckled lenses.



STYLING: KYLE WILSON  
PHOTOGRAPHY: JACQUELINE  
HAIR: JESSICA WILSON  
MAKEUP: JESSICA WILSON  
STYLING: KYLE WILSON



12 Spiral-bound  
Dyline Black

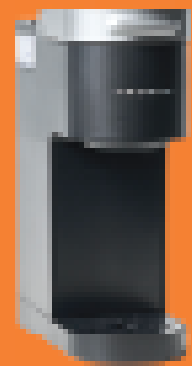


100 Pens and  
Pencils in Blue



Five-Pocket  
Folders





Keurig® K-Mini Brewer



Toaster Oven



Blender



Egg Carton

SET UP A DORM-FRIENDLY MINI KITCHEN WITH TOOLS AND UTENSILS FROM HY-VEE TO MAKE QUICK, HEARTY MEALS ON THE GO, AND TRY EASY READY-MADE FOODS FROM HY-VEE.

# eat

## GRAB-N-GO OPTIONS FIND THESE QUICK FOODS AT HY-VEE.



Order meals online from Hy-Vee's Mealtime, through the app or website anytime. Some items may also be available through third-party services like Doordash or Uber Eats.



Buy ready-to-eat meals and snacks such as smoothies, salads, take-and-bake meals and fresh produce.



Reappreciate fresh foods such as granola, fresh vegetables, breakfast cereals and more.



Enjoy fresh produce such as breakfast cereals, coffee, chicken and frozen pizza.



Grab prepared meals like soups and dips such as smoothies and fresh cuts and take-and-bake.



Find prepared foods, veggies and more produce such as pre-cutting and pre-peeled.



Pick up ready-made sushi, including rolls, nigiri, sashimi and more.



Order premium-quality burgers, sandwiches, hot and cold for dine-in or take-out.



## HY-VEE PLUS MEMBERSHIP

IT'S EASIER TO STOCK UP FOR COLLEGE WITH A HY-VEE PLUS MEMBERSHIP. FOR \$99 PER YEAR OR \$12.99 PER MONTH, ENJOY FREE GROCERY DELIVERY AND EXPRESS PICKUP ON AILES ONLINE ORDERS OF \$24.99 OR MORE, GAS FUEL SAVINGS WITH EVERY PURCHASE AND MUCH MORE.



SCAN THE QR CODE OR GO TO HY-VEE.COM/PLUS TO SIGN UP FOR HY-VEE PLUS MEMBERSHIP.



Full-circle meal: our fresh and cheese satisfy comfort food cravings with tender, gluten-free rice noodles covered in rich, creamy cheddar cheese sauce.

Surprise yourself with vegetable nachos: mix up a hearty veggie medley of black beans, tofu and veggies wrapped in organic tortillas, topped with nacho sauce.

It may seem simple, but our all-in-one breakfast cups provide a bit more for the day with cheddar, sausage and bacon.

## EASY MEALS

Hy-Vee has quick meal solutions, with delicious frozen and instant foods college students can easily prep and enjoy without heading to the dining hall. Microwave these options any time of day for a quick meal.





**FIRST AID:** Prepare for any small accidents or minor illnesses with a basic first aid kit including band-aids, antiseptic cream, pain relief, cough drops and other essentials.



**BACKPACK:** Prep for long periods of downtime with Joe Fresh essentials, including, toothbrush, gum, hand sanitizer, lotion, lip balm and more.



**SHOWER:** Make showering really handy with all the necessities such as shampoo, conditioner, soap, wash, hair mask, hair and towels (and don't forget slippers or shoes).



**CLEANING:** Keep the living area tidy with a dust pan and broom, air freshener, window cleaner, all-purpose cleaner, dish soap, paper towels and microfiber cleaning cloths.

# preprep

HANDY KITS CAN HELP TACKLE ANY SITUATION— SEND US SIG FIRST AID, BACKPACK, SHOWER AND CLEANING SUPPLIES TO MAKE DORM LIFE EASIER.

## JOE FRESH

shop trendy outfits from Joe Fresh. Find the best college looks at select stores or online at [joe-fresh.com](http://joe-fresh.com)



scan this QR code to shop the latest trends from Joe Fresh.

keep your hanging rod up clothes to add from the laundry room is simplified with a durable hanger from [joe-fresh.com](http://joe-fresh.com)

simply come a-la-lap! Laundry detergent with big size and light odors and still in with just one wash cycle.

## DSW

college shoes are a thing at DSW. Look for stylish pair shoes to meet a-pair shoes, or shop online at [dsw.com](http://dsw.com)



scan this QR code to shop the latest from DSW.



# WASHES UP

SEND YOUNG ADULTS OFF IN STYLE WITH JOE FRESH OUTFITS, DSW SHOES AND EVERYTHING THEY'LL NEED FOR A TRIP TO THE LAUNDRY ROOM.



# AT-HOME HERBS

Use fresh herbs to cook or add fragrance to rooms by building an indoor or outdoor herb garden with supplies and tips from Hy-Vee.



## Outdoor Stacked Herb Garden

Fill these terracotta pots with well-draining soil. Leave a section open in the bottom for a pot or other pots underneath. Use gloves to stack pots together on each level. Basil is a good herb to use as it needs more frequent watering than the other suggested options. If you're growing in containers, it's important to water the soil thoroughly every 1-2 days (and more often if it's hot and sunny).

## PLANT with Care

**PLANTING** Certain herbs can enhance the flavor of meats and poultry, soups and stews, and casseroles and dips. Use a few examples of complementary herbs.

**LOCATION** Place your outdoor container herb garden in an area that gets at least six hours of sunlight a day.

**WATERING** Herbs generally do well in soil that is allowed to dry up a little between watering. If you're using a self-watering pot, check the water level on the side.

**FRESH IDEAS** Herbs can be used in many ways to add flavor to your meals. Try using them in soups, stews, and casseroles. They can also be used in salads, dressings, and marinades. For more ideas, visit [www.hyvee.com](https://www.hyvee.com).





## Hanging Herb Garden

Grow fresh herbs right in your kitchen and snap them regularly to garnish and ingredients in favorite recipes and cocktails. Many herbs can be grown indoors, but supplemental lighting may be needed during low-light winter months. Simply place plants within 6 to 8 inches of a fluorescent light. For more suggestions, see the CARE TIPS.

### CARE TIPS for an Indoor Herb Garden

#### SOIL

Use a well-draining potting mix ideal for indoor use. (For an outdoor mix, a little extra perlite or compost, which can retain fungus, goes a long way.)

#### CONTAINERS

Ensure a container has drainage holes so soil can't waterlog. When starting, place plants on trays or in the sink to catch any spills.

#### WATERING

At all times, the top inch of soil is dry to the touch before watering. Water on the base of plants rather than on the leaves to avoid fungal diseases.

#### LIGHT

Place herbs near the sunniest window of the home. Supplement a quarter-hour of artificial light each day to supplement natural sunlight.

#### TEMPERATURE

Herbs grow best in a bright room that stays between roughly 60°F to 70°F temperatures, which are ideal for most home growers.

#### MAINTENANCE

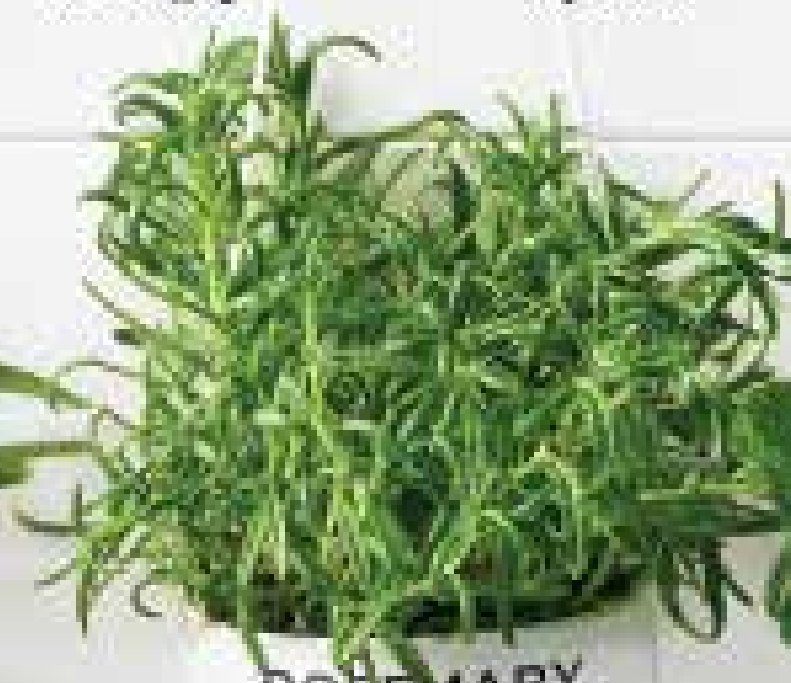
Check for dead or dying bits of the leaves with your fingers so they can sprig. Remove regular maintenance like an average houseplant.



BASIL



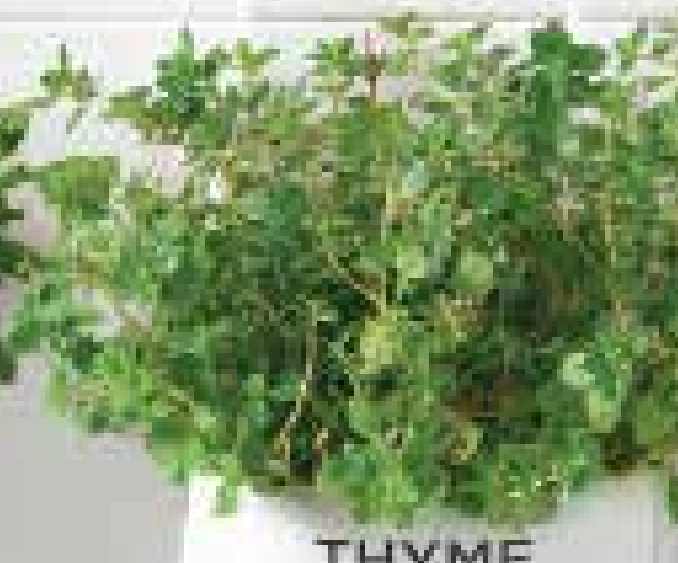
SAGE



ROSEMARY



MINT



THYME



BEST CARE FOR YOUR

# BEST FRIEND



Even pets can get stressed. Learn to spot the signs of anxiety—both momentary and habitual—and discover seven ways to help your canine companion relax.

## 7 WAYS TO DE-STRESS YOUR PET

HELP YOUR DOG CHANDEL THEIR OWNED ZEN WITH THESE EVIDENCE-BASED TIPS TO LEAVE YOUR DOG FEELING EASIER.

### 1 CREATE A CALM SPACE

Identify a quiet area in your home where your dog can retreat when they feel overwhelmed. Use a crate or a covered bed to provide a sense of security. Keep the space clean and comfortable, and use calming scents like lavender or chamomile to help your dog relax.

### 2 Spend Time Outdoors

Spending time outdoors can be a source of stress for your dog. Take your dog on regular walks around the neighborhood and give them plenty of time to sniff. The new sights and experiences will mentally engage them.

### 3

#### 4 SWADDLE YOUR PET

"Wrap" your dog by draping them in an evenly sized blanket or towel to provide a sense of security. This practice can help your dog feel calm and relaxed, especially in stressful situations. Always ensure the dog is comfortable and not too hot or cold. Consult your veterinarian for more information on pet swaddling.

Swaddling your dog can help them feel secure and calm. It's a simple technique that involves wrapping a blanket or towel around your dog's body. This can be particularly helpful for puppies or dogs who are anxious or stressed. Just make sure the dog is comfortable and not too hot or cold.

### 5

#### PLAY CALMING MUSIC

Research indicates that dogs may benefit from the sound of classical music, which can reduce anxiety and help them relax. Studies have shown that dogs listening to classical music spend less time barking and more time resting. Try playing soft, instrumental music in your home to help your dog feel calm.

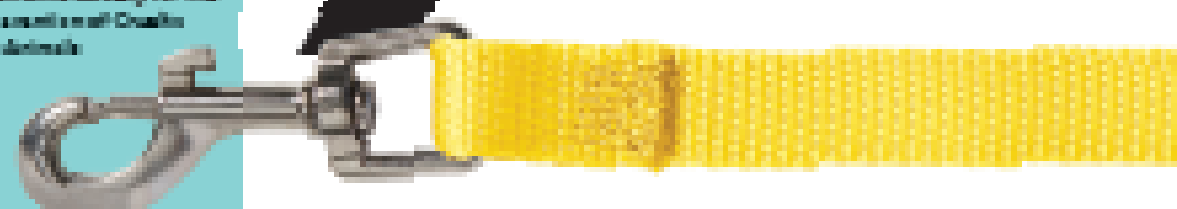
#### Physical touch

Physical touch, such as petting or hugging, can help your dog feel calm and relaxed. Gentle strokes and massages can reduce stress and promote a sense of well-being. Spend time with your dog, and use your hands to soothe them when they are stressed.

### 6

#### BALANCE NUTRITION

Proper nutrition is essential for your dog's overall health and well-being. A balanced diet can help reduce stress and improve your dog's mood. Consult your veterinarian for advice on the best diet for your dog's breed and age.



TO HIGHLY STRESSFUL SITUATIONS. YOUR DOG MAY BE ABLE TO RELAX ON THEIR OWN, BUT YOU CAN HELP THEM FEEL CALM AND RELAXED BY USING THESE TIPS. YOUR DOG WILL APPRECIATE YOUR CARE AND YOU WILL ENJOY A MORE RELAXING LIFE WITH YOUR BEST FRIEND.



# PEANUT BETTER Together

PEANUT BUTTER IS A SATISFYING PLANT-BASED PROTEIN THAT CAN ENHANCE ALL YOUR SUMMERTIME FUN

PEANUT BUTTER NUTRITIOUS, DELICIOUS AND VERSATILE



National Peanut Board  
www.peanutboard.com

# Hy-Vee has Chobani® Oatmilk

Non-dairy



\*Not a low sodium food. ©2022 Chobani, LLC



# Happily Ever After

## SUMMER WEDDING PLANNING

Prepare for your big day by turning to the professional expertise provided by Hy-Vee. Contact the catering manager at your local store 8-12 months before your wedding date. They will act as the liaison between you and the Floral, Wine

& Spirits and Bakery departments. Use Hy-Vee experts to plan details such as bouquets and floral decor, tables, tableware and glassware rentals, beverages for the reception, food for the day, personal favors for guests and desserts.



## HY-VEE FLORAL DEPARTMENT

*celebrating yours*



**1** Separate and group flowers into sections and arrange them in the order you want them to be.



**2** Make a holding mesh to hold together all the flowers and secure the bouquet.



**3** The bouquet is now ready to be held and carried down the aisle.

# FLORAL

**TOURNEAU WITH HILD** Regional planning  
for couples and small floral details.  
Hy-Vee.com/floral

**HY-VEE**  
Celebrating yours  
Hy-Vee.com/floral





# TABLE

**SET THE DRESS:** Dress white, ivory, blush and light lavender for the buffet spread and the dining table. Shimmer and set up and attend up with us featuring the elegant The Hy-Vee Catering Department can provide all the wedding menu needs and help us guide you in what you do. Choose our coffee with various teas. For more info call Catering and you will get more info and more on the setting.

**BIRTH ORDER:** Get the catering manager from your venue will have more to know you meet with them discuss the food menu. They can provide further details and pricing.

## HY-VEE WINE & SPIRITS

**BEVERAGES FOR THE RECEPTION**  
For those beer, wine and liquor the Hy-Vee with the catering order or on its own. (Restrictions may apply, depending on the state and the rules of your venue.)

**FOOD AND DRINK: PM 3:00 TO 8:00 PM**  
Our professional food and drink pairing suggestions to ensure your drink selections complement the meal.

**SIGNATURE COCKTAIL CREATION**  
At Hy-Vee Wine & Spirits manager can share ideas for a cocktail menu on what you and your partner like to drink, the time of year and any fun drink innovations they've discovered.

**BOUQUET BINDER**  
Call or stop in to see Hy-Vee Wine & Spirits Department for set up an appointment with a manager for all your drink needs.



### pro tip: CUSTOM DRINKS

Hy-Vee Wine & Spirits can offer a custom cocktail menu for your wedding reception. It's a great way to make the night special and unique. Hy-Vee Wine & Spirits can help you create a custom cocktail menu that is perfect for your wedding reception. Hy-Vee Wine & Spirits can help you create a custom cocktail menu that is perfect for your wedding reception.

**—Hy-Vee Wine & Spirits Manager, Illinois, IL**

# SIGNATURE COCKTAIL







Grilled shrimp, hot sautéed potato, roasted vegetables and Caesar salad

Grilled salmon, roasted brussels sprouts, sautéed mushrooms and asparagus

Filet mignon, roasted potato, green beans, almonds and garden salad

Chicken, linguine, pasta with shrimp and vegetables and bread

# DINNER FROM HY-VEE

**FILL THE NET WITH FISH**  
 An array of fresh seafood from Hy-Vee Catering is available in a variety of dinner portions. Choose from buffet style options, a centerpiece for the day of or the day after, and even plan your last night on earth for guests who say "I do" on the last dinner. Contact a manager

any you'd love to host for a wedding where you can also bring in the Wine & Spirits and Bakery departments to complete your celebration on the table. From Hy-Vee we can offer staff to serve the food for the pleasant dinner of the dinner doesn't get into a kitchen.

**WORTH ORDER**  
 Speak with the catering manager to create a custom order for your wedding guests and order from Hy-Vee.com/catering



**SWEET SWEET**  
 Delight wedding guests with a chocolate fountain display from the Hy-Vee Catering Department. The rental includes a selection of toppings like angel food cake, nutella, pink peppercorn, marshmallows, pretzels, strawberries, granola, or anything you can think of. Hy-Vee will handle the delivery, setup and cleanup of the fountain, so all you need to do is enjoy the sweet treats. This display may vary by store.

**WORTH ORDER**  
 Reach out to our catering manager to create a custom order for your wedding guests and order from Hy-Vee.com/catering for more information.

## PERSONAL FAVORS FROM HY-VEE

*for guests*



**1**  
 Personalized gift basket for guests



**2**  
 A small potted plant for guests



**3**  
 A bottle of olive oil for guests

# SWEETS & FAVORS



# HY-VEE BAKERY CAKES }

**TWO BE DESIGN** Two wedding cakes is one of the fun options of the day. Trust the talented Bakery Department at Hy-Vee to create professionally decorated cakes in wedding themes and designs such as rustic and floral, chic modern and garden gnomes, classic cake delivery for a first or second honeymoon, and more. We have everything you need, along with filling selections that include Biscoff cream, dark chocolate or a cake topper, raspberry and strawberry. Hy-Vee can also offer a complimentary cake delivery to The Cheesecake Factory.

**HOW TO ORDER**  
Bring inspiration photos to the Hy-Vee Bakery Department or visit our online ordering site online at HyVee.com/shopping.



See wedding cakes come to life on

**CAKES PLUS**

Visit our app

**HY-VEE**





# drink in summer



mobile apps



social media



mobile safety



website

www.foxandhounds.com

# health



Find out about subscription health products, soothe outdoor injuries and get summer food tips.

- 100 CLUCK & SHIP
- 104 OUTDOOR FIRST AID GLIDE
- 108 STAY HEALTHY
- 114 DIETITIAN OSA: HEALTHIER SUMMER EATING HABITS
- 116 FOODS THAT REDUCE BLOATING
- 121 PHARMACY: TALKING PRESCRIPTION LABELS



# CLOCK & SHIP

The WholeLotta Good website brings an impressive selection of better-for-you products straight to your door.



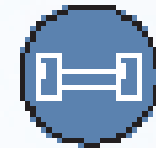
Health products and advice from dietitians is at your fingertips. WholeLottaGood provides dietitian-approved items that can be shipped with no subscription required. Easily search by category, add to cart and ship to your location. The website also features educational blog posts to provide guidance on living a healthier lifestyle. With this easy-to-use service from Hy-Vee, there are a whole lot of good products coming your way.

- visit [www.wholelottagood.com](http://www.wholelottagood.com):
- get free shipping when you spend \$45 or more
  - subscribe and save on products you always need
  - enjoy daily discounts

## CATEGORIES TO SHOP:



skin-care beauty, natural bodycare for hair, face, tite, natural soaps.



fitness supplements, yoga mats, fitness equipment, more.



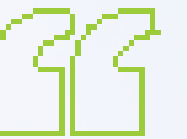
meal plans for a range of dietary styles and accessible recipes.



skincare and supplements to support a strong and healthy body and mind.



organic, local and specialty products, including personalized and personalized items.



"As nutrition experts, we have the education to give simple tips to make your life easier. Our WholeLotta Good dietitians provide blog content on the website about food, vitamins and supplements, beauty, bath and body, household supplies and fitness."

ask us today  
 800-444-4444  
 MyVee Dietitian



Scan the QR Code to learn more about WholeLotta Good and to start shopping.



# FOOD

shop based on your personal health needs and dietary preferences. Whole Foods makes it easy to filter and find options for organic, gluten-free, keto, vegan, low FODMAP and plant-based foods.



and healthy plant-based proteins, such as Annie's Organic Oatmeal Granola clusters, the dark Chocolate protein-packed cereal, Full On the Day almond milk, smoothie packs, and more. Good & Beautiful nut butter, Annie's Peanut Butter, and Annie's Macadamia Nut Butter are also available. Annie's Organic Soup, fresh vegetables and more, and Annie's Oatmeal granola are also available.



## VITAMINS & SUPPLEMENTS



OLLY supplements are made with natural ingredients and are free from artificial flavors, colors, and preservatives. OLLY to GO is a convenient, on-the-go supplement that provides essential vitamins and minerals. Full Oil is a natural, plant-based omega-3 supplement. OLLY to GO is also available in a variety of flavors, including Berry, Citrus, and Lemon.



## BATH & BODY



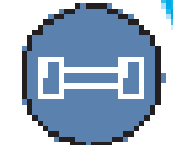
Method bath and body products are made with natural ingredients and are free from artificial colors, fragrances, and preservatives. Method Body Wash is available in a variety of scents, including Citrus, Eucalyptus, and Lavender. Method Body Lotion and Method Body Cream are also available in a variety of scents and are perfect for keeping your skin hydrated and soft.

## HOUSEHOLD SUPPLIES



Method household supplies are made with natural ingredients and are free from artificial colors, fragrances, and preservatives. Method All Purpose Cleaner is a powerful, multi-surface cleaner that is safe for use on all surfaces. Method All Purpose Disinfectant is a powerful disinfectant that kills germs and is safe for use on all surfaces. Method All Purpose Bleach is a powerful bleach that is safe for use on all surfaces.

# FITNESS



Go to it - Gaiam with color dumbbells is one of the ways to strengthen muscles, a weight jump rope for additional cardio and strength training and staying active is the challenge to our sustainability.





LEARN HOW TO BUILD A FIRST AID KIT, HEAR FROM HY-VEE'S CHIEF MEDICAL OFFICER AND FIND SOLUTIONS TO THE MOST COMMON SUMMER INJURIES.

## First Aid Kit

BE PREPARED FOR THE SCRAPES AND STINGS OF SUMMER WITH THESE PRODUCTS FROM HY-VEE.

- ▶ **Alleviate** itches for swimmers.
- ▶ **Antibiotic** ointment to relieve stings.
- ▶ **Acetaminophen** to treat minor aches.
- ▶ **Anti-itch** cream or gel.
- ▶ **Acetylsalicylic acid** to relieve aches or pain.
- ▶ **Aspirin** to relieve aches or pain.
- ▶ **Band-aids** to cover wounds.
- ▶ **Compress** to draw out blood from wounds.
- ▶ **Cotton balls** or swabs to apply antibiotic ointment.
- ▶ **Band-aids** to cover wounds.
- ▶ **Hand sanitizer** to keep hands clean.
- ▶ **Hand cream** to keep hands soft.
- ▶ **Hand soap** to wash hands.
- ▶ **Hand sanitizer** to keep hands clean.
- ▶ **Hand cream** to keep hands soft.
- ▶ **Hand soap** to wash hands.
- ▶ **Hand sanitizer** to keep hands clean.
- ▶ **Hand cream** to keep hands soft.
- ▶ **Hand soap** to wash hands.



## WHEN TO GET HELP

Some injuries may require immediate medical attention, including:

- 1 Head Injuries.** Concussions can involve life-threatening internal bleeding and swelling. Symptoms include vomiting, severe headache, nausea, immediate altered speech and confusion.
- 2 Broken Bones.** These can be especially dangerous when the skin is broken.
- 3 Cuts.** Deeper cuts that bleed heavily or won't stop bleeding may require medical attention.
- 4 Burns.** Serious burns require immediate medical attention, especially if there is swelling and blistering.
- 5 Eye Injuries.** Along with major trauma, minor injuries (blows to the eye, dirt or other objects in the eye) may require medical attention.
- 6 Hand Injuries.** Seek medical help for serious injuries or when there is numbness, loss of strength or swelling, especially if there are open wounds or bleeding.



## Q&A

MARK McVEE, CHIEF MEDICAL OFFICER, HY-VEE

Q: How do you recommend building a first aid kit for outdoor activities?

A: Start with a red first aid kit. It's important to have a kit that is easy to find and use. I recommend having a kit that is portable and has a clear list of contents. I also recommend having a kit that has a variety of supplies, including band-aids, antiseptic, pain relievers, and a first aid manual.

Q: What are the most common summer injuries?

A: The most common summer injuries are sunburns, dehydration, heat exhaustion, and heat stroke. Other common injuries include cuts, scrapes, and insect bites.

Q: How can you prevent these injuries?

A: To prevent sunburns, wear sunscreen and protective clothing. To prevent dehydration, drink plenty of water. To prevent heat exhaustion and heat stroke, avoid the sun during the hottest part of the day and take breaks in the shade. To prevent cuts and scrapes, wear protective clothing and use caution around sharp objects. To prevent insect bites, use insect repellent and wear long sleeves and pants.

Q: What should you do if you or someone else is injured?

A: If you or someone else is injured, first assess the situation. If the injury is serious, call 911 immediately. If the injury is not serious, use the first aid kit to provide first aid. If you are unsure what to do, consult a first aid manual or a healthcare professional.

Q: How often should you check your first aid kit?

A: You should check your first aid kit regularly to make sure you have all the supplies you need. I recommend checking your kit every few months.

Q: Are there any other tips for staying safe outdoors?

A: Yes, there are several other tips for staying safe outdoors. First, always wear your seat belt in a car. Second, never drink and drive. Third, always use proper ladder safety. Fourth, always use proper tool safety. Fifth, always use proper fire safety. Sixth, always use proper water safety. Seventh, always use proper insect safety. Eighth, always use proper first aid safety.

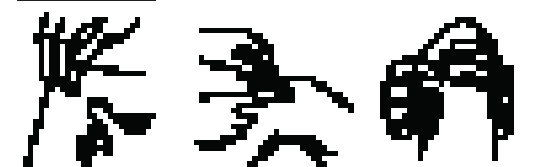


# 10 COMMON INJURIES

## AND HOW TO TREAT THEM

### Scrape

What you need: **antiseptic ointment**, **bandage**



**STEP 1:** Wash the area with soap and water. Pat the area dry.

**STEP 2:** Apply antiseptic ointment to the wound.

**STEP 3:** Cover the wound with a bandage.

### Poison ivy/rhus

What you need: **antiseptic ointment**, **bandage**

**STEP 1:** Wash the area with soap and water. Pat the area dry.

**STEP 2:** Apply antiseptic ointment to the wound.

**STEP 3:** Cover the wound with a bandage.



### SUNBURN

What you need: **antiseptic ointment**, **bandage**

**STEP 1:** Wash the area with soap and water. Pat the area dry.

**STEP 2:** Apply antiseptic ointment to the wound.

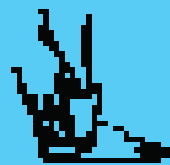
**STEP 3:** Cover the wound with a bandage.



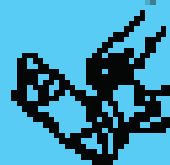
### SPRAIN

What you need: **ice pack**, **elastic bandage**, **treatment**

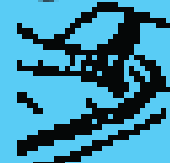
**STEP 1:** Apply an ice pack for 10 to 20 minutes every hour for the first 48 hours.



**STEP 2:** Compress the area with elastic bandage. Loosen it if pain increases, there's numbness, or swelling occurs. Don't wrap.



**STEP 3:** Rest the injury and elevate above the level of the heart as greatly as you can while swelling.



**STEP 1:** Wash the area with soap and water. Pat the area dry.

**STEP 2:** Apply antiseptic ointment to the wound.

**STEP 3:** Cover the wound with a bandage.

**STEP 1:** Wash the area with soap and water. Pat the area dry.

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**STEP 2:** Apply antiseptic ointment to the wound.

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### insect sting

What you need: **antiseptic ointment**, **bandage**

**STEP 1:** Wash the area with soap and water. Pat the area dry.

**STEP 2:** Apply antiseptic ointment to the wound.

**STEP 3:** Cover the wound with a bandage.

### laceration

What you need: **glove**, **antiseptic ointment**, **bandage**

#### TREATMENT



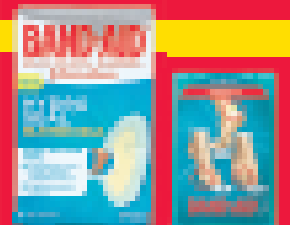
**STEP 1:** Apply pressure to control and slow the flow of blood if possible.

**STEP 2:** Flush with a steady stream of clean water as long as possible.



**STEP 3:** Cover wound with bandage or glove stretched with medical tape.

**STEP 4:** A doctor for wounds more than 1/2 inch deep or that won't stop bleeding.

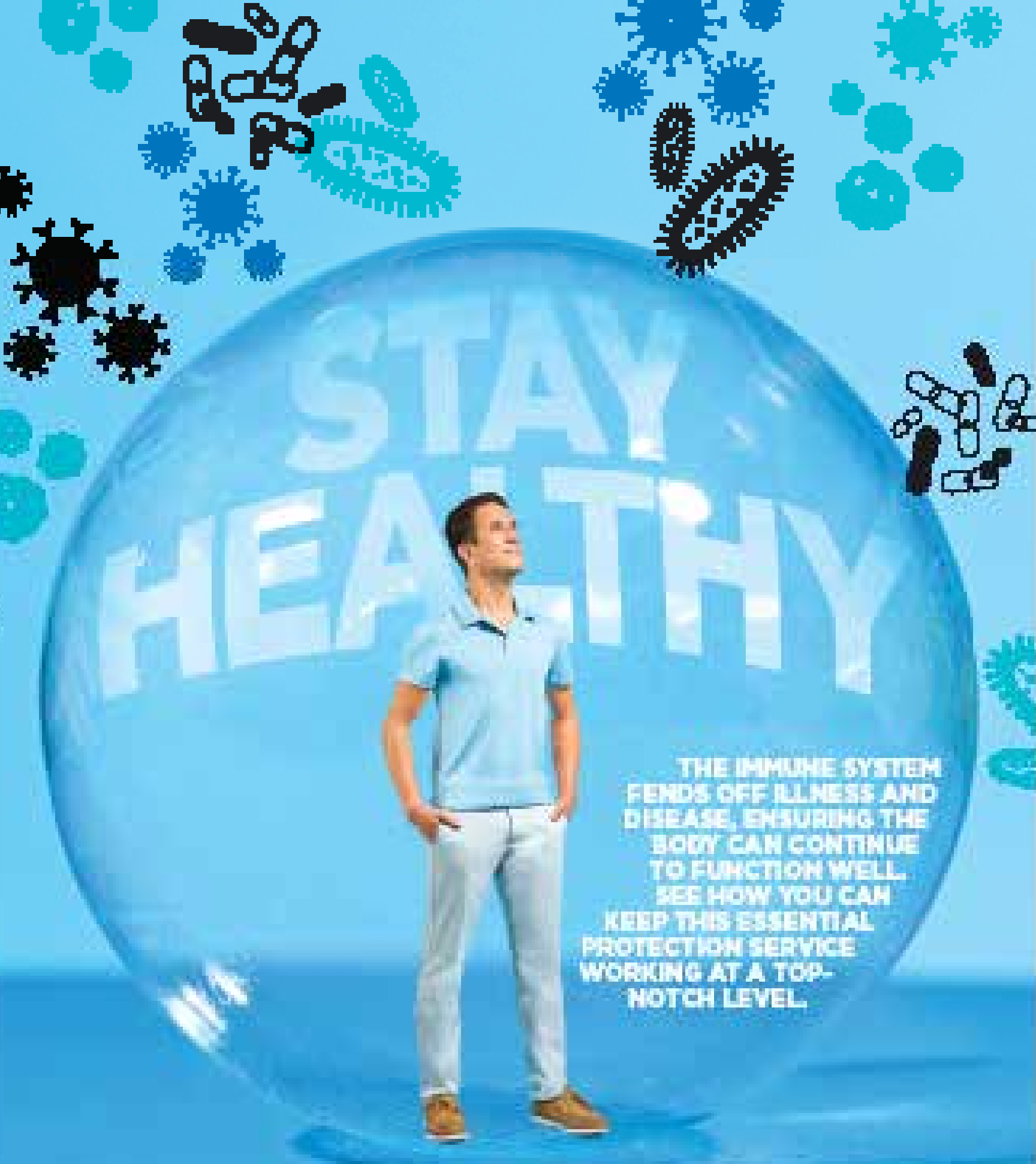


### BLISTERS

What you need: **bandage**, **antiseptic ointment**, **medical tape**

**TREATMENT:** If they're not painful (or if blisters are broken or a medical tender is present), cover blister with a bandage, then apply antiseptic ointment to the area with medical tape for extra protection.





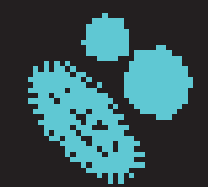
THE IMMUNE SYSTEM FENDS OFF ILLNESS AND DISEASE, ENSURING THE BODY CAN CONTINUE TO FUNCTION WELL. SEE HOW YOU CAN KEEP THIS ESSENTIAL PROTECTION SERVICE WORKING AT A TOP-NOTCH LEVEL.

## MEET YOUR IMMUNE SYSTEM

# Q & A

**Q** What is the immune system?  
**A** The immune system is a complex network of cells and organs that work together to defend the body against harmful pathogens and diseases. It is a critical part of the body's overall health and well-being.

**Q** How does the immune system work?  
**A** The immune system works by identifying and attacking foreign invaders, such as bacteria, viruses, and fungi. It uses a variety of cells and proteins to recognize and destroy these threats, preventing them from causing illness.



ANTIBIOTICS DO NOT KILL VIRUSES. TO PROTECT YOUR IMMUNE SYSTEM, GET VACCINATED, TAKE CARE OF YOURSELF, AND STAY HEALTHY. YOUR IMMUNE SYSTEM IS YOUR BEST FRIEND. IT'S THE ONLY LINE OF DEFENSE YOU HAVE.

## Autoimmune Diseases

AN OVERACTIVE IMMUNE SYSTEM CAN LEAD TO A RANGE OF AUTOIMMUNE DISEASES.

As a result of the immune system's overactivity, it can attack the body's own cells and tissues, leading to a variety of autoimmune diseases.

Autoimmune diseases can affect any part of the body, from the skin to the brain. Some common examples include rheumatoid arthritis, multiple sclerosis, and type 1 diabetes. While there is no cure for autoimmune diseases, there are treatments available to help manage symptoms and improve quality of life.

Did You Know?

# 70%

of the body's immune system cells are in the gut.



# HEALTHY LIVING STRATEGIES

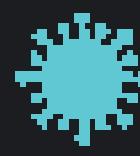
The immune system is a complex network of cells and organs that work together to protect the body from infection. It is the first line of defense against pathogens and is essential for overall health. A healthy immune system can help prevent disease and promote recovery from illness.

## How Diet Affects the Immune System



Diet plays a significant role in the health of the immune system. Consuming a variety of fruits, vegetables, and whole grains provides essential nutrients that support immune function. A diet rich in antioxidants and fiber can help reduce inflammation and improve the body's ability to fight off infections.

PROBIOTICS CAN HELP RESTORE BALANCE WHEN THE GUT CONTAINS UNHEALTHY LEVELS OF CERTAIN BACTERIA. THEY'VE BEEN SHOWN TO SECRET PROTECTIVE SUBSTANCES, WHICH MAY TURN ON THE IMMUNE SYSTEM AND PREVENT PATHOGENS FROM TAKING HOLD AND CREATING MAJOR DISEASE. —AMANDA WATSON



The Hy-Vee HealthMarket has vitamins, minerals and supplements to help support immune function.



**USDA SOJA QUICK DEFENSE** offers a natural and plant-based immune support with liquid glycerol.



**SUJA ORGANIC IMMUNITY** contains 100% organic ingredients and is a healthy addition to your diet.



**IMMUNE SUPPORT** contains vitamins and minerals to help support the immune system.



**GARDOL IMMUNE SUPPORT** is a natural immune support that contains vitamins and minerals to help support the immune system.



**HEALTHMARKET ADVANCED PROBIOTIC** is a natural immune support that contains probiotics to help support the immune system.



**OLLY ACTIVE IMMUNITY** contains vitamins and minerals to help support the immune system.



**CHOBANI PROBIOTIC** is a natural immune support that contains probiotics to help support the immune system.

# PRODUCTS FOR IMMUNE HEALTH AT HY-VEE

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# MORE SUMMER LESS PREP

ENJOY HEAT-THEN-EAT FROZEN  
MAINS, SIDES & INGREDIENTS



EXPLORE NEW FLAVORS OF SUMMER!



# BAKE UP SOMETHING EPIC THIS SUMMER

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# EGG ROLL IN A BOWL

RECIPE | INGREDIENTS | PREP TIME



**INGREDIENTS**  
 1/2 cup vegetable oil  
 1/2 cup soy sauce  
 1/2 cup rice vinegar  
 1/2 cup sesame oil  
 1/2 cup green onions  
 1/2 cup red bell peppers  
 1/2 cup yellow bell peppers  
 1/2 cup carrots  
 1/2 cup mushrooms  
 1/2 cup pork  
 1/2 cup egg rolls  
 1/2 cup rice

**PREP TIME**  
 15 minutes  
 30 minutes  
 45 minutes

**COOKING INSTRUCTIONS**  
 1. Heat oil in a large skillet over medium heat. Add pork and cook until browned. Add egg rolls and cook until golden. Add vegetables and cook until tender. Add sauce and mix well.

**RECIPE**  
 1. Heat oil in a large skillet over medium heat. Add pork and cook until browned. Add egg rolls and cook until golden. Add vegetables and cook until tender. Add sauce and mix well.  
 2. Add rice and mix well. Add green onions and sesame oil. Serve hot.  
 3. Add soy sauce, rice vinegar, and sesame oil. Mix well.  
 4. Add green onions and sesame oil. Mix well.

**PREP TIME**  
 15 minutes  
 30 minutes  
 45 minutes



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



# dietitian Q&A

## HEALTHIER SUMMER EATING HABITS

Make smart, safe food choices to battle warm weather at home or away. Elisa Sloss, Hy-Vee dietitian and vice president of Hy-Vee HealthMarket, has helpful tips for a healthful season.



**ELISA SLOSS, Ph.D., RD**  
Vice President  
HealthMarket

### Q: Why should I change my eating habits in summer?

**A:** Nutrition needs may be different in warmer weather and when we are more active. More time spent outdoors is often leading eating patterns that increase and extend our effect on health. For example, physical activity causes the body to produce more heat, which can lead to dehydration and loss of electrolytes (essential minerals that help regulate cell activity). Many uncomfortable and sometimes dangerous symptoms include dizziness, muscle cramps, nausea, headache, fatigue and loss of consciousness. Dehydration is also a common cause of heat-related illness. If you are feeling any physical effects of heat, seek shade or head indoors immediately. Always keep a first aid kit on hand when you spend time outdoors. At Hy-Vee, we have a variety of products to help you stay hydrated and energized throughout your summer adventures.

### Q: What foods should I eat?

**A:** Take advantage of summer's seasonal produce, choosing items that are high in water content, including watermelon, cucumber,

tomato, watermelon and lettuce. To keep a steady hydration routine, set reminders near your water bottle or use an app to help you. To increase your electrolyte consumption, add potassium-rich fruits, such as bananas, oranges, strawberries and avocados. Limit beer intake that may dehydrate your body, even as caffeine, alcohol and sugary soft drinks

### Q: How do I plan for a long day outdoors?

**A:** To avoid getting a headache or a painful stomach, you'll have to eat in small amounts throughout the day. Start, whether you're at a picnic, a campground or an outing, with a healthy protein-rich snack or bar to fuel your family's and friend's. When packing, take an oil separator to use after, or eat them thoroughly, and keep them for those sand-filled, messy or sticky days. Make sure the food will be kept as a safe temp as your cooler gets it. Available at Hy-Vee, our keep-it-cold cooler packs will help. Consider transporting your cooler or cooler bag in your car's climate-controlled trunk or in the trunk.

### Q: What foods should I stock up on at home for my family?

**A:** Keep a grocery list ready in your kitchen to get to the grocery store to restock your cooler.

to stock up on nutritious options. For a simple meal, reach for single-serving oatmeal, oatmeal bars or granola cereal grains. Offer alternative versions of their own and for a treat, purchase frozen fruit smoothies, nut butter protein balls, low-sodium whole grain crackers, nuts. These dietitian-approved items that can easily be prepared by kids to eat for a healthy meal or snack.

### Q: How can I teach my kids healthy habits?

**A:** Make grocery shopping a family activity or take time to plan healthy meals that they'll love to eat at home. Even younger children know what they enjoy and can have input. Find creative ways to make the best while waiting in line. Add fruit slices to water, swap in fruit cups for low-sodium instant noodle soups and soups for a meal, or swap fresh produce for a meal, or swap fresh produce for a meal. Keep a bowl of sliced and cut fresh produce, swap fresh veggies ready to eat for a snack, or swap fresh produce for a meal. Or have a grocery list ready to make sure you're getting the right items. Talk to your Hy-Vee dietitian for help finding items that suit your family's tastes and nutrition needs.



Scan the QR Code to find a local dietitian and discover why Hy-Vee can help you combat unhealthy eating habits.



## PACK A HEALTHY SUMMER COOLER

Look to Hy-Vee for a variety of on-the-go snacks to promote better nutrition and hydration throughout summer.

### HYDRATION STATION

- purified drinking water
- sports drinks
- 100% fruit juice
- coconut water

### SNACKS

- nut bars
- nut butter
- oatmeal fruit bars
- nut butter bars

### SNACKS

- baby carrots
- celery sticks
- sliced peppers

### DRINK & DIP

- hummus
- dip for washing cut produce
- dressings for dips

### ALL ABOUT THE MILK!

- yogurt made in France
- nut butters
- nut bars
- nut butter bars

### A HEALTHY HANDFUL

- nut butter bars
- nut butter bars
- nut butter bars

### TIPS FOR PACKING YOUR COOLER

**LEAVE ROOM**  
Ensure food safety by packing the cooler only three-fourths full with food and beverages, then fill space with ice.

**USE AIRTIGHT CONTAINERS**  
Prevent exposure to moisture by packing foods in sealed, preferably waterproof containers.

**PLACE BAGGED ITEMS ON TOP**  
Avoid flattening and breakage by keeping soft or bagged items on the cooler's top layer.

**KEEP THE LID CLOSED**  
Lock in the cold cooler should be below 40°F by only opening the lid when necessary.



# Foods That

# BLOATING

WHEN YOU WANT TO FEEL LIKE A BALLERINA THAT'S READY TO POP LEARN HOW TO GET THE MOST OF BLOATING, ALONG WITH OTHER AND HEALTHY HABITS THAT HELP PREVENT THE BLOATING.

## BLOATING 101

Bloating is a common digestive issue that can be caused by a variety of factors, including eating too fast, drinking too much carbonated beverages, and consuming certain foods that are difficult to digest.

One of the most common causes of bloating is the consumption of high-FODMAP foods, which are difficult to digest and can cause gas and bloating. Other factors include eating too quickly, drinking too much carbonated beverages, and consuming certain foods that are difficult to digest.

There are several ways to prevent bloating, including eating slowly, drinking water, and avoiding high-FODMAP foods. Additionally, certain supplements like probiotics and digestive enzymes can help with digestion and reduce bloating.

It's important to note that bloating can be a symptom of various conditions, including irritable bowel syndrome (IBS) and celiac disease. If you experience chronic bloating, it's best to consult with a healthcare professional for a proper diagnosis and treatment plan.

## BLOAT-BLASTING FOODS

Improve your gut health and digestion with these bloat-busting foods.



### GINGER

Ginger is a natural anti-inflammatory and can help reduce bloating and gas. It also aids in digestion and can help with nausea.



### PINEAPPLE

Pineapple contains bromelain, an enzyme that aids in digestion and can help reduce bloating and gas.



### BERRIES

Blueberries are high in fiber and antioxidants, which can help with digestion and reduce bloating.



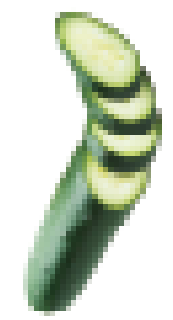
### GREEN TEA

Green tea contains catechins, which can help with digestion and reduce bloating.



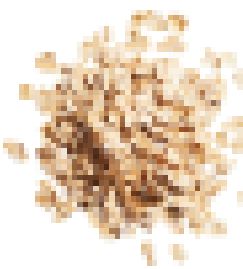
### FERMENTED FOOD

Fermented foods like sauerkraut and kimchi contain probiotics that can help with digestion and reduce bloating.



### CUCUMBER

Cucumbers are high in water content and can help with hydration and digestion, reducing bloating.



### OATMEAL

Oatmeal is a good source of fiber and can help with digestion and reduce bloating.



### YOGURT

Yogurt contains probiotics that can help with digestion and reduce bloating.

**EAT SLOWLY** Take time to chew food thoroughly, and stop eating before you feel full. It can take a while for the stomach to send a signal to the brain indicating fullness, so take breaks while eating to assess if you're still hungry. Most people eat more than enough before they actually feel satiated, which often leads to bloating.







# HEALTHY REAL HYDRATION

## NO ADDED SUGAR



# talking PRESCRIPTION labels

**SCRIPTALK IS A FREE SERVICE THAT LETS HY-VEE CUSTOMERS HEAR THEIR PRESCRIPTION INFORMATION ALOUD.**

Through a partnership with In-Vision America, Hy-Vee Pharmacy customers who are visually impaired, have difficulties reading or are non-English speakers can use the ScripTalk reader on mobile app. Contact your local Hy-Vee Pharmacy to opt in for this service. Once started, the pharmacist will place a small electronic tag on the prescription package, typically on the bottom of the bottle. This tag contains all label information—drug name, dosage, instructions, warnings, etc.—that you can scan and hear played out loud.

### AVAILABLE LANGUAGES

Talking labels can be translated to the following:

- Arabic
- Assisi
- Bangla
- Burmese
- Chinese
- (Simplified)
- Chinese
- (Traditional)
- English
- Farsi
- French
- German
- Greek
- Haitian Creole
- Hindi
- Italian
- Japanese
- Korean
- Malay
- Polish
- Polish
- Portuguese
- Romanian
- Russian
- Spanish
- Spanish
- Tagalog
- Vietnamese

### SCRIPTALK MOBILE APP

Download the app from the App Store or Google Play. Once open, click the "Scan" option and hold the bottle up to the lens of the camera for iPhone or the back of the phone near the camera for Android.



### SCRIPTALK BEAD

Hy-Vee Pharmacy can provide customers with a free ScripTalk reader. Once the doctor or pharmacist adds the information into the bottle and then simply place the prescription bottle on the base of the reader.





MAKE SUMMER MORE

# Flavorful



try this appetizer or salad topping. 1/2 lb

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SMART CHICKEN is a leading provider of fresh, organic, and responsibly sourced chicken products. Our commitment to quality and flavor is reflected in our wide variety of chicken pieces, including bone-in thighs, boneless breasts, and tenderloins. We also offer a variety of chicken-based products, such as bone broth, chicken strips, and chicken nuggets. All of our products are made with 100% organic chicken and are free of antibiotics and hormones. We are proud to be a part of the Smart Food movement, and we are committed to providing our customers with the highest quality chicken products available.





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