

HyVee[®] Seasons

TURKEY
TIME



november

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NOVEMBER 2022



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GEORGIA VAN GUNDY

EVP, CHIEF ADMINISTRATIVE OFFICER,
CHIEF CUSTOMER OFFICER

November brings with it a special holiday based on gratitude.

Thanksgiving is an annual reminder to appreciate the goodness life offers, the bountiful harvests and heartwarming moments with those we love.

This year, take the stress out of planning and prep with our handy Thanksgiving meal guide (p. 22). Then make the day extra special with barista-quality coffee drinks (p. 48), fall cocktails (p. 60) and fabulous pies your guests won't be able to wait to dig into (p. 34).

And, if you're planning to nosh on leftovers while watching football the rest of the long weekend, we've got some creative ways to use up what remains of the Turkey Day feast (p. 80).

Have a wonderful November and a very happy Thanksgiving!

HY-VEE SEASONS IS DIGITAL!

Hy-Vee Seasons Digital Edition is a free, highly interactive online version of *Hy-Vee Seasons* magazine. We look forward to connecting with you! Visit us at Seasons.Hy-Vee.com



AISLES

New & Noteworthy at Hy-Vee

VISIT HY-VEE OR
HY-VEE.COM/
SHOP TO FIND
**EXCITING NEW
PRODUCTS**
TO WARM
YOUR SPIRITS.



Cocoa Supreme

Land O'Lakes Cocoa Classics are made with nonfat dry milk and feature flavorful ingredients, including Dutch-processed cocoa, Madagascar vanilla and Colombian coffee. Just add hot water and enjoy rich cocoa creaminess in nearly a dozen flavors. Each is carefully crafted so the flavors complement the cocoa rather than overpower it.



- ARCTIC WHITE
WHITE CHOCOLATE COCOA MIX
- CHOCOLATE SUPREME COCOA MIX
- MINT & CHOCOLATE COCOA MIX

Snack Factory

DO THE TWIST
Since their debut nearly two decades ago, Snack Factory Pretzel Crisps have made their mark by offering a twist on an old favorite: great pretzel taste in a thin, crisp, crunchy and dippable form.



**SEA SALT &
CRACKED PEPPER**
A delicious take on an iconic flavor pairing.



**HONEY MUSTARD
& ONION**
An irresistible mix of sweet honey and tangy mustard.



SPICY RANCH
Features signature ranch flavor with a hint of spice.



GARLIC & HERB
A perfect blend of garlic and herbs such as mustard and rosemary.

Bold & Savory

Whether it's snack time or dinner time, these products from Hy-Vee help bring the heat.



DRUNKLE ED'S ENCHILADA SAUCE
Find mild and medium spice varieties of this enchilada sauce from Sioux Falls, South Dakota, made using an original homemade recipe.



BLUE DIAMOND ALMONDS
Scoop up a handful of seasoned almonds in boldly flavored varieties like sweet and spicy Korean BBQ or the Mexican-style street corn-inspired elote.

RUFUS TEAGUE

MADE IN KANSAS CITY, MISSOURI, RUFUS TEAGUE OFFERS BARBECUE SAUCES AND RUBS, AS WELL AS NUTS AND SUNFLOWER SEEDS—ALL GLUTEN-FREE AND MADE WITH NATURAL INGREDIENTS.



Rufus Teague K.C. Gold BBQ Sauce
Dip or marinate your favorite protein or vegetable in this sweet, tangy sauce with hints of bacon.



Rufus Teague Honey Roasted Peanuts and Almonds
These nuts are coated with blends of Rufus Teague sauces. Flavors include BBQ honey roasted and hot BBQ honey roasted.



Rufus Teague Spittin' Seeds
Each bag of seasoned Rufus Teague Spittin' Seeds comes in a portable, sealable pouch for on-the-go snacking. Grab a handful of savory flavors like BBQ Throwdown, Pitmaster Blend, Slow Burn BBQ and Smoky N' Salty.

ROBERT ROTHSCHILD FARM

For nearly four decades, Robert Rothschild Farm has been harvesting fresh fruit, and the fresh-from-the-field flavor is evident in every jar of made-from-scratch fruit spread. At Hy-Vee, you'll find spreads in traditional flavors like apple cinnamon, or unique fusions of sweet and spicy, such as hot pepper peach or raspberry amaretto.



SIMPLE SNACKS

Crisp & Crunchy

POTTER'S CRACKERS
Find the right cracker for your appetizer spread from this selection of organic, sustainably sourced crackers from Madison, Wisconsin.



ORGANIC WINTER WHEAT
Whole grain wheat with smooth, buttery flavor.



ORGANIC SIX SEED
An organic blend of seeds includes sesame and flax.



CARAMELIZED ONION
Made with flavorful Wisconsin-grown onions.



CLASSIC WHITE
Just the right combination of butter, salt and crunch.

Flavor Boost

AMP UP (ALMOST) ANY FOOD WITH SWEET AND SAVORY SPREADS OR CRUNCHY CRISPS.



HY-VEE HOT HONEY
Sweet meets heat in this honey infused with chillies. Add it to marinades or charcuterie spreads, or drizzle it over pizza and much more.



SUNDAY NIGHT DARK + DECADENT CHOCOLATE
This velvety chocolate sauce is made without corn syrup or artificial ingredients.



POTTER'S CRACKERS CRANBERRY HAZELNUT CRISPS
Enjoy a sweet, crunchy combination of hazelnuts, rolled oats and dried cranberry.



POTTER'S CRACKERS ROSEMARY THYME CRISPS
A tasty pairing for Italian cheeses, these crisps offer a savory, seasoned flavor.

Comfort
& Joy

DSW
Warm hearts (and toes!) this holiday season with cozy Muk Luks slippers with soft faux-fur lining and flexible soles for the ultimate in holiday lounging.



JOE FRESH
Await Santa's arrival in style with comfy, affordable PJs for the entire family. The relaxed fit and fun seasonal motifs are perfect for pre-bedtime snuggling.



CACTUS BLOSSOM SUGAR SCRUB
Made with an uplifting mix of bergamot, basil and eucalyptus.

CITRUS GROVE FOAMING HAND SOAP
A zesty base of grapefruit, orange blossoms, rosemary and ginger.



Hand in
Hand

RAISE A HAND FOR THE PLANET
Hand in Hand personal care products are beautifully blended and scented with ingredients you can feel good about using. Hand in Hand is mindful of the environment and selectively sources and harvests ingredients that have less impact on our planet. What's more, your purchase helps others. For every product purchased, Hand in Hand donates one bar of soap and clean water to a child in need.

Hi-ho,
Silver!

HAIR BIOLOGY
Get the style you want with products designed to transform aging hair.



HAIR BIOLOGY SILVER SHAMPOO
This shampoo cleanses and replenishes hair with biotin to fight brassiness and allow true silver tones to shine through.



HAIR BIOLOGY SILVER SHINE SERUM
As the lightweight cream melts to a clear serum, it infuses hair with moisture for a softer touch and a healthier glow.

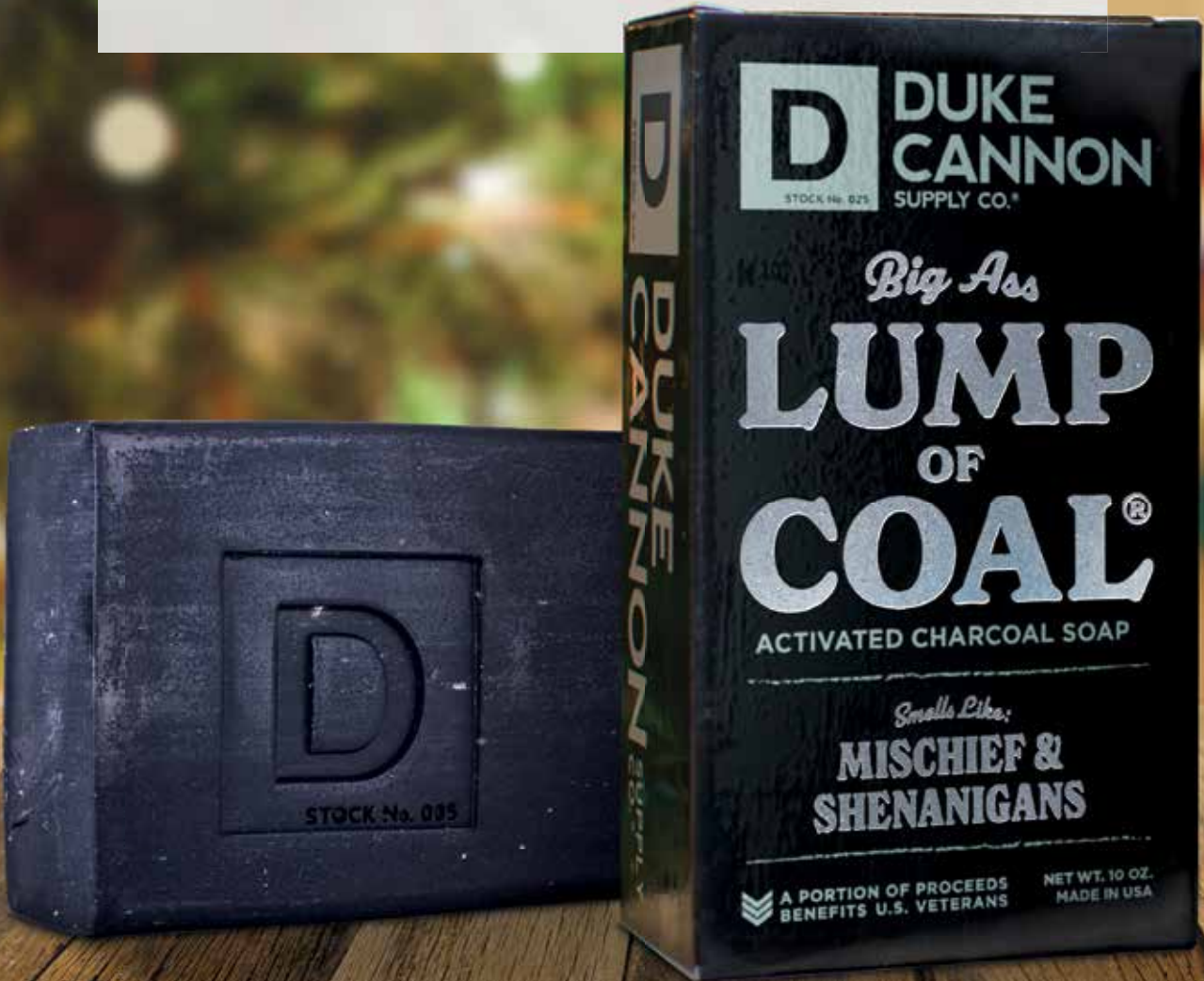


HAIR BIOLOGY SILVER CONDITIONER
Designed to correct yellow tones in gray hair, it leaves hair softer and more manageable.

NAUGHTY OR NICE,
**HE DESERVES SOME COAL
THIS CHRISTMAS.**

What do you get the man who has everything? Some broadly appealing holiday-themed soap, of course. Because Duke Cannon products—including our famous Big Ass Lump of Coal activated charcoal soap—make the perfect stocking stuffers for the men in your life. Plus, they're great at removing chimney soot.

DUKE CANNON SUPPLY CO.[®]

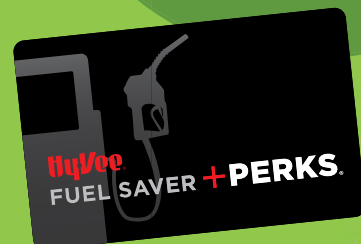


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Express



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



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HyVee
Fast & Fresh

101

Collard Greens

A close relative of cabbage and kale, earthy collard greens are packed with nutrients and can be enjoyed cooked or raw.

Collard greens have dark green, fan-like leaves that can be tough and slightly bitter, with a hint of earthiness. To enjoy raw, gently massage the leaves to soften plant fibers and give greens a milder flavor. Or cook the greens to achieve the same effect. Collard greens contain nutrients such as dietary fiber, which aids digestive health, and vitamin K, which assists in blood clotting and building strong bones.

BUY Fresh collard greens have sturdy green leaves with firm stalks. Smaller leaves may be less bitter and more tender. Avoid greens that appear wilted or yellowed.

STORE Unwashed collard greens can be kept in a plastic bag in the fridge for up to five days to help maintain crispness.

PREP Carefully rinse collard greens with cool running water, or soak in a bowl of water for a few minutes to remove debris. Dry with a paper towel, and use a knife to cut away stems.



WAYS TO ENJOY

Raw

To serve fresh, chop collard greens and add to a salad, use a wide leaf for a wrap or add to a green smoothie.

Braised

Classic collard greens are often simmered in a skillet with beans, meat and water or stock until greens are tender.

Puréed

Quickly blanch greens in boiling water, then blend with olive oil, nuts and cheese to make pesto sauce.

Sources: fsi.colostate.edu/collard-greens/ hsph.harvard.edu/nutritionsource/vitamin-k/ mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983

TIP

Pairing cooked collard greens with strong flavors, like sambal oelek, helps reduce any lingering bitterness. Sambal oelek is made of ground red chile peppers, and its spiciness helps balance the cooked greens.

Spicy Collard Greens with Pinto Beans

Total Time 1 hour 10 minutes
Serves 8 (¾ cup each)

2 (10- to 12-oz.) bunches collard greens, trimmed and cut into 1-in. slices
8 slices Hy-Vee sweet smoked thick-sliced bacon
1 cup Hy-Vee Short Cuts chopped white onions
1 (8-oz.) pkg. Hy-Vee cubed cooked ham
3 cloves garlic, chopped
2 cups Hy-Vee 33% less sodium chicken broth
1 cup water

2 Tbsp. Hy-Vee apple cider flavored vinegar
1 Tbsp. Hy-Vee granulated sugar
1 Tbsp. sambal oelek chili paste
1 (15-oz.) can Hy-Vee pinto beans, drained and rinsed
Lemon zest, for garnish
Hy-Vee crushed red pepper, for garnish

1. **FILL** a 6-qt. stockpot half full with water; bring to a boil. Add collard greens; cook for 3 minutes. Drain; reserve 1 cup cooking water. Set collard greens aside.

2. **COOK** bacon in a 12-in. cast iron skillet over medium heat for 5 to 7 minutes or until crisp. Drain bacon on paper towels; reserve drippings in skillet. Chop bacon and set aside.

3. **ADD** onions and ham to drippings in skillet. Cook for 4 to 5 minutes or until onions soften and ham just begins to brown, stirring occasionally.

4. **REDUCE** heat to medium-low. Stir in garlic; cook for 2 minutes. Add broth, reserved cooking water and vinegar. Simmer for 30 minutes.



SCAN TO SHOP a Lodge cast iron skillet at Hy-Vee.

GF GLUTEN-FREE

HOLIDAY CELEBRATE'N

CHOCOLATE CRÈME PIE



FIND THEM IN THE FREEZER AISLE!

crav'n FLAVOR
IT'S SERIOUS SATISFACTION.





WE'VE GOT THANKSGIVING COVERED

SIGNATURE PUMPKIN PIE

Bring this “easy as pie” Signature Pumpkin Pie to the table for a no-fail way to get invited back year after year.

5m	55m	290	8
PREP TIME	COOK TIME	CALORIES	SERVINGS

- 1 frozen unbaked deep dish pie crust, 9-inch
- 1 can (15 ounces) pumpkin
- 1 can (14 ounces) sweetened condensed milk
- 2 eggs
- 1 tablespoon **McCormick® Pumpkin Pie Spice**
- 1 teaspoon **McCormick® All Natural Pure Vanilla Extract**

To make this signature pumpkin pie recipe, start by preheating the oven to 425°F. Place frozen pie crust on large foil-lined baking sheet.

Mix pumpkin, milk, eggs, pumpkin pie spice and vanilla in large bowl until smooth. Pour into crust.

Bake 15 minutes. Reduce oven temperature to 350°F. Bake 40 minutes longer or until knife inserted 1 inch from the crust comes out clean. Cool completely on wire rack. Serve with Vanilla Whipped Cream, if desired.



For more recipes: <https://www.mccormick.com/thanksgiving>

BASICS

Gravy from Scratch

Combine three low-cost kitchen staples to make homemade gravy.

TURKEY MAY BE THE STAR, but a savory homemade gravy can easily steal the show. It's simple to make and uses just three ingredients. Butter and flour form a rich base, while stock adds volume and flavor, creating a thick, smooth, glossy sauce as it reduces.

CUSTOMIZE the flavor of your gravy, if desired, with salt, pepper, Italian or poultry seasoning, or fresh herbs like thyme or sage before serving.

FOR 8 SERVINGS of gravy, combine ¼ cup each of Hy-Vee salted butter and Hy-Vee all-purpose flour with 4 cups of Hy-Vee stock or broth. The stock reduces as it simmers on low heat, so these amounts will produce about 2 cups of gravy.



Use the Drippings
Discover how to use turkey drippings to make Simple Pan Gravy from scratch. Visit [Hy-Vee.com/recipes](https://www.hy-vee.com/recipes)



STOP THE SLOP

A gravy boat ensures tidy delivery with just one hand—no ladle required!



SCAN TO SHOP this ceramic gravy boat at Hy-Vee.

HOW-TO



1. Melt ¼ cup salted butter in a saucepan; add ¼ cup Hy-Vee all-purpose flour. Whisk until smooth. Cook and whisk over medium heat until flour is a deep tan, about 2 to 3 minutes.



2. Gradually whisk in 4 cups cooking stock or broth. Bring to a boil, whisking constantly.



3. Reduce heat to medium-low and gently boil for 15 to 20 minutes or until desired consistency, whisking occasionally. Season to taste.

SAVINGS

Freezing Food

Reduce waste and keep your grocery budget in check by freezing foods.

Freezing is an easy food-preservation technique that allows you to use food—at your convenience—before it goes bad and has to be discarded. It can cut down on waste, which averages 338 pounds of food per person a year, according to the Environmental Protection Agency's most recent data. Freezing food also makes it possible to save money on groceries. One example: Stock up on foods such as meat when it's on sale, then freeze for later use. Both raw and cooked foods can be safely frozen. Foods that have been thawed and cooked can also be refrozen.

FREEZER BURN

Exposure to air causes moisture to evaporate from food, which results in freezer burn. To prevent it, wrap food tightly and remove as much air as possible.



How to Freeze

USE FREEZER BAGS AND CONTAINERS FROM HY-VEE. LABEL CONTENTS WITH THE TYPE OF FOOD AND THE DATE YOU FROZE IT TO ENSURE FOOD IS USED IN A TIMELY MANNER.

SOUPS & SAUCES

Briefly cool hot foods at room temperature. Transfer to one- or two-portion freezer containers and completely cool in the fridge. Once cooled, store in the freezer for up to 3 months.

FRESH FRUIT

Wash, dry and core or slice fruit before freezing. Line a baking sheet with parchment paper and freeze in a single layer. Once frozen, transfer to a freezer bag. Freeze citrus up to 3 months, and all other fruits for 8 to 12 months.

VEGGIES & HERBS

Blanch vegetables in boiling water for 2 to 5 minutes to prevent spoilage. Submerge in an ice bath to quickly cool. Pat dry and transfer to a freezer bag or an airtight container and freeze for 8 to 12 months. For herbs such as garlic, peel individual cloves and place in a freezer bag or container. Freeze up to 6 months.

COOKED MEALS

Allow foods such as fried rice and burritos to cool at

room temperature. Cut casseroles, such as lasagna, into individual portions, if desired. Tightly wrap or place in a freezer-safe container and freeze up to 4 months.

MEAT

Leave raw, unopened meat in its original packaging, and wrap with plastic or foil. Freeze for 4 to 12 months. Cool cooked meat, then securely wrap in plastic and place in an airtight freezer bag or container. Freeze for 2 to 3 months.

COOKIES & BROWNIES

Stack in airtight containers, separating each layer with parchment paper, and freeze for up to 3 months. For cookie dough, scoop individual portions and place in a single layer in a freezer-safe container. Freeze up to 2 months.

DAIRY

Freeze purchased shredded cheese or blocks in the original packaging up to 3 months. Freeze unopened sticks of salted butter up to 1 year and unsalted up to 6 months.

\$1,500

THE VALUE OF FOOD DISCARDED ANNUALLY BY THE AVERAGE AMERICAN FAMILY, ACCORDING TO THE U.S. DEPARTMENT OF AGRICULTURE.

Sources: [usda.gov/foodwaste/faqs](https://www.usda.gov/foodwaste/faqs) [usda.gov/foodlossandwaste/consumers](https://www.usda.gov/foodlossandwaste/consumers)
[epa.gov/sites/default/files/2020-11/documents/2018_wasted_food_report.pdf](https://www.epa.gov/sites/default/files/2020-11/documents/2018_wasted_food_report.pdf)
[epa.gov/sustainable-management-food/united-states-2030-food-loss-and-waste-reduction-goal](https://www.epa.gov/sustainable-management-food/united-states-2030-food-loss-and-waste-reduction-goal)
[fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/freezing-and-food-safety](https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/freezing-and-food-safety)



SCAN TO SHOP food storage options at Hy-Vee.

SOLUTIONS

Holiday Meal-Prep Hacks

Make cooking a little easier with a few handy tricks that use items you likely already have in your kitchen.

PIE WEIGHT SUBSTITUTE

Pie weights are used to keep crust from bubbling and shrinking away from the edges of the pie plate when baking a crust. If you don't own pie weights, pantry staples like dry beans, uncooked rice and popcorn kernels can be used instead.

USING POPCORN KERNELS

Line the crust with parchment paper, then fill the entire base two-thirds full with popcorn kernels. Chill, then bake—popcorn will not pop when baked at 400°F or below. Remove the popcorn and paper. Use a fork to prick the crust bottom all over to prevent bubbles and continue baking until crust is golden color.



SCAN TO SHOP bakeware from Hy-Vee.

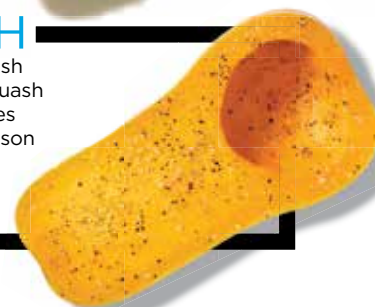


DIY ROASTING RACK

If you don't have a V-rack, build your own with aluminum foil. Roll pieces of foil into five tight cylinders and place them 2 inches apart across the bottom of the roasting pan. Position food so that it sits evenly on top of the cylinders to cook.

MICROWAVE SQUASH

Save on oven space by cooking butternut squash in the microwave. Cut off the stem, slice the squash in half and scoop out the seeds. Place the halves on a plate, drizzle with oil or melted butter, season with salt and pepper and microwave for 14 to 16 minutes or until the squash can be easily pierced with a fork.



MORE THAN

1000

WELLS BUILT

TO PROVIDE CLEAN DRINKING WATER TO THOSE AROUND THE WORLD.



Hy-Vee

ONE STEP

Hy-Vee One Step products give you the opportunity to give back every time you shop. That's because a portion of the proceeds from every One Step product purchased is donated to support worthy causes – such as providing clean water for communities in need.

Gluten free for the holidays.



You'll never taste what's missing when you choose Good Graces gluten free products.

From snacking to baking and everything in between, Good Graces has all the gluten free options you're looking for this holiday season.



Good Graces™

Exclusively at **HyVee**

LEVEL UP

Cranberry Sauce

Elevate this classic canned holiday favorite with flavorful toppings.



HY-VEE JELLIED CRANBERRY SAUCE

+



Sparkling Cranberries

+



Melissa's Crystallized Ginger Slices

+



Mint Leaves

SPARKLING GINGERED CRANBERRY SAUCE

20 minutes or less

PREPARE
Sparkling Cranberries according to recipe on *Hy-Vee.com*. Open 1 (14-oz.) can Hy-Vee jellied cranberry sauce. Run a table knife around edge of can to release cranberry sauce. Place on cutting board. Cut into 4 round slices. Place on serving plate. Arrange Sparkling Cranberries, 2 Tbsp. thinly sliced crystallized ginger slices and fresh mint on top of cranberry sauce slices. Serves 8.

GF GLUTEN-FREE
V VEGETARIAN DISH



NOVEMBER 2022

You wanna piece of this?

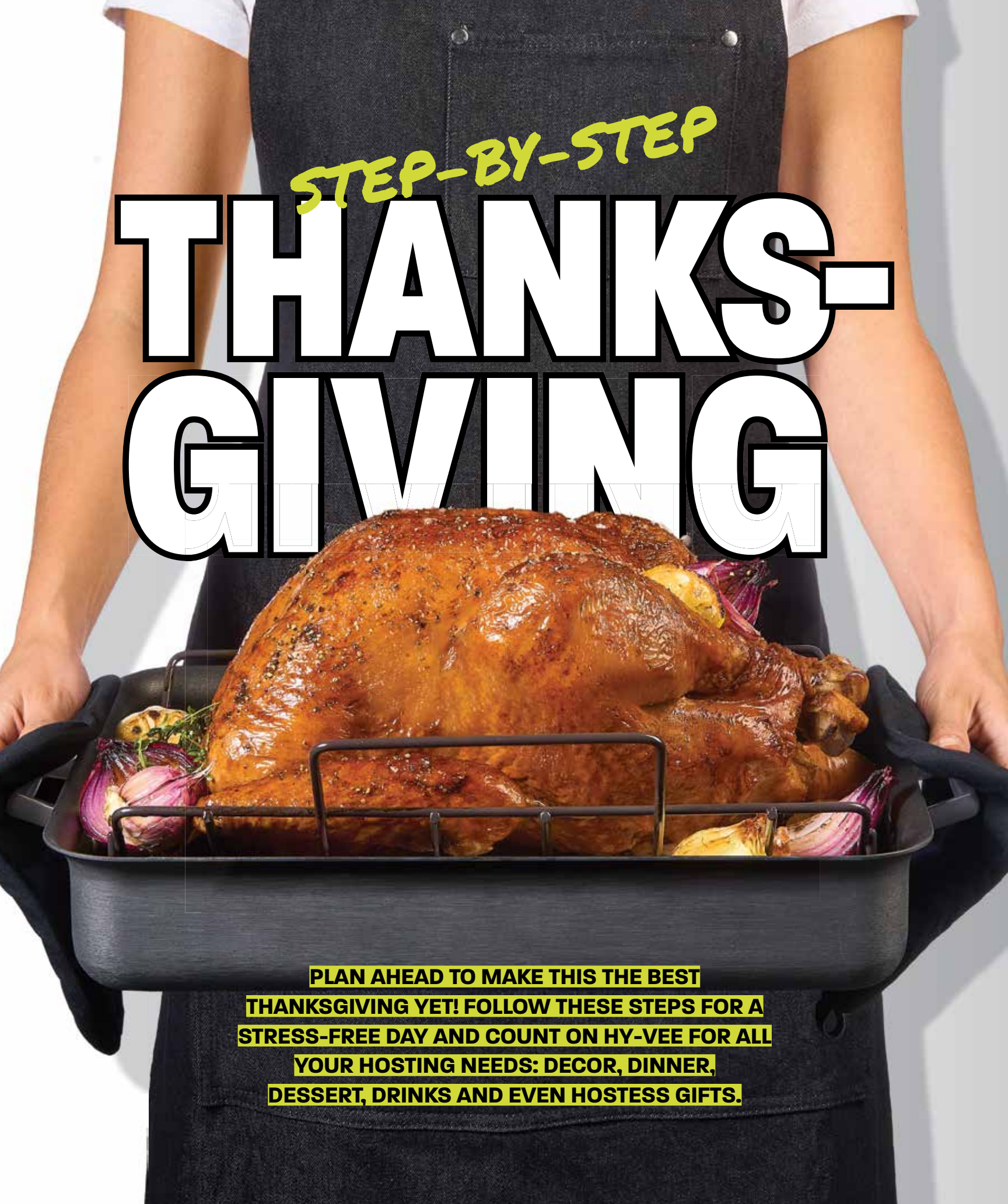


Order your bakery fresh holiday pie today!

HyVee



STEP-BY-STEP THANKSGIVING
| PIE GUIDE | SATISFYING
SOUP | AT-HOME BARISTA |
SWEET POTATOES 6 WAYS
| FABULOUS FALL COCKTAILS
| MEATLESS MAINS |
DOLLAR DINNERS FOR FOUR
| QUICK & CLEAN BREAKFAST |
SECOND THAT!



STEP-BY-STEP THANKSGIVING

**PLAN AHEAD TO MAKE THIS THE BEST
THANKSGIVING YET! FOLLOW THESE STEPS FOR A
STRESS-FREE DAY AND COUNT ON HY-VEE FOR ALL
YOUR HOSTING NEEDS: DECOR, DINNER,
DESSERT, DRINKS AND EVEN HOSTESS GIFTS.**

THE HOLIDAY SEASON CAN BRING WARM MEMORIES OF FAMILY AND FRIENDS, GREAT FOOD AND LAUGHTER—AND IT OFTEN BEGINS WITH THANKSGIVING.

If you're hosting this year's celebration, rest easy knowing Hy-Vee is here to help. Use this step-by-step guide and timeline to prepare everything needed for the day. First, figure out how many people are coming to the feast and choose the Hy-Vee Holiday Meal Pack that meets your needs. Order up to one month to 48 hours ahead and begin preparing everything else you need, like decor and drinks. Or, if you're going to be a guest this holiday, Hy-Vee has you covered with a variety of hostess gifts.

1 STEP PREP AHEAD

GUEST LIST

Confirm the list of guests at least two weeks before Thanksgiving so you know how much food and drink to provide. Check with guests to see if they have any food allergies or dietary restrictions.

MENU

Finalize the menu the week prior to Thanksgiving. Knowing exactly what you need ahead of time will help avoid confusion and last-minute grocery runs.

DISHWARE

Go through the cupboards and make sure you have enough serving utensils, dishware and silverware for guests. Do the same for chairs and place mats.

SHOPPING LIST

Check the pantry and refrigerator for everything you'll need. Write a shopping list of items to replenish.

ORDER FROM HY-VEE

The easiest prep tip of all: Order a Holiday Meal Pack from Hy-Vee! Items are prepared and packaged so all you have to do is reheat.

COUNTDOWN TO DINNER

	1 Week Before Order your Hy-Vee Holiday Meal Pack from your local store.	3 Days Before Pick up your Meal Pack at Hy-Vee, along with groceries from your list.	3 Hours Before Start preparing the Meal Pack entrée.	Dinner Time! Dig in and enjoy the fruits of your labor with loved ones.
2 Weeks Before Establish the guest list to help estimate how much food you'll need to buy.	5 Days Before Make a shopping list of everything you'll need to buy.	1 Day Before Prep the house for guests. Set up dining tables, chairs and coolers.	1 Hour Before Prepare any sides that need to be heated and any extra sauces or toppers.	

DECOR

STYLISH CENTERPIECE

The Hy-Vee Floral Department has breathtaking seasonal selections to make your dinner table pop. Visit your local Hy-Vee to browse the ready-made selection of arrangements and bouquets. For a custom arrangement, speak with a florist at least a week before the holiday.



SCAN TO
PLACE a
Hy-Vee
Floral order.

STEP 2

MEAL PACKS

READY-MADE Hy-Vee Holiday Meal Packs include entrées, sides and desserts that are ready to heat and eat. Choose from multiple options to fit your budget, tastes and size of gathering. Pick up your Meal Pack one to three days before the meal. Personalize the order by adding a few extra ingredients (see Step 3). Or add extra à la carte items (see Step 4).



SCAN TO SHOP dinnerware and serveware from Hy-Vee.

HEATING UP
CHECK YOUR MEAL PACK FOR HEATING INSTRUCTIONS. ENTRÉES TAKE 1 TO 2½ HOURS TO HEAT.

CROWD'S CHOICE GOURMET HAM & TURKEY MEAL PACK

- Serves 12
 - Butterball® turkey (10–12 lb.)
 - Honey-glazed spiral ham (18–20 lb.)
 - Three large sides of mashed potatoes
 - Four large sides of your choice
 - 32 oz. beef or turkey gravy
 - 24 dinner rolls
 - Two pies
- Price: \$269.99**

SIDEKICKS
PICK YOUR FAVORITE SIDES FROM A VARIETY OF OPTIONS. (SEE STEP 4 FOR THE FULL LIST.)

PICK YOUR PACK

CHOOSE FROM A VARIETY OF MEAL PACK OPTIONS WITH TURKEY, HAM OR PRIME RIB OFFERINGS.



TURKEY PARTY PLEASER MEAL PACK

- Serves 8
 - Butterball® turkey (10–12 lb.)
 - Two large sides of mashed potatoes
 - Two large sides of your choice
 - 16 oz. beef or turkey gravy
 - 12 dinner rolls
- Price: \$99.99**



PRIME RIB PARTY MEAL PACK

- Serves 8
 - Hormel USDA Select prime rib (5–6 lb.)
 - Horseradish sauce
 - Two large sides of mashed potatoes
 - Two large sides of your choice
 - 16 oz. beef or turkey gravy
 - 12 dinner rolls
- Price: \$169.99**



APPLEWOOD PIT HAM MEAL PACK

- Serves 8
 - CarveMaster Applewood pit ham (7–10 lb.)
 - Two large sides of mashed potatoes
 - Two large sides of your choice
 - 16 oz. beef or turkey gravy
 - 12 dinner rolls
- Price: \$109.99**



HONEY-GLAZED SPIRAL HAM MEAL PACK

- Serves 12
 - Honey-glazed spiral ham (18–20 lb.)
 - Three large sides of mashed potatoes
 - Four large sides of your choice
 - 32 oz. beef or turkey gravy
 - 24 dinner rolls
- Price: \$189.99**



BROWN SUGAR SPIRAL

- Serves 8
 - Brown sugar spiral ham (8–10 lb.)
 - Two large sides of mashed potatoes
 - Two large sides of your choice
 - 16 oz. beef or turkey gravy
 - 12 dinner rolls
- Price: \$99.99**



TURKEY BREAST BUNDLE

- Serves 6
 - Jennie-O boneless turkey breast (3–4 lb.)
 - Two large sides of mashed potatoes
 - Two large sides of your choice
 - 16 oz. beef or turkey gravy
 - 12 dinner rolls
- Price: \$89.99**



HOW TO ORDER Call or visit your local Hy-Vee to place an order for a Hy-Vee Holiday Meal Pack at least one week before Thanksgiving. Or order online at [Hy-Vee.com/shop](https://www.hy-vee.com/shop)

3 LEVEL UP

Turn Hy-Vee Holiday Meal Pack entrées and sides into unique dishes with a few easy add-ins.

GOUDA-WALNUT-TOPPED GREEN BEAN CASSEROLE

Toss together 1 cup shredded Culinary Tours smoked Gouda cheese, ½ cup Hy-Vee dried cranberries and ½ cup Hy-Vee walnut pieces in a small bowl. Remove plastic lid from 1 large (44-oz.) container Hy-Vee Kitchen green bean casserole side. Sprinkle with cheese mixture. Place on a baking sheet. Bake at 350°F for 30 to 35 minutes or until temperature reaches 165°F. Do not stir. Let stand for 1 minute. Serves 12 (½ cup each).



VEGETARIAN DISH

POP OF FLAVOR

BOTH RECIPES ADD A HINT OF SWEETNESS AND TANG TO YOUR PURCHASED GREEN BEAN CASSEROLE DISH WITH DRIED CRANBERRIES OR APRICOTS.



HAZELNUT-BLACK PEPPER-TOPPED GREEN BEAN CASSEROLE

Toss together ½ cup chopped hazelnuts and 1½ tsp. coarsely ground Hy-Vee garlic pepper in a small bowl. Remove plastic lid from 1 large (44-oz.) container Hy-Vee Kitchen green bean casserole side. Sprinkle with hazelnut mixture. Place on a baking sheet. Bake at 350°F for 20 minutes. Top with ½ cup sliced Hy-Vee dried apricots; bake for 10 to 15 minutes more or until temperature reaches 165°F. Do not stir. Let stand for 1 minute. Serves 12 (½ cup each).



VEGETARIAN DISH

QUICK COATING
PREPARE THESE SIMPLE GLAZES WHILE THE TURKEY FROM THE MEAL PACK REHEATS; SPREAD ON WARM TURKEY.



ROASTED TURKEY WITH MAPLE-COFFEE GLAZE

Reheat 1 (10- to 12-lb.) Hy-Vee fully cooked baked Butterball turkey according to Hy-Vee cooking instructions. Meanwhile, for glaze, stir together 1 cup Hy-Vee Select 100% pure maple syrup, ¼ cup quartered frozen Hy-Vee unsweetened red tart cherries and 2 Tbsp. Traeger coffee rub in a small saucepan. Cook over medium heat for 12 to 15 minutes or until slightly thickened; cool completely. Spoon glaze over hot turkey; spread with back of spoon. Sprinkle with 1½ Tbsp. chopped Italian parsley. Serves 8.



GLUTEN-FREE

ROASTED TURKEY WITH CRANBERRY-THYME GLAZE

Reheat 1 (10- to 12-lb.) Hy-Vee fully cooked baked Butterball turkey according to Hy-Vee cooking instructions; remove turkey from oven. For glaze, stir together ¾ cup Hy-Vee whole berry cranberry sauce and 2 Tbsp. Hy-Vee 100% orange juice in a small saucepan. Cook over medium heat for 2 to 3 minutes or until cranberry sauce is melted and bubbly, stirring frequently. Brush glaze over hot turkey. Sprinkle with pecans, pistachios and thyme. Serves 8.



GLUTEN-FREE

TOASTED MERINGUE-TOPPED PUMPKIN PIE

Just before serving, combine ½ cup water, ½ Tbsp. ultrafine pure cane granulated sugar, 2 Tbsp. meringue powder, ¼ tsp. cream of tartar and ¼ tsp. Hy-Vee vanilla extract in a deep medium bowl. Beat with an electric mixer on medium until soft peaks form (tips curl). Add an additional ½ cup ultrafine sugar, 1 Tbsp. at a time, beating on high until stiff peaks form (tips stand straight). Spoon meringue mixture into a pastry bag fitted with a large star-shape piping tip. Pipe mixture onto 1 (41-oz.) Hy-Vee Bakery pumpkin pie (10-in.). Using a kitchen torch, toast meringue until golden. Garnish with finely chopped Hy-Vee dark chocolate espresso beans, if desired Serves 9.



VEGETARIAN DISH

GRAND GARNISH

FLUFFY MERINGUE TOPPING OR PAINTED PASTRY LEAVES TURN HY-VEE PUMPKIN AND APPLE PIES INTO THE MAIN EVENT.



20
minutes
or less

AUTUMN-TOPPED APPLE PIE

Preheat oven to 425°F. Line a large baking sheet with parchment paper; set aside. Roll ½ (15-oz.) pkg. Hy-Vee ready-to-bake 9-in. pie crust (1 crust) into a 12-in. round. Using cookie cutters or stencils, cut out desired leaf shapes. Place pastry leaves in a single layer on prepared baking sheet; set aside. For brush-on colorings, for each color, stir together 2 tsp. Row vodka and 1 or 2 drops desired food coloring gel; brush onto pastry leaves. Beat 1 large egg white with a fork in a small bowl; brush over painted pastry leaves. Sprinkle with turbinado cane sugar. Bake pastry leaves for 5 to 7 minutes or until bottom of dough pieces are lightly browned. Cool completely. Arrange baked leaves on top of 1 (46-in.) Hy-Vee Bakery gourmet apple pie (10-in.), as desired. Serves 9.



VEGETARIAN DISH

CHEESY PROSCIUTTO MACARONI

Toss together ½ cup Basket & Bushel sugar snap peas, split open lengthwise; ½ cup chopped Gustare Vita roasted peppers; and ¼ cup chopped La Quercia prosciutto piccante in a medium bowl. Remove plastic lid from 1 large (48-oz.) container Hy-Vee Kitchen white Cheddar macaroni side. Spoon vegetable mixture over macaroni mixture; cover with foil. Place on baking sheet. Bake at 350°F for 30 to 35 minutes or until temperature reaches 165°F. Let stand for 1 minute. Serves 12 (½ cup each).

MEAT LOVERS
TENDER SHRIMP OR CRISP PROSCIUTTO ADDS A MEATY TEXTURE TO YOUR PURCHASED MAC & CHEESE DISH.



LEMON-PEPPER SHRIMP MACARONI

Toss together 1 cup Fish Market frozen cooked tail-off, peeled & deveined shrimp (71 to 90 ct.), thawed, and 1 tsp. Hy-Vee lemon pepper seasoning in a small bowl to coat. Remove plastic lid from 1 large (48-oz.) container Hy-Vee Kitchen white Cheddar macaroni side. Spoon shrimp mixture over macaroni mixture; sprinkle with 1 cup shredded Culinary Tours Gruyère cheese. Place on a baking sheet. Bake at 350°F for 25 to 30 minutes or until temperature reaches 165°F. Let stand for 1 minute. Sprinkle with 2 tsp. chopped fresh tarragon. Serves 12 (½ cup each).

4 STEP

ROUND OUT THE MEAL

Choose from a variety of delicious side dishes to complete your Hy-Vee Holiday Meal Pack order and add any sides à la carte to ensure you have enough food for everyone. Try any of these side dish and dessert options.



SCAN TO PLACE your Holiday Meal Pack order at Hy-Vee.



JUST DESSERTS

A SHOWSTOPPING DESSERT IS A SCRUMPTIOUS FINALE TO A GREAT MEAL. CHOOSE ANY OF THESE PIES AS A SIDE FOR YOUR MEAL PACK.



Apple Pie



Pumpkin Pie



Banana Cream Pie



French Silk Pie

SUPER SIDES

CHOOSE YOUR SIDES FROM THIS LIST OF HEAT-AND-EAT ITEMS. ADD ANY TO YOUR ORDER À LA CARTE FOR AN ADDITIONAL CHARGE.



Sage Bread Dressing



White Cheddar Macaroni



Holiday Potatoes with Cheddar



Cranberry Relish



Mashed Potatoes



Green Bean Casserole



Buttered Sweet Corn

5 STEP

SAY CHEERS

A glass of wine can help guests ease into the festivities and heighten the dining experience. Offer a range of red and white wines for guests to enjoy upon arrival and throughout the meal.



SCAN TO SHOP Riedel wine glasses from Hy-Vee.



KENDALL-JACKSON VINTNER'S RESERVE CHARDONNAY

Smooth Chardonnay with notes of citrus, pineapple, mango and papaya.



SANTA MARGHERITA PINOT GRIGIO

The dry golden apple flavor pairs well with fresh cheeses from an appetizer spread.



PINE RIDGE CHENIN BLANC + VIOGNIER

White wine has notes of green apple, white peaches, apricot and honey.



COTE DES ROSES

Light, fruity wine features floral scents with notes of citrus.



SEGHEsIO ZINFANDEL

Full-bodied wine with complex flavors of black cherry, black raspberry, figs and spices.

THE HY-VEE WINE & SPIRITS DEPARTMENT IS OVERFLOWING WITH A WIDE SELECTION OF WINES. ASK A HY-VEE CERTIFIED WINE SPECIALIST TO HELP FIND THE PERFECT BOTTLE TO FIT YOUR TASTE PREFERENCES, MENU AND BUDGET.

STEP 6

HOST WITH THE MOST

Show appreciation for your holiday host with a personal gift from Hy-Vee. Whether your host always has the tastiest baked goods or knows the best wine pairing for any meal, Hy-Vee has the perfect way to say “thank you.”



SCAN TO SHOP hostess gifts at Hy-Vee.



WHAT'S COOKING?

For the budding baker: Give them the tools they need to bake up a storm with a Gather 'Round pie dish and holiday-theme oven mitt and pot holder.

CUP OF CHEER

For the amateur sommelier: a washable, seasonally themed knit bottle sock and stemless wineglass, complete with a gold-letter holiday phrase.



ALL ON BOARD

For the cheese-loving host: an acacia wood serving board with metal handles for easier transporting from kitchen to table and an embossed message encouraging togetherness. Or a set of six mini boards for the ultimate individual grazing boards.



PLAN FOR HOLIDAY HANG-UPS

Something is bound to go off track, but don't let it derail the day. Dodge these common Thanksgiving mishaps.

STEP 7



WET STUFFING

To dry out overly moist stuffing, spread it evenly across a baking pan and place in the oven for 5-10 minutes at the same temperature at which it was originally cooked.



PACKED KITCHEN

A CROWDED KITCHEN CAN GET HOT. GIVE YOURSELF ROOM TO WORK BY ASKING JUST ONE OR TWO PEOPLE TO HELP. SET UP APPETIZERS AND DRINKS IN A SEPARATE ROOM TO REDUCE FOOT TRAFFIC.



LACK OF OVEN SPACE

If you're running low on oven or stove space, find alternative ways to keep dishes warm. Place mashed potatoes in a slow cooker, if possible. Or, wait to bake some side dishes until after the turkey is finished cooking, during the resting and carving time.



DRY TURKEY No need to fret if you've overcooked the bird. Warm up a cup of poultry stock and pour it into a food-safe spray bottle. After you've carved the turkey, spray it with the stock.



UNDER- OR OVERCOOKED

A meat thermometer is the most accurate way to tell if your turkey, ham or prime rib is finished cooking. The stainless-steel OXO SoftWorks Analog Instant Read Thermometer at Hy-Vee takes the internal temperature quickly and includes markings for beef, ham and poultry. Simply insert the thermometer into the deepest part of the meat, farthest from the bone, and wait for the reading.



NEED TO MAKE A LAST-MINUTE GROCERY RUN? HY-VEE IS OPEN THANKSGIVING MORNING. CHECK WITH YOUR LOCAL STORE FOR EXACT HOURS.

SEASON OF GIVING

KEEP AN EYE OUT FOR THESE SEASONAL GIFTS AT YOUR LOCAL HY-VEE.



Be Happy Platter with Spoon & Napkin



Autumn House Dishtowel Gift Set



10 oz. Thymes Candle Frasier Fir Scent



Hoppy Christmas Pilsner Glass with Towel



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Founded by Priyanka Chopra Jonas

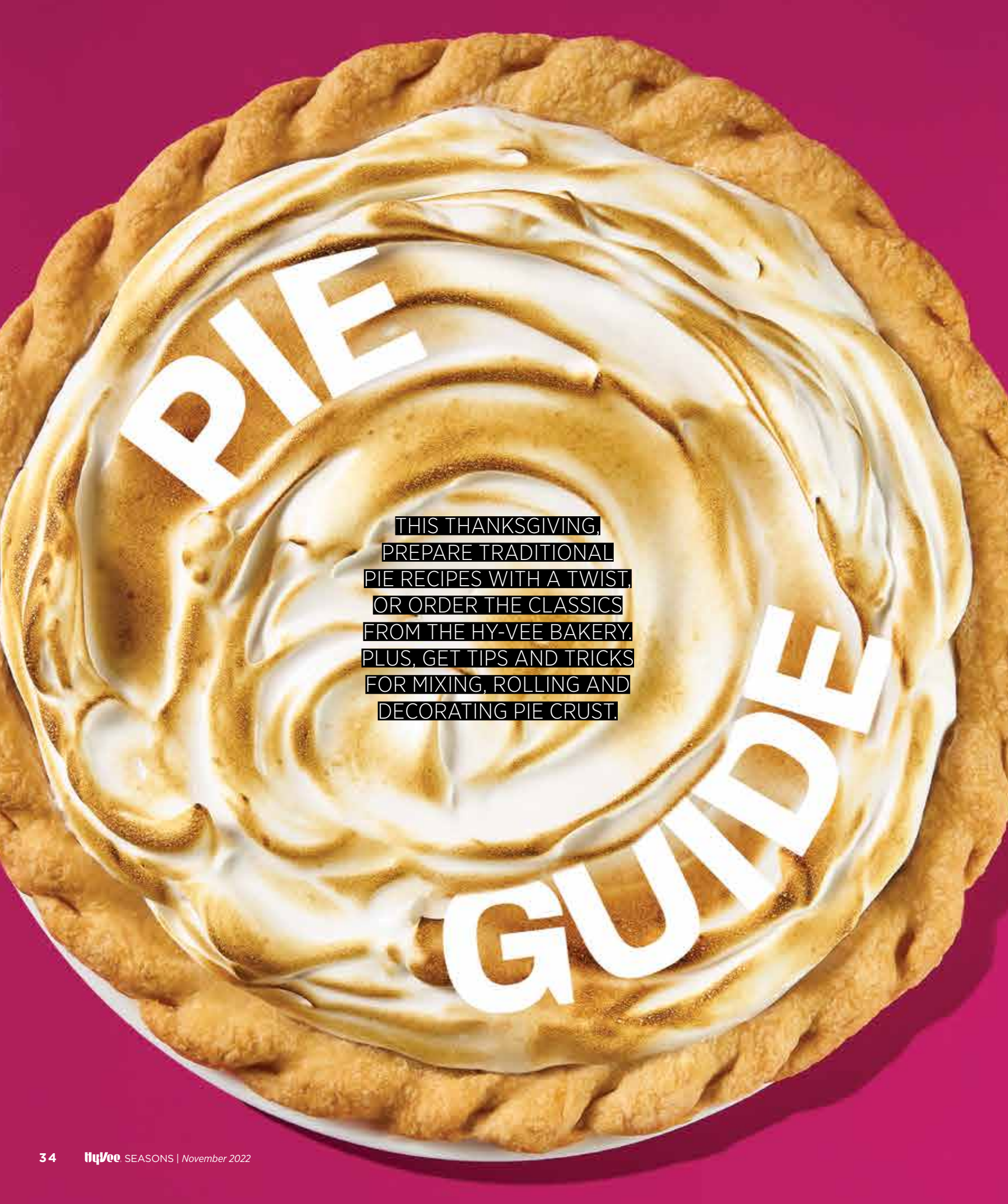
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+ VEGAN

CLEAN

100% RECYCLED
PLASTIC BOTTLE



THIS THANKSGIVING,
PREPARE TRADITIONAL
PIE RECIPES WITH A TWIST,
OR ORDER THE CLASSICS
FROM THE HY-VEE BAKERY.
PLUS, GET TIPS AND TRICKS
FOR MIXING, ROLLING AND
DECORATING PIE CRUST.

Hands On 50 minutes
Total Time 2 hours 10 minutes
plus freezing, cooling, chilling
and standing time
Serves 8

PIE
1 recipe Single-Crust Pie Pastry,
p. 36
¼ cup Hy-Vee unsalted butter
2 Hy-Vee large eggs
1 (15-oz.) can organic sweet
potato purée
½ cup Hy-Vee whole milk
⅓ cup Hy-Vee Select 100% pure
maple syrup
½ tsp. Hy-Vee ground cinnamon
½ tsp. Hy-Vee ground nutmeg
¼ tsp. Hy-Vee ground ginger
¼ tsp. Hy-Vee salt
¼ tsp. Hy-Vee vanilla extract
⅓ tsp. ground allspice

MERINGUE
½ cup cold water
¾ cup ultrafine pure cane
granulated sugar, divided
2 Tbsp. meringue powder
¼ tsp. cream of tartar
⅓ tsp. maple extract

1. PREHEAT oven to 350°F. For pie, roll pastry dough disk, from center to edge, on a lightly floured piece of parchment paper into a 13-in. round. Gently roll pastry around rolling pin; carefully unroll to place on a 9-in. pie plate. Ease pastry into pie plate without stretching. Trim pastry ½ in. beyond edge of pie plate; fold under pastry even with pie plate edge. Crimp edge as desired. (See 4 Crust Styles). Lightly cover with plastic wrap; freeze for 15 minutes.

2. FOR FILLING, heat butter in a small saucepan over medium heat for 6 to 8 minutes or until butter is light amber-brown in color, stirring occasionally. Remove from heat; cool slightly.

3. WHISK eggs in a large bowl. Add sweet potato purée, milk, maple syrup, cinnamon, nutmeg, ginger, salt, vanilla, allspice and browned butter; gently whisk just until combined.

4. PLACE pastry-lined pie plate in a large rimmed baking pan; pour in filling. Bake for 70 to 80 minutes or until a knife inserted into center comes out clean. Cool completely on a wire rack. Refrigerate until ready to serve.

5. TO SERVE, let pie stand at room temperature for 15 minutes.

For meringue, combine water, ¼ cup ultrafine sugar, meringue powder, cream of tartar and maple extract in a large mixing bowl. Beat with an electric mixer on medium for 5 minutes or until soft peaks form (tips curl). Add remaining ½ cup sugar, 1 Tbsp. at a time, beating on high until stiff peaks form (tips stand straight).

6. SPREAD meringue on top of pie; use the back of a spoon to smooth and form peaks. Using a kitchen torch, toast meringue until golden.

Per serving: 426 calories, 19 g fat, 8 g saturated fat, 2 g trans fat, 63 mg cholesterol, 351 mg sodium, 57 g carbohydrates, 1 g fiber, 32 g sugar (27 g added sugar), 5 g protein. **Daily Values:** Vitamin D 3%, Calcium 4%, Iron 9%, Potassium 5%

VEGETARIAN DISH



SWEET POTATO

Pie with Maple Meringue

HY-VEE PIE TOOLS



OXO Good Grips Stainless Steel Dough Blender and Cutter

This pastry blender cuts shortening into flour to form pea-size crumbs.



Oster 3-Cup Mini Food Chopper

Load this food processor with flour, salt, butter and shortening, then pulse until pieces are coarse meal size.



Gracious Dining Pie Dish with Metal Rack

Bake pies in this stoneware dish, then elevate the results at the buffet table with the metal rack.



SCAN TO
SHOP these
pie tools
at Hy-Vee.

Single-Crust Pie Pastry

101

LEARN HOW TO
PREP, MIX AND
ROLL OUT DOUGH
TO CREATE
A FLAKY,
DELICATE CRUST.



1. WHISK together 1½ cups Hy-Vee all purpose flour, 1 Tbsp. Hy-Vee granulated sugar and ¾ tsp. Hy-Vee salt in a medium bowl. Add ½ cup Hy-Vee all-purpose vegetable shortening.



2. CUT shortening into flour mixture using a pastry blender until mixture forms pea-size crumbs.



3. DRIZZLE 1 Tbsp. ice-cold water over flour mixture; toss mix with a fork. Repeat with additional 4 to 6 Tbsp. ice-cold water until all flour is moistened.



4. GATHER dough and gently press together to form a ball; slightly flatten into a disk. Wrap dough disk in plastic wrap. Refrigerate for 30 minutes or up to 2 days.



5. FLOUR a rolling pin and roll out dough from center to edge, applying even pressure and rotating dough one-quarter turn after each roll to form an even circle.



6. ADD more flour to rolling pin, then gently roll dough around pin. Slowly unroll dough over pie dish.

VEGETARIAN DISH

ALWAYS USE COLD FAT AND WATER
WHEN MAKING PIE CRUST. COLD SHORTENING
STEAMS AS THE PIE IS BAKED, CREATING
A FLAKY, LAYERED CRUST.

4 CRUST STYLES



Fluted Edge

Place an index finger against inside edge of pastry. Using the thumb and index finger of the opposite hand, press pastry from the outside onto index finger to crimp.



Braided Edge

Cut three strips of dough to desired thickness. Braid strips together and place braid along outer rim of pie. Repeat as necessary to cover outer edge of crust.



Straight Edge

Lay one long, flat strip over edge of lattice along edge of pie.



Rope Edge

Place one index finger against outer edge of pastry at desired angle. Place opposite index finger against inner edge of pastry, parallel to opposite finger. Gently squeeze dough between inner edge of fingers. Repeat.

Retro

SUGAR PIE

Hands On 50 minutes

Total Time 1 hour 20 minutes
plus chilling and cooling time
Serves 16

PIE

1 recipe Single-Crust Pie Pastry,
p. 36

1¼ cups Hy-Vee granulated sugar

6 Tbsp. Hy-Vee corn starch

¼ tsp. Hy-Vee salt

3 cups Hy-Vee heavy whipping cream

3 Tbsp. Hy-Vee unsalted butter, chopped

2½ tsp. Hy-Vee vanilla extract

TOPPING

1½ Tbsp. unsalted butter, melted

3 Tbsp. Hy-Vee granulated sugar

¾ tsp. Hy-Vee ground cinnamon

RASPBERRY COULIS

1 (12-oz.) package Hy-Vee frozen unsweetened raspberries, thawed

½ cup Hy-Vee powdered sugar

1 tsp. fresh lemon juice

Fresh raspberries, for garnish

1. FOR PIE, roll pastry dough disk, from center to edge, on a lightly floured piece of parchment into a 13-in. round. Gently roll the pastry around rolling pin; carefully unroll to place it on a 9-in. pie plate. Ease pastry into pie plate without stretching. Trim pastry ½ in. beyond the edge of the pie plate; fold under pastry even with pie plate edge. Crimp edge as desired.

2. LINE pastry-lined shell with a 12-in.-round parchment paper. Fill two-thirds full with pie weights; refrigerate for 30 minutes.

3. FOR FILLING, whisk together sugar, corn starch and salt in a heavy 2-qt. saucepan; add cream. Heat and continuously whisk over medium heat for 5 to 10 minutes or until slightly thickened. Do not let simmer or boil. Remove from heat. Stir in butter and vanilla. Cool for 30 minutes, stirring occasionally.

4. PREHEAT oven to 400°F. Bake pastry shell for 20 minutes. Remove parchment paper and pie weights. Bake for 4 to 5 minutes more or until bottom looks dry and flaky, but still pale. Reduce oven temperature to 325°F.

5. SPREAD filling into pie crust shell. For topping, brush melted butter on top of filling. Combine sugar and cinnamon;

sprinkle evenly over butter on filling. Cover pie crust edge with foil. Bake for 20 to 25 minutes or until filling temperature reaches 150°F to 155°F. Remove pie from oven.

6. PLACE oven rack 8 in. from heat. Preheat broiler to HIGH. Broil pie for 1½ to 3½ minutes or until top is bubbly and

sugar mixture is caramelized. Watch carefully.

7. FOR COULIS, place thawed raspberries and powdered sugar in a food processor or blender. Cover and process or blend until smooth. Strain mixture through a fine-mesh sieve set over a bowl; discard pulp and seeds. Stir in lemon juice.

8. TO SERVE, garnish plate with raspberry coulis and fresh raspberries. Serve with additional coulis, if desired.

Per serving: 381 calories, 24 g fat, 14 g saturated fat, 1 g trans fat, 68 mg cholesterol, 128 mg sodium, 39 g carbohydrates, 1 g fiber, 23 g sugar (22 g added sugar), 1 g protein. Daily Values: Vitamin D 0%, Calcium 5%, Iron 3%, Potassium 0%

VEGETARIAN DISH



CRANBERRY

Citrus
Slab Pie

CLASSIC LATTICE

To create a lattice, place half of dough strips across the pie, parallel to each other. Fold every other strip back and lay a dough strip diagonally and across. Repeat.

Pie Aplenty

Watch how to make this sheet pan pie to feed a large gathering.

Hy-Vee
seasons

Watch and learn at
Seasons.Hy-Vee.com

Hands On 50 minutes
Total Time 1 hour
35 minutes plus
cooling time
Serves 24

¾ cup Hy-Vee granulated sugar
¾ cup packed Hy-Vee brown sugar
½ tsp. Hy-Vee salt
½ cup plus 3 Tbsp. water, divided
4 (8-oz.) pkg. frozen whole cranberries
½ cup Hy-Vee orange marmalade
¼ cup fresh orange juice
2 Tbsp. Hy-Vee corn starch
¼ cup Hy-Vee unsalted butter, chopped
4 recipes Single-Crust Pie Pastry, p. 36
1 Hy-Vee large egg
2 tsp. turbinado cane sugar
It's Your Churn premium vanilla bean ice cream, for serving
Orange zest, for garnish

1. WHISK together granulated and brown sugars and salt in a large saucepan. Add ½ cup water. Bring to a boil over medium heat; cook for 5 minutes or until sugar is dissolved, stirring frequently. Add cranberries, marmalade and orange juice. Simmer, uncovered, over medium-low heat for 10 to 12 minutes or until most of the cranberries have popped.

2. WHISK together corn starch and 2 Tbsp. water in a small bowl until corn starch is dissolved. Slowly stir into cranberry mixture. Stir in butter until melted. Remove from heat; cool to room temperature.

3. PREHEAT oven to 400°F. Press 2 pastry dough disks together. Roll pastry, from center to edge, on a lightly floured surface into a

16×12-in. rectangle. Fold pastry in half and place in a nonstick baking pan. Unfold and gently ease into bottom and sides of pan. Trim pastry ½ in. beyond edges of pan; fold under pastry even with pan edges. Spread cooled pie filling into pastry-lined pan.

4. FOR LATTICE, press remaining 2 pastry dough disks together. Roll pastry, from center to edge, on a lightly floured surface into a 16-in. square. Cut into 22 (¾-in. wide) strips.

5. ARRANGE 9 pastry strips diagonally on top of filling, placing them about ¾ in. apart. Weave an additional 9 strips perpendicular to other strips to create a lattice pattern. Trim excess dough from strips; press ends to edges of pastry-lined pan to seal.

6. LAY remaining 4 strips on edges of pan to form a border; trim ends. Gently press down on border strips to seal. Whisk together egg and remaining 1 Tbsp. water in a small bowl. Brush pastry lattice with egg mixture. Sprinkle with turbinado sugar.

7. BAKE for 40 to 45 minutes or until filling is bubbly in center and crust is golden brown. If necessary, loosely cover edges with foil during the last 20 minutes to prevent overbrowning. Cool completely on a wire rack.

8. TO SERVE, top with vanilla ice cream. Garnish with orange zest, if desired.

Per serving: 360 calories, 18 g fat, 5 g saturated fat, 2 g trans fat, 13 mg cholesterol, 347 mg sodium, 47 g carbohydrates, 2 g fiber, 21 g sugar (19 g added sugar), 3 g protein. Daily Values: Vitamin D 0%, Calcium 1%, Iron 7%, Potassium 2%

V OPTIONAL **VEGETARIAN DISH**

HY-VEE BAKERY PIE FLAVORS

ORDER PIES IN ANY SIZE YOU NEED FOR THE HOLIDAYS—FULL 10- OR 12-IN., SMALL 6-IN. OR INDIVIDUAL SLICES.



Gourmet Southern Pecan Pie

Flaky crust paired with rich filling and topped with handpicked pecan halves.



Gourmet Pumpkin Pie

Creamy pumpkin filling blended with fall spices. Just top with whipped cream before serving.



Gourmet Dutch Apple Pie

Tender spiced apple filling covered with sweet, crunchy streusel topping.



Gourmet Cherry Pie

Michigan cherries baked into a gooey sweet and tart filling enclosed in a flaky double crust.



Gourmet Chocolate Creme Pie

Decadent chocolate filling with piped whipped cream and cocoa powder on top.



Gourmet French Silk Pie

Light, fluffy chocolate filling covered with a thick layer of whipped cream and elegant chocolate curls.

TO PLACE AN ORDER,
CALL YOUR LOCAL HY-VEE
OR GO ONLINE TO
HY-VEE.COM/SHOP
AND CLICK "BAKERY."



Learn to make a
“But First, Pie”
Dessert Board.



WATCH & SHOP
ONLY ON
HSTV.com

Deep-Dish Bourbon Streusel-Topped Apple Butter PUMPKIN PIE

Hands On 55 minutes
Total Time 2 hours 10 minutes
plus freezing, cooling, chilling
and standing time
Serves 10

PIE

Hy-Vee nonstick cooking spray
2 recipes Single-Crust Pie Pastry, p. 36
4 Hy-Vee large eggs, divided
1 tsp. water
1 (15-oz.) can Hy-Vee pumpkin
1 (14-oz.) can Hy-Vee sweetened condensed milk
1 cup apple butter
1 Tbsp. bourbon
1½ tsp. pumpkin pie spice
¼ tsp. Hy-Vee salt

STREUSEL

¼ cup Hy-Vee all-purpose flour
2 Tbsp. packed Hy-Vee brown sugar
1 Tbsp. Hy-Vee granulated sugar

2 Tbsp. cold Hy-Vee unsalted butter, chopped
¼ cup chopped roasted and salted shelled pistachios
Chocolate curls, for garnish

1. FOR PIE, spray a 9½-in. deep-dish pie plate with nonstick spray; set aside. Roll 1 pastry dough disk, from center to edge, on a lightly floured piece of parchment paper into a 14-in. round. Gently roll pastry around rolling pin; carefully unroll to place it on prepared pie plate. Ease pastry into pie plate without stretching. Trim pastry ½ in. beyond edge of pie plate; fold under pastry even with pie plate edge. Do not crimp edge. Whisk together 1 egg and water in a small bowl. Brush top edge with egg mixture; reserve remaining egg mixture.

2. DIVIDE remaining pastry dough disk in half. Reserve one portion for another use. Roll remaining portion on a lightly floured piece of parchment paper into

a ½-in.-thick rectangle. Cut ¼-in.-wide strips using a pizza cutter. Braid together 3 strips at a time. Lay braided pastry strips on edge of pastry-lined pie plate; gently press down to seal. Lightly cover with plastic wrap; freeze for 15 to 20 minutes.

3. PLACE oven rack in the lower one-third of oven. Preheat oven to 425°F. For filling, whisk remaining 3 eggs in a large bowl. Add pumpkin, sweetened condensed milk, apple butter, bourbon, pumpkin pie spice and salt; gently whisk just until combined.

4. PLACE pastry-lined pie plate in a large rimmed baking pan; pour in filling. Brush braided edge with additional egg mixture. Bake for 15 minutes. Reduce oven temperature to 350°F; cover braided edge with foil. Bake for 55 to 60 minutes more or until internal temperature of pie reaches 175°F to 180°F. Cool completely on a wire rack. Refrigerate until ready to serve.

5. FOR STREUSEL, line a 15×10×1-in. baking pan with parchment paper; set aside. Stir together flour, brown sugar and granulated sugar in a small bowl. Cut in butter until mixture resembles coarse crumbs; stir in pistachios. Cover and freeze for 20 minutes. Spread streusel mixture evenly in prepared pan. Bake in center of oven at 350°F for 8 to 10 minutes or until lightly browned. Cool completely in pan on wire rack. Crumble into small pieces; store tightly covered at room temperature until ready to serve.

6. TO SERVE, let pie stand at room temperature for 15 minutes. Top with streusel; garnish with chocolate curls, if desired.

Per serving: 654 calories, 30 g fat, 10 g saturated fat, 2 g trans fat, 92 mg cholesterol, 524 mg sodium, 81 g carbohydrates, 3 g fiber, 48 g sugar (42 g added sugar), 12 g protein. **Daily Values:** Vitamin D 3%, Calcium 12%, Iron 13%, Potassium 3%

Hands On 30 minutes
Total Time 1 hour 45 minutes plus chilling and cooling time
Serves 12

PASTRY

1½ cups Good Graces gluten-free all-purpose flour
½ tsp. Hy-Vee salt
¼ cup cold Hy-Vee vegetable shortening
¼ cup cold Hy-Vee unsalted butter, chopped
3 to 4 Tbsp. ice water
Hy-Vee nonstick cooking spray

FILLING

1 (3.5-oz.) pkg. Zöet 57% cacao dark chocolate bar, coarsely chopped
¼ cup Wide Awake Coffee Co. cold brew unsweetened light roast drink
¼ cup Kahlúa rum & coffee liqueur
¼ cup cold Hy-Vee unsalted butter, chopped
3 Hy-Vee large eggs
¾ cup Hy-Vee granulated sugar
½ cup packed Hy-Vee light brown sugar
½ cup Hy-Vee light corn syrup
1 tsp. Hy-Vee vanilla extract
½ cup Hy-Vee chopped pecans
1¼ cups Hy-Vee pecan halves
Hy-Vee caramel-flavored syrup, for garnish
Coarsely ground Hy-Vee sea salt, for garnish

1. FOR PASTRY, place flour and salt in a food processor. Cover and pulse until combined. Add shortening and chopped butter. Cover and pulse until pieces are size of coarse meal.

2. DRIZZLE 1 Tbsp. water over flour mixture. Cover and pulse 4 to 5 times. Continue moistening and pulsing flour mixture, adding 1 Tbsp. cold water at a time, until dough holds together. Gather dough and gently press together to form a ball; slightly flatten into a disk. Wrap dough disk in plastic wrap. Refrigerate

for 30 minutes or up to 2 days. If chilled for more than 1 hour, let dough stand at room temperature for 15 minutes before using.

3. PREHEAT oven to 350°F. Lightly spray a 9-in.-round tart pan with a removable bottom with nonstick spray. Roll pastry dough disk, from center to edge, on a lightly floured piece of parchment paper into a 13-in. round. Invert parchment paper onto prepared pan. Remove paper; gently ease pastry into pan; press pastry into fluted side of pan; trim top edge even with pan. Refrigerate while preparing filling.

4. FOR FILLING, heat chocolate, cold brew beverage, Kahlúa and chopped butter in a small saucepan over medium-low heat for 3 to 4 minutes or until smooth, stirring frequently. Cool.

5. WHISK eggs in a large bowl. Stir in granulated and brown sugars, corn syrup, vanilla and chocolate mixture until combined.

6. GENTLY press chopped pecans into bottom of crust, without breaking through pastry. Place tart pan in a large rimmed baking pan. Pour filling into pastry-lined pan. Arrange pecan halves on top of filling in a spiral pattern.

7. BAKE for 15 minutes. Loosely cover with foil and bake for 50 to 60 minutes more or until filling is set in center and reaches 200°F. Cool completely on a wire rack. Garnish with caramel drizzle and sea salt, if desired.

Per serving: 497 calories, 26 g fat, 9 g saturated fat, 1 g trans fat, 67 mg cholesterol, 145 mg sodium, 61 g carbohydrates, 3 g fiber, 39 g sugar (38 g added sugar), 5 g protein. **Daily Values:** Vitamin D 2%, Calcium 1%, Iron 5%, Potassium 2%

GF option **GLUTEN-FREE**

V option **VEGETARIAN DISH**

Gluten-Free
COLD BREW
and coffee liqueur Pecan Pie



GLUTEN-FREE PIES

November is Gluten-Free Diet Awareness month, which serves as a reminder to include gluten-free options at your holiday meal for any guests who may have a gluten intolerance.

SATISFYING

S

EASILY
MAKE THESE
HEARTY
FALL SOUPS
IN ONE
OF THREE
WAYS, THEN
AUGMENT
WITH
DELICIOUS
TOPPERS
AND HY-VEE
BREADS.



P

Instant Pot Meatball Minestrone Soup

Total Time 1 hour 45 minutes
Serves 8 (1¾ cups each)

3 Tbsp. Gustare Vita olive oil
1 (16-oz.) pkg. Hy-Vee Short Cuts mixed carrot and celery sticks, diagonally sliced ¼ in. thick
1 cup Hy-Vee Short Cuts chopped white onions
2 Tbsp. Hy-Vee Italian seasoning
2 tsp. bottled minced garlic
1 tsp. Hy-Vee salt
1 tsp. Hy-Vee black pepper
4 cups water
4 cups Hy-Vee vegetable stock
1 (16-oz.) pkg. Hy-Vee dried nine bean soup mix, rinsed
2 Tbsp. Hy-Vee tomato paste

1 (14-oz.) pkg. Hy-Vee frozen Italian style meatballs
5 cups trimmed and chopped Lacinato kale
1 (14-oz.) can Hy-Vee no salt added diced tomatoes, undrained
4 tsp. fresh lemon juice, for serving
Soirée shaved Parmesan cheese, for serving

1. HEAT oil in an 8-qt. Instant Pot or pressure cooker on SAUTÉ setting. When HOT displays, add carrots and celery, onions, Italian seasoning, garlic, salt and pepper. Cook, uncovered, for 3 to 4 minutes or until onions are softened, stirring frequently. Turn off Instant Pot. Transfer vegetable mixture to a small bowl; set aside.

2. ADD water, vegetable stock, dried bean soup mix and tomato paste to Instant Pot. Lock lid in place and set valve to SEALING position. Cook on HIGH PRESSURE for 30 minutes. Allow pressure to release naturally for 20 minutes. Place towel over release valve; move to VENTING position (Quick Release) to release remaining pressure. Carefully remove lid, allowing steam to escape.

3. ADD meatballs and vegetable mixture to Instant Pot. Lock lid in place and set valve to SEALING position. Cook on HIGH PRESSURE for 5 minutes. Quick-release pressure; carefully remove lid.

4. STIR in kale and undrained diced tomatoes. Cook, uncovered, on SAUTÉ setting for 10 to 12 minutes or until kale is tender, stirring occasionally.

5. TO SERVE, ladle soup in serving bowls. Drizzle each serving with ½ tsp. lemon juice; sprinkle with Parmesan cheese.

Per serving: 424 calories, 19 g fat, 6 g saturated fat, 0 g trans fat, 32 mg cholesterol, 1,054 mg sodium, 62 g carbohydrates, 27 g fiber, 8 g sugar (2 g added sugar), 26 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 23%, Potassium 26%



SWAP MEET

To make this dish healthier, substitute a low-sodium vegetable broth and use turkey meatballs instead of Italian meatballs.



SCAN TO
SHOP this
Instant Pot
at Hy-Vee.

Cook food up to 70% faster with a multiuse pressure cooker at Hy-Vee. The programmable unit also allows for slow cooking.

Smoky Black-Eyed Pea Soup

Hands On 30 minutes
Total Time 1 hour 25 minutes
Serves 8 (1½ cups each)

6 slices Hy-Vee Country Smokehouse thick-sliced hickory-smoked slab bacon, chopped
2 cups chopped unpeeled sweet potatoes
1 cup sliced celery
1 medium yellow onion, chopped
1 Tbsp. lite Creole seasoning
1 tsp. bottled minced garlic
½ tsp. smoked paprika
½ tsp. Hy-Vee black pepper
2 (32-oz.) containers Hy-Vee 33% less sodium chicken broth
1 (14- to 16-oz.) split smoked ham shank

1 Tbsp. Full Circle Market organic unfiltered apple cider vinegar
2 (15.5-oz.) cans black-eyed peas, drained and rinsed
4 cups lightly packed baby kale

1. COOK bacon in a 6-qt. Dutch oven over medium heat for 5 to 6 minutes or until crisp, stirring frequently. Remove bacon with a slotted spoon; drain on paper towels. Reserve 2 Tbsp. bacon drippings in Dutch oven.

2. ADD sweet potatoes, celery, onion, Creole seasoning, garlic, smoked paprika and black pepper to bacon drippings in Dutch oven. Cook over medium heat for 10 to 12 minutes or until onion is softened, stirring occasionally.

3. ADD chicken broth, ham shank and vinegar. Cover and simmer over medium-low heat for 40 minutes, stirring occasionally.

4. REMOVE ham shank from soup. Remove meat from shank; discard skin and bones. Chop meat into bite-size pieces. Return meat to soup mixture.

5. STIR in black-eyed peas and kale. Simmer, uncovered, for 12 to 15 minutes or until kale is tender. Top with cooked bacon before serving.

Per serving: 368 calories, 12 g fat, 4 g saturated fat, 0 g trans fat, 50 mg cholesterol, 825 mg sodium, 38 g carbohydrates, 10 g fiber, 9 g sugar (0 g added sugar), 27 g protein. **Daily Values:** Vitamin D 3%, Calcium 8%, Iron 19%, Potassium 28%

GF GLUTEN-FREE

Loaded Vegetarian Potato Soup with Mushroom “Bacon”

Total Time 1 hour 45 minutes
Serves 8 (1½ cups each)

SOUP

3 Tbsp. Gustare Vita olive oil
2 tsp. bottled minced garlic
1 (24-oz.) pkg. Basket & Bushel petite red potatoes, quartered
2 cups thinly sliced leeks, white and light green parts only
1 medium yellow onion, chopped
1 Tbsp. Hy-Vee dried parsley
1 tsp. Hy-Vee salt
1 tsp. Hy-Vee black pepper
6 cups Hy-Vee vegetable stock
3 Tbsp. Hy-Vee corn starch
3 Tbsp. cold water
2 cups Hy-Vee whole milk
2 (8-oz.) pkgs. Hy-Vee mild Cheddar cheese bricks, shredded; divided
Hy-Vee sour cream, for serving
Sliced green onions, for serving
Coarsely ground Hy-Vee Malabar black pepper, for garnish

MUSHROOM “BACON”

1 (8-oz.) pkg. whole white mushrooms, thinly sliced
2 Tbsp. Gustare Vita olive oil
2 Tbsp. tamari
2 Tbsp. Full Circle Market organic light-colored agave nectar

1. HEAT olive oil in a 6-qt. stockpot over medium heat. Add garlic; cook for 30 to 60 seconds or until fragrant. Add potatoes, leeks, onion, parsley, salt and 1 tsp. black pepper. Cook

for 5 to 6 minutes or until onion is softened, stirring occasionally.

2. ADD vegetable stock. Bring to a gentle boil; reduce heat. Simmer, uncovered, over medium-low heat for 30 to 35 minutes or until potatoes are fork-tender.

3. FOR MUSHROOM “BACON,” preheat oven to 400°F. Line a large rimmed baking pan with parchment paper; set aside. Combine mushrooms, olive oil, tamari and agave nectar in a medium bowl; toss to coat. Let stand for 10 minutes. Drain; place mushrooms in a single layer in prepared baking pan. Bake for 15 to 20 minutes or until tender.

4. REMOVE stockpot from heat. Blend mixture in stockpot using an immersion blender until smooth. Whisk together corn starch and water in a small bowl; stir into soup mixture. Bring soup to a simmer over medium-low heat, stirring constantly.

5. STIR in milk and 3 cups shredded cheese. Cook for 4 to 5 minutes or until slightly thickened, stirring occasionally.

6. TO SERVE, ladle soup into serving bowls. Top with sour cream, remaining shredded cheese, Mushroom “Bacon” and green onions. Garnish

with Malabar black pepper, if desired.

Per serving: 475 calories, 30 g fat, 14 g saturated fat, 0 g trans fat, 68 mg cholesterol, 1,379 mg sodium, 34 g carbohydrates, 3 g fiber, 9 g sugar (2 g added sugar), 20 g protein. **Daily Values:** Vitamin D 10%, Calcium 41%, Iron 10%, Potassium 12%

GF GLUTEN-FREE

V VEGETARIAN DISH

A TEXTURAL APPROACH

To give the soup more texture, reserve a cupful of cooked potatoes to add back in at the end of cooking.

Create big batches of soup with the Lodge 6-qt. Dutch oven. Use this kitchen multitasker on a stovetop to sauté, simmer or fry—or in an oven to broil, braise, bake or roast up to 500°F.



SCAN TO SHOP this Dutch oven on HSTV.

BAKERY BREAD PAIR SOUP WITH HY-VEE BAKERY FRESH BREAD.



ROASTED GARLIC SOUR DOUGH BREAD
Roasting the garlic results in a milder, sweeter taste.



ARTISAN ASIAGO CHEESE BREAD
Cheese in the dough and on the crust makes it extra cheesy.



FOCACCIA BLACK PEPPER PARMESAN BREAD A partnership featuring a popular spice and cheese.



Pork Carnitas and Tomatillo Soup

Hands On 20 minutes
Total Time 6 hours
30 minutes
Serves 8 (1½ cups each)

- 1 (2- to 2¼-lb.) boneless pork shoulder blade roast
- 2 Tbsp. Gustare Vita olive oil
- 2 Tbsp. packed Hy-Vee brown sugar
- 1 (1-oz.) pkg. Good Graces gluten-free carnitas seasoning
- 1 (32-oz.) container Hy-Vee vegetable stock
- 1 (24-oz.) bottle mild salsa verde
- 1 (4-oz.) can Hy-Vee diced green chiles
- 1 medium white onion, chopped
- ½ cup fresh orange juice
- 1 (15.25-oz.) can Hy-Vee no salt added whole kernel corn, drained
- 1 (15-oz.) can Hy-Vee no salt added black beans, drained and rinsed

Desired garnishes, such as thinly sliced avocado, sliced jalapeño peppers,* fresh cilantro, Hy-Vee sour cream, crumbled Cotija cheese and/or Hy-Vee Santa Fe style tortilla strips
Lime wedges, for serving

- 1. **PAT** pork dry with paper towels. Stir together olive oil, brown sugar and carnitas seasoning in a small bowl. Rub mixture onto all sides of pork roast. Place roast in a 6-qt. slow cooker.
- 2. **ADD** vegetable stock, salsa verde, green chiles, onion and orange juice to a slow cooker. Cover and cook on HIGH for 5 to 6 hours or until pork is very tender.
- 3. **REMOVE** roast from slow cooker; place in a rimmed baking pan. Using two forks, coarsely shred pork. Return shredded pork to slow cooker. Stir in corn and black beans. Cover and cook on HIGH for 10 minutes more or until heated through.
- 4. **TO SERVE**, ladle soup into serving bowls. Garnish as desired. Serve with lime wedges, if desired.

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

Per serving: 393 calories, 15 g fat, 4 g saturated fat, 0 g trans fat, 71 mg cholesterol, 1,617 mg sodium, 33 g carbohydrates, 4 g fiber, 13 g sugar (3 g added sugar), 30 g protein. **Daily Values:** Vitamin D 5%, Calcium 3%, Iron 9%, Potassium 17%

TASTY TOPPINGS

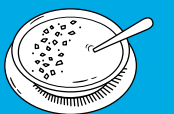
Garnishes and toppings are to soup what a cherry is to a sundae—the ultimate finishing touch. Before you take your first spoonful, top off soup with an extra helping of goodness.



Amplify puréed soups with a garnish of the same roasted vegetables in the purée.



Enhance flavor with a squeeze of lemon or a swirl or dollop of yogurt, pesto or Sriracha.



Boost flavor and presentation with a sprinkle of chopped herbs, spices or citrus zest.



Add texture to soup with crunchy bits like croutons, toasted nuts or crackers.

Slow-Cooker Ginger-Chicken Soup

Hands On 15 minutes
Total Time 3 hours
45 minutes
Serves 5 (1½ cups each)

- 1 (32-oz.) container Full Circle Market organic chicken bone broth
- 2 cups water
- ¼ cup seasoned rice vinegar
- 1 fennel bulb, trimmed, cored and thinly sliced
- ¼ cup diagonally sliced green onions, plus additional for garnish
- 2 Tbsp. fresh lime juice
- 1 Tbsp. finely grated gingerroot

- 2½ tsp. fish sauce
- 2 tsp. bottled minced garlic
- ½ tsp. Hy-Vee salt
- ½ tsp. ground white pepper
- 1 lb. Hy-Vee True boneless, skinless chicken breasts
- 1 (9.5-oz.) pkg. dry organic udon noodles
- Heinz 57 Collection Culinary Crunch chili pepper crunch, for garnish
- Thinly sliced radishes, for garnish
- Thinly sliced mini sweet peppers, for garnish
- Coarsely chopped Hy-Vee dry roasted unsalted peanuts, for garnish

- 1. **STIR** together bone broth, water, rice vinegar, fennel, ¼ cup green onions, lime juice, ginger, fish sauce, garlic, salt and white pepper in a 6-qt. slow cooker. Add chicken breasts. Cover and cook on HIGH for 3 to 3½ hours or until fennel is tender and chicken reaches 165°F.
- 2. **REMOVE** chicken from slow cooker; place in a rimmed baking pan. Using two forks, coarsely shred chicken. Return shredded chicken to slow cooker.

- 3. **TO SERVE**, cook udon noodles according to pkg. directions; drain. Divide noodles among 5 serving soup bowls. Ladle soup over noodles. Drizzle with chili pepper crunch; top with radishes, sweet peppers, peanuts and additional green onions, if desired.

Per serving: 335 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 70 mg cholesterol, 1,442 mg sodium, 42 g carbohydrates, 4 g fiber, 9 g sugar (0 g added sugar), 31 g protein. **Daily Values:** Vitamin D 0%, Calcium 3%, Iron 14%, Potassium 17%



The Crockpot 6-qt. Classic Slow Cooker automatically switches to warm once the cook time is complete.

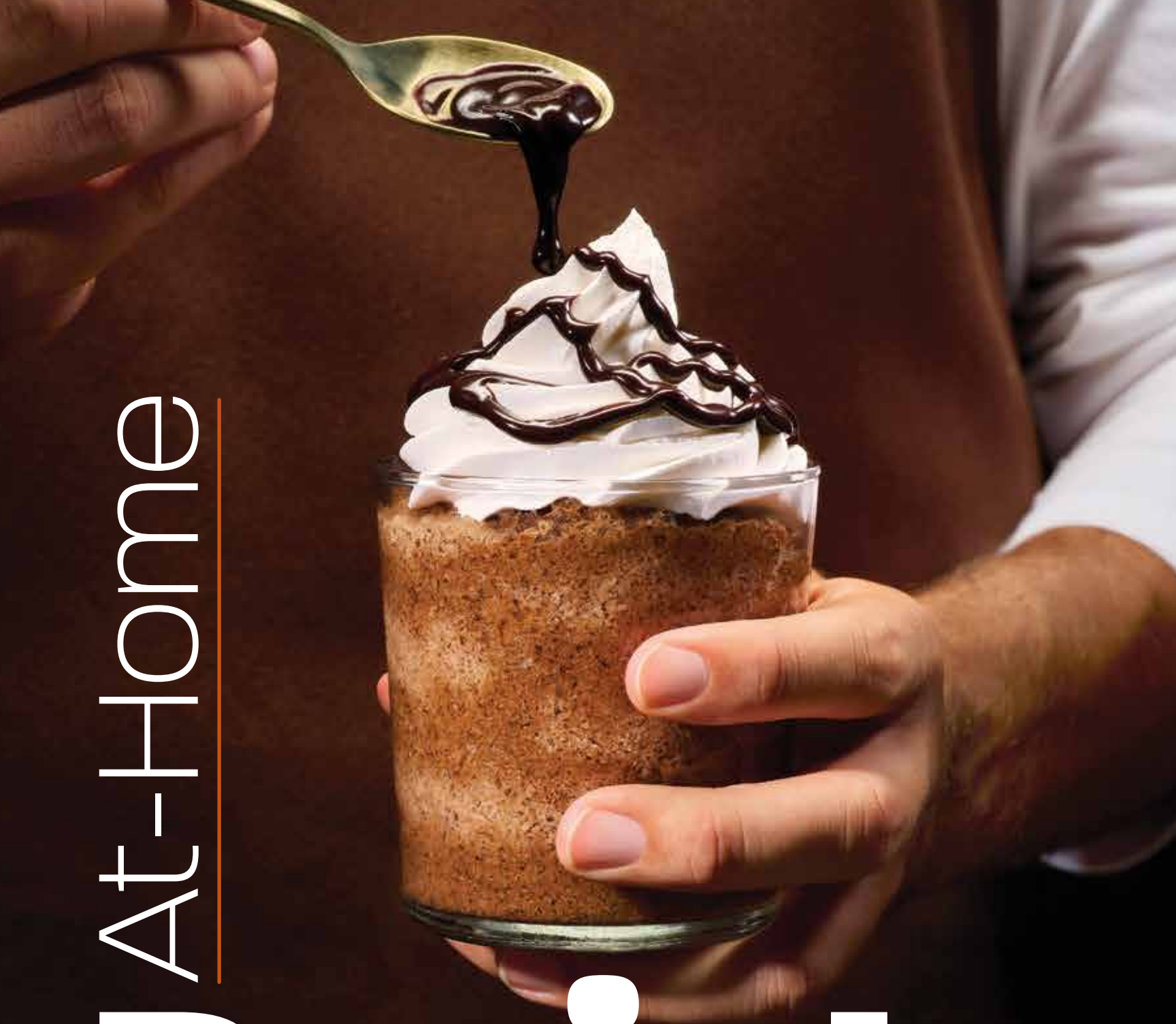


SCAN TO SHOP this 6-qt. slow cooker at Hy-Vee.

At-Home

Barista

Skip the drive-through and make your own coffee shop-worthy drinks in your kitchen with appliances and ingredients from Hy-Vee.



HOT, ICED, FROZEN, BLENDED—THERE ARE DOZENS, IF NOT HUNDREDS, OF WAYS TO ENJOY A CUP OF JOE. Most start with brewed coffee or espresso, then dress them up with milk, foam, whipped cream, flavored syrups or even ice cream. Learn the difference between coffee drinks and how to make them yourself at home—there's a lot more out there than just black coffee!

10
minutes
or less

Matcha Dalgona Latte

Combine 2 Tbsp. Hy-Vee granulated sugar, 2 Tbsp. water and 2 tsp. meringue powder in a medium bowl. Beat with a hand mixer until stiff peaks form (tips stand straight). Fold in 1 tsp. organic matcha powder until combined. Pour 1 cup cold Hy-Vee original unsweetened almond milk into 1 (18-oz.) glass; add ice. Top with matcha mixture. Serves 1 (16 oz.).



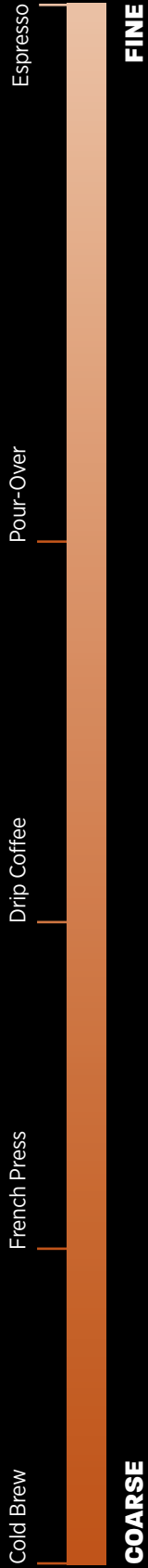
Sweet, whipped Dalgona coffee is made with instant coffee powder, sugar and hot water. This version uses matcha and meringue powder to form the creamy topping.

Coffee Guide

DISCOVER THE BEST GRIND SIZE FOR BREWING FRESH COFFEE; THEN CHECK OUT THIS GUIDE TO THE MOST POPULAR COFFEE SHOP DRINKS SO YOU CAN MAKE THEM AT HOME. *Amounts based on a 12-oz. mug or cup.

Choose the Right Grind

When water and ground coffee beans are combined, the water extracts the flavor from the beans, creating coffee. Finely ground beans extract quickly, which is why fast-brewing espresso uses the finest grounds. Coarse grounds extract more slowly, making them better for coffees that brew over several hours, such as cold brew.



Types of Coffee Explained

Espresso



A thicker, more concentrated form of coffee, espresso has a strong, rich flavor and is served in shots or used as the base for other drinks.

1 oz. espresso

Latte



Espresso and milk are frothed together for a creamy, mild-flavored drink with a layer of foam.

1 oz. espresso
11 oz. steamed milk

Cappuccino



Similar to a latte, a cappuccino is topped with much more milk foam.

1 oz. espresso
7 oz. steamed milk
4 oz. foam

Americano



Rich espresso is diluted with hot water for a milder flavor.

1 oz. espresso
11 oz. hot water

Red Eye



Brewed coffee and espresso are mixed for a stronger, more caffeinated drink.

11 oz. black coffee
1 oz. espresso

Macchiato



An espresso shot topped with a small amount of milk foam to slightly cut espresso's bitter flavor.

1 oz. espresso
1 oz. foam

Mocha



A creamy drink with balanced bitter and chocolate flavors.

1 oz. espresso
1 Tbsp. chocolate syrup
10 oz. steamed milk

Flat White



Espresso topped with less milk and foam than a latte for a stronger flavor and smooth texture.

2 oz. espresso
4 oz. steamed milk

Café Con Panna



Sweet whipped cream balances bitter espresso for a thick, richly flavored drink.

1 oz. espresso
Topped with whipped cream

Breve



Slightly sweeter than a cappuccino or latte, since half-and-half is used in place of milk.

1 oz. espresso
11 oz. steamed half and half

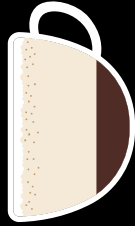
Cortado



A small amount of milk helps dilute espresso's bold flavor while still creating a strong drink.

1 oz. espresso
1 oz. steamed milk

Galão



Similar to a latte, but typically combines one part espresso with three parts frothed milk.

1 oz. espresso
3 oz. foamed milk

Café Au Lait



Less strong than espresso drinks, brewed coffee is combined with an equal amount of milk with no foam.

1 oz. brewed coffee
1 oz. steamed milk

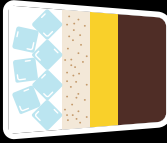
Frappé



Iced drink that may include sugar and whipped cream topping.

4 oz. brewed coffee or espresso
2 oz. milk
Blended with ice

Mazagran



Sweet, tart and bitter iced coffee.

1 oz. espresso
4 tsp. lemon juice
4 tsp. cane sugar
Chilled with ice cubes

Affogato



Sweet dessert drink where espresso is poured over ice cream and eaten with a spoon.

1 oz. espresso
1 scoop ice cream

COFFEE MAKERS

BREW YOUR BEST COFFEE DRINKS WITH THESE ITEMS FROM HY-VEE.



ICED COFFEE MAKER
Mr. Coffee iced coffee maker uses the best ratio of hot coffee to ice to avoid watery flavor.



SINGLE SERVE
Keurig K-Supreme saturates grounds more evenly for fuller flavor and aroma.



FRENCH PRESS
Primula coffee press makes flavorful coffee without sedimentation.



SCAN TO SHOP these products at Hy-Vee.

Iced Caramel Macchiato



10 minutes or less

Drizzle 1 Tbsp. caramel sauce in a decorative pattern inside 1 (20-oz.) chilled glass. Freeze for 10 minutes to set caramel, if desired. Pour 1 cup Hy-Vee 2% reduced-fat milk and 3 Tbsp. vanilla syrup into prepared glass; add ice. Top with ½ cup Wide Awake Coffee Co. cold brew unsweetened vanilla-flavored coffee drink. Serves 1 (16 oz.).

GF option GLUTEN-FREE



FINE FLAVORS

This twist on a traditional macchiato uses vanilla syrup and caramel sauce for a sweeter, layered coffee drink.

Lotsa Java

Learn how to make coffeehouse brews in your own kitchen.

Hy-Vee
seasons

Watch and learn at
Seasons.Hy-Vee.com

MIX IT UP

CUSTOMIZE COFFEE WITH TORANI SYRUPS AND SAUCES AT HY-VEE.



COOKIES & CREAM
A rich sauce combining chocolate cookie and cream flavors.



WHITE CHOCOLATE
Smooth, creamy white chocolate-flavored syrup made with all-natural ingredients.



CLASSIC CARAMEL
Dark caramelized brown sugar and butter flavor in a rich syrup.

10 minutes or less

Java Chip Frappuccino

Place 2 cups ice cubes, 1 cup Hy-Vee whole milk, 1 cup Wide Awake Coffee Co. cold brew unsweetened mocha-flavored coffee drink, ¼ cup Hy-Vee semi-sweet chocolate baking chips and ¼ cup dark chocolate sauce in a blender. Cover and blend until smooth. Pour into 2 (18-oz.) glasses. Top with Hy-Vee aerosol original whipped topping; drizzle with additional chocolate sauce, if desired. Serves 2 (16 oz. each).

GF option GLUTEN-FREE

Frozen drinks are blended with ice, so it's best to use a strong coffee to avoid watering down the flavor.

10 minutes or less

Keto Flat White

Pour ½ cup hot brewed Hy-Vee single-serve intense dark roast espresso into 1 (12-oz.) coffee cup or mug. Microwave ¼ cup Hy-Vee heavy whipping cream and ¼ cup water in a 1-cup microwave-safe glass measuring cup on HIGH for 30 to 40 seconds or until very hot. Do not boil. Beat hot cream mixture with a milk frother until foamy. Gently pour over hot espresso in cup. Serves 1 (10 oz.).

GF option GLUTEN-FREE





help yourself to a bowl of
comfort



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SWEET POTATOES

6 WAYS

DISCOVER DELICIOUS NEW WAYS TO USE THIS ON-TREND ROOT VEGETABLE, WHICH OFFERS PLENTY OF VERSATILITY AT THE DINNER TABLE.

SALT AND VINEGAR SWEET POTATO CHIPS

Thinly slice 1 (14-oz.) unpeeled sweet potato into $\frac{1}{16}$ -in.-thick slices using a mandoline or sharp knife. Place slices in a large bowl. Drizzle with 1 cup malt vinegar; toss to coat. Let stand for 20 minutes, stirring occasionally. Place oven racks in the top third and bottom third of oven. Preheat oven to 250°F. Line 2 very large rimmed baking pans with foil. Generously spray with Hy-Vee nonstick spray; set aside. Drain sweet potato slices; pat dry with paper towels. Toss sweet potatoes in 2 Tbsp. Gustare Vita olive oil and $\frac{1}{2}$ tsp. Hy-Vee salt in a medium bowl to coat. Arrange slices, in a single layer, in prepared baking pans. Bake for 1 hour or until lightly browned, turning slices over and switching baking pans on oven racks every 15 minutes. Turn oven off. With oven door closed, let potato slices stand in oven for 2 to 3 hours or until desired crispiness. Serve immediately. Serves 5 ($\frac{3}{4}$ cup each).

CHIPPED!

FLATTENED!

GLUTEN-FREE VEGGIE PIZZA WITH SWEET POTATO CRUST

Peel 1 (10- to 12-oz.) sweet potato. Microwave sweet potato and $\frac{1}{4}$ cup water in a medium microwave-safe bowl on HIGH for 5 to 6 minutes or until fork-tender, turning occasionally. Drain; cool for 10 minutes. Whisk together 2 cups Bob's Red Mill gluten-free 1 to 1 baking flour, 2 tsp. Hy-Vee baking powder, $\frac{1}{2}$ tsp. Hy-Vee black pepper and $\frac{1}{4}$ tsp. Hy-Vee salt in a medium bowl. Mash sweet potato with fork in a large bowl until creamy. Stir in 2 Hy-Vee large eggs. Stir in flour mixture; press together to form a ball. Wrap in plastic wrap; refrigerate overnight. Preheat oven to 400°F. Roll dough on lightly floured parchment paper into a 12-in. round. Brush a 14-in. pizza stone with 1 Tbsp. Gustare Vita olive oil. Place dough round on prepared pizza stone and brush with 1 Tbsp. olive oil. Bake for 15 minutes.

Turn crust over and brush with 1 Tbsp. olive oil. Bake for 12 to 15 minutes more or until crisp; cool. Cut 1 (10- to 12-oz.) sweet potato lengthwise in quarters. Use a vegetable peeler to cut about 12 long ribbons from the cut sides of the sweet potato pieces. Microwave sweet potato ribbons and $\frac{1}{4}$ cup water in a large microwave-safe bowl on HIGH for 1 to 2 minutes or until softened. Transfer ribbons to an ice bath to cool quickly. Drain; pat dry with paper towels and set aside. Combine 4 tsp. olive oil, $\frac{1}{4}$ tsp. salt and $\frac{1}{4}$ tsp. black pepper in a medium bowl. Add 1 cup halved Basket & Bushel cherry tomato medley, $\frac{1}{2}$ cup red onion strips, $\frac{1}{2}$ cup yellow bell pepper strips and sweet potato ribbons; toss to coat. Spread 1 (6.5-oz.) container garlic-and-herbs soft spreadable cheese on crust. Top with vegetable mixture and 1 cup lightly packed arugula. Serves 4.



GLUTEN-FREE



VEGETARIAN DISH

ROASTED SWEET POTATO SALAD WITH TAHINI MAPLE DRESSING

Preheat oven to 400°F. Line a very large rimmed baking pan with foil; set aside. Toss together 5 cups ¾-in. cubed, unpeeled sweet potatoes, 2 Tbsp. Gustare Vita olive oil and ¼ tsp. Hy-Vee salt in large bowl to coat. Transfer, in a single layer, to foil-lined pan. Roast for 25 to 30 minutes or until fork-tender and golden brown, stirring halfway through. Cool for 10 minutes. For the salad dressing, whisk together 3 Tbsp. olive oil, 1 Tbsp. tahini, 2 tsp. Gustare Vita white wine vinegar, 2 tsp. Hy-Vee Select 100% pure maple syrup and ¼ tsp.

refrigerated garlic paste in a small bowl; chill. Place 5 cups lightly packed coarsely chopped curly kale in a large bowl. Sprinkle with ¼ tsp. salt. Gently massage kale by rubbing between fingers for 1 to 2 minutes or until dark green and tender. Add sweet potatoes; ½ cup canned black-eyed peas, drained and rinsed; and salad dressing. Toss to coat. Transfer to a serving platter; sprinkle with ¼ cup pomegranate arils and 2 Tbsp. Hy-Vee roasted unsalted pepitas. Serves 3 (1½ cups each).

TOSSED!



Yammin' It Up
Discover a fresh take on the classic Thanksgiving sweet potato.

Hy-Vee
seasons
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Seasons.Hy-Vee.com

SWEET POTATOES AT HY-VEE



GOLDEN
Excellent all-purpose sweet potatoes are available in various sizes, from small to jumbo.



ORGANIC YAMS
These misnamed sweet potatoes have a light, subtle flavor and are eaten fresh or cooked in dishes.



FIFTH GENERATION
These sweet potatoes are conveniently wrapped to microwave right in the packaging.

STUFFED!



KOREAN PULLED PORK-STUFFED SWEET POTATOES

Preheat oven to 400°F. Pierce 4 (10- to 12-oz.) sweet potatoes with a fork. Rub sweet potatoes with 1 Tbsp. Gustare Vita olive oil, ½ tsp. Hy-Vee salt and ½ tsp. Hy-Vee black pepper. Place sweet potatoes in a very large foil-lined rimmed baking pan. Bake for 45 to 50 minutes or until fork-tender; remove from oven. Place oven rack 5 in. from heat; preheat broiler to HIGH. Cut sweet potatoes lengthwise in half, about three-fourths through to bottom; slightly open. Whisk together 1 Tbsp. olive oil, 1 Tbsp. Hy-Vee honey and 1 Tbsp. gochujang Korean chili sauce in a small bowl. Brush cut sides of sweet potatoes with gochujang mixture. Broil potatoes in a baking pan, with cut sides up, for 4 to 5 minutes or until they begin to brown. Heat 2 Tbsp. olive oil in a medium skillet over medium heat. Add 1 cup sliced shiitake mushrooms and ½ cup frozen shelled edamame, thawed. Cook for 2 to 3 minutes or until tender, stirring frequently. Transfer to a small bowl. Combine 1½ cups Hy-Vee Hickory House dry pulled pork and ½ cup Korean barbecue and marinade sauce in same skillet; cook for 5 to 6 minutes or until pork reaches 165°F, stirring occasionally. Top sweet potatoes with pork and mushroom mixtures. Garnish with sliced radishes, sliced green onions, kimchi mayo sauce and Hy-Vee crushed red pepper, if desired. Serves 4 (1 each).

GARLIC PARMESAN SMASHED SWEET POTATOES

Preheat oven to 425°F. Line a very large rimmed baking pan with foil. Microwave ¼ cup Culinary Tours salted Irish butter in a large microwave-safe bowl on HIGH for 30 to 45 seconds or until melted. Stir in 1 tsp. finely chopped fresh thyme, 1 tsp. refrigerated garlic paste, ½ tsp. Hy-Vee salt and ½ tsp. Hy-Vee black pepper. Cut 2 (15-oz.) sweet potatoes into 1-in.-thick slices; quarter each slice. Add sweet potatoes to butter mixture in bowl; toss to coat. Arrange in a single layer in prepared baking pan. Roast for 25 to 30 minutes or until fork-tender; remove from oven. Place oven rack 5 in. from heat; preheat broiler to HIGH. Place a sheet of parchment paper over roasted sweet potatoes in baking pan. Using the bottom of a glass, press down on each potato piece to flatten. Remove and discard parchment paper. Sprinkle smashed potatoes with ½ cup Soirée three-cheese blend. Broil for 4 to 5 minutes or until cheese is melted and sweet potatoes begin to crisp. Garnish with additional thyme, if desired. Serves 10 (3 each).

GF GLUTEN-FREE



SMASHED!

TOPPED!



MARSHMALLOW PECAN SWEET POTATO BITES

Preheat oven to 400°F. Line a rimmed baking pan with foil. Spray with Hy-Vee nonstick cooking spray; set aside. Stir together 1 Tbsp. melted Hy-Vee salted butter, ½ tsp. Hy-Vee ground ginger and ¼ tsp. Hy-Vee salt in a small bowl. Cut 3 (8-oz.) peeled sweet potatoes into 20 (½-in.-thick) slices. Place slices, in a single layer, in prepared baking pan; brush with butter mixture. Bake for 30 to 35 minutes or until golden brown, turning halfway through. Cut 7 Hy-Vee marshmallows each into 3 pieces. Place one piece on top of each sweet potato slice. Bake for 3 to 4 minutes or until marshmallows are lightly golden brown. Immediately top each marshmallow layer with a caramelized pecan half. Cool for 2 to 3 minutes before serving. Serves 10 (2 each).

GF GLUTEN-FREE V VEGETARIAN DISH

COCKTAILS



SHAKE UP THE SEASON WITH SPIRITED COCKTAILS FEATURING THE SIGNATURE FLAVORS OF FALL. AT HY-VEE, YOU'LL FIND THE TOOLS YOU NEED TO BECOME A MASTER MIXOLOGIST.

PUMPKIN PIE WHITE RUSSIANS

Add 4 oz. whipped cream-flavored vodka, 4 oz. Kahlúa rum & coffee liqueur, 2 Tbsp. Hy-Vee canned pumpkin and ¼ tsp. pumpkin pie spice to a cocktail shaker. Cover and shake until well combined. Pour into 2 (16-oz.) ice-filled cocktail glasses. Top each with 2 oz. Hy-Vee evaporated milk. Garnish with Hy-Vee frozen whipped topping, thawed; sprinkle with additional pumpkin pie spice, if desired. Serves 2 (6 oz. each).

GF GLUTEN-FREE **V** VEGETARIAN DISH



GIVE SEASONAL FLAIR TO A TRADITIONAL WHITE RUSSIAN BY ADDING PUMPKIN PURÉE AND SPRINKLING PUMPKIN SPICE ON TOP OF CREAM, VODKA AND KAHLÚA LIQUEUR.

10 minutes or less

Bonus recipe: Make a Salted Caramel White Russian.



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MASTER DRINK MAKER

CRAFT THE BEST COCKTAILS WITH VISKI BARWARE PRODUCTS AT HY-VEE.



CITRUS PRESS
Squeeze fresh citrus juices into drinks.



BARWARE SET
Shake, stir, strain and pour drinks like a pro.



GLACIER ROCKS
Soapstone cubes keep drinks ice cold without affecting taste or scratching glasses.



STAINLESS-STEEL MUDDLER
Muddle herbs and fruits for flavor-infused drinks.



SCAN TO SHOP these barware products at Hy-Vee.

BETTY BUZZ

@ HY-VEE

Find Blake Lively's line of nonalcoholic cocktail mixers at Hy-Vee! Inspired by her love for stirring up new creations behind the bar, Lively has created premium mixers that shine all on their own. Flavors include tonic water, sparkling grapefruit, Meyer lemon club soda, sparkling lemon lime and ginger beer. Each Betty Buzz mixer is crafted in the United States with clean ingredients, real juice and no artificial flavors or colors. They are also vegan-friendly, kosher and gluten-free. Pair with low- or zero-proof spirits for a delicious mocktail, or try mixing with traditional spirits such as vodka, gin, tequila, rum or whiskey.



COCKTAIL

BUZZY GIN & ROSEMARY

SEASONAL POMEGRANATE SEEDS AND JUICE PROVIDE A SWEET-TART FLAVOR THAT PAIRS WELL WITH PINE-LIKE ROSEMARY.

10
minutes
or less

Add 3 oz. 100% pomegranate juice, 1½ oz. London dry gin, ½ oz. simple syrup, 1 Tbsp. pomegranate arils and 1 small fresh rosemary sprig to an ice-filled cocktail shaker. Cover and shake well until chilled. Strain into a 12-oz. coupe glass; top with 1½ oz. Betty Buzz tonic water. Garnish with an additional rosemary sprig and pomegranate arils, if desired. Serves 1 (8 oz.).

GF GLUTEN-FREE V VEGETARIAN DISH



APPLE CIDER

MIMOSAS

GIVE BOOZY BRUNCHES A REFRESHING TWIST WITH THIS CRISP TAKE ON A CLASSIC MIMOSA. BETTY BUZZ SPARKLING LEMON LIME ADDS A TART AND BUBBLY FINISH TO APPLE CIDER AND SPARKLING WINE.

For garnish, use a vegetable peeler to cut 2 long strips of peel from 1 orange; set aside. Place 1 tsp. kosher salt in a small shallow bowl. Rub one-fourth of the rim and 1 in. down the sides of 2 (7-oz.) champagne flutes with an orange wedge; dip flutes in salt to coat. Pour 2 oz. hard apple cider, 2 oz. orange Moscato sparkling wine and 2 oz. Betty Buzz sparkling lemon lime into each flute. Curl orange peel strips and place a peel strip in each champagne flute. Serves 2 (6 oz. each).

GF option GLUTEN-FREE

10
minutes
or less

SAVE A CAN OF CRANBERRY SAUCE FROM THANKSGIVING DINNER TO CRAFT THESE TART AND TASTY FALL COCKTAILS.

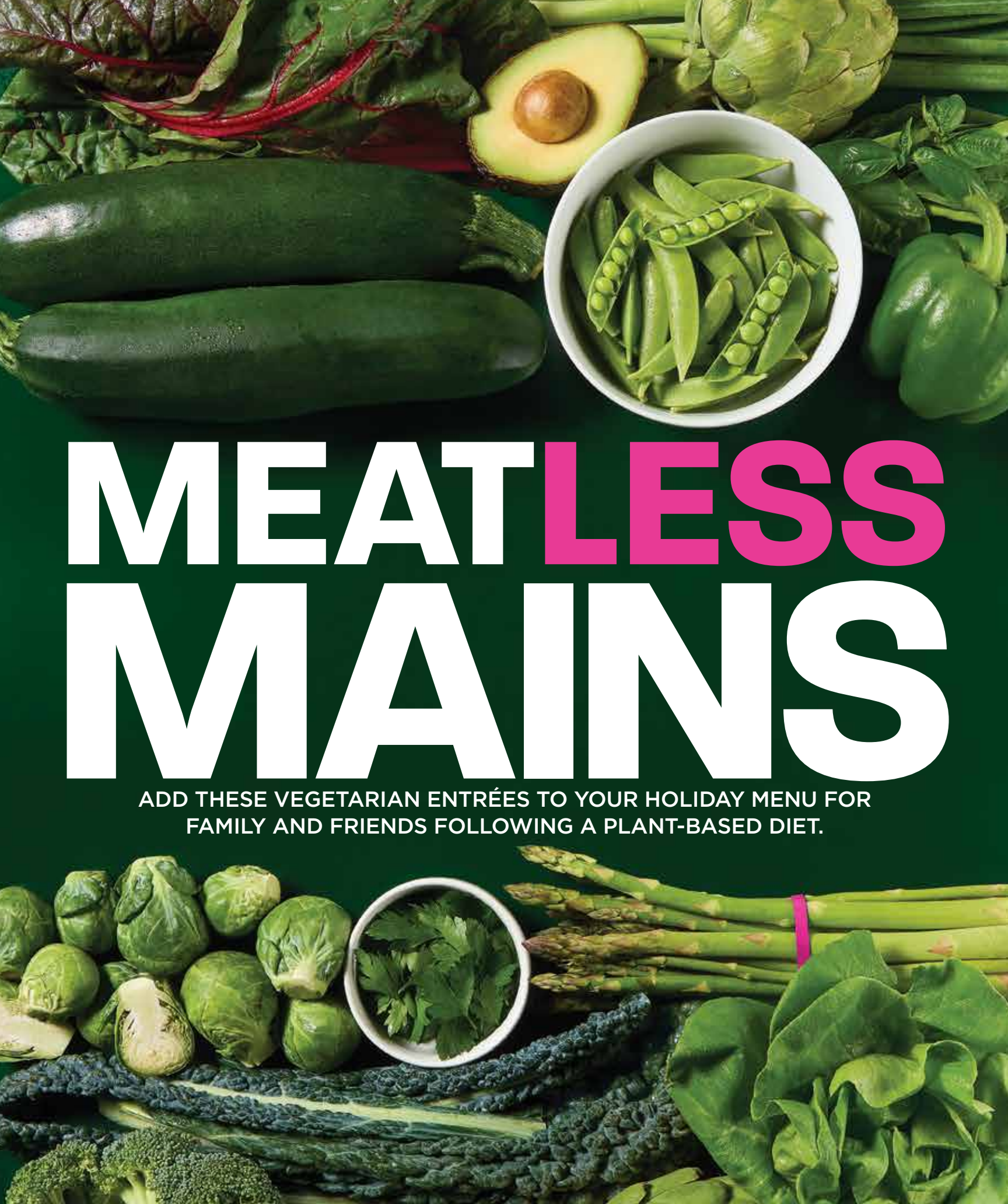
10
minutes
or less

CRANBERRY SAUCE

Mojito

Muddle 1 Tbsp. Hy-Vee whole berry cranberry sauce, 7 medium fresh mint leaves, 1 (¼-in.-thick) lime slice and 1 (¼-in.-thick) gingerroot slice in a 1-cup glass measuring cup. Remove and discard ginger. Stir in 2 oz. coconut rum. Pour into 1 (10-oz.) ice-filled cocktail glass. Top with 3 oz. Betty Buzz ginger beer. Garnish with fresh or frozen cranberries, a lime slice and fresh mint, if desired. Serves 1 (6 oz.).

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



MEATLESS MAINS

ADD THESE VEGETARIAN ENTRÉES TO YOUR HOLIDAY MENU FOR FAMILY AND FRIENDS FOLLOWING A PLANT-BASED DIET.

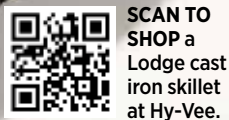


Part-skim ricotta cheese has 28 grams of protein per cup, which helps make this a filling entrée.

VEGAN ALTERNATIVE INGREDIENTS

For a vegan version, swap in nondairy cheese from Hy-Vee, such as:

- **Kite Hill Dairy-Free Ricotta Alternative**
- **Daiya Mozzarella-Style Cheese Shreds**
- **Follow Your Heart Dairy-Free Parmesan Shredded Cheese**



Spinach and Vegetable-Stuffed Shells

- Hands On** 20 minutes
Total Time 35 minutes
Serves 6 (3 each)
- 18 Hy-Vee jumbo pasta shells**
1 Tbsp. Gustare Vita olive oil
3 large carrots, peeled and coarsely shredded
- 1 medium zucchini, coarsely shredded**
¾ cup Hy-Vee Short Cuts chopped white onions
1 clove garlic, minced
2 (10-oz.) pkg. Hy-Vee frozen chopped spinach, thawed and squeezed dry
1 cup Hy-Vee part-skim ricotta cheese
1 cup Hy-Vee shredded mozzarella cheese, divided
1 cup Soirée grated Parmesan cheese, divided
1½ tsp. kosher salt

- 1 (17.6-oz.) bottle Gustare Vita tomato basil pasta sauce**
1 (14.5-oz.) can Hy-Vee diced tomatoes, drained
Fresh basil, for garnish
- 1. COOK** pasta shells according to pkg. directions. Drain and rinse with cold water; set aside.
- 2. HEAT** olive oil in a 12-in. cast iron skillet over medium-high

- heat. Add carrots, zucchini, onions and garlic; cook for 5 minutes or until tender, stirring occasionally. Transfer to a large bowl; stir in spinach until combined.
- 3. STIR** ricotta cheese, ½ cup mozzarella cheese, ½ cup Parmesan cheese and salt into vegetable mixture until combined.
- 4. STIR TOGETHER** pasta sauce and diced tomatoes in same 12-in. skillet. Fill each pasta shell
- with about ¼ cup vegetable mixture; place in sauce mixture in skillet. Cover and cook over medium-low heat for 12 to 15 minutes or until vegetable mixture reaches 165°F. Top with remaining ½ cup mozzarella and ½ cup Parmesan cheese. Garnish with basil, if desired.
- Per serving:** 516 calories, 15 g fat, 7 g saturated fat, 0 g trans fat, 37 mg cholesterol, 1,677 mg sodium, 65 g carbohydrates, 9 g fiber, 14 g sugar (2 g added sugar), 27 g protein. **Daily Values:** Vitamin D 2%, Calcium 42%, Iron 19%, Potassium 9%

Mushroom Stroganoff

Total Time 30 minutes
Serves 6 (1¾ cups each)

- 1 (12-oz.) pkg. Hy-Vee mini lasagna noodles
- 1 (8-oz.) pkg. sliced white mushrooms
- 1 (8-oz.) pkg. whole baby bella mushrooms, sliced
- 1 (5-oz.) pkg. sliced shiitake mushrooms
- 1 medium red onion, cut into thin strips
- 1 Tbsp. Gustare Vita olive oil
- 2 Tbsp. bottled minced garlic
- 1 Tbsp. chopped Italian parsley, plus additional for garnish
- 1 Tbsp. Gustare Vita capers, drained
- 1 tsp. Hy-Vee vanilla extract
- 2 cups tightly packed baby spinach
- 1 (16-oz.) container Hy-Vee sour cream
- 1 cup Hy-Vee vegetable stock
- 1 tsp. smoked paprika, plus additional for garnish
- Hy-Vee kosher sea salt, to taste
- Hy-Vee black pepper, to taste

1. COOK mini lasagna noodles according to pkg. directions. Drain and rinse with cold water; set aside.

2. HEAT a large nonstick skillet over high heat. Add white, baby bella and shiitake mushrooms and red onion. Cook for 5 minutes, stirring frequently.

3. DRIZZLE mushrooms with olive oil. Add garlic, 1 Tbsp. parsley, capers and vanilla. Cook for 3 minutes, stirring frequently.

4. STIR in spinach, sour cream, vegetable stock and 1 tsp. smoked paprika. Reduce heat to low.

5. STIR in lasagna noodles; cook for 3 to 5 minutes or until heated through. Season to taste with salt and pepper. Garnish with additional parsley and smoked paprika, if desired.

Per serving: 424 calories, 16 g fat, 9 g saturated fat, 0 g trans fat, 50 mg cholesterol, 274 mg sodium, 56 g carbohydrates, 5 g fiber, 6 g sugar (0 g added sugar), 15 g protein. Daily Values: Vitamin D 3%, Calcium 11%, Iron 12%, Potassium 11%

 **VEGETARIAN DISH**

MORE MUSHROOMS

Three varieties of mushrooms mimic the flavor and texture of meat:

- **White** mushrooms have a mild flavor that deepens when cooked.
- **Baby Bellas** have a slightly richer, earthy flavor.
- **Shiitakes** taste almost buttery, with a strong umami flavor.

READY-TO-EAT VEGETARIAN

Find these heat-and eat vegetarian entrées at Hy-Vee:



Miracle Noodle Ready to Eat Vegan Pho



Healthy Choice Power Bowls Plant-Based Chipotle Chick'n



Sweet Earth Enlightened Foods General Tso's Tofu



Full Circle Power Bowl Mediterranean Style with Falafel



Sweet Earth Awesome Plant-Based Cheeseburger Burrito



SCAN TO SHOP these entrées at Hy-Vee.

Vegetarian White Bean Cassoulet

Total Time 50 minutes
plus standing time
Serves 6 (1½ cups each)

- 2 Tbsp. plus ½ cup Gustare Vita olive oil, divided
- 1 cup chopped yellow onion
- 1 (14-oz.) can Hy-Vee quartered artichoke hearts, drained
- 1 medium yellow bell pepper, seeded and chopped
- 2 Tbsp. finely chopped fresh oregano, plus additional for garnish
- 2 Tbsp. bottled chopped garlic, divided
- 1½ tsp. Hy-Vee dried thyme
- 2 cups Hy-Vee vegetable stock
- 3 (15-oz.) cans Hy-Vee cannellini beans, drained and rinsed
- 2 cups trimmed and chopped Lacinato kale
- ½ cup lightly packed fresh basil

- 1 cup Soirée shredded Romano cheese
- 1 cup chopped Hy-Vee smoked almonds, divided
- 2 tsp. fresh lemon juice
- 1 tsp. Hy-Vee Dijon mustard
- ½ tsp. Hy-Vee black pepper

1. HEAT 2 Tbsp. olive oil in a 5- to 6-qt. Dutch oven over medium-high heat. Add onion; cook for 3 to 4 minutes or until lightly browned, stirring frequently.

2. ADD artichokes, bell pepper, 2 Tbsp. oregano, 1 Tbsp. garlic and thyme; cook for 2 minutes, stirring frequently.

3. ADD vegetable stock; bring to a boil. Reduce heat to medium. Gently boil, uncovered, for 5 minutes, stirring occasionally. Reduce heat to low; stir in cannellini beans and heat through.

4. PLACE kale, basil and remaining 1 Tbsp. garlic in a food processor. Cover and pulse until chopped. Add Romano cheese, ½ cup almonds, remaining ½ cup olive oil, lemon juice, mustard and black pepper. Cover and pulse until finely chopped, scraping down sides of food processor as needed.

5. STIR kale mixture into bean mixture. Remove from heat. Let stand for 15 minutes before serving. Sprinkle with remaining ½ cup almonds. Garnish with additional oregano, if desired.

Per serving: 603 calories, 37 g fat, 7 g saturated fat, 0 g trans fat, 13 mg cholesterol, 1,070 mg sodium, 46 g carbohydrates, 16 g fiber, 3 g sugar (1 g added sugar), 24 g protein. Daily Values: Vitamin D 0%, Calcium 28%, Iron 24%, Potassium 7%

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

This classic French dish gets protein from cannellini beans. One cup of beans has about 12 grams of protein.





DINNERS

FOR FOUR

MAKE HEARTY WEEKNIGHT MEALS WITHOUT BREAKING YOUR BUDGET. THESE FAMILY DINNER RECIPES ARE EASY, TASTY AND COST LESS THAN \$20—SOME LESS THAN \$10—WHEN YOU SHOP AT HY-VEE.

Even on a low-cost meal plan, the average family of four may spend more than \$1,000 per month on food, according to the U.S. Department of Agriculture. Low-cost meals and budget-friendly groceries at Hy-Vee can help you reduce costs. *Each of these recipes serves four, and costs just \$10, \$15 or \$20 to prepare a full, satisfying meal.* Salt, pepper and oil are not included in the final cost, but the needed amount of every other ingredient is, so if your pantry is already stocked, each dish may ring in for less.

30 minutes or less



UNDER \$10 MEAL

chili night

3-Way Cincinnati Chili

Total Time 30 minutes
Serves 4

- ½ (16-oz.) pkg. That's Smart! spaghetti
- 1 (1-lb.) pkg. 85% lean ground beef
- 1 (15-oz.) can That's Smart! tomato sauce
- ½ cup plus 2 Tbsp. water, divided
- 1 (1-oz.) pkg. Hy-Vee chili seasoning mix
- 1½ tsp. That's Smart! ground cinnamon
- ½ tsp. Hy-Vee ground cloves
- ½ (8-oz.) pkg. Hy-Vee finely shredded Cheddar cheese

1. COOK spaghetti according to pkg. directions. Drain and cover to keep warm.

2. FOR CHILI, cook ground beef in a large skillet over medium-high heat for 6 to 8 minutes or until browned (165°F). Drain and discard drippings.

3. STIR tomato sauce, ½ cup water, chili seasoning mix, cinnamon and cloves into beef in skillet. Bring to a boil, stirring frequently. Reduce heat. Gently simmer, uncovered, for 10 minutes, stirring occasionally. If desired, stir in remaining 2 Tbsp. water for saucier chili.

4. TO SERVE, divide spaghetti among 4 serving bowls. Top with chili and cheese.

Per serving: 606 calories, 27 g fat, 13 g saturated fat, 1 g trans fat, 107 mg cholesterol, 1,048 mg sodium, 53 g carbohydrates, 6 g fiber, 7 g sugar (3 g added sugar), 36 g protein. Daily Values: Vitamin D 1%, Calcium 19%, Iron 31%, Potassium 15%

SHOPPING LIST

Spaghetti.....	\$0.62
Ground beef.....	\$5.99
Tomato sauce.....	\$0.79
Chili seasoning mix.....	\$0.99
Ground cinnamon.....	\$0.06
Ground cloves.....	\$0.02
Cheddar cheese.....	\$1.50

TOTAL \$9.97*

*Cost is calculated by amount of each ingredient used in recipe. Prices as of Sept. 16, 2022, in Des Moines, Iowa; prices may vary.

\$10 MEAL DEALS

Visit [Hy-Vee.com/aisles-online/brand/meal-deals](https://www.hy-vee.com/aisles-online/brand/meal-deals) for Hy-Vee \$10 Meal Deals. Every week, find new suggested dinners, with shopping lists, that can feed a family of four for just \$10.

Create budget-friendly pasta nests everyone can enjoy.



WATCH & SHOP ONLY ON HSTV.com



UNDER
\$10
MEAL

SHOPPING LIST

Russet potatoes.....	\$1.20
Salted butter.....	\$0.50
2% reduced-fat milk...	\$0.06
Lentils.....	\$0.82
Vegetable stock.....	\$1.25
Yellow onion.....	\$1.10
Garlic.....	\$0.30
Tomato paste.....	\$0.17
Fresh thyme.....	\$0.09
Apple cider vinegar....	\$0.04
Frozen mixed vegetables.....	\$1.29
Corn starch.....	\$0.06
Shredded Cheddar cheese.....	\$0.38
Fresh chives.....	\$0.09

TOTAL \$7.35*

*Cost is calculated by amount of each ingredient used in recipe. Prices as of Sept. 16, 2022, in Des Moines, Iowa; prices may vary.

Vegetarian Shepherd's Pie

Hands On 55 minutes
Total Time 1 hour 15 minutes
plus standing time
Serves 4

1½ lb. Hy-Vee One-Step russet potatoes,
peeled and cut into 1-in. pieces
Hy-Vee salt
¼ cup That's Smart! salted butter, softened
3 to 4 Tbsp. That's Smart! 2% reduced-fat milk
Coarsely ground Hy-Vee black pepper, to taste
¾ cup Hy-Vee lentils
3 cups Hy-Vee vegetable stock, divided
Hy-Vee nonstick cooking spray

1 Tbsp. Gustare Vita olive oil
¾ cup yellow onion, chopped
2 large cloves garlic, minced
2 Tbsp. That's Smart! tomato paste
1 tsp. chopped fresh thyme
½ tsp. Hy-Vee apple cider flavored vinegar
1 (12-oz.) pkg. That's Smart! frozen mixed vegetables with carrots, corn, peas & green beans
¼ tsp. Hy-Vee corn starch
¼ cup Hy-Vee finely shredded Cheddar cheese
Fresh chives, for garnish

1. PLACE potatoes in a medium saucepan. Cover with water; add ½ tsp. salt. Bring to a boil; reduce heat. Cover and gently boil for 10 to 12 minutes or until fork-tender. Drain well.
2. RETURN potatoes to saucepan. Cook and stir over low heat for 30 to 60 seconds or until dry. Add butter; mash with a potato masher until smooth.

Stir in enough milk until light and fluffy; season to taste with salt and black pepper. Set mashed potatoes aside.

3. MEANWHILE, sort lentils and place in a wire mesh sieve. Rinse under cold running water; drain well. Transfer to a small saucepan. Add 2 cups vegetable stock. Bring to a boil; reduce heat to medium-low. Simmer with lid tilted for 15 to 20 minutes or just until tender but not mushy. Remove from heat; uncover to cool. Do not drain.

4. PREHEAT oven to 400°F. Lightly spray a 2-qt. baking dish with nonstick spray; set aside.

5. HEAT olive oil in a large nonstick skillet over medium heat. Add onion; cook for 2 to 3 minutes or until softened, stirring occasionally. Stir in garlic; cook for 30 seconds.

6. STIR tomato paste, thyme, ½ tsp. black pepper and vinegar into onions.

Add frozen mixed vegetables. Whisk together remaining 1 cup vegetable stock and corn starch; stir into mixture in skillet. Simmer for 4 to 6 minutes or just until vegetables are tender, stirring occasionally. Stir in lentils.

7. TRANSFER lentil mixture to prepared baking dish. Spoon mashed potatoes on top in small spoonfuls; spread to cover. Use back of spoon to make small peaks. Sprinkle with cheese.

8. BAKE for 15 to 20 minutes or until heated through and slightly bubbly around edges. Remove from oven. Let stand for 10 minutes before serving. Garnish with chives, if desired.

Per serving: 492 calories, 18 g fat, 9 g saturated fat, 0 g trans fat, 39 mg cholesterol, 651 mg sodium, 67 g carbohydrates, 15 g fiber, 9 g sugar (1 g added sugar), 17 g protein.
Daily Values: Vitamin D 4%, Calcium 10%, Iron 23%, Potassium 20%

VEGETARIAN DISH

sunday chicken dinner

Za'atar Roasted Chicken Dinner

Hands On 15 minutes
Total Time 2 hours 5 minutes
Serves 4

Hy-Vee nonstick cooking spray
½ cup Hy-Vee plain Greek yogurt
¼ cup seeded and coarsely shredded cucumber
1 tsp. chopped fresh dill, plus additional for garnish
¼ tsp. Hy-Vee reconstituted 100% lemon juice
1 Tbsp. salt-free za'atar seasoning
1 tsp. Hy-Vee salt
¾ tsp. Hy-Vee black pepper, divided
1 (4½- to 4¾-lb.) Hy-Vee fresh 100% natural whole chicken

4 Tbsp. Gustare Vita olive oil, divided
1½ lb. B-size gold potatoes, quartered
12 oz. carrots, peeled, halved crosswise and lengthwise
1 tsp. Hy-Vee garlic salt

1. PREHEAT oven to 375°F. Spray a large shallow roasting pan with nonstick spray; set aside.

2. FOR TZATZIKI SAUCE, stir together yogurt, cucumber, 1 tsp. dill and lemon juice. Cover and refrigerate. Stir together za'atar seasoning, salt and ½ tsp. pepper; set aside.

3. REMOVE giblets from chicken; discard or set aside for another use. Pat chicken inside and outside completely dry with paper towels. Rub outside of chicken with 1½ Tbsp. olive oil. Sprinkle and rub za'atar mixture over outside of chicken. Tie drumsticks together with kitchen string; twist wing tips under back. Place chicken, breast side up, in prepared roasting pan.

4. ROAST chicken for 45 minutes. Place potatoes and carrots in a large bowl.

Drizzle with 2 Tbsp. olive oil; sprinkle with garlic salt and remaining ¼ tsp. pepper. Toss to coat.

5. ARRANGE vegetables around chicken. Drizzle remaining ½ Tbsp. olive oil over chicken. Continue roasting for 35 to 45 minutes or until chicken reaches 170°F in thickest part of thigh. Transfer chicken to a cutting board; loosely cover with foil and let rest. Remove and discard cooking juices from pan.

6. INCREASE oven temperature to 425°F. Stir vegetables in pan and roast for 10 to 15 minutes more or until lightly browned and fork-tender.

7. TO SERVE, arrange chicken and vegetables on a serving platter. Serve with tzatziki sauce. Garnish with additional dill, if desired.

Per serving: 576 calories, 37 g fat, 8 g saturated fat, 0 g trans fat, 81 mg cholesterol, 1,194 mg sodium, 36 g carbohydrates, 5 g fiber, 7 g sugar (0 g added sugar), 25 g protein.
Daily Values: Vitamin D 5%, Calcium 7%, Iron 15%, Potassium 28%

GF **GLUTEN-FREE**

UNDER
\$15
MEAL

SHOPPING LIST

Plain Greek yogurt.....	\$0.50
Cucumber.....	\$0.19
Fresh dill.....	\$0.09
Lemon juice.....	\$0.01
Za'atar seasoning.....	\$1.40
Whole chicken.....	\$9.65
Gold potatoes.....	\$2.09
Carrots.....	\$0.75
Garlic salt.....	\$0.03

TOTAL \$14.71*

*Cost is calculated by amount of each ingredient used in recipe. Prices as of Sept. 16, 2022, in Des Moines, Iowa; prices may vary.



UNDER \$15 MEAL

SHOPPING LIST

Sweet potatoes.....	\$2.22
Salted butter.....	\$0.75
2% reduced-fat milk...	\$0.03
Boneless top loin pork chops.....	\$5.00
Apple juice.....	\$0.37
Corn starch.....	\$0.07
Apple pie spice.....	\$0.01
Dijon mustard.....	\$0.06
Gala apples.....	\$1.80
Vidalia onions.....	\$1.18
Fresh thyme.....	\$0.05

TOTAL \$11.54*

*Cost is calculated by amount of each ingredient used in recipe. Prices as of Sept. 16, 2022, in Des Moines, Iowa; prices may vary.

Pan-Fried Pork Chops with Apples and Onions

Total Time 25 minutes
Serves 4

- 3 medium sweet potatoes, peeled and cut into 1-in. pieces
- Hy-Vee salt
- ¼ cup plus 2 Tbsp. That's Smart! salted butter, softened
- 1 to 2 Tbsp. That's Smart! 2% reduced-fat milk
- Coarsely ground Hy-Vee black pepper
- 4 (4-oz.) boneless top loin pork chops, about ½ in. thick
- 1 Tbsp. Hy-Vee canola oil
- 1 cup refrigerated pressed apple juice

- ¾ tsp. Hy-Vee corn starch
- ¼ tsp. apple pie spice
- ½ tsp. Hy-Vee Dijon mustard
- 2 Gala apples, cored and cut into ½-in.-thick pieces
- 1 small Vidalia onion, cut into 6 wedges
- ½ tsp. chopped fresh thyme, plus additional for garnish

1. **PLACE** sweet potatoes in a large saucepan. Cover with water; add ½ tsp. salt. Bring to a boil; reduce heat. Cover and gently boil for 12 to 15 minutes or until fork-tender. Drain well.
2. **RETURN** potatoes to saucepan. Add ¼ cup butter; mash with a potato masher until smooth. Stir in enough milk until light and fluffy; season to taste with salt and ¼ tsp. black pepper. Cover to keep warm.
3. **PAT** pork chops dry with paper towels. Lightly sprinkle with ½ tsp. salt and ¼ tsp. pepper. Heat canola oil in a large cast iron skillet. Add pork chops

and cook over medium heat for 7 to 9 minutes or until pork reaches 145°F, turning halfway through. Transfer pork chops to a plate; cover to keep warm.

4. **WHISK** together apple juice, corn starch, apple pie spice and mustard; set aside.
5. **MELT** remaining 2 Tbsp. butter in same skillet over medium heat. Add apples, onion and ½ tsp. thyme. Cook for 6 to 8 minutes or just until softened, stirring frequently. Push apples and onion to side of skillet. Add apple juice mixture to center of skillet; cook and whisk for 1 to 2 minutes or until slightly thickened. Return pork chops to skillet and heat through. Garnish with additional thyme, if desired. Serve with mashed sweet potatoes.

Per serving: 494 calories, 26 g fat, 13 g saturated fat, 1 g trans fat, 101 mg cholesterol, 472 mg sodium, 42 g carbohydrates, 5 g fiber, 21 g sugar (1 g added sugar), 27 g protein. Daily Values: Vitamin D 6%, Calcium 4%, Iron 7%, Potassium 23%

GF option GLUTEN-FREE

Budget-Friendly Pork
Learn how this tasty—but inexpensive—recipe can feed the whole family.

Hy-Vee seasons

Watch and learn at Seasons.Hy-Vee.com

HELPFUL OPTIONS

If convenience is top priority, find some ready-to-eat family meals at Hy-Vee.

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#HyChi

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wahlburgers

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Grab speedy take-and-bake or prepared Italian-style pizzas.

Go online to Hy-Vee.com/mealtime to place your order.

dine-in friday night

Lemony Risotto with Shrimp

Total Time 45 minutes
Serves 4

- 2 Tbsp. Gustare Vita olive oil, divided
- ½ cup chopped white onion
- 1½ cups Hy-Vee Arborio rice
- ½ cup plus ¼ cup Castillo San Simon Chardonnay, divided
- 1 (32-oz.) container That's Smart! chicken broth, divided
- 16-oz. Fish Market frozen cooked tail-on, peeled & deveined shrimp (26 to 30 ct.), thawed
- 4 Tbsp. That's Smart! salted butter, divided
- 2 large cloves garlic, minced
- 2 tsp. lemon zest, divided
- ½ cup Hy-Vee finely shredded Parmesan cheese
- 1 Tbsp. fresh lemon juice
- Hy-Vee salt, to taste

Coarsely ground Hy-Vee black pepper, to taste
Italian parsley, for garnish

1. **PREHEAT** oven to 375°F.

2. **HEAT** 1 Tbsp. oil in a 2½- to 3-qt. Dutch oven over medium heat. Add onion; cook for 1 minute, stirring occasionally. Add rice; cook and stir for 4 to 6 minutes or until rice is lightly browned.

3. **REMOVE** Dutch oven from heat; add ½ cup wine. Return Dutch oven to heat; cook and stir continuously until wine is evaporated. Carefully stir in 3 cups broth. Bring to a simmer over high heat; reduce heat to medium-low. Gently simmer and stir continuously for 2 minutes. Cover tightly and bake in oven for 12 to 14 minutes or until most of liquid is absorbed and rice is *al dente*.

4. **PAT** shrimp dry with paper towels. Heat remaining 1 Tbsp. oil and 2 Tbsp. butter in a large skillet. Cook garlic over medium heat for 30 seconds or until

fragrant. Remove skillet from heat; add remaining ¼ cup wine. Return skillet to heat; gently simmer for 30 seconds. Add ½ cup broth; gently simmer for 1 minute. Add shrimp and 1 tsp. lemon zest. Cook for 1 to 2 minutes or until shrimp is heated through.

5. **REMOVE** rice mixture from oven. Stir in remaining 2 Tbsp. butter until melted. Stir in Parmesan cheese, remaining 1 tsp. lemon zest and lemon juice until cheese is melted. Stir remaining broth and enough of the shrimp pan juices to make a creamy mixture. Season to taste with salt and pepper.

6. **TO SERVE**, divide risotto among 4 serving bowls. Top with shrimp and remaining pan juices. Garnish with parsley and additional pepper, if desired.

Per serving: 668 calories, 25 g fat, 10 g saturated fat, 0 g trans fat, 258 mg cholesterol, 1,867 mg sodium, 62 g carbohydrates, 2 g fiber, 2 g sugar (0 g added sugar), 45 g protein. Daily Values: Vitamin D 2%, Calcium 10%, Iron 26%, Potassium 9%

GF option GLUTEN-FREE

UNDER \$20 MEAL

SHOPPING LIST

White onion.....	\$0.73
Arborio rice.....	\$2.65
Chardonnay.....	\$0.72
Chicken broth.....	\$1.59
Frozen cooked shrimp.....	\$9.99
Salted butter.....	\$0.50
Garlic.....	\$0.30
Lemon juice.....	\$0.09
Parmesan cheese.....	\$0.66
Italian parsley.....	\$0.50

TOTAL \$17.73*

*Cost is calculated by amount of each ingredient used in recipe. Prices as of Sept. 16, 2022, in Des Moines, Iowa; prices may vary.



QUICK & CLEAN BREAKFAST

WAKY, WAKY

THE EGG WHITES AND TURKEY BACON IN THIS SANDWICH HAVE FEWER CALORIES, FAT AND SODIUM COMPARED TO WHOLE EGGS AND PORK BACON.

Nourish body and mind with a nutrient-rich breakfast filled with protein, fiber, healthy fats and vitamins and minerals.

Sheet Pan Egg White Breakfast Sandwiches

Hands On 15 minutes
Total Time 35 minutes
Serves 8 (1 sandwich each)

Hy-Vee nonstick cooking spray
1 (32-oz.) container Hy-Vee 100% egg whites
2 cloves garlic, minced
½ tsp. Hy-Vee baking powder
¼ tsp. coarsely ground Hy-Vee black pepper
1 cup Hy-Vee fresh tomato basil bruschetta topping, drained

½ medium yellow onion, sliced
1 cup tightly packed fresh basil, cut into thin strips
1 cup lightly packed arugula
4 slices hickory-smoked uncured turkey bacon, halved crosswise and cooked
1 large tomato, cut into 8 slices
½ medium avocado, seeded, peeled and thinly sliced
2 (8.8-oz.) pkg. Mikey's gluten- and grain-free English muffins, thawed, split and toasted

1. PREHEAT oven to 425°F. Spray a 15×10×1-in. baking pan with nonstick spray.
2. WHISK together egg whites, garlic, baking powder and pepper in a large bowl until frothy. Pour into prepared pan. Top with bruschetta topping, onion and basil strips. Bake for 18 to 20 minutes or until egg white mixture is set in center. Cut into 8 rectangles.

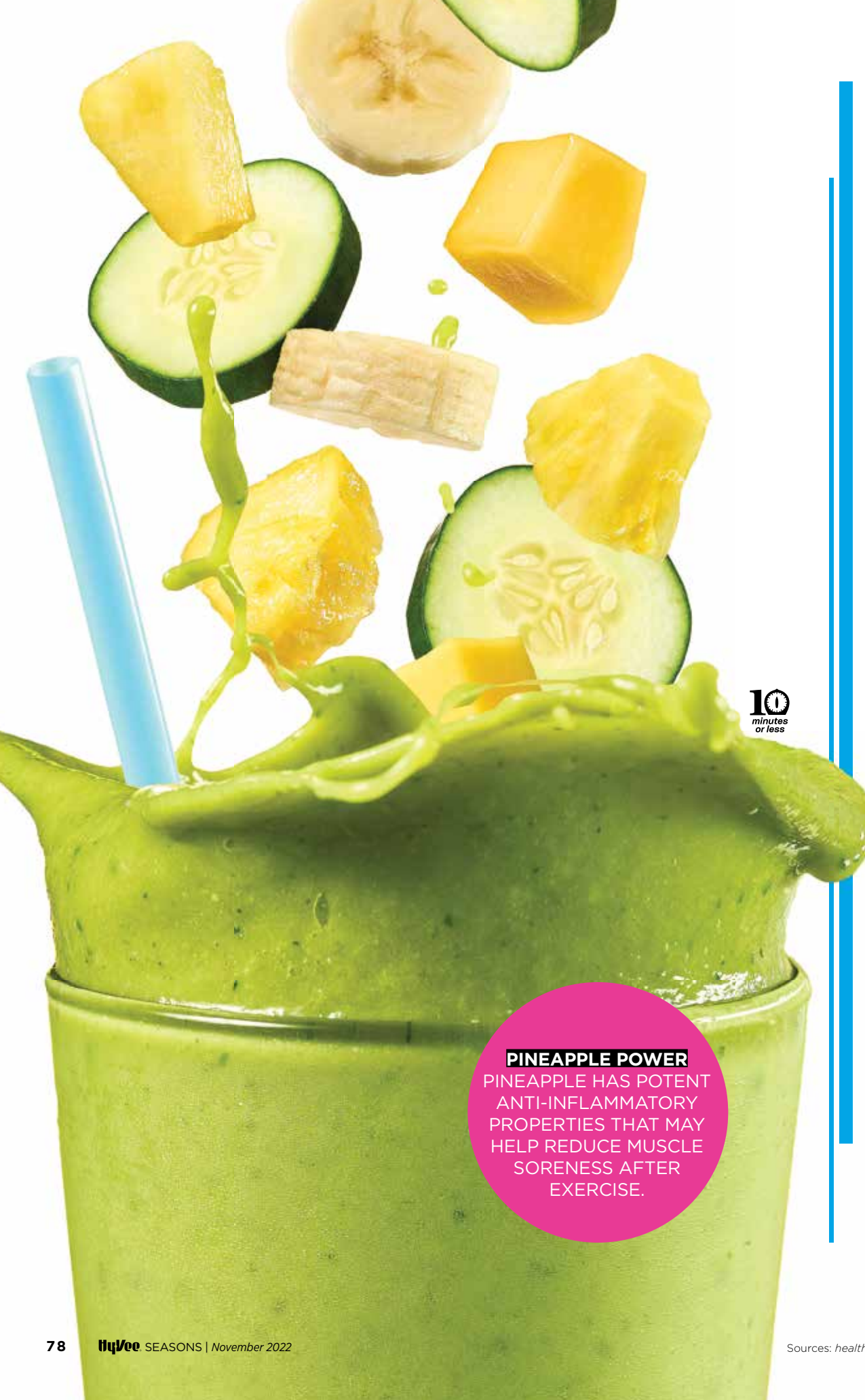
3. TO SERVE, layer arugula, egg rectangles, turkey bacon, tomato and

avocado on English muffin bottoms, and place remaining muffins on top.

STORAGE NOTE: For an on-the-go breakfast, prepare the egg white bake ahead of time and store in the refrigerator up to 3 days. Assemble and heat in the morning.

Per serving: 279 calories, 17 g fat, 3 g saturated fat, 0 g trans fat, 90 mg cholesterol, 758 mg sodium, 11 g carbohydrates, 5 g fiber, 3 g sugar (0 g added sugar), 23 g protein. Daily Values: Vitamin D 6%, Calcium 8%, Iron 11%, Potassium 13%

GF GLUTEN-FREE
option



10
minutes
or less

PINEAPPLE POWER
PINEAPPLE HAS POTENT
ANTI-INFLAMMATORY
PROPERTIES THAT MAY
HELP REDUCE MUSCLE
SORENESS AFTER
EXERCISE.

Pineapple Mango Cucumber Smoothie

Total Time 5 minutes
Serves 4 (2 cups each)

- 1 (16-oz.) pkg. frozen Hy-Vee unsweetened pineapple chunks
- 1 (16-oz.) pkg. frozen Hy-Vee unsweetened mango chunks
- 1½ cups Hy-Vee unsweetened vanilla almond milk
- 2 medium bananas, peeled and sliced
- 1 unpeeled medium cucumber, sliced
- 1 Tbsp. refrigerated ginger paste
- 1 Tbsp. fresh lime juice
- 4½ tsp. organic matcha powder
- 1 tsp. chopped fresh mint

1. PLACE frozen pineapple chunks, frozen mango chunks and almond milk in a large blender. Cover and blend until smooth.

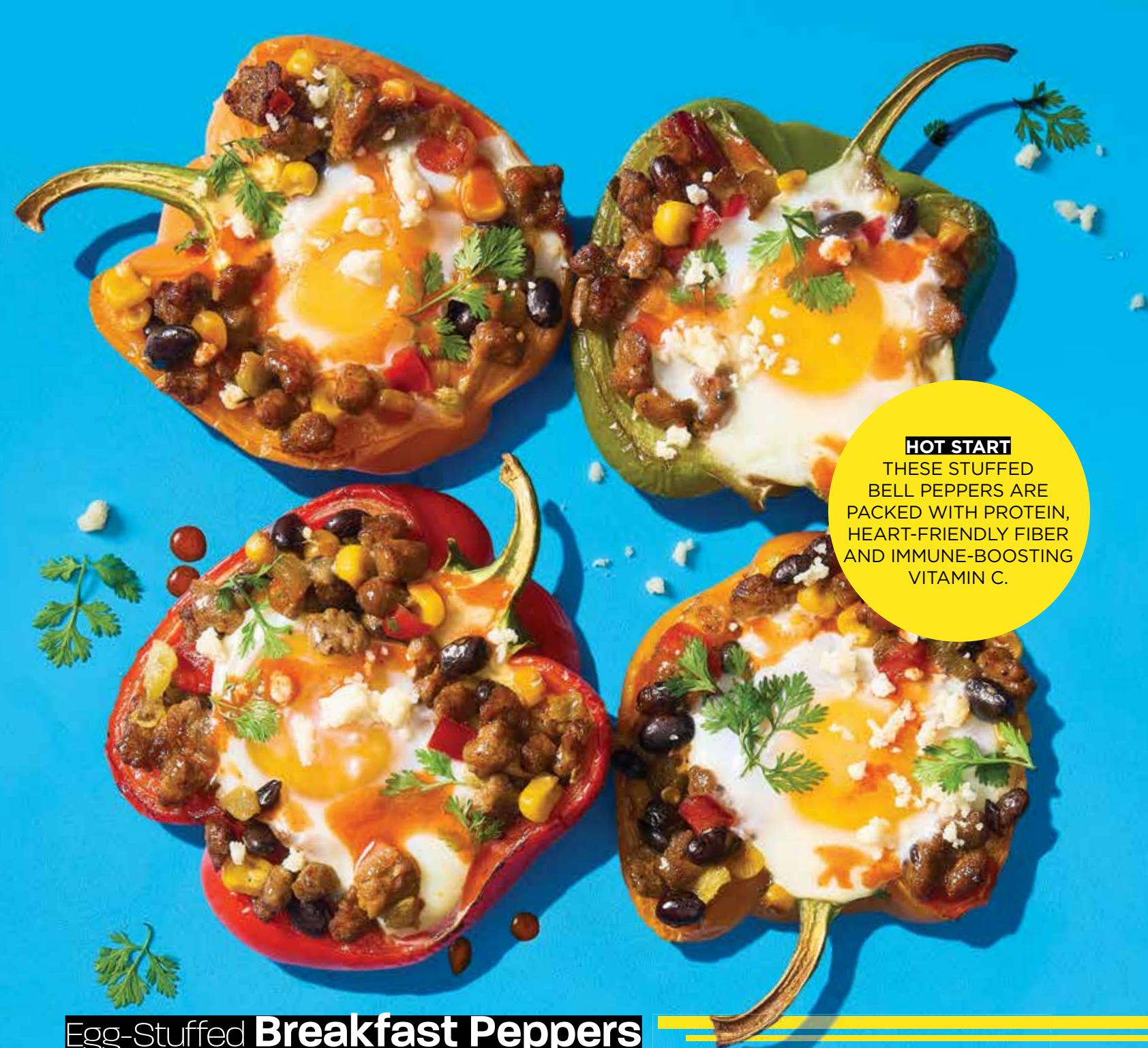
2. ADD bananas, cucumber, ginger paste, lime juice, matcha powder and mint. Cover and blend until smooth. Pour mixture into 4 (20-oz.) glasses.

Per serving: 215 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 67 mg sodium, 50 g carbohydrates, 7 g fiber, 38 g sugar (0 g added sugar), 3 g protein. Daily Values: Vitamin D 4%, Calcium 17%, Iron 8%, Potassium 13%

GF GLUTEN-FREE

V VEGETARIAN DISH

Sources: health.clevelandclinic.org/benefits-of-pineapple/



HOT START
THESE STUFFED
BELL PEPPERS ARE
PACKED WITH PROTEIN,
HEART-FRIENDLY FIBER
AND IMMUNE-BOOSTING
VITAMIN C.

Egg-Stuffed Breakfast Peppers

Hands On 20 minutes
Total Time 40 minutes
Serves 8 (1 each)

- Hy-Vee nonstick cooking spray
- 4 large yellow, red and/or green bell peppers, halved lengthwise and seeded
- 1 cup frozen fully cooked turkey sausage crumbles
- 1 cup frozen Southwest chipotle sweet corn blend

- 2 Tbsp. Hy-Vee canned diced mild green chiles
- 1 Tbsp. Hy-Vee Mexican style fajita seasoning mix
- 8 Hy-Vee medium eggs
- Crumbled queso fresco cheese, for garnish
- Chopped fresh cilantro, for garnish
- Hot sauce, for serving

1. PREHEAT oven to 425°F. Spray a large rimmed baking pan with nonstick spray. Place peppers, cut sides down, in

prepared pan. Lightly spray peppers with nonstick spray. Bake for 6 to 8 minutes or until softened.

2. COOK turkey sausage crumbles, corn blend, green chiles and fajita seasoning in a medium nonstick skillet over medium-high heat for 3 to 4 minutes or until heated through, stirring frequently.

3. TURN peppers, cut sides up, in baking pan. Spoon sausage mixture into each pepper half. Using back of a spoon, make a large indentation in sausage mixture.

Crack 1 egg into each indentation. Bake for 15 to 20 minutes or until egg whites are set.

4. TO SERVE, garnish with queso fresco and cilantro; serve with hot sauce, if desired.

Per serving: 129 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 175 mg cholesterol, 234 mg sodium, 8 g carbohydrates, 2 g fiber, 3 g sugar (1 g added sugar), 10 g protein. Daily Values: Vitamin D 7%, Calcium 3%, Iron 11%, Potassium 9%

Sources: hsph.harvard.edu/nutritionsource/carbohydrates/fiber/#:~:text=Fiber%20is%20a%20type%20of,passes%20through%20the%20body%20undigested,ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/

SECOND

REMIX YOUR LEFTOVERS

A TRADITIONAL
THANKSGIVING
MEAL OFTEN
MEANS
LEFTOVERS, BUT
THEY DON'T HAVE
TO BE BORING. TRY
THESE RECIPES
FOR A CREATIVE,
NEW TAKE
ON HOLIDAY
CLASSICS.



CREATE MEALS FOR DAYS

Hot turkey sandwiches are delicious but just the beginning of what you can do with leftovers. These recipes transform elements from the Thanksgiving feast into unique new dishes. Safely store leftovers by refrigerating portions in small, shallow containers within two hours of cooking to help them cool quickly. And use by the Monday after Thanksgiving.

THAT!



Thanksgiving Leftovers Pressed Turkey Sandwiches

Hands On 15 minutes
Total Time 37 minutes
Serves 2 (1 each)

2 Tbsp. Hy-Vee Dijon mustard
4 large slices Hy-Vee Bakery San Francisco sour dough bread
4 slices Hy-Vee deli style Swiss cheese slices
1 cup sliced or mashed leftover candied sweet potatoes
8 oz. sliced leftover cooked turkey
¼ cup leftover turkey gravy
1 cup leftover bread stuffing or dressing
2 Tbsp. Hy-Vee salted butter, softened, divided
½ cup leftover cranberry sauce
⅔ cup packed baby arugula

1. SPREAD mustard on one side of bread slices. Top 2 bread slices with cheese.

2. LAYER sweet potatoes, turkey, gravy and stuffing on top of cheese. Top with remaining bread slices, mustard sides down.

3. HEAT a 12-in. nonstick skillet over medium heat. Spread ½ Tbsp. butter on top of each sandwich. Place sandwiches in skillet with buttered sides down. Place a heavy saucepan or skillet on top to press sandwiches down firmly.

4. COOK for 2 to 3 minutes or until bread is golden. Spread remaining 1 Tbsp. butter on top of sandwiches; turn sandwiches over. Press down with saucepan or skillet; cook for 2 to 3 minutes more or until golden and hot in center. Remove from skillet.

5. LIFT slice of bread without cheese. Spoon cranberry sauce over stuffing. Top with arugula. Close sandwich. Cut in half before serving.

Nutritionals cannot be calculated for this recipe due to the fact leftovers vary in nutritional content.

LEFTOVERS TO USE



Turkey



Cranberry
Sauce



Sweet
Potatoes



Turkey Gravy



Stuffing

Spicy Turkey and Vegetable Pasta Bake

Hands On 30 minutes
Total Time 50 minutes
Serves 10 (1¾ cups each)

- Hy-Vee nonstick cooking spray**
1 (16-oz.) pkg. Hy-Vee Cellentani pasta
2 Tbsp. Hy-Vee salted butter
1 (8-oz.) pkg. sliced white mushrooms
½ cup seeded and chopped mini sweet red peppers, plus sliced peppers for garnish
½ cup seeded and finely chopped jalapeño peppers, plus sliced peppers for garnish*
1 tsp. refrigerated garlic paste
1 (10.5-oz.) can Hy-Vee cream of mushroom condensed soup
2½ cups Hy-Vee whole milk
2 cups leftover green bean casserole
2 cups tightly packed fresh baby spinach, plus additional for garnish
3 cups chopped leftover cooked turkey
1 (8-oz.) pkg. Hy-Vee shredded pepper Jack cheese
Hy-Vee crushed red pepper, for garnish

LEFTOVERS TO USE



Turkey



Green Beans

1. PREHEAT oven to 350°F. Lightly spray a 4-qt. baking dish with nonstick spray. Cook pasta according to pkg. directions in a 6-qt. stockpot.

2. MELT butter in a large skillet over medium heat. Add mushrooms. Cook for 3 minutes. Add ½ cup sweet red peppers and ⅓ cup jalapeño peppers. Cook for 2 to 3 minutes or until softened, stirring frequently. Stir in garlic; cook for 30 seconds. Stir in condensed soup and milk until combined. Stir in green bean casserole; heat through. Set aside ½ cup green bean mixture.

3. DRAIN pasta; return pasta to stockpot. Add 2 cups spinach. Stir until spinach is wilted. Stir in turkey and cheese. Transfer to prepared baking dish.

4. BAKE for 15 to 20 minutes or until edges are bubbly and top is lightly browned. Place small spoonfuls of reserved green bean mixture on top; lightly spread. Garnish with additional sliced sweet red peppers, jalapeño peppers, spinach and crushed red pepper, if desired.

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

Nutritionals cannot be calculated for this recipe due to the fact leftovers vary in nutritional content.



Stuffing Fried Rice

Total Time 35 minutes
Serves 8 (1¼ cups each)

- 2 Tbsp. water**
2 Tbsp. Hy-Vee less sodium soy sauce, plus additional for serving
1 tsp. Hy-Vee toasted sesame oil
3 Tbsp. Hy-Vee vegetable oil, divided
2 Hy-Vee large eggs
2 carrots, peeled and diagonally sliced
1 cup fresh snow peas, trimmed and halved on a bias
½ cup Hy-Vee frozen peas
1 tsp. finely grated gingerroot
2 cloves garlic, minced
3 cups cold, cooked Hy-Vee long grain white rice
2 cups leftover raw or crisp-cooked broccoli, cut into small florets or coarsely chopped
5 cups leftover cubed bread stuffing, crumbled

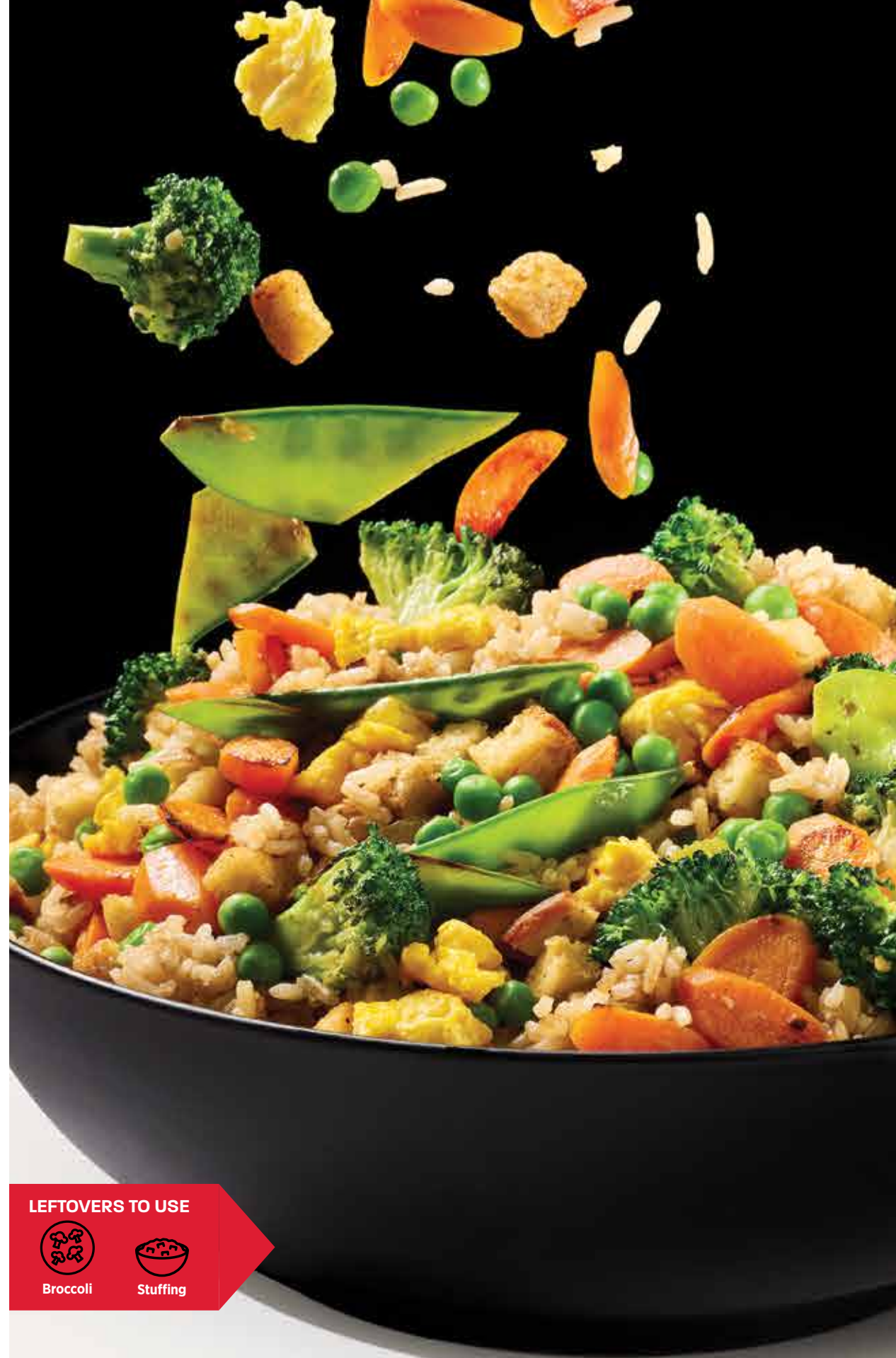
1. STIR together water, 2 Tbsp. soy sauce and sesame oil in a small bowl; set aside.

2. HEAT 1 Tbsp. vegetable oil in a large nonstick skillet over medium-high heat. Whisk eggs in a small bowl until frothy; pour into skillet. Tilt skillet so eggs form a large, thin pancake, then immediately scramble eggs with spatula and break into small pieces. When eggs are just set, remove from skillet; set aside.

3. HEAT 1 Tbsp. vegetable oil in same skillet over medium heat. Add carrots; stir-fry for 2 minutes. Add snow peas, frozen peas, gingerroot and garlic; stir-fry for 1 minute. Add rice, broccoli, scrambled eggs and soy sauce mixture; stir-fry for 3 minutes or until heated through and rice begins to crisp. Remove from skillet; set aside.

4. HEAT remaining 1 Tbsp. vegetable oil in same skillet over medium-high heat. Add crumbled stuffing; cook for 6 to 7 minutes or until golden brown and temperature reaches 165°F, stirring occasionally. Return fried rice mixture to skillet; toss to combine. Serve with additional soy sauce, if desired.

Nutritionals cannot be calculated for this recipe due to the fact leftovers vary in nutritional content.



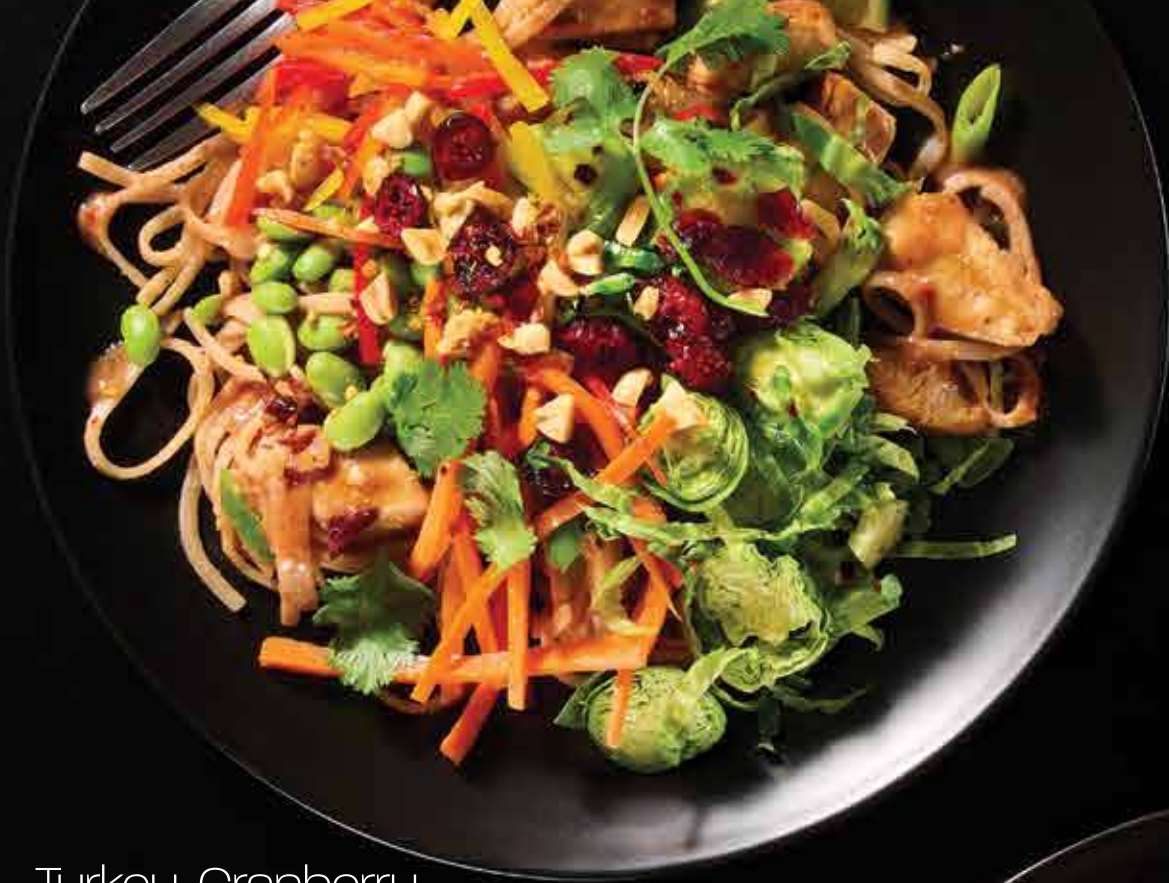
LEFTOVERS TO USE



Broccoli



Stuffing



LEFTOVERS TO USE



Turkey



Cranberry Sauce

Turkey-Cranberry Pad Thai Salads

Total Time 30 minutes
Serves 4

SALAD

2 Tbsp. Hy-Vee vegetable oil
2 Tbsp. seasoned rice vinegar
1 tsp. Hy-Vee granulated sugar
¼ tsp Hy-Vee crushed red pepper
1½ cups thinly shaved Brussels sprouts
½ cup matchstick-cut carrots
½ cup frozen shelled edamame, cooked
2 mini sweet red and/or yellow peppers, seeded and cut into thin strips

PAD THAI

8 oz. dry stir-fry rice noodles
½ cup leftover Hy-Vee canned whole berry cranberry sauce
3 Tbsp. water
2 Tbsp. Hy-Vee creamy peanut butter
2 Tbsp. Hy-Vee less sodium soy sauce
2 Tbsp. fresh lime juice
1 tsp. refrigerated ginger paste
½ tsp. refrigerated garlic paste
1 Tbsp. Hy-Vee vegetable oil
2 cups chopped leftover cooked turkey
½ cup sliced green onions
Desired garnishes, such as chopped Hy-Vee dry roasted lightly salted peanuts, Hy-Vee dried cranberries and/or fresh cilantro
Lime wedges, for serving

1. FOR SALAD, whisk together vegetable oil, rice vinegar, sugar and crushed red pepper in a medium bowl. Add Brussels sprouts, carrots, edamame and mini peppers; toss to coat. Set aside.

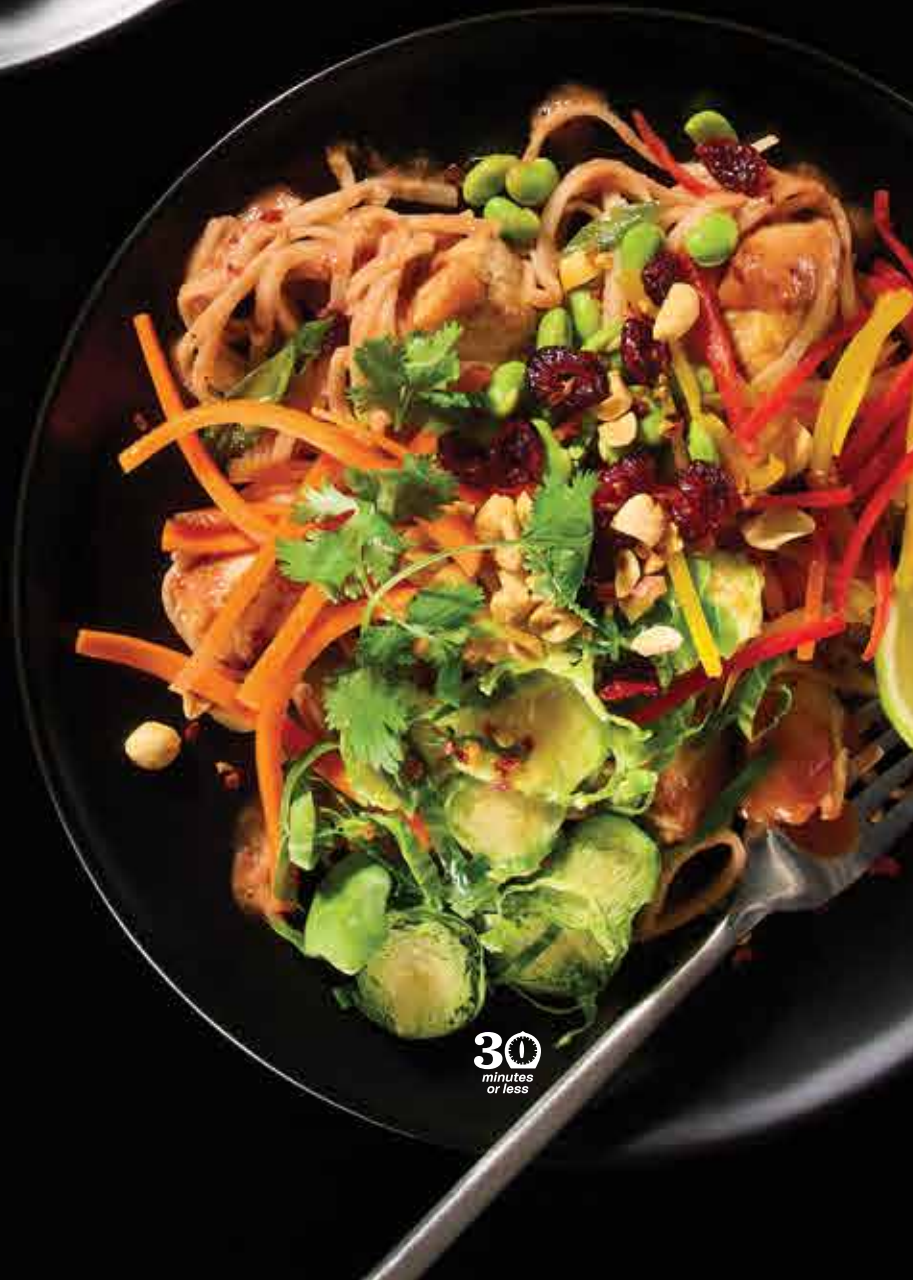
2. FOR PAD THAI, cook noodles according to pkg. directions for minimum amount of cook time; drain.

3. WHISK together cranberry sauce, water, peanut butter, soy sauce, lime juice, ginger paste and garlic paste in a small bowl until combined; set aside.

4. HEAT vegetable oil in a large skillet over medium-high heat. Add turkey and green onions. Stir-fry for 1 to 2 minutes or until heated through and turkey begins to brown. Stir in cooked noodles. Add cranberry sauce mixture; toss to coat. Cook for 1 to 2 minutes or until heated through.

5. TO SERVE, divide pad Thai mixture among 4 shallow serving bowls; top with salad mixture. Garnish as desired. Serve with lime wedges, if desired.

Nutritionals cannot be calculated for this recipe due to the fact leftovers vary in nutritional content.



30
minutes
or less

Pumpkin Pie S'mores

Total Time 10 minutes
Serves 8 (1 each)

2 slices Hy-Vee Bakery pumpkin pie (one-fourth of pie total), room temperature
8 Crav'n Flavor cinnamon graham crackers
2 (1.55-oz.) milk chocolate candy bars
8 Hy-Vee marshmallows
3 Tbsp. caramel sauce

1. PLACE oven rack 5 to 6 in. from heat. Preheat broiler to HIGH. Cut each slice of pumpkin pie into 4 equal-size pieces; set aside.

2. BREAK graham crackers in half crosswise to make 16 squares. Place graham cracker squares in a single layer on a baking sheet with dimpled sides down. Break each chocolate bar crosswise into 4 even pieces. Top 8 graham cracker squares with a piece of chocolate; top remaining 8 crackers with a marshmallow.*

3. BROIL 40 to 60 seconds or just until tops of marshmallows are golden brown, watching constantly. Immediately remove from oven.

4. TOP each chocolate-covered graham cracker with a piece of pumpkin pie. Drizzle with caramel sauce. Invert a marshmallow-topped graham cracker onto each pumpkin pie layer; press gently. Serve immediately.

***NOTE:** For extra-toasty s'mores, toast skewered marshmallows over a grill, campfire or gas-stove burner.

Nutritionals cannot be calculated for this recipe due to the fact leftovers vary in nutritional content.

V VEGETARIAN DISH



LEFTOVER
TO USE



Pumpkin Pie

BLOOMS

Center of Attention

Set a celebratory table worthy of a Thanksgiving feast with these decorative items from Hy-Vee.

1 TABLE SETTINGS

Lay Hy-Vee's leaf table runner down the center of the table. Place a set of three lantern hurricanes in the center with Patria LED candles, then fill in sides with stuffed-yarn pumpkins, faux billy balls and dried grass stalks.



2 PUMPKIN VASE

Trim the stems of mums, roses, alstroemeria and hypericum from Hy-Vee Floral, then place in a water-filled glass pumpkin jar, also available at Hy-Vee.



3 DRIED WREATH AND LANTERN

Place a dried wreath from Hy-Vee in the middle of the table, then set a lantern hurricane in the center with a Patria LED candle to create the illusion of a flickering flame.

4 TIED WHEAT

Pick up stalks of faux wheat from Hy-Vee and tie a bunch together with a ribbon. Stand the arrangement on a mantel or table. Or lay it down on its side in the center of a dining table.

See how to set a festive Thanksgiving table in our video.

HOLIDAY
HOW-TO'S

WATCH & SHOP
ONLY ON
HSTV.com

FINDS

Thanksgiving Essentials

Holiday hosting is a breeze with serveware and food-prep tools from Hy-Vee.



SET YOUR TABLE
Scan the QR code to shop these hosting essentials at Hy-Vee.



1 GATHER WOODEN SERVING TRAY

A 16-in. acacia wood board with metal handles is large enough to serve a feast of appetizers, snacks or desserts.

2 SLICE OF HAPPY PIE DISH WITH NAPKIN

This 32-oz. ceramic pie plate includes a stamp embellishment on the front and comes with a cute cotton napkin.

3 REFRESH REFILL PITCHER WITH SPOON

Stir and serve punch from this ceramic stoneware pitcher and accompanying long-handled wooden spoon.

4 THIS AND THAT TRI BOWL

Separate dips or appetizers into three connected 12-oz. stoneware bowls for easy holiday grazing.

5 SERVING BOWL

This stylish 128-oz. ceramic bowl and included spoon are dishwasher-safe and great for serving large batches of holiday sides.



RIBBON CARD

Show your appreciation for all of life's gifts with cotton ribbon embellished with the words "Thankful," "Blessed" and "Grateful."



LANTERN

Light the way to elegant entertaining with this glass and metal lantern. Use it indoors for decoration or outside to illuminate a path to your door.



KNIT PUMPKIN

Add textural interest to your autumn decor with this pretty knit pumpkin. Group several on a table or mantel to create a colorful combo.



WHITE-RESIN PUMPKINS

Subtle and sophisticated, these white pumpkins offer a new take on traditional orange pumpkins.



PAPER TABLE RUNNER

Customize your Thanksgiving place settings while making cleanup a breeze with this harvest-tone paper table runner.



PLAID PLACEMATS

There's no need to worry about accidental spills with these practical paper placemats featuring two different plaid patterns.



DIMMABLE CANDLES

Invite your guests to share in the soothing glow of Patria real-wax, battery-powered candles.



MOSAIC VOTIVES

Candles cast eye-catching ambience when placed in these mosaic votives, featuring an array of autumn hues.



ARTICHOKE TEALIGHTS AND TAPER HOLDERS

Celebrate the harvest season with artful artichoke-theme holders for both tealight candles and stick candles.

FOODS THAT

Improve Digestion

The digestive system converts food into energy and nutrients the body needs. Fill up on these foods to help it run smoothly.

The digestive system works to break down food so the body can absorb nutrients and produce energy. Incorporating foods rich in dietary fiber, probiotics, enzymes and nutrients may improve digestion and help reduce some digestive issues.

Dietary fibers are especially beneficial for adding bulk and size to waste to encourage movement through the body. Although they cannot be digested, dietary fibers promote the growth of good bacteria in the gut by serving as a food source.

These friendly bacteria help break down food into forms your body can use. Fermented foods that

contain live bacteria are called probiotics. Consuming probiotics may help alleviate bowel disorders like diarrhea by reestablishing a healthy biome, or community of microorganisms that live in the digestive tract, according to the Cleveland Clinic.

Many other nutrients also help the digestive system function. Vitamins and minerals that help maintain overall health are also absorbed from food during digestion. If your body isn't getting the nutrients it needs, you may experience digestive issues such as heartburn, gas, constipation and diarrhea. Try a variety of foods to lessen symptoms and maintain digestive health.

WATER

When adding fiber to your diet, drinking plenty of water is important. Water allows food to flow more easily through the digestive system and helps prevent constipation.

YOGURT

Probiotic foods like yogurt contain good bacteria that assist in breaking down food and may help treat or prevent diarrhea, irritable bowel syndrome and constipation.

GINGER

Gingerol, found in gingerroot, helps the digestive system move food through the stomach. Widely used in Eastern medicine for centuries, ginger also may be effective at reducing bloating, indigestion, intestinal gas and nausea.

OATS

A strong source of fiber, oats promote regularity. Oats contain a type of fiber called beta-glucan, which stimulates growth of good gut bacteria.

LEAFY GREENS

Leafy greens like spinach are high in fiber, and spinach contains a type of sugar that nourishes good gut bacteria.

APPLES

An apple peel contains pectin, a fiber that nourishes good gut bacteria, which may help resolve diarrhea and constipation and prevent some intestinal infections.

BANANAS

The starch in bananas feeds good bacteria in the gut and helps it grow. Bananas also help replenish electrolytes lost from diarrhea or vomiting.

PINEAPPLES

In addition to fiber, pineapples contain an enzyme called bromelain, which helps the body break down proteins.

PAPAYAS

Papain, an enzyme in papayas, makes it easier to digest protein. The tropical fruit may also help alleviate constipation and bloating.

93%

OF AMERICAN ADULTS NEED MORE FIBER IN THEIR DIET.

—American Society for Nutrition

Sources: [ncbi.nlm.nih.gov/pubmed/23524622/](https://pubmed.ncbi.nlm.nih.gov/23524622/)
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DIETITIAN Q&A

Portion Control

Get tips for eating mindfully and controlling portions during the holidays from Elisa Sloss, registered dietitian and vice president of HealthMarkets.



Elisa Sloss, RD, LD
Vice President,
HealthMarkets

Q: How can I prevent overeating during holidays?

A: Pay close attention to portion sizes. Serving yourself larger portions than normal can encourage you to eat more, even if you would have been satisfied with a smaller amount. Eating too much can cause unpleasant side effects, such as discomfort, drowsiness, heartburn and temporary feelings of being too hot or dizzy.

Q: What are some proper portion sizes?

A: In general, a well-portioned plate would consist of 3 oz. of protein, such as turkey, ½ cup of mashed potatoes, ¼ cup of gravy, ½ cup of stuffing, ½ cup of green bean casserole and ¼ cup of cranberry sauce. If you have seconds, choose one food and stick to the portion size. For dessert, pick one slice of pie about the size of a light bulb.

Q: Should I only choose certain foods at Thanksgiving?

A: Pick the foods you like the most! This one meal will not derail your health, but consistently overeating may lead to health issues over time. That's why it's important to practice moderation at every meal. Stick to the previously mentioned portion sizes to help avoid overeating. Overindulging throughout the day may cause you to feel sluggish, tired or bloated later in the evening or possibly into the next day.

Q: Do you have any tips for practicing moderation?

A: Mindfulness is key. Be aware of what you're eating and how fast. When you're at the table, eat slowly and converse with those around you instead of quickly finishing your plate. An easy trick is to use a smaller plate. You'll feel less inclined to pile on the food and fill in gaps like you might if using a larger plate. When you start to feel full, stop eating for a few minutes and see if your hunger returns.

Q: What are the portion sizes for alcoholic drinks?

A: If drinking alcohol, stick to one 12-oz. light beer, a 5-oz. glass of wine or 1.5 oz. of spirits. The calories from alcoholic beverages add up quickly. Drinking too

much may also increase appetite, causing you to eat more than you would otherwise. Drink a glass of water in between alcoholic beverages if you decide to have more than one.

Q: How can I save myself calories during the holidays?

A: Eating breakfast the morning of Thanksgiving will help tide you over until the big meal and reduce hunger, so you're less likely to overeat. Afterwards, plan a walk with family and friends. A short 15-minute walk will help burn extra calories and may improve digestion. In the following days, focus on eating healthfully and exercising. Remember to drink plenty of water throughout the day. Maintaining adequate hydration may help you feel fuller and make it easier for your body to break down food after the meal.



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



THANKSGIVING PORTION VISUALS



A 3-oz. portion of roasted turkey is similar in size to a deck of cards.



A ¼ cup of gravy or cranberry sauce is similar in size to a golf ball.



A ½ cup of mashed potatoes is similar in size to a computer mouse.



A ½ cup of green beans or stuffing is similar in size to a tennis ball.



THANK YOU



for joining us this month as we honor our country's veterans and active-duty military.

REGISTER ROUND UP
IS NOVEMBER 1-13

BENEFITTING THESE GREAT PARTNERS:



American
Red Cross



MEAL MAKEOVER

Four-Meat Pizza

With just a few tweaks, this recipe offers a better-for-you pizza that still provides lots of meaty flavor.



MEAT-PACKED PUNCH

Swapping out a few ingredients for healthier options creates this tasty pizza with one-third fewer calories, 12 grams less fat and 160 milligrams less sodium than a traditional meat lover's pizza.

Mega-Meat Pizza

Hands On 30 minutes
Total Time 46 minutes plus resting time
Serves 8 (1 slice each)

CRUST

1½ cups Hy-Vee all-purpose flour
1 tsp. Hy-Vee baking powder
½ tsp. Hy-Vee salt
¾ cup Hy-Vee plain Greek yogurt
1 to 2 Tbsp. water, divided

TOPPINGS

3 oz. 93% lean ground beef
3 oz. ground Italian-style turkey sausage
1 tsp. Hy-Vee Italian seasoning

¼ tsp. Hy-Vee crushed red pepper
¾ tsp. Hy-Vee garlic powder
Hy-Vee nonstick cooking spray
¼ cup Gustare Vita pizza sauce

1 cup Hy-Vee shredded mozzarella, divided
¼ cup Soirée shredded three-cheese blend
17 slices Hormel turkey pepperoni
3 slices Jones Dairy Farms hickory-smoked Canadian bacon, cut into quarters

1. PREHEAT oven to 425°F. Place 15-in. pizza baking stone in oven; preheat for 10 to 15 minutes.

2. FOR CRUST, whisk together flour, baking powder and salt in a medium bowl. Stir in yogurt and 1 Tbsp. water. If necessary, add remaining 1 Tbsp. water to make slightly crumbly dough. Gather dough and press together to form a ball. Gently knead dough 10 times on a lightly floured surface. Let rest for 10 minutes.

3. FOR TOPPINGS, place ground beef and turkey sausage each into separate small bowls; set aside. Combine Italian seasoning, crushed red pepper and garlic powder in another small bowl. Divide seasoning mixture in half and mix one portion into ground beef and remaining portion into turkey sausage until combined. Pinch off beef mixture into ¼-in.

pieces and turkey mixture into ½-in. pieces.

4. ROLL OUT dough onto floured surface into a 14-in. round. Remove pizza stone from oven; spray with nonstick spray. Place dough round on hot pizza stone; spread with pizza sauce to within 1 in. of edge. Top with ½ cup mozzarella, three cheese blend, pepperoni, Canadian bacon, and ground beef and turkey pieces. Sprinkle with remaining ½ cup mozzarella.

5. BAKE pizza for 13 to 16 minutes or until sausage and beef reach an internal temperature of 165°F and crust is golden brown.

Per serving: 205 calories, 7 g fat, 3 g saturated fat, 0 g trans fat, 33 mg cholesterol, 580 mg sodium, 21 g carbohydrates, 1 g fiber, 2 g sugar (1 g added sugar), 15 g protein. **Daily Values:** Vitamin D 3%, Calcium 16%, Iron 9%, Potassium 3%



Try this
Deep-Dish
Bourbon Streusel-
Topped Apple
Butter Pumpkin
Pie, p. 40

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