

HyVee[®] Seasons

FALL
FLAVOR



october



A Decade of Doing Seafood **Right.**

Since 2012, Hy-Vee has been committed to bringing our customers the freshest seafood that's been caught in a responsible manner. That means you're getting seafood that's good for you, for the planet, and for the people who make their livings on our world's oceans.

That's responsible seafood. And that's **HyVee.**

OCTOBER 2022



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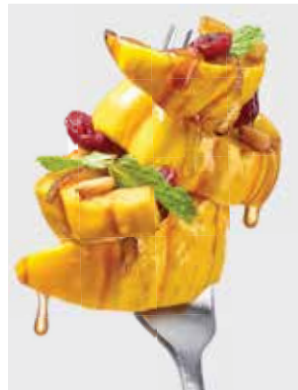
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GEORGIA VAN GUNDY
EVP, CHIEF ADMINISTRATIVE OFFICER,
CHIEF CUSTOMER OFFICER

What would October be without Halloween? All we'd have to

look forward to would be sunny, cool weather, comfort foods, candy apples, baseball playoffs—and great fall foliage with no raking required...yet!

Halloween is simply the whipped cream on top of the pumpkin pie. Or, considering this month's issue, it might be better to say the cream cheese frosting on the Hy-Vee Bakery Fresh pumpkin bars, which are somehow made more scrumptious with the addition of graham crackers and chocolate, *page 17*.

If that's not reason enough to cheer, check out a fun Halloween-theme meal for families, *page 22*, and memorable cocktails for adults, *page 30*.

I invite you to enjoy not only the wonderful recipes in this issue but also the wonderful gifts of October!

HY-VEE SEASONS IS **DIGITAL!**



SCAN TO READ the **Hy-Vee Seasons Digital Edition**, a free, highly interactive online

version of *Hy-Vee Seasons* magazine. We look forward to connecting with you!

MORE GOLDEN VARIETY.

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AISLES

New & Noteworthy at Hy-Vee



STOP IN AT YOUR LOCAL HY-VEE STORE OR VISIT [HY-VEE.COM/SHOP](https://www.hy-vee.com/) TO FIND EXCITING NEW PRODUCTS TO SATISFY YOUR SWEET TOOTH.

Life's Sweet

Put the finishing touch on cupcakes and cakes with Duncan Hines frosting. Hy-Vee carries all of the latest tasty creations like Epic Fruity Pebbles, Epic Cookie Dough, Keto Friendly vanilla and Dolly Parton's creamy chocolate buttercream or creamy buttercream frosting. Make life a little sweeter with each spread, spoonful and swipe of your favorite new flavor of frosting from Duncan Hines.

- DUNCAN HINES EPIC FRUITY PEBBLES FROSTING
- DUNCAN HINES EPIC COOKIE DOUGH FROSTING
- DUNCAN HINES KETO FRIENDLY VANILLA FROSTING
- DUNCAN HINES DOLLY PARTON'S CREAMY CHOCOLATE BUTTERCREAM FROSTING
- DUNCAN HINES DOLLY PARTON'S CREAMY BUTTERCREAM FROSTING



Duncan Hines

CAKE MIXES

Try out these new box mixes from Duncan Hines at Hy-Vee—they feature flavors you know and love.



EPIC COCOA PEBBLES CAKE KIT
Bake a delicious chocolate cake topped with Cocoa Pebbles-flavored frosting and cereal.



DOLLY PARTON'S SOUTHERN STYLE COCONUT CAKE MIX
Whip up this classic coconut dessert in a flash.



DOLLY PARTON'S SOUTHERN STYLE BANANA CAKE MIX
Simple and sweet—banana dessert lovers rejoice!



PERFECTLY MOIST STRAWBERRY SUPREME CAKE MIX
Add water, eggs and vegetable oil for superb strawberry cake.

New & Noteworthy at Hy-Vee

Soup Season

FULL OF FLAVOR

Hy-Vee has delicious soups to savor in fall. Whether you're craving a fiery gumbo or classic chicken noodle, these soups will warm you from head to toe.



CAMPBELL'S CHUNKY
Enjoy bold flavors from across the country with spicy chicken and sausage gumbo or Old Bay seasoned clam chowder.



CAMPBELL'S CHICKEN NOODLE SOUP
Just add water and microwave for tender egg noodles, warm broth and seasoned chicken.



PROGRESSO SOUPS
Spice It Up soups feature flavors such as spicy tomato, chipotle corn chowder and chicken noodle with jalapeño.

A GOOD START

THESE DINNER AND SALAD STARTER KITS MAKE IT EASY TO CREATE RESTAURANT-WORTHY MEALS AT HOME.



Betty Crocker Suddenly Deli Salad
Serve healthy sides made simple thanks to Betty Crocker's starter kits. Just add fresh ingredients such as cucumber or broccoli to prepared dressing mix.



Betty Crocker Potato Scrambles
Each kit includes diced or shredded potatoes, seasoning and cheese sauce—just add eggs and cooked ham or sausage. A hearty breakfast is only minutes away!



Annie's Oven-Baked Macaroni
Start with organic pasta shells, Cheddar cheese sauce, a seasoning packet and breadcrumbs. Add milk and water, then bake for a cheesy, delicious dinner.



Hamburger Helper
For a meal that's simple to prepare, try Hamburger Helper. Use it with ground beef, ground sausage or even chicken. Flavors include Ranch & Bacon and Sweet BBQ.



YOU CHOOSE THE VEGETABLES AND ADD THE CHICKEN. BETTY CROCKER SETS THE STAGE FOR SUCCESS WITH A SHEET PAN STARTER KIT: SEASONING FOR BAKING, SAUCE FOR DRIZZLING.



Betty Crocker Sheet Pan Dinner Starter—Teriyaki
Take taste buds on a trip with a kit that includes seasonings for a teriyaki marinade and sauce for drizzling on chicken and vegetables.



Betty Crocker Sheet Pan Dinner Starter—Lemon Garlic
Add meat and veggies—Betty Crocker's got the rest covered with both a seasoning packet and sauce pouch in this Lemon Garlic kit.

A SEASONED APPROACH

Find an incredible selection of rubs and seasonings, including these new offerings from Hy-Vee.



HY-VEE WHISKEY BBQ RUB
A sweet, smoky flavor accented with molasses, it's a perfect match for meats, vegetables, soups and stews.



HY-VEE MIMOSA SEASONING
With a blend of citrus fruits, herbs and honey, this seasoning adds a light, almost tropical vibe to food.



HY-VEE BLOODY MARY RUB
This sweet and tangy rub brings an eye-opening wake-up call to poultry, fish, vegetables and other foods.



HY-VEE CHIPOTLE & HOPS STEAK SEASONING
The smoky chipotle peppers and earthy hops make a memorable combination.



HY-VEE IRISH STOUT RUB
This robust coffee rub with peppers and garlic brings a medium heat to a range of dishes.



HY-VEE GREEN-CHILI HOPS SEASONING
With a flavoring of mild peppers and lightly floral hops, this seasoning is perfect for tacos.

Simplify Your Dinner Plans

MEALS ARE QUICK AND EASY WITH THESE CONVENIENCE FOODS AT HY-VEE.



OLD EL PASO TORTILLA POCKETS TACO KIT
Make delicious tacos in minutes by adding your favorite ingredients to the tortilla pockets, taco seasoning and taco sauce in the kit.



OLD EL PASO TAKIS TACO SHELLS
These intensely flavored stand-and-stuff shells feature a bold partnership of hot chili pepper and lime, inspired by the intensity of Takis Fuego.



PASTA RONI HEAT & EAT PENNE ALFREDO
A hot, creamy pasta dish in about a minute? That's what you get with a package of Pasta Roni Penne Alfredo and a microwave.



PASTA RONI HEAT & EAT ROTINI MARINARA
A traditional red sauce-flavored dish, Pasta Roni Rotini Marinara complements an entrée or can be enjoyed on its own.



BERTOLLI D'ITALIA
Top pasta with rich sauces made in Italy. Selections include Cacio e Pepe Alfredo Sauce and Alfredo Sauce with White Wine.

New & Noteworthy at Hy-Vee

BASIN SOAPS AND GIFT SETS



BASIN BATS SOAP

Effervescent lemon and lime make a powerful duo that awakens the senses and helps put a spring in your step.



BASIN JACK SOAP

Bathe in the premier scent of the season: fresh pumpkin with a dusting of harvest spice.



BASIN REMEMBER ME SOAP

The sweet scents of sugar, caramel and vanilla are sure to make a memorable impression.

BASIN BATH BOMBS

NATURAL INGREDIENTS, REFRESHING FRAGRANCES
AND SPOOKY GOOD FUN, TOO!



Cauldron Bath Bomb

Enjoy a spellbinding and scent-filled soak in the tub with one of three cauldron bath bombs—each with a bewitching fragrance.



Bones Bath Bomb

Give your bones a rest in a soul-reviving bath! This spooky skull releases a sweet pink sugar fragrance as it dissolves and reveals a colorful surprise inside.



Monster Mash Bath Bomb

This bug-eyed, blue-and-green fizzer radiates tangy, sweet-berry aromas and is formulated with nourishing ingredients like cocoa and shea butters to leave your skin silky smooth.



Trick or Treat Bath Bomb

A jack-o'-lantern filled with a blend of baking soda, citric acid and colorful confetti releases a sweet pumpkin spice scent to help you relax at the end of the day.



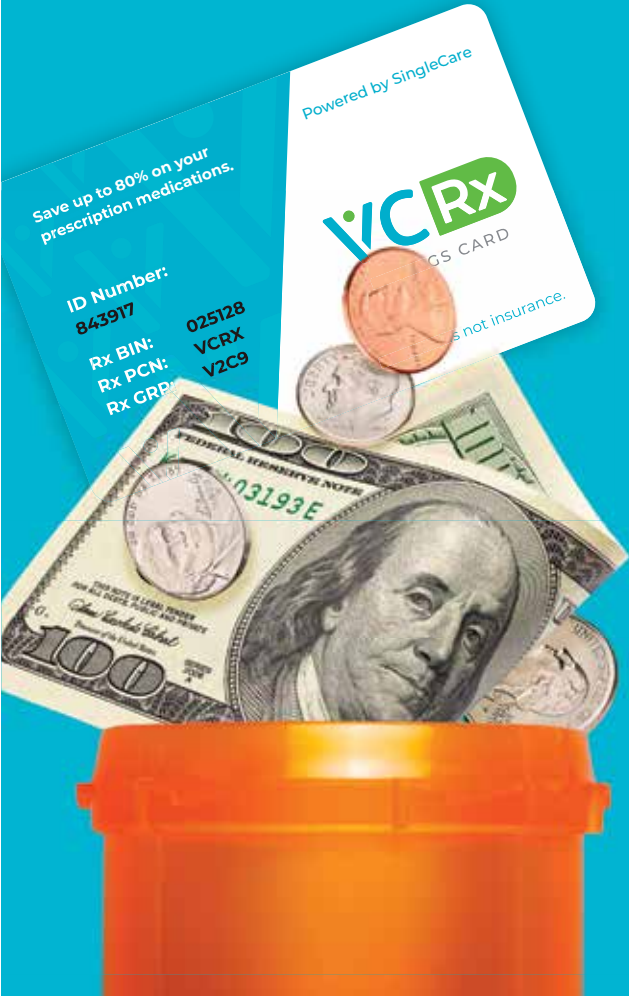
Happy Haunts Bath Bomb

This ghoulish creation is infused with a fruity fragrance blend and revitalizing cocoa butter and shea butter to bring your skin back to life! A novelty ghost ring sits on top of the sugar scrub.



Candy Corn Bath Bomb

Your favorite Halloween treat fizzes to life with the creamy scent of vanilla and candy corn emerging from the bomb's layers of yellow, orange and white.



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101

Honeycrisp Apples

Sweet, juicy, crisp and refreshing—there's a lot to like about this variety, in season now at Hy-Vee!

Honeycrisp apples were developed by the University of Minnesota by cross-breeding other apple cultivars to create a true eating experience—one offering a crisp, crunchy bite and sweet, juicy flavor. Today, Honeycrisp is one of the most popular apples and a good source of dietary fiber, including pectin, which may help lower cholesterol.

BUY Honeycrisp apples should have a vibrant red blush against a rich, golden yellow background. Fruit should be large and uniform and without bruises or cuts.

STORE Apples should be placed by themselves in the refrigerator crisper in a plastic bag with ventilation holes. Honeycrisp will store for at least seven months refrigerated at 37°F, the University of Minnesota says. For the most storage benefit, buy in season (September to November).

PREP Gently scrub apples with a soft-bristle brush under cold running water. Core and peel, if desired. However, the skin has beneficial nutrients and fiber.

Sources: health.clevelandclinic.org/which-apples-are-healthiest/
mnhardy.umn.edu/varieties/fruit/apples/honeycrisp

WAYS TO ENJOY

Raw

Skin on or skin off, apples are tailor-made for eating fresh straight from your hand. You can also slice them and dip in yogurt as a snack.

Puréed

Peel, core and chop apples. Place in a large pan with an inch of water; cover. Cook for 15 minutes, then use a food processor to purée.

Baked

Core apples, stuff with desired filling and place in a baking dish with $\frac{3}{4}$ cup boiling water. Bake at 375°F for 30 to 45 minutes.

Candied Honeycrisp Apples

Hands On 10 minutes
Total Time 30 minutes plus standing time
Serves 3 (1 each)

Hy-Vee nonstick cooking spray
3 medium Honeycrisp apples
1½ cups Hy-Vee granulated sugar
½ cup Hy-Vee light corn syrup
½ cup water
½ tsp. red food coloring gel
Desired garnishes, such as Over the Top Really Black sanding sugar, Hy-Vee dry roasted lightly salted peanuts, and/or large eyeballs candy

1. LINE a baking sheet with parchment paper. Lightly spray with nonstick cooking spray; set aside.

2. WASH apples and dry well. Remove stems; insert a wooden

crafts stick or cookie stick into stem end of each apple.

3. COMBINE sugar, corn syrup and water in heavy medium saucepan. Cook and stir over medium-high heat until sugar dissolves. Clip candy thermometer to side of saucepan. Continue cooking for 7 to 8 minutes, without stirring, until temperature reaches 300°F.

4. REMOVE from heat. Using a metal whisk, quickly whisk in food coloring gel. Dip apples, one at a time, into hot syrup mixture, tilting saucepan and turning apple to coat evenly. Allow excess mixture to drip off apple. Place on prepared baking sheet. Immediately decorate with garnishes, if desired. Let stand until set.

Per serving: 610 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 40 mg sodium, 160 g carbohydrates, 4 g fiber, 153 g sugar (134 g added sugar), 0 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 4%

GF GLUTEN-FREE

3 TOPPER IDEAS

CANDY EYES

Googly eyes have a space alien look kids will love at first glance.



SANDING SUGAR

Sugar crystals are available in monochrome and mixed colors.



CHOPPED NUTS

Peanuts, pecans, hazelnuts and walnuts add crunch.

TIP

To help candy coating stick better, drop apples in boiling water for a few seconds, remove with tongs and wipe dry with a clean dish towel.

TRICK OR TREAT'N

EVERYTHING YOU NEED FOR A HALLOWEEN DINNER.
 SO EASY IT'S SPOOKY.

crav'n FLAVOR
 IT'S SERIOUS SATISFACTION.



Save some green.

THAT'S SMART!

smart saving made easy.



SAVINGS

Hy-Vee Fuel Saver + Perks

Enjoy benefits such as discounts at the register and the pump when you shop at Hy-Vee with a free Fuel Saver + Perks card.

WHAT IS HY-VEE FUEL SAVER + PERKS?

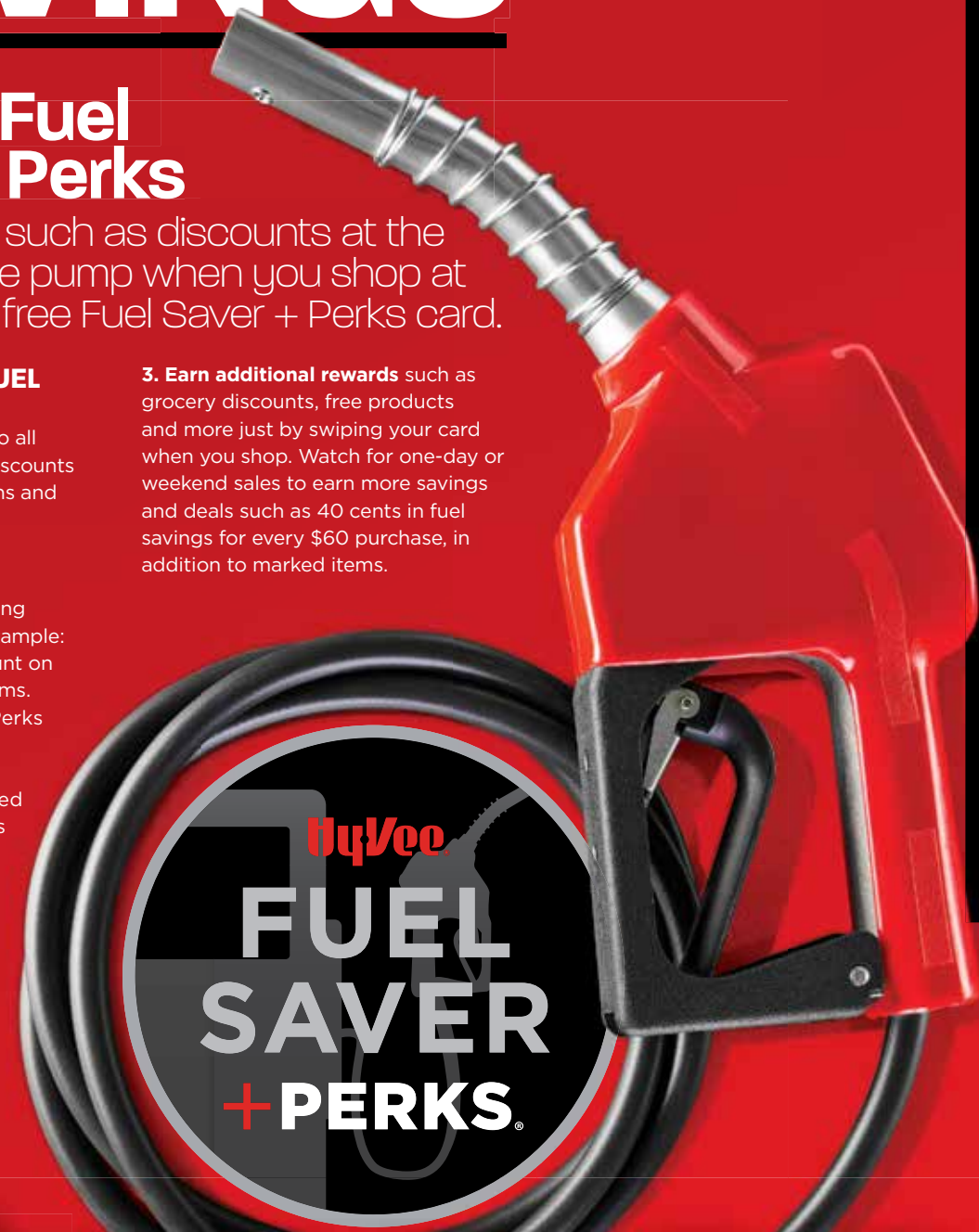
A free program available to all customers that includes discounts on gas, plus digital coupons and special offers.

WHY SIGN UP

1. Save on gas by purchasing specially marked items. Example: 10-cents-per-gallon discount on gas after buying 10 like items. Swipe your Fuel Saver + Perks card at the pump before purchasing gas to apply savings. Cards are accepted at over 2,600 fuel stations across the Midwest, including Hy-Vee Fast & Fresh, Kwik Trip, Casey's and Shell.

2. Easily apply coupons by loading them to your card and redeeming at checkout. Example: \$1 off a specific product or reduced price when buying multiple like items.

3. Earn additional rewards such as grocery discounts, free products and more just by swiping your card when you shop. Watch for one-day or weekend sales to earn more savings and deals such as 40 cents in fuel savings for every \$60 purchase, in addition to marked items.



\$135.89

PER YEAR IS THE AVERAGE AMOUNT
FUEL SAVER + PERKS CARDHOLDERS SAVE ON FUEL.

HOW TO SIGN UP

1. Get a Fuel Saver + Perks card at the Customer Service counter at your local Hy-Vee. Or sign up online or through the Hy-Vee app to have a card mailed to you. With the app, you can scan a digital card in-store and at the pump at Hy-Vee locations.

2. Activate your new card through the Hy-Vee app or online at Hy-Vee.com/perks



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the Hy-Vee app
to use your card
digitally and
manage perks.



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BASICS

8 Cutting Techniques

Make food prep more efficient by understanding which cutting method to use for your needs.

Different Cuts & Ways To Use



SLICE Use to cut meat, cheese, bread, tomatoes, cucumbers, squash and eggplant. Position the knife at desired thickness of food and cut crosswise.
Use: Sandwiches, caprese salads and charcuterie boards.



JULIENNE Cut bell peppers, potatoes and carrots into thin slices. Then stack a couple slices at a time and cut into 1/8- to 1/4-in.-wide strips.
Use: Garnishes or ingredients for a stir-fry.



CHIFFONADE This cut is often used for leafy greens and herbs. Roll a stack of the leaves into a tube and then cut across the ends to create strips. **Use:** Cabbage for salads, basil for sauces.



BATONNET Slice the sides of carrots or potatoes to make flat surfaces all around. Cut into planks about 1/4 in. across and then slice into 1/4-in.-thick strips.
Use: French fries or veggie sticks.



CHOP Cut items like celery and onions in half to create a flat surface. Then cut into 1/2-in. irregular pieces.
Use: Veggies for stuffing or casseroles.



TOURNÉE Peel, trim and taper carrots, potatoes or squash into 7-sided football-like shapes so they cook more evenly. **Use:** Stews and soups.



DICE First, julienne the veggies, then bunch them together and cut into 1/4-in. cubes. Use this method to chop vegetables into a manageable size for recipes. **Use:** Soups and salad toppers.



MINCE Move the knife up and down in a lever action, keeping the tip in contact with the cutting board. Cut garlic, herbs, onions or celery into 1/8- to 1/16-in. pieces. **Use:** Garnishes and seasoning.

HELP KIDS LEARN COOKING BASICS, TOO!

Hy-Vee KidsFit offers virtual cooking classes for the aspiring chef in your home. Check your local Hy-Vee's calendar of events to find a class.

KNIFE SKILLS

SHARPEN YOUR KNIFE

A sharp knife cuts swiftly and cleanly through food, while a dull knife may struggle and slip as you cut, which can cause injury.

CREATE A STABLE, FLAT SURFACE

If the cutting board doesn't grip the countertop well, dampen a kitchen towel and place it underneath for more stability.

PROTECT YOUR FINGERS

Guard your fingertips by placing them on the food, then curling them like a claw.



SCAN TO SHOP
culinary knife sets
at Hy-Vee.

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for **HyVee** PLUSTM

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SCAN TO SIGN UP AND LEARN MORE!

LEVEL UP

Pumpkin Bars

Transform soft, sweet pumpkin bars from the Hy-Vee Bakery into bite-size, chocolate-coated cake balls with just three added ingredients.



HY-VEE BAKERY
PUMPKIN BARS



Hy-Vee Graham
Cracker Crumbs



Lily's Salted Caramel
Milk Chocolate Bar



Ghirardelli White Vanilla
Melting Wafers

SALTED CARAMEL PUMPKIN CAKE BALLS

Place 1 (14-oz.) pkg. Hy-Vee Bakery pumpkin bars (6 ct.) and 1 cup Hy-Vee graham cracker crumbs in a food processor. Cover and process until smooth. Scoop mixture into balls using a 1-in. cookie scoop; place on a wax paper-lined baking sheet. Freeze 1 hour or until firm. If necessary, reshape into balls. Microwave 3 (2.8-oz.) bars Lily's no sugar added salted caramel milk chocolate, chopped, in small microwave-safe bowl on HIGH at 30-second intervals or until melted and smooth, stirring each time. Dip balls, one at a time, into melted chocolate using a fork; allow excess to drip off, then return to wax paper-lined baking sheet. Let stand until set. Microwave ¼ cup vanilla-flavored melting wafers in another small microwave-safe bowl on HIGH at 30-second intervals or until melted and smooth, stirring each time. Drizzle melted white wafers over chocolate-dipped balls; let stand until set. Store covered in the refrigerator up to 5 days. Serves 30 (1 each).

EASY MIX

If you don't own a food processor, use an electric mixer to combine pumpkin bars and graham cracker crumbs.

SOLUTIONS

Prevent a Pot From Boiling Over

A few simple tricks can stop overflows and reduce kitchen messes.

SHOP POTS AND
OTHER COOKING
UTENSILS IN-STORE
OR ONLINE AT
HY-VEE.COM/SHOP



SCAN TO
SHOP wooden
spoon sets
at Hy-Vee.

As liquid boils, heat forces air out of the liquid as bubbles. Dairy and starchy foods like pasta can make the bubbles resist popping, causing them to stack up and spill over.

METHODS TO PREVENT OVERFLOW

- 1 WOODEN SPOON** Place a wooden spoon across the top of the pot. Wood is more heat-resistant than metal, so it stays cooler to burst hot bubbles that reach it.
- 2 OIL** Add a dash of butter or oil to water with starchy foods such as potatoes or pasta. The oil remains at the top and breaks the surface tension, helping pop bubbles.
- 3 WIDE POT** A wide pot allows bubbles to spread out and pop without spilling. This is especially helpful for milk, which contains a protein, casein, that stabilizes bubbles.
- 4 LOWER HEAT** Once liquid comes to a boil, reduce the stove temperature. Less heat means a slower, rolling boil with fewer bubbles, making the pot less likely to boil over.

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HAPPY HOUR

MONDAY-FRIDAY | 3-6 P.M.

1/2 PRICE

SELECT APPS & TAPS

PLUS

\$4 GLASSES OF WINE



OCTOBER²⁰²²



FANG-TASTIC FEAST | SPOOKY SPIRITS | MINNESOTA EATS | HOT & READY SLOW COOKER MEALS | 30-MINUTE SHRIMP DINNERS | FRESH MADE EASY | SMART CUTS | SQUASH SEASON | SMALL BATCH, BIG BAKES | SHELF SAVINGS

FANG-TASTIC FEAST

CELEBRATE HALLOWEEN WITH THESE RECIPES FOR A SPINE-TINGLING FAMILY DINNER AND FINISH WITH DRESSED-UP HY-VEE BAKERY DESSERTS.

Watch Evette Ríos
recreate this spooky
family dinner!

HOLIDAY
HOW-TO'S

WATCH & SHOP
ONLY ON
HSTV.com



WITCH BROOM BREADSTICKS

Roll 1 (13.8-oz.) can refrigerated classic pizza crust dough into a 14x9-in. rectangle on parchment paper. Cut dough lengthwise in half using a pizza cutter; set aside one portion. Cut remaining portion into 24 crosswise strips, each about ½ in. wide. For each broom handle, twist 2 strips together. Repeat to make 12 broom handles; place on 2 parchment paper-lined baking sheets. Cut reserved dough portion crosswise into 7 (2-in.-wide) strips; cut 6 of the strips in half to form 2¼x2-in. pieces. Wrap one side of each piece around a broomstick handle. Cut bottom of piece into thin strips to create broom bristles; slightly separate bristles. Cut remaining 2-in.-wide strip into 12 (½-in.-wide) strips. Wrap each strip crosswise around bristles. Lightly brush each broom breadstick with 1 slightly beaten Hy-Vee large egg yolk. Bake at 400°F for 10 to 12 minutes or until golden brown. Stir together 2 Tbsp. Soirée grated Parmesan cheese and ¼ tsp. Hy-Vee garlic salt in a small bowl. For serving, brush breadsticks with 2 Tbsp. melted Hy-Vee salted butter and sprinkle with Parmesan cheese mixture. Serve with warmed Gustare Vita tomato basil pasta sauce, if desired. Serves 6 (2 each).

HOW TO CREATE BROOMS

CRAFT 12 BROOMS FROM A 14x9-IN. RECTANGLE OF PIZZA DOUGH.



1 Cut dough lengthwise in half; set aside one portion. Cut 24 strips, each ½ in. wide, from remaining half.



2 Twist two dough strips together to form broom handles; repeat to form 12 total broom handles.



3 Slice reserved dough half into 7 (2-in.-wide) strips. Cut 6 strips in half crosswise and wrap around one end of the broom handles.



4 Cut thin strips into squares to create bristles. Slice remaining strip into 12 (½-in.-wide) strips. Wrap crosswise around bristles.

SPIDER SALADS

Cut 6 medium carrots into 48 thin ribbons using a vegetable peeler; place in a bowl of ice water for 20 minutes or until curled. Toss together 1 (5-oz.) container organic baby spring mix, 1 cup chopped English cucumber, 1 cup Hy-Vee garlic butter croutons and ½ cup Soirée shredded Parmesan cheese in a large bowl; set aside. For salads, place 4 carrot curls over the rim of one side of each of 6 (16-oz.) salad bowls; place 4 more carrot curls over the rim on the opposite side to create spider legs. Add salad mixture to bowls. Arrange 2 cherry tomato halves on top of greens near the edge of each bowl for spider eyes. Serve with Hy-Vee zesty Italian salad dressing. Serves 6.



EXTRA CRISP
SOAKING CARROT RIBBONS IN COLD WATER WILL MAKE THEM CRUNCHIER AND EASY TO SHAPE.

MEALTIME TO GO

NO TIME TO COOK? ORDER PREPARED ENTRÉES AND SIDE DISHES BY VISITING HY-VEE.COM/MEALTIME



Sink your teeth into a classic cheeseburger, or order other sandwiches like a Reuben or Hickory House pork tenderloin.



Choose from a variety of Hy-Chi entrées, including beef with broccoli and sweet orange chicken.



Order a piping hot Mia Italian pizza for dinner tonight, or grab a take-and-bake pizza for later.



Enjoy a classic fried chicken dinner with your choice of side dishes, including buttered corn and mashed potatoes.



Pick up ready-made Nori Sushi trays, such as spicy tuna and California rolls.

SCARY GOOD

Jack-o'-Lantern Pizza Pot Pie

Hands On 30 minutes
Total Time 1 hour 15 minutes plus cooling time
Serves 10

Hy-Vee nonstick cooking spray
1 (16-oz.) pkg. Hy-Vee Midwest Pork ground Italian pork sausage
1 cup chopped green bell pepper
½ cup chopped red onion
1 (15-oz.) pkg. Hy-Vee ready-to-bake 9-in. pie crusts (2 ct.)
1 (12.5-oz.) jar Gustare Vita pizza sauce

1 (5-oz.) pkg. mini pepperoni
1 (8-oz.) Hy-Vee shredded mozzarella cheese (2 cups), divided
¾ cup Soirée shredded three cheese blend
¼ cup Hy-Vee canned sliced ripe olives, drained
2 Tbsp. Hy-Vee Italian seasoning
1 Hy-Vee large egg, beaten
Fresh basil, for garnish

1. PLACE oven rack in the lower one-third of oven; preheat oven to 400°F. Spray a deep-dish 9-in. pie plate with nonstick spray; set aside.

2. COOK sausage in a medium nonstick skillet over medium heat for 3 to 5 minutes or until browned (165°F), stirring occasionally to break into crumbles. Drain,

if necessary; transfer to a large bowl. Add green pepper and onion to same skillet and cook for 2 to 3 minutes or until softened, stirring occasionally. Add green pepper mixture to sausage.

3. UNROLL each pie pastry onto a separate sheet of parchment paper. Roll each into a 13-in. circle with a rolling pin. Fold one pie pastry in fourths and place in prepared pie plate. Unfold pie pastry and ease it into the pie plate. Trim pastry even with plate rim; set aside. Cut a jack-o'-lantern face in the middle of the remaining pie crust pastry; set aside.

4. ADD sauce, pepperoni, 1¼ cups mozzarella, three cheese blend, black olives and Italian seasoning to sausage mixture in bowl; stir to combine. Transfer mixture to the pastry-lined pie plate. Sprinkle with

remaining ¼ cup mozzarella cheese. Gently roll the cutout pastry around a rolling pin; carefully unroll to place it on top of the filling. Trim the top pastry ½-in. beyond the edge of the pie pan. Fold top pastry edge under the bottom pastry edge. Crimp edges of pastries together. Brush top pastry with egg.

5. BAKE for 40 to 45 minutes or golden brown and filling is bubbling. If necessary, cover edge of pie with foil to prevent overbrowning. Cool on a wire rack for 10 minutes before serving. Garnish with basil, if desired.

Per serving: 480 calories, 32 g fat, 14 g saturated fat, 0 g trans fat, 80 mg cholesterol, 1,080 mg sodium, 29 g carbohydrates, 1 g fiber, 6 g sugar (2 g added sugar), 16 g protein. **Daily Values:** Vitamin D 0%, Calcium 20%, Iron 10%, Potassium 4%

TENDER AND FLAKY
BAKING IN THE LOWER THIRD OF THE OVEN COOKS THE BOTTOM CRUST SO IT'S CRISP, NOT SOGGY.

WORM ICE CUBES



SPINE-CHILLING SIPS
TO MAKE ANY DRINKING GLASS MORE FRIGHTENING, CUT SPOOKY FACES OUT OF BLACK STICKER PAPER AND ATTACH.



SCAN TO SHOP
these glasses at Hy-Vee.

See how to decorate these splashy Halloween glasses.

HOLIDAY
HOW-TO'S

WATCH & SHOP
ONLY ON

HSTV.com

HOW TO MAKE WORM CUBES

ADD A CREEPY-CRAWLY FACTOR TO ANY DRINK.



1 Place gummy worms in each indentation of an ice cube tray mold.

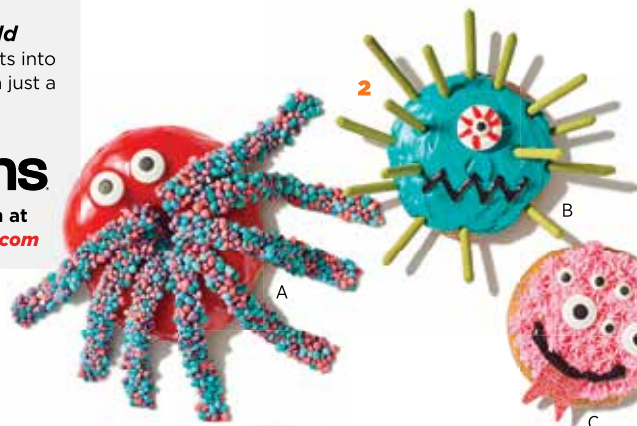


2 Pour water into the tray until each individual mold is filled. Freeze overnight and serve as desired.



Out Of This World
Turn ordinary donuts into zany monsters with just a few ingredients.

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



BAKERY ITEMS AT HY-VEE

STOCK UP ON THESE DESSERTS FROM THE HY-VEE BAKERY.



Pick up iced cutout sugar cookies in ghoulish shapes like ghosts.



Serve 3-in. sugar cookies featuring spooky decorations.



Bite into pumpkin bars topped with thick cream cheese frosting.



Serve a shareable 12-in. cookie with a goofy jack-o'-lantern face.

SEE & DO DESSERT IDEAS



SCAN TO FIND the full recipes for these desserts in the digital issue of *Seasons* magazine.

1 GRAVEYARD CUPCAKE Hy-Vee Bakery cupcakes with white icing + Hy-Vee green food coloring + Zöet 70% cacao extra dark chocolate squares + Over the Top wispy white ready to use write-on gel + white vanilla-flavored melting wafers, melted and molded in skull-shape molds | **2 MONSTER DONUTS** **A Sea Monster** Hy-Vee Bakery glazed raised donut + Over the Top ready to use rosy red cookie icing + large eyeballs candy + Nerds very berry rope candy, halved **B Spikey Monster** Hy-Vee Bakery glazed cake donut + Hy-Vee creamy white frosting + teal food coloring gel + black sparkle gel for writing and accents + Life Savers mint candy + Over the Top silly eyeballs candy + Over the Top rosy red ready to use write-on gel + Pocky matcha green tea cream covered biscuit sticks **C Pink Fluffy Monster** Hy-Vee Bakery glazed cake donut + Over the Top princess pink ready to use buttercream decorating icing + Over the Top silly eyeballs candy + large eyeballs candy + black sparkle gel for writing and accents + sour cherry Jell-O candy square, cut into a tongue shape | **3 CHOCOLATE MUMMY COOKIE** Hy-Vee Bakery homestyle brownie cookie with Ghirardelli chocolate chips + Hy-Vee marshmallows, slightly melted + Over the Top ready to use wispy white cookie icing + Over the Top silly eyeballs candy | **4 SPOOKY BROWNIES** Prepared Hy-Vee deluxe chewy fudge brownie mix batter + Hy-Vee powdered sugar, optional + black sparkle gel + Over the Top really orange ready to use write-on gel | **5 PUMPKIN EMOJI SANDWICH COOKIES** Hy-Vee Bakery chocolate chip sandwich cookies with Ghirardelli chocolate chips + Hy-Vee creamy white frosting + orange food coloring gel + 1-in. pieces The Candy Shoppe jumbo black licorice twists + black sparkle gel for writing and accents

PUMPKIN PATCH CAKE

BERRY SPOOKY
USE SMALL STRAWBERRIES TO DECORATE A QUARTER-SHEET CAKE, LEAVING SPACE FOR THE MINT LEAF "STEMS."

HOW TO MAKE PUMPKIN BERRIES

FOLLOW THESE STEPS TO TURN ORDINARY STRAWBERRIES INTO PATCH-READY PUMPKINS.



1

Melt 1 Tbsp. Hy-Vee vegetable shortening and 1¼ cups white vanilla-flavored melting wafers according to pkg. directions using double-boiler method. Stir in ½ tsp. orange food coloring gel. Dip 8 small strawberries. Let stand until set.



2

Spoon remaining orange-tinted mixture into a pastry bag fitted with a small round-shape tip. Pipe vertical lines on coated strawberries; let stand until completely set.

Swirl chocolate frosting on top of 1 Hy-Vee Bakery quarter-sheet chocolate cake with chocolate whipped icing using a small offset spatula. Pulse 7 Crav'n Flavor chocolate sandwich cookies double stuffed with chocolate crème in a food processor until finely ground; sprinkle on top of cake. Arrange 1 recipe Pumpkin Patch Strawberries and 8 to 10 fresh mint sprigs on top. Serves 12.

DON'T GET SPOOKED! Reserve your cake 24 to 48 hours in advance from your Hy-Vee Bakery.

SPOOKY

KICK THE HALLOWEEN PARTY INTO HIGH GEAR WITH CLASSY COCKTAILS AND TRENDY SPIKED COFFEE. THESE DRINKS ARE NO TRICK, ALL TREAT!



SKULL
DECANTER



SCAN TO SHOP
this skull
decanter at
Hy-Vee.

SKULL SHOT
GLASS SET



SCAN TO SHOP
these shot
glasses at
Hy-Vee.

SPIRITS



10
minutes
or less

BEER VS. ALE

Ginger beer was once an alcoholic brew. Today, it's sold as a nonalcoholic mixer made from ginger, sugar and water. Ginger ale is a sweetened, ginger-flavored soft drink that is less spicy and more carbonated.

BOURBON GINGER CARAMEL HARD CIDER

Add 2 oz. ginger beer, 2 oz. apple bourbon whiskey, 1 oz. caramel sauce and ¼ tsp. grated gingerroot to an ice-filled cocktail shaker. Cover and shake until well combined and chilled. Strain into a 10-oz. coupe glass. Top with 4 oz. green apple hard cider. Garnish with thin Granny Smith apple slices and a cinnamon stick, if desired. Serves 1 (9 oz.).



SKULL ICE MOLD
SCAN TO SHOP
this skull ice mold
at Hy-Vee.



10
minutes
or less

VODKA GRAPEFRUIT-AND-ROSEMARY SODAS

Muddle 1½ oz. Row vodka, 1 oz. Aperol and 1 sprig fresh rosemary in a cocktail shaker. Add ice to cocktail shaker; cover and shake until well combined and chilled. Strain into 2 (10-oz.) cocktail glasses filled with ice. Top each off with 2 oz. Press grapefruit cardamom alcohol seltzer. Garnish each with a rosemary sprig and 1 grapefruit half-slice, if desired. Serves 2 (6 oz. each).

TEQUILA RANCH WATER

Place 2 tsp. Tajín Clásico seasoning in a shallow dish. Rub the rim of a 20-oz. stemmed wine glass with lime wedge; dip rim in Tajín seasoning. Fill glass with ice. Pour 3 oz. blanco tequila, 1½ oz. fresh lime juice and ½ oz. Full Circle Market organic light-colored agave nectar into glass; stir to combine. Top with 8 oz. chilled Topo Chico twist of lime mineral water. Garnish with a lime peel twist, if desired. Serves 1 (13 oz.).

10
minutes
or less

SOUTHERN ROOTS

Ranch water is a tequila-based cocktail that originated in Texas. It is said to have earned its name from the ranchers and cowboys who would enjoy the refreshing drink after long days working in the southwestern heat.

CINNAMON WHISKEY COFFEE COCKTAIL

Place 1 tsp. ground Hy-Vee cinnamon sugar on a small plate. Thread 6 Hy-Vee maraschino cherries onto 2 cocktail picks; roll cherries in cinnamon sugar and set aside. Add 4 oz. brewed coffee, chilled; 2 oz. Fireball cinnamon whiskey; 1 oz. Kahlua rum & coffee liqueur; and 1 oz. Hy-Vee heavy whipping cream to an ice-filled cocktail shaker. Cover and shake until well combined and chilled. Strain into 2 (8-oz.) glass mugs. If desired, add dry ice.* Place a cherry skewer over rim of each mug. Serves 2 (6 oz. each).

***NOTE:** For an eerie effect, add dry ice to your drink. Handle with tongs and avoid direct contact with skin.

10
minutes
or less

CREEPY CAFE

Set up a decorative and festive coffee station to serve espresso martinis or to wind down the party at the end of the night. Find coffee makers, ingredients and plenty of Halloween décor at Hy-Vee.

MUG STAND

SCAN TO SHOP
this mug stand
and mugs
at Hy-Vee.

COFFEE PRESS

SCAN TO SHOP
this coffee
press at
Hy-Vee.

SPIKED PUMPKIN SPICE LATTE

Add 4 oz. hot brewed dark-roast coffee or 2 shots brewed espresso, 2 oz. Mississippi River Distilling lowish cream liqueur, 1 Tbsp. Hy-Vee canned pumpkin, ½ tsp. pumpkin pie spice and a dash finely ground Hy-Vee sea salt to a 10-oz. mug. Stir until well combined; set aside. Microwave 2 oz. Full Circle Market original nondairy oat beverage in a microwave-safe 1-cup glass measuring cup on HIGH for 30 to 40 seconds or until very hot. Using a milk frother, froth oat beverage for 1 to 2 minutes or until foamy. Slowly pour frothed oat beverage over mixture in cup. If desired, using a stencil for a design, sprinkle with additional pumpkin pie spice. Serves 1 (8 oz.).

10
minutes
or less

BUILD YOUR OWN COFFEE BAR

DISPLAY MUGS

Put your favorite mugs on display to function as both décor and a quick and easy way to grab a mug and go.

PRESS COFFEE

Get a coffee press to make fresh, rich and flavorful coffee right from the cart like a true barista.

ADD FLAVOR

Stock up on coffee syrup flavors like caramel, vanilla, hazelnut, pumpkin and more to flavor lattes and other specialty drinks.

TOP IT OFF

Set out ingredients like cinnamon, chocolate curls, creamer and whipped topping.

Become a *BOO-rista* this Halloween with spooky coffee ideas from Evette Rios.

HOLIDAY
HOW-TO'S

WATCH & SHOP
ONLY ON

HSTV.com

HEY BOO MUG

SCAN TO SHOP
this coffee mug
at Hy-Vee.

MINNESOTA EATS

THE LAND OF 10,000 LAKES COULD EASILY BE KNOWN AS THE LAND OF 10,000 FOODS WITH ITS MIX OF CULINARY TRADITIONS LIKE NATIVE AMERICAN AND SCANDINAVIAN. TRY A COUPLE OF MINNESOTA'S ICONIC RECIPES FOR YOURSELF.

Steak and Wild Rice Hot Dish

Hands On
15 minutes
Total Time
55 minutes
Serves 8
(1½ cups each)

Hy-Vee nonstick cooking spray
2 cups RiceSelect Royal Blend
2 (10.5-oz.) cans Hy-Vee cream of mushroom condensed soup, divided
1½ lb. Hy-Vee Angus Reserve beef loin boneless sirloin steak, cut into ½-in. pieces
1 Tbsp. ground Hy-Vee steak & burger seasoning, plus additional for garnish
4 Tbsp. Gustare Vita olive oil, divided
2 cups sliced shiitake mushrooms
4 oz. fresh green beans, cut into 1-in. pieces
1 large shallot, cut into ½-in. rings
3 cloves garlic, minced
1 cup Hy-Vee shredded Gouda cheese
2 tsp. chopped fresh thyme, divided
1 (32-oz.) pkg. Hy-Vee potato puffs

1. PREHEAT oven to 375°F. Spray a 13×9-in. baking dish with nonstick spray; set aside.

2. COOK rice blend according to pkg. directions. Stir in 1 can mushroom soup.

Spread rice mixture in prepared baking dish.

3. PAT steak pieces dry with paper towels; season steak with 1 Tbsp. steak & burger seasoning. Heat 2 Tbsp. olive oil in a large nonstick skillet over medium-high heat. Add steak and cook for 3 to 4 minutes or until browned on all sides, stirring occasionally. Spread steak on top of rice mixture.

4. REDUCE heat to medium-low; add remaining 2 Tbsp. olive oil, mushrooms, green beans and shallot to same skillet. Cook for 5 minutes, stirring occasionally. Add garlic and cook for 2 to 3 minutes more or until vegetables are crisp-tender. Place vegetables on top of steak in baking dish. Spread with remaining 1 can soup; top with cheese and 1 tsp. thyme.

5. ARRANGE potato puffs on top in an even layer. Cover with foil and bake for 20 minutes. Uncover and bake for 20 to 25 minutes or until potato puffs are brown and crisp and edges of casserole are bubbly. Let stand for 5 minutes before serving.

6. SPRINKLE with remaining 1 tsp. thyme; garnish with additional steak & burger seasoning, if desired.

Per serving: 670 calories, 35 g fat, 10 g saturated fat, 0 g trans fat, 80 mg cholesterol, 1,420 mg sodium, 61 g carbohydrates, 1 g fiber, 3 g sugar (0 g added sugar), 27 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 15%



MANKATO, MN

A recipe for hot dish first appeared in print in a 1930 cookbook compiled by Grace Lutheran Ladies Aid in Mankato. The original called for hamburger, elbow macaroni and peas. Additional staples include condensed cream soup and fried potatoes, but the basic elements include protein, vegetables, starch, sauce and a crispy topping. Almost anything can be used—as long as the dish is served hot.

Hot dish is simply a casserole, but don't call it that within Minnesota's borders.

Nuttie Good Maple Bars

Total Time 15 minutes plus chilling, freezing and standing time
Serves 24 (1 each)

- Hy-Vee nonstick cooking spray
- 2 cups Hy-Vee unsalted butter, divided
- 3 cups Hy-Vee milk chocolate chips
- 2 cups Hy-Vee semisweet chocolate baking chips
- 1 cup Hy-Vee butterscotch chips
- 1 cup Hy-Vee creamy peanut butter
- 2½ cups Hy-Vee dry roasted lightly salted peanuts, divided
- 1 (3.12-oz) pkg. Hy-Vee vanilla cook & serve pudding & pie filling
- 3 cups Hy-Vee powdered sugar
- 2 cups Hy-Vee miniature marshmallows
- 2 tsp. maple extract

1. SPRAY a 13×9-in. baking dish with nonstick spray; set aside. Melt 1 cup butter in a medium saucepan over medium-high heat. Reduce heat to low; add milk chocolate chips, semisweet chocolate chips and butterscotch chips. Cook until melted, stirring frequently. Stir in peanut butter until well combined.

2. SPREAD half of chocolate-peanut butter mixture in prepared baking dish. Refrigerate for 10 to 15 minutes or until mixture is completely set. Transfer remaining chocolate-peanut butter mixture to a medium microwave-safe bowl; stir in 2 cups peanuts and set aside.

3. MELT remaining 1 cup butter in another medium saucepan over low heat. Stir in pudding mix, powdered sugar, marshmallows and maple extract. Cook and stir just until marshmallows are

melted. Spread on top of chocolate-peanut butter layer in baking dish; freeze for 15 to 30 minutes.

4. MICROWAVE chocolate-peanut butter in bowl on HIGH for 20 to 30 seconds or until melted. Drop spoonfuls of mixture on top of pudding layer; spread to cover. Chop remaining ½ cup peanuts and sprinkle on top. Cover and refrigerate for 2½ to 3 hours or until firm.

5. TO SERVE, let stand at room temperature for 10 minutes. Cut into 24 bars. Store covered in refrigerator up to 5 days.

Per serving: 590 calories, 40 g fat, 20 g saturated fat, 0.5 g trans fat, 45 mg cholesterol, 130 mg sodium, 52 g carbohydrates, 3 g fiber, 45 g sugar (42 g added sugar), 8 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 6%

TWIN CITIES, MN

Minnesota was a mecca for candy makers at the turn of the last century. In 1912, Pearson's Candy Company introduced the Nut Goodie, a cluster bar featuring a creamy maple nougat topped with peanuts and surrounded by milk chocolate. It has remained popular ever since.

Once nominated as the state's official snack, Nut Goodies have limited distribution within the Upper Midwest yet have a national following.



MINNESOTA MADE

Find these items and more at Hy-Vee.

- | | | | | | |
|--|---|--|---|--|---|
| FIT BUTTERS
The Monster Cookie peanut butter is made with dry-roasted peanuts, coconut oil, real chocolate and whey protein. | MAUD BORUP
Organic Cookies & Cream Candy is one of the unique seasonal snacks and sweets available. | ELDERBERRY QUEEN
This organic elderberry syrup contains vitamins A, B and C to help maintain immune system health. | SCHELL'S FIREBRICK
A Vienna-style amber lager, it has hints of hops and a subtle maltiness for a mild, pleasant flavor. | NORTHERN SODA COMPANY
Nostalgic craft sodas using real sugar. Flavors include black cherry, cola and ginger pop. | MIKE & JEN'S COCOA MIX
This treat comes from a women-owned business in Duluth—the hot cocoa capital of the world. |
|--|---|--|---|--|---|



READY

SLOW COOKER MEALS

Find a variety of slow cookers at Hy-Vee and prepare these hearty dishes to make your next potluck or family dinner a success.

Cook on **HIGH** for 2 to 2½ hours or on **LOW** for 4 to 5 hours.



Pork Without Work
Discover how to make a roast worth boasting about—without breaking a sweat.

Hy-Vee
seasons

Watch and learn at
Seasons.Hy-Vee.com

Slow-Cooked Chili-Lime Pork Roast

Hands On
30 minutes

Total Time 3 hours
plus standing time

Serves 8

3 Tbsp. chili-lime rub

1 Tbsp. packed

Hy-Vee dark

brown sugar

2 tsp. lime zest

1 tsp. Hy-Vee salt,

divided

1 (2½- to 3-lb.) fresh

boneless top loin

pork loin roast

2 Tbsp. Gustare Vita

olive oil

3 (8-oz.) sweet

potatoes, peeled

and each cut into

8 wedges

3 Red Delicious

apples, cored

and each cut

into 12 wedges

1 cup Hy-Vee no salt

added chicken

broth

1 cup apple butter,

divided

3 Tbsp. Hy-Vee honey

2 Tbsp. fresh lime

juice

1 Tbsp. chopped

fresh cilantro,

plus additional for

garnish

1. STIR together

chili-lime rub, brown

sugar, lime zest and

½ tsp. salt in small

bowl. Sprinkle and rub

mixture over all sides

of pork. Let stand at

room temperature for

30 minutes.

2. HEAT oil in medium

skillet over high heat.

Add pork; cook for 3 to 4 minutes on each side or until lightly browned on all sides, turning frequently. Set pork aside.

3. PLACE sweet potatoes, apples and broth in a 6-qt. slow cooker. Place pork roast on top. Stir together ½ cup apple butter, honey, lime juice, 1 Tbsp. cilantro and remaining ½ tsp. salt in small bowl; pour over pork. Cover and cook on **HIGH** for 2 to 2½ hours or **LOW** for 4 to 5 hours or until pork reaches 145°F.

4. FOR PURÉE, transfer 3 cups of cooked apples and sweet potatoes to a food processor. Add remaining ½ cup apple butter. Cover and pulse until smooth. Garnish pork with additional cilantro, if desired.

5. TO SERVE, slice pork; serve with purée and remaining cooked apples and sweet potatoes. If desired, drizzle with cooking liquid.

Per serving:
420 calories, 9 g fat, 2.5 g saturated fat, 0 g trans fat, 90 mg cholesterol, 710 mg sodium, 51 g carbohydrates, 4 g fiber, 31 g sugar (8 g added sugar), 34 g protein. Daily Values: Vitamin D 6%, Calcium 4%, Iron 10%, Potassium 20%



Cook this dish on LOW to impart fall-off-the-bone tenderness and avoid tough, chewy meat.

Slow-Cooked Korean-Style Short Ribs

Hands On 30 minutes

Total Time 9 hours and 30 minutes plus standing time

Serves 4

2 Tbsp. Hy-Vee all-purpose flour

1 tsp. Hy-Vee salt

½ tsp. coarsely ground Hy-Vee black pepper

4 Hy-Vee Choice Reserve beef bone-in short ribs (about 2½ lb.)

6 Tbsp. Hy-Vee salted butter, divided

2 Tbsp. unseasoned rice vinegar

1 Tbsp. packed Hy-Vee brown sugar

1 Tbsp. refrigerated garlic paste

1 Tbsp. refrigerated ginger paste

1 Tbsp. gochujang Korean chili sauce

1 (24-oz.) pkg. Basket & Bushel petite gold potatoes

4 large carrots, peeled and bias cut into 1½-in. pieces

1 (32-oz.) container no salt added Hy-Vee beef broth

1 lb. baby bok choy, trimmed, halved lengthwise and rinsed well

½ cup hot kimchi, plus additional for serving

1. COMBINE flour, salt and pepper in a large resealable plastic bag. Add short ribs, one at a time. Seal bag; shake to coat with flour mixture. Remove from bag; shake off excess flour. Let coated ribs stand at room temperature for 30 minutes.

2. HEAT 2 Tbsp. butter in a large skillet over medium-high heat. Add ribs; cook for 10 to 12 minutes or until lightly browned on all sides, turning frequently. Set ribs aside.

3. COMBINE vinegar, brown sugar, garlic and ginger pastes and gochujang in medium bowl. Place 3 Tbsp. sauce mixture in bottom of a 4- to 6-qt. slow cooker. Brush remaining sauce mixture onto ribs.

4. ADD potatoes, carrots and broth to slow cooker. Place ribs on top. Cover and cook on LOW for 8 to 8½ hours or until ribs are fork-tender. Add bok choy and ½ cup kimchi to slow cooker. Cover and cook for 30 minutes more.

5. TRANSFER potatoes to a medium bowl. Add remaining 4 Tbsp. butter and 1 Tbsp. cooking liquid; mash with a potato masher until smooth.

6. TO SERVE, arrange ribs, carrots and bok choy on top of mashed potatoes. Drizzle with cooking liquid, if desired. Serve with additional kimchi, if desired.

Per serving: 620 calories, 33 g fat, 17 g saturated fat, 0.5 g trans fat, 115 mg cholesterol, 1,270 mg sodium, 50 g carbohydrates, 4 g fiber, 10 g sugar (3 g added sugar), 31 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 35%, Potassium 30%



Cook on HIGH for 3 to 4 hours or on LOW for 6 to 8 hours.

Slow-Cooked Crack Chicken-Bacon Rice

Hands On 30 minutes

Total Time 5 hours 15 minutes plus standing time

Serves 6 (1½ cups each)

2 cups Hy-Vee no salt added chicken broth, divided

½ cup Hy-Vee Short Cuts chopped white onions

2½ lb. Hy-Vee True boneless, skinless chicken thighs

2 (1.12-oz) pkg. Hy-Vee ranch dressing mix, divided

4 slices Hy-Vee sweet smoked thick-sliced bacon

1½ cups Hy-Vee long grain white instant rice

1 cup Hy-Vee shredded mild Cheddar cheese, plus additional for garnish

1 (8-oz.) container Hy-Vee sour cream

2 oz. Hy-Vee cream cheese
Chopped green onions, for garnish

1. COMBINE 1 cup broth and onions in a 4-qt. slow cooker. Add chicken in a single layer; sprinkle with 1 pkg. ranch dressing mix. Cover and cook on HIGH for 3 to 4 hours or

LOW for 6 to 8 hours or until chicken reaches 165°F.

2. COOK bacon according to pkg. directions. Drain on paper towels. Chop and set aside one-fourth of bacon.

3. ADD remaining bacon, rice, 1 cup Cheddar cheese, sour cream, cream cheese, and remaining 1 cup chicken broth and 1 pkg. ranch dressing mix when chicken is done. Stir to combine. Cover and cook on HIGH for 25 to 30 minutes or until rice is

tender. Let stand, covered, for 10 minutes before serving.

4. TO SERVE, transfer chicken to a cutting board. Shred chicken into bite-size pieces using 2 forks. Return chicken to slow cooker; stir to combine. Top with reserved bacon. Garnish with additional Cheddar cheese and green onions, if desired.

Per serving: 560 calories, 27 g fat, 13 g saturated fat, 0 g trans fat, 230 mg cholesterol, 1,260 mg sodium, 30 g carbohydrates, 1 g fiber, 3 g sugar (0 g added sugar), 47 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 15%, Potassium 10%

THAW MEAT COMPLETELY BEFORE SLOW COOKING. MEAT THAT IS FROZEN OR PARTIALLY FROZEN MAY COOK UNEVENLY AND TAKE LONGER TO REACH A SAFE TEMPERATURE.

REASONS

to reach for a SLOW COOKER

1

TIME-SAVING

Place all meal ingredients in one pot, set the timer and walk away. The slow cooker will continue its work while you do other things. Once the time is up, the meal is hot and ready to eat without being overcooked. Often the whole meal can be cooked in one vessel.

2

FLAVOR

Longer cook times allow all the flavors to meld together. The slow-and-low cooking method also breaks down tough fat and tissue to make less-tender, less-expensive cuts of meat extra tender and juicy while absorbing the flavors from other foods.

3

EASY TO USE

Most slow cookers have a dial to switch between low, medium and high heat. Some have a “keep warm” setting to hold temperatures at potlucks or buffets. Programmable slow cookers feature built-in controls to ensure precise temperatures and cook times.

SLOW COOKERS ALLOW YOUR BUSY FAMILY TO EAT AT HOME FOR MORE ECONOMICAL MEALS THAT CAN BE READY WHEN YOU WALK IN THE DOOR.

SLOW COOKERS AT HY-VEE

Find a selection of slow cookers at Hy-Vee to suit your needs.



Crockpot 4.5-qt. Slow Cooker

Perfectly sized for cooking chilis, soups, stews and other dishes for 5 or more people.



SCAN TO SHOP this 4.5-qt. slow cooker at Hy-Vee.



Crockpot 6-qt. Classic Slow Cooker

Features a locking lid for convenient, mess-free transport. Larger size is ideal for roasts.



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



Crockpot 6-qt. Choose-a-Crock

Includes three sizes of removable stoneware, a locking lid and programmable controls that automatically switch to warm once cook time is complete.

Slow-Cooked, Low-Carb Vegetable Lasagna

Hands On 45 minutes

Total Time 3 hours

45 minutes

Serves 8

Hy-Vee nonstick cooking spray

1 (12-oz.) zucchini, cut into ¼-in.-thick slices

½ (18-oz.) eggplant, cut into ¼-in.-thick slices

1 (8-oz.) pkg. sliced baby bella mushrooms

1 tsp. Hy-Vee salt, divided

3 Tbsp. Gustare Vita pesto

1 (8-oz.) pkg. Hy-Vee shredded mozzarella

(2 cups), divided

½ cup Hy-Vee whole milk ricotta cheese

2 Tbsp. Soirée grated Parmesan cheese

1 cup Gustare Vita tomato basil pasta sauce, divided

1 cup Hy-Vee Short Cuts chopped white onions

½ (8-oz.) pkg. Soirée sliced fresh mozzarella

Coarsely ground Hy-Vee black pepper, for garnish

Fresh basil, for garnish

1. PLACE oven rack 4 in. from heat. Preheat broiler to HIGH. Place wire racks in 2 large rimmed baking pans; spray with nonstick spray. Place zucchini, eggplant and mushroom slices in a single layer on prepared racks in pans. Sprinkle with ¼ tsp. salt.

2. BROIL vegetables on each pan for 6 to 8 minutes or until vegetables begin to brown, turning halfway through. Place vegetables on paper towels; pat dry and cool. Brush one side of cooled zucchini and eggplant slices with pesto; sprinkle with ¼ tsp. salt. Set vegetables aside.

3. STIR together 1½ cups shredded mozzarella, ricotta and Parmesan cheeses, and remaining ½ tsp. salt in medium bowl.

4. TO ASSEMBLE, spread ¼ cup pasta sauce in bottom of a 4-qt. slow cooker. Layer with half each of the onions, mushrooms, eggplant and zucchini. Spread with ¼ cup pasta sauce; top with half of ricotta cheese mixture. Layer with remaining onions, mushrooms, eggplant and zucchini, remaining ½ cup pasta sauce and ricotta cheese mixture. Top with remaining ½ cup shredded mozzarella and fresh mozzarella slices.*

5. COVER and cook on HIGH for 2½ to 3 hours or LOW for 4 to 5 hours or until eggplant is tender.

6. TO SERVE, cut lasagna and place on serving plates. Garnish with cracked black pepper and basil, if desired.

***NOTE:** To cook on LOW heat setting, top with remaining ½ cup shredded mozzarella and fresh mozzarella during the last 1 hour of cooking.

Per serving: 270 calories, 19 g fat, 10 g saturated fat, 0 g trans fat, 35 mg cholesterol, 930 mg sodium, 11 g carbohydrates, 1 g fiber, 7 g sugar (0 g added sugar), 19 g protein. **Daily Values:** Vitamin D 0%, Calcium 35%, Iron 6%, Potassium 10%

Cook on HIGH for 2½ to 3 hours or on LOW for 4 to 5 hours.

AFTER EACH USE, SIMPLY REMOVE THE
SLOW COOKER'S INSERT AND WASH IT
WITH WARM WATER AND DISH SOAP.

Slow-Cooked Breakfast Casserole

Hands On 30 minutes
Total Time 4 hours plus
standing time
Serves 10

1¼ cups Hy-Vee heavy whipping cream
1 (0.9-oz.) pkg. hollandaise sauce mix
12 Hy-Vee large eggs
2 Tbsp. Hy-Vee ground dry mustard, divided
1 Tbsp. smoked paprika, plus additional for garnish
1 tsp. Hy-Vee salt, divided
3 Roma tomatoes, chopped
½ cup finely chopped red onion
3 cups Hy-Vee frozen country style shredded hash brown potatoes, thawed and drained

1 (8-oz.) pkg. Hy-Vee shredded sharp Cheddar cheese (2 cups), divided
2 (6-oz.) pkg. thick-cut sliced Canadian bacon, cut into ½-in. pieces
1½ cups tightly packed fresh baby spinach
½ cup Hy-Vee whole milk
Fresh chives, for garnish

1. WHISK together whipping cream and hollandaise sauce mix in small bowl just until combined; set aside.

2. WHISK together eggs, ½ cup hollandaise sauce mixture, 1½ Tbsp.

ground mustard, 1 Tbsp. smoked paprika and ½ tsp. salt in a medium bowl. Stir in tomatoes and red onion; set aside.

3. TOSS hash browns with remaining ½ tsp. salt in another medium bowl. To assemble, spread half of the hash browns in bottom of a 6-qt. slow cooker. Layer with half of the egg mixture, ¾ cup Cheddar cheese, half of the Canadian bacon, ¾ cup spinach and 2 Tbsp. hollandaise sauce mixture. Sprinkle with remaining ½ Tbsp. dry

mustard. Repeat layers. Cover and refrigerate remaining hollandaise sauce mixture for serving.

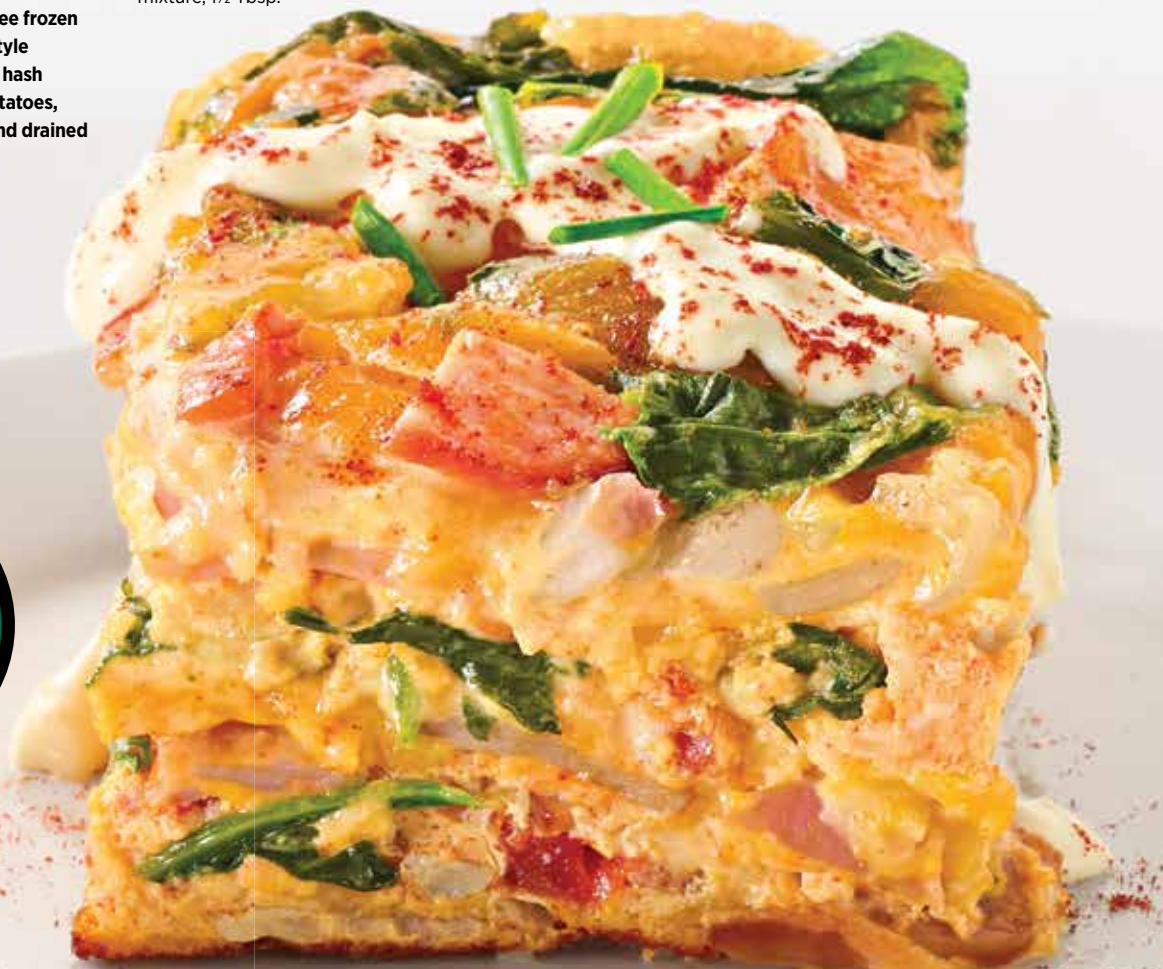
4. COVER and cook casserole on HIGH for 3 to 3½ hours or LOW for 5 to 6 hours or until egg mixture is set. Sprinkle with remaining ½ cup Cheddar cheese. Let stand, uncovered, for 10 to 15 minutes before serving.

5. WHISK together remaining hollandaise sauce mixture and milk in a small microwave-safe bowl. Microwave on HIGH

for 1 to 2 minutes or until mixture comes to a boil. Whisk until smooth.

6. TO SERVE, cut casserole into serving pieces. Drizzle with hollandaise sauce mixture. Garnish with additional smoked paprika and chives, if desired.

Per serving: 410 calories, 29 g fat, 14 g saturated fat, 0 g trans fat, 295 mg cholesterol, 990 mg sodium, 15 g carbohydrates, 1 g fiber, 3 g sugar (0 g added sugar), 21 g protein. **Daily Values:** Vitamin D 10%, Calcium 20%, Iron 10%, Potassium 8%



Cook on HIGH for 3 to 3½ hours or on LOW for 5 to 6 hours.

Slow-Cooked Coconut-Curry Cod

Hands On 30 minutes
Total Time 5 hours 20 minutes
Serves 4

1 (13.5-oz.) can Hy-Vee light coconut milk
¼ cup red curry paste
3 Tbsp. fresh lime juice
2 Tbsp. refrigerated ginger paste, divided
2 Tbsp. refrigerated garlic paste, divided
1 Tbsp. refrigerated lemongrass paste
2½ cups water
1½ cups dry red lentils
½ (14.4-oz.) pkg. frozen white pearl onions, thawed
1 Tbsp. chopped fresh basil, plus additional for garnish
Hy-Vee salt, to taste
4 (4-oz.) Hy-Vee Fish Market frozen Alaskan cod fillets, thawed
1 cup cherry tomatoes
Baked mini naan, toasted, for serving
Lime wedges, for serving

1. STIR together coconut milk, curry paste, lime juice, 1 Tbsp. ginger paste, 1 Tbsp. garlic paste and lemongrass paste in a 4-qt. slow cooker. Stir in water and lentils. Add pearl onions and 1 Tbsp. basil. Cover and cook on LOW for 3½ to 4 hours or until lentils are tender. Season to taste with salt.

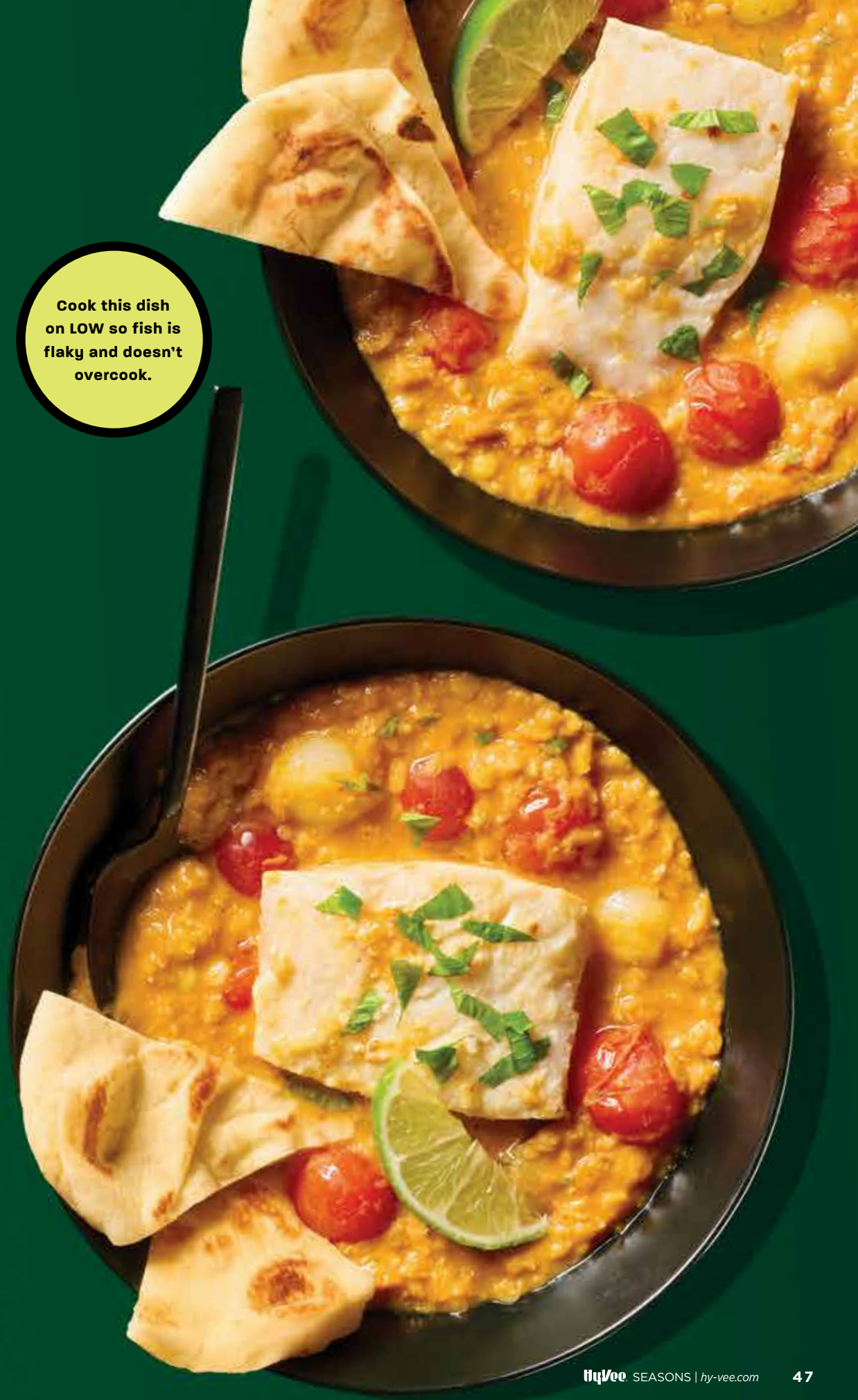
2. STIR together remaining 1 Tbsp. each ginger paste and garlic paste in a small bowl. Pat cod fillets dry with paper towels; brush with ginger-garlic mixture on both sides. Cover and refrigerate.

3. PLACE cod fillets on top in a single layer when lentils are tender. Top with cherry tomatoes. Cover and cook for 40 to 45 minutes or until cod flakes easily with a fork (145°F).

4. TO SERVE, spoon lentil mixture into shallow serving bowls. Top with cod. Serve with naan and lime wedges. Garnish with additional basil, if desired. Season to taste with salt.

Per serving: 530 calories, 13 g fat, 7 g saturated fat, 0 g trans fat, 55 mg cholesterol, 1,870 mg sodium, 61 g carbohydrates, 9 g fiber, 7 g sugar (0 g added sugar), 36 g protein. **Daily Values:** Vitamin D 6%, Calcium 4%, Iron 35%, Potassium 20%

Cook this dish on LOW so fish is flaky and doesn't overcook.





MAKE DELICIOUS MEALS FAST WITH QUICK-COOKING HY-VEE SHRIMP. PLUS, LEARN WHAT THE LABELS AND COUNTS ON PACKAGES MEAN TO HELP YOU CHOOSE THE BEST SHRIMP FOR YOUR RECIPE.

Instant Pot Spicy Shrimp Pasta

Total Time 30 minutes
Serves 6 (1¼ cup each)

1 (16-oz.) pkg. Hy-Vee pot sized spaghetti
4 cups water
1 tsp. kosher salt
1 tsp. Gustare Vita olive oil
2 cloves garlic, minced
¾ cup Culinary Tours bang bang sauce
1 (16-oz.) pkg. Fish Market cooked shrimp, tail on, peeled & deveined (26 to 30 ct.), thawed and tails removed
Culinary Tours sweet Thai style chili sauce, for serving
Green onions, for garnish
Crushed red pepper, for garnish

1. PLACE spaghetti in an 8-qt. Instant Pot or pressure cooker.

Add water, salt, olive oil and garlic. Lock lid in place and set valve to SEALING position. Cook on HIGH PRESSURE for 6 minutes.

2. PLACE a towel over release valve; move to VENTING position (Quick Release) to release pressure. Carefully remove lid, allowing steam to escape. Stir pasta.

3. SET Instant Pot or pressure cooker on SAUTÉ setting. Add bang bang sauce; stir to coat pasta evenly. Stir in shrimp. Cook, uncovered, for 3 to 5 minutes or until heated through, stirring occasionally.

4. TO SERVE, drizzle with Thai chili sauce. Garnish with green onions and crushed red pepper, if desired.

Per serving:
320 calories, 25 g fat, 5 g saturated fat, 0 g trans fat, 105 mg cholesterol, 1,200 mg sodium, 16 g carbohydrates, 2 g fiber, 12 g sugar (9 g added sugar), 12 g protein.
Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 10%

ON FIRE
CULINARY TOURS BANG BANG IS A CREAMY SZECHUAN-STYLE SAUCE MADE WITH HOT PEPPERS, GARLIC AND GINGER FOR A SPICY KICK.

HOW TO BUY SHRIMP

KNOW WHAT TYPE OF SHRIMP YOU NEED TO MAKE ANY DISH.

RAW
These shrimp need to be fully cooked to 145°F before eating. They may be sold with the shell or tail on or off, and can be fresh or frozen.

COOKED
These fully cooked shrimp, which often have the shells removed, may or may not have the tails left on. They may be sold fresh or frozen, and need to be thawed or reheated before serving.

TAIL ON
A portion of the shell is still attached, covering a small amount of meat over the tail. The tails can act as a handle, once cooked, to pick up the shrimp and dip in sauce.

TAIL OFF
The shell is completely removed, leaving only the meat. Best for cooking in a sauce or soup.

DEVEINED
Shrimp that are deveined have the digestive tract (or “vein”) removed. Left in place, the vein appears as a small black line running down the shrimp’s back. It may also contain grains of sand that can affect the texture of the shrimp.



Make It Masterfully
Learn how a pressure cooker can speed up this spicy shrimp dish.

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

Shrimp and Grits with Jalapeño Pale Ale

Total Time 30 minutes
Serves 6

3 cups water
1 cup Hy-Vee whole milk
1 cup quick 5-minute grits
¾ cup Hy-Vee shredded sharp Cheddar cheese
2 lb. frozen peel and deveined raw shrimp (13 to 15 ct.), thawed
1 Tbsp. Gustare Vita olive oil

½ (12-oz.) pkg. fully cooked smoked andouille chicken sausage, bias-sliced ¼-in. thick
1 (8-oz.) pkg. baby bella mushrooms, sliced ¼-in. thick
1 cup Hy-Vee Short Cuts chopped white onions
½ cup Hy-Vee Short Cuts chopped red bell peppers
2 medium jalapeño peppers, seeded and chopped*
2 cloves garlic, minced
1 (12-oz.) bottle jalapeño pepper ale or spicy beer
½ cup Hy-Vee Smart Chicken organic mushroom-chicken bone broth
2 tsp. lemon zest
3 Tbsp. fresh lemon juice
1 tsp. smoked paprika
1 tsp. chopped fresh chives

1. COMBINE water and milk in a 3-qt. saucepan; bring to boil. Slowly whisk in grits. Cover and reduce heat to medium-low. Cook for 5 to 7 minutes or until slightly thickened, whisking occasionally. Remove from heat; stir in Cheddar cheese and set aside.

2. MEANWHILE, peel shrimp; remove tails. Pat dry with paper towels. Heat olive oil in a deep, 12-in. nonstick skillet. Add shrimp; cook over medium-high heat for 3 to 4 minutes or until shrimp reach 145°F, turning often. Transfer shrimp to a plate and set aside.

3. ADD sausage, mushrooms, onions, red peppers, jalapeño peppers and garlic to same skillet. Cook over medium-high heat for 3 to 4 minutes or until softened, stirring occasionally.

4. REMOVE skillet from heat. Add beer, bone broth, lemon zest and juice and smoked paprika. Return to heat; bring to a boil. Reduce heat to medium. Simmer, uncovered, for 6 to 8 minutes or until reduced by one-third. Stir in shrimp.

5. LADLE grits into individual bowls and top with shrimp mixture; garnish with chives. Season with additional salt and pepper to taste.

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

Per serving: 370 calories, 12 g fat, 4.5 g saturated fat, 0 g trans fat, 205 mg cholesterol, 840 mg sodium, 31 g carbohydrates, 3 g fiber, 5 g sugar (0 g added sugar), 33 g protein. **Daily Values:** Vitamin D 6%, Calcium 25%, Iron 10%, Potassium 10%



30
minutes
or less

EASY PEEL
TO QUICKLY PEEL SHRIMP, USE YOUR HANDS TO CRACK THE UNDERSIDE OF THE SHELL, OR CUT WITH KITCHEN SCISSORS, THEN REMOVE.



THE RIGHT WAY

IT'S THE 10TH ANNIVERSARY OF HY-VEE'S LAUNCH OF THE RESPONSIBLE SEAFOOD PROGRAM.

RESPONSIBILITY EMBRACED

In 2012, Hy-Vee launched the Responsible Seafood Program, which aims to protect seafood populations and ensure sustainable harvests for generations to come. The "Responsible Choice" logo soon followed, assuring customers that any Hy-Vee seafood packaged with the label was farmed or caught in ways that protect local ecosystems.



30
minutes
or less

Air-Fried Bacon-Wrapped Shrimp with Coconut Dip

Hands On 25 minutes
Total Time 30 minutes
Serves 6 (3 each)

½ cup Hy-Vee canned crushed pineapple, undrained
¼ cup canned unsweetened coconut cream

¼ cup Hy-Vee sour cream
2 Tbsp. Hy-Vee no sugar added 100% pineapple juice
2 Tbsp. Full Circle Market organic light-colored agave nectar
2 Tbsp. fresh lime juice
1 (16-oz.) pkg. Hy-Vee Fish Market raw shrimp, shell-on, EZ peel & deveined (16 to 20 ct.), thawed
2 Tbsp. Old Bay seasoning
2 Tbsp. Gustare Vita olive oil
1 Tbsp. fresh lemon juice
10 slices Hy-Vee center cut bacon, halved crosswise
2 Tbsp. Culinary Tours bourbon barrel aged Vermont maple syrup
Italian parsley, for garnish

1. COMBINE undrained crushed pineapple, coconut cream, sour cream, pineapple juice, agave nectar and lime juice in a medium saucepan. Cook over medium heat for 8 to 10 minutes or until slightly thickened, stirring frequently. Remove from heat; set coconut sauce aside.

2. MEANWHILE, peel shrimp, leaving tails attached. Pat dry with paper towels and set aside.

3. STIR together Old Bay seasoning, olive oil and lemon juice in a large bowl. Add shrimp; toss to coat. Wrap each shrimp with 1 piece bacon; secure with a wooden toothpick. Place wrapped shrimp in a rimmed baking pan and brush with maple syrup.

4. MEANWHILE, preheat air fryer to 400°F, according to manufacturer's directions. Working in batches, place wrapped shrimp in a single layer in basket. Air-fry for 6 to 8 minutes or until shrimp reach 145°F, turning halfway through.

5. TO SERVE, remove toothpicks from shrimp. Transfer to a platter; garnish with parsley, if desired. Serve with coconut sauce for dipping.

Per serving: 210 calories, 9 g fat, 3.5 g saturated fat, 0 g trans fat, 95 mg cholesterol, 950 mg sodium, 20 g carbohydrates, 0 g fiber, 19 g sugar (10 g added sugar), 13 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 0%, Potassium 2%

GF GLUTEN-FREE

SHRIMP SIZE GUIDE

THE SHRIMP COUNT (OR RANGE) ON THE PACKAGE IS THE NUMBER OF SIMILAR-SIZE SHRIMP THAT EQUAL A POUND.

SMALL

Per Pound: 51+
Uses: Due to their size, small shrimp cook very quickly. These bite-size shrimp are a good choice for salads, shrimp rolls and appetizers such as crostini.

MEDIUM

Per Pound: 36 to 50
Uses: Because their slightly larger size makes them easier to eat with a fork, use in salads, pastas and soups.

LARGE

Per Pound: 26 to 35
Uses: Similar to medium shrimp, large shrimp work well for dishes such as pasta and soup. However, being slightly larger, they can also stand alone or alongside veggies or rice.

JUMBO

Per Pound: 16 to 25
Uses: Best served in dishes where shrimp is the main ingredient, such as shrimp cocktail or fried shrimp.

COLOSSAL

Per Pound: less than 15
Uses: One of the largest sizes, these shrimp are large enough to stuff with breadcrumbs and bake in the oven.

FRESH MADE EASY

FAST FOOD CAN BE FRESH FOOD, TOO. MAKE THESE PROTEIN-PACKED RECIPES AHEAD OF TIME WITH HY-VEE SHORT CUTS SO THEY'RE READILY AVAILABLE WHEN YOU WANT A FRESH EXPERIENCE—WITHOUT THE WAIT.

Green Pesto Pasta

Hands On 25 minutes
Total Time 35 minutes
Serves 6 (1¾ cups each)

1 (14.5-oz.) pkg. Barilla ProteinPLUS spaghetti
3 cups Hy-Vee Short Cuts broccoli florets, divided
1 cup sugar snap peas, trimmed, plus additional for garnish
1 cup frozen shelled edamame
1 (5-oz.) pkg. fresh baby spinach, divided
1 cup Hy-Vee fresh steam green peas, cooked
½ cup lightly packed fresh basil leaves

½ cup Soirée shaved Parmesan cheese, plus additional for garnish
1 (2-oz.) pkg. Hy-Vee pine nuts
1 Tbsp. fresh lemon juice
2 cloves garlic, peeled
1 tsp. Hy-Vee salt
½ tsp. Hy-Vee black pepper
½ cup Gustare Vita extra virgin olive oil

1. COOK spaghetti in salted water according to pkg. directions. Add 2 cups broccoli, sugar snap peas and frozen edamame to cooking water during the last 2 minutes of cooking. When pasta is al dente and vegetables are tender, drain. Reserve 1 cup pasta water. Return pasta and vegetables to pot.

2. SET aside 2 cups loosely packed spinach. Place remaining spinach, remaining 1 cup broccoli, cooked green

peas, basil, ½ cup cheese, pine nuts, lemon juice, garlic cloves, salt and black pepper in food processor. Cover and pulse until mixture is chopped. With food processor running, slowly pour in olive oil and process until smooth.

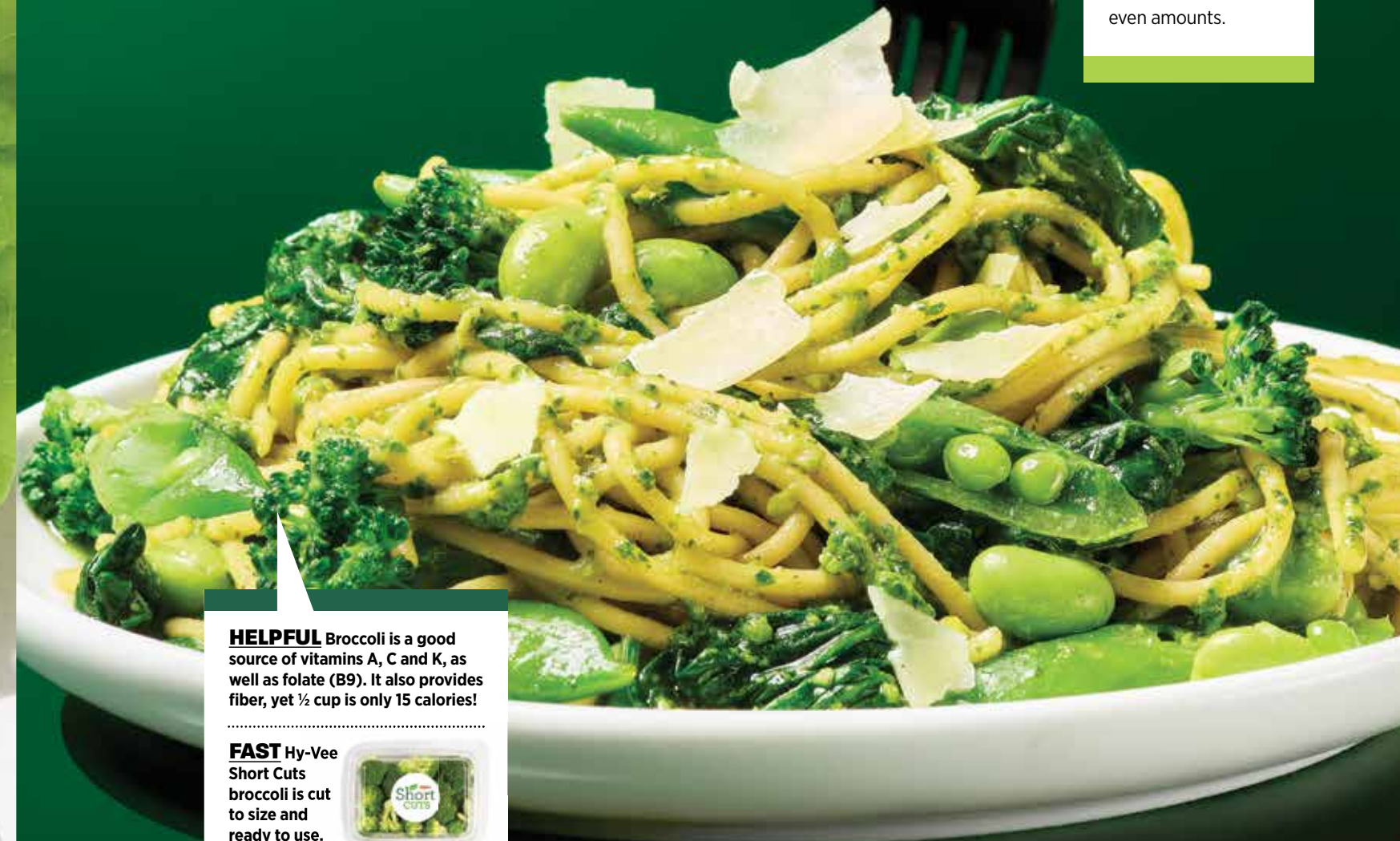
3. ADD ½ cup reserved pasta water to spaghetti mixture in pot; stir to loosen spaghetti. Add reserved spinach; toss until wilted. Add pesto; toss to coat. If necessary, add enough of the remaining reserved pasta water for desired consistency. Garnish with additional cheese, if desired.

Per serving: 540 calories, 30 g fat, 4.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 560 mg sodium, 56 g carbohydrates, 7 g fiber, 5 g sugar (0 g added sugar), 21 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 30%, Potassium 10%

V **VEGETARIAN DISH**

prep ahead

- **Start small.** Prep two or three meals at a time so it's not overwhelming.
- **Designate a time.** There's usually more time on weekends. And you can prepare one meal to eat then and others for later.
- **Make it convenient.** Save time by using Hy-Vee Short Cuts fruits and vegetables.
- **Store it right.** Pack meals immediately after cooking, using similar-size containers to ensure even amounts.



HELPFUL Broccoli is a good source of vitamins A, C and K, as well as folate (B9). It also provides fiber, yet ½ cup is only 15 calories!

FAST Hy-Vee Short Cuts broccoli is cut to size and ready to use.





HELPFUL Cauliflower, broccoli, cabbage and other cruciferous vegetables were linked to lower plaque buildup in arteries in a study reported by Harvard Health.

FAST Hy-Vee Short Cuts cauliflower florets are ready to add to a dish.



Vegan Poke Bowl

Total Time 1 hour 10 minutes
Serves 2

- 1 (10-oz.) red beet
- 1 (8-oz.) golden beet
- 3 Tbsp. gluten-free soy sauce
- 1 Tbsp. Hy-Vee toasted sesame oil, plus additional for serving
- 1 Tbsp. seasoned rice vinegar
- ½ tsp. Hy-Vee gochujang sauce
- 1 cup Hy-Vee Short Cuts cauliflower
- 2 Tbsp. water
- 6 oz. organic extra firm tofu, drained
- 2 Tbsp. Gustare Vita olive oil
- 1 cup shredded red cabbage
- 3 mini cucumbers, cut into ribbons (about ½ cup)
- 1 medium carrot, cut into ribbons (about ½ cup)

- ¾ cup Gustare Vita white wine vinegar
- ¼ cup Good Graces coconut sugar
- 1 cup Hy-Vee instant long grain white rice, cooked according to pkg. directions
- 1 medium avocado, seeded, peeled and sliced
- ½ cup Hy-Vee seaweed salad
- White and/or black sesame seeds, for garnish

1. PLACE red and golden beets in separate medium saucepans. Cover each with water. Bring to a boil; reduce heat to medium-low. Gently simmer, uncovered, for 30 to 35 minutes or until fork-tender. Cool slightly; run under cold water and peel. Cut red beet into ½-in. pieces. Cut golden beet into ¼-in.-thick slices. Set each aside.

2. STIR together soy sauce, 1 Tbsp. sesame oil, rice vinegar and gochujang sauce in medium bowl; add red beet. Cover and refrigerate, stirring occasionally.

3. PLACE cauliflower in a small microwave-safe bowl; add water. Cover and microwave on HIGH for 3 to 4 minutes or until crisp-tender. Drain; set aside.

4. PAT the tofu dry with paper towels. Cut tofu block lengthwise in half. Heat olive oil in medium skillet over high heat. Carefully add the tofu pieces. Cook for 5 to 8 minutes or until golden and crisp on all sides, turning frequently. Drain on paper towels. Cut into ½-in. pieces.

5. PLACE yellow beets, cubed tofu, red cabbage, cooked cauliflower,

cucumber ribbons and carrot ribbons each in separate bowls. Whisk together white wine vinegar and coconut sugar in a medium bowl. Pour evenly over ingredients in separate bowls; toss each to coat. Marinate at room temperature for 30 minutes, tossing each occasionally.

6. TO SERVE, divide cooked rice between 2 serving bowls. Arrange avocado, seaweed salad, red beets, yellow beets, tofu, red cabbage, cauliflower, cucumber, and carrot on top of rice. Garnish with sesame seeds, if desired.

Per serving: 460 calories, 20 g fat, 3 g saturated fat, 0 g trans fat, 0 mg cholesterol, 1,260 mg sodium, 60 g carbohydrates, 12 g fiber, 28 g sugar (12 g added sugar), 10 g protein.
Daily Values: Vitamin D 0%, Calcium 10%, Iron 20%, Potassium 25%

V VEGETARIAN DISH **GF** GLUTEN-FREE

Harissa Turkey Burgers with Lettuce Buns

Hands On 20 minutes
Total Time 30 minutes plus chilling time
Serves 4

- 1 Hy-Vee large egg
- 1 (16-oz.) pkg. 93% lean fresh ground turkey
- ½ cup Short Cuts chopped red onions
- 1 Tbsp. lemon zest
- 1 Tbsp. bottled minced garlic
- 1 Tbsp. refrigerated ginger paste
- 1 Tbsp. gluten-free soy sauce
- 3 tsp. salt-free za'atar seasoning, divided
- 4 tsp. salt-free harissa seasoning, divided
- ½ tsp. kosher salt
- 1 (19-oz.) pkg. frozen gluten-free sweet potato fries
- ¾ cup Hy-Vee plain Greek yogurt

- 1 Tbsp. chopped fresh chives, plus additional for garnish
- 1 Tbsp. lemon juice
- Hy-Vee nonstick cooking spray
- ½ (11.75-oz.) pkg. Short Cuts tri-color bell pepper strips, for serving
- 2 Tbsp. Gustare Vita olive oil
- 1 head butterhead lettuce, separated into leaves, for serving
- ½ medium cucumber, cut into ¼-in.-thick slices, for serving
- 4 tomatoes sliced, for serving
- Alfalfa sprouts, for serving

1. PREHEAT oven to 425°F. Combine egg, turkey, red onions, lemon zest, garlic, ginger paste, soy sauce, 1½ tsp. za'atar seasoning, 1 tsp. harissa seasoning and salt in a large bowl; do not overmix. Form mixture into 4 patties, about 1½-in. thick; set aside.

2. BAKE frozen fries according to pkg. directions. For yogurt sauce, whisk together yogurt, 1 Tbsp. chives, lemon juice and 1 tsp. harissa seasoning in a small bowl; set aside.

3. GENEROUSLY spray a large nonstick skillet with nonstick spray. Heat over medium heat. Add bell peppers, remaining 1½ tsp. za'atar seasoning and 1 tsp. harissa seasoning. Cook for 4 to 5 minutes or until peppers are tender and begin to brown, stirring frequently. Remove peppers from skillet; set aside.

4. HEAT olive oil in same skillet over medium-low heat. Add turkey patties; cook for 8 to 10 minutes or until patties reach 165°F, turning halfway through.

5. TO ASSEMBLE, slightly overlap 3 to 4 lettuce leaves on each of 4 serving plates. Near the edge of lettuce leaves, layer with cucumber slices, tomato slices, turkey patties and bell peppers. Top each with 1 Tbsp. yogurt sauce and alfalfa sprouts. Garnish with additional chives, if desired. Serve fries with remaining yogurt mixture.

Per serving: 670 calories, 39 g fat, 5 g saturated fat, 0 g trans fat, 130 mg cholesterol, 1,240 mg sodium, 48 g carbohydrates, 3 g fiber, 19 g sugar (0 g added sugar), 30 g protein.
Daily Values: Vitamin D 6%, Calcium 10%, Iron 10%, Potassium 20%

GF GLUTEN-FREE



SWEET POTATO FRIES

Oven-baked Hy-Vee sweet potato fries are ready in 20 minutes. Sprinkle with 1 tsp. harissa seasoning and set out yogurt sauce for dipping.



HELPFUL Not only do they add color and crunch, bell peppers provide vitamins A and C and heart-healthy antioxidants. Plus, a medium pepper is just 30 calories.

FAST Hy-Vee Short Cuts peppers are cut and seeded.



Hy-Vee Short Cuts

Meal prep is several steps closer to being done when you use Hy-Vee Short Cuts produce that is washed, cut and ready to use right out of the package. Along with assorted fruits and vegetables, choose from spiralized vegetables, microwaveable steam bags, oven & grill ready sides or even ready-made snack options.

Sheet Pan Greek Chicken Wraps

Hands On 30 minutes
Total Time 46 minutes
Serves 4

12 oz. Hy-Vee True chicken breast tenders
¼ cup Greek vinaigrette salad dressing
1 English cucumber
Hy-Vee nonstick cooking spray
1 Tbsp. fresh lemon juice
1½ tsp. finely chopped fresh dill, plus additional for garnish
½ tsp. Hy-Vee salt
½ tsp. Hy-Vee black pepper
1 cup halved Basket & Bushel cherry tomato medley
½ cup Hy-Vee Short Cuts chopped red onions

½ cup pitted seasoned Kalamata olives, drained
½ cup Culinary Tours tzatziki dressing
½ cup Soiree fat-free feta crumbles
¼ cup Hy-Vee roasted red pepper hummus
4 (7-in.) white Greek pita flat bread
1 cup loosely packed organic baby romaine lettuce

1. PLACE chicken in large resealable plastic bag; add vinaigrette dressing. Seal bag; turn to coat. Refrigerate for 30 minutes, turning bag halfway through.

2. CUT cucumber in half crosswise. Using a vegetable peeler, cut one half into thin ribbons; set aside. Coarsely shred remaining half of cucumber. Drain shredded cucumber on paper towels; press dry with paper towels and set aside.

3. PREHEAT oven to 400°F. Spray a 15×10×1-in. baking pan with nonstick spray. Stir together

lemon juice, 1½ tsp. dill, salt and black pepper into a small bowl. Add cherry tomatoes and red onions; toss to coat.

4. REMOVE chicken from bag; place in a single layer in prepared baking pan. Discard vinaigrette dressing. Scatter olives around chicken. Bake 14 to 16 minutes or until chicken reaches 165°F.

5. STIR together tzatziki dressing, feta crumbles and shredded cucumber in a small bowl.

6. TO SERVE, coarsely chop olives; stir into tzatziki mixture. Spread hummus evenly onto pita bread; spread with tzatziki mixture. Top with romaine, chicken, tomato mixture and cucumber ribbons. Fold in half. Garnish with additional dill, if desired.

Per serving: 540 calories, 23 g fat, 1.5 g saturated fat, 0 g trans fat, 50 mg cholesterol, 1,450 mg sodium, 47 g carbohydrates, 3 g fiber, 7 g sugar (1 g added sugar), 34 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 10%

HELPFUL Onions are rich in antioxidants to help protect against chronic conditions such as cancer and diabetes. They may also support heart health.

FAST Hy-Vee Short Cuts diced onions take the tears out of food preparation.



Spicy Basil Chicken Bowl



Thai Beef Bowl



Rainbow Roll



TAKE IT EASY

FOR ULTIMATE CONVENIENCE, RELY ON READY-TO-GO MEALS AT HY-VEE AND HY-VEE FAST & FRESH LOCATIONS.

**Hy-Vee
Fast & Fresh**

DROP IN: Along with take-and-heat meals, you'll find fresh produce, salads, sandwiches, soups, protein snacks and more at Hy-Vee Fast & Fresh locations.

**Hy-Vee
meatime
TO GO**

DRIVE UP: Order online and get curbside pickup for ready-to-eat meals like these.

TRY THESE MEALS

Spicy Basil Chicken: Chicken, red and green peppers, asparagus, jalapeños, basil, rice noodles and pad Thai sauce.

Thai Beef Bowl: Beef, broccoli, red peppers, asparagus, green onions, cilantro, rice noodles and pad Thai sauce.

Rainbow Roll: Sushi rice, nori, roasted sesame seeds, imitation crab mix, avocado, cucumber, seafood, soy sauce, ginger and wasabi.



SCAN TO ORDER
Mealtime to Go meals at Hy-Vee.

SMART CUTS

SAVE MONEY BY SWAPPING IN THESE ECONOMICAL CUTS OF MEAT. LEARN BASIC METHODS TO COOK EACH OPTION, PLUS GET RECIPE IDEAS FOR MEALS.

HyVee.

BEEF CHUCK ROAST

Chuck meat is an affordable cut with less fat and marbling.

Cut from the cow's shoulder, chuck meat is a firm, substantial cut. Although slightly less tender than some other cuts, it is very flavorful when prepared properly. Chuck is popular for pot roasts, ground for hamburgers and shredded for sandwiches and salads.

INSTANT POT CHUCK ROAST

Cut 1 (2½- to 3-lb.) Hy-Vee Angus Reserve beef chuck boneless pot roast, about 2½-in. thick, into 4 pieces; pat dry with paper towels. Season beef with 1 tsp. Hy-Vee salt and ¾ tsp. coarsely ground Hy-Vee black pepper. Heat 2 Tbsp. Hy-Vee vegetable oil in a 6-qt. Instant Pot or pressure cooker on SAUTÉ setting. Add beef pieces; cook for 10 to 12 minutes or until brown on all sides, turning occasionally. Transfer beef to a plate. Add 1½ cups chopped yellow onion to Instant Pot. Cook and stir for 3 minutes, scraping up any browned bits from bottom of pot. Stir in 1½ cups Hy-Vee beef cooking stock, 1 (8-oz.) can Hy-Vee no salt added tomato sauce and 1 Tbsp. Hy-Vee less sodium soy sauce. Return meat to Instant Pot. Cover; cook on HIGH PRESSURE for 1 hour. Quick release pressure. Transfer roast to a cutting board; loosely cover with foil and let rest 5 minutes. Return Instant Pot to SAUTÉ setting, if desired. Simmer cooking liquid, uncovered, for 5 to 10 minutes or until slightly thickened. Cut roast into slices; serve with cooking liquid. Serves 8.



**digital
seasons
exclusive**

Visit Seasons.Hy-Vee.com to get the full recipes for Italian Beef Hoagies, Beef Salad Bowls and Hot Beef Sandwiches.



EASY BEEF ITALIAN BEEF HOAGIES

Hy-Vee hoagie buns, split and toasted + Hy-Vee sliced provolone cheese + Instant Pot Chuck Roast, shredded + halved cherry tomatoes + red onion strips + red wine vinaigrette + drained + Hy-Vee stuffed manzanilla olives, drained



BEEF SALAD BOWLS

Hy-Vee romaine hearts, shredded + Instant Pot Chuck Roast, shredded + halved cherry tomatoes + red onion strips + red wine vinaigrette + crumbled cotija cheese



HOT BEEF SANDWICHES

Hy-Vee frozen garlic Texas toast, baked + hot mashed potatoes + Hy-Vee bottled beef gravy, heated + Instant Pot Chuck Roast, shredded + chopped Italian parsley

PORK
SHOULDER

Among the least-expensive cuts of pork, it is tender and juicy when roasted for hours in a slow cooker.

Pork shoulder is a triangular cut from the area above the front leg of the pig. Unlike cuts from the interior of the pig, like the loin, the shoulder gets a lot of exercise. This results in meat that is flavorful but has less fat marbling.

SIMPLE
PULLED
PORK

Cut 1 (4½- to 5½-lb.) boneless pork shoulder blade roast into 3 pieces; pat dry with paper towels. Season all sides with 1 Tbsp. kosher salt, 2 tsp. coarsely ground Hy-Vee black pepper and 1 tsp. Hy-Vee garlic powder. Place pork pieces in a 6-qt. slow cooker. Top with 1 large yellow onion, cut into 8 wedges; add 1 cup Hy-Vee 33% less sodium chicken broth. Cover and cook on HIGH for 4½ to 5 hours or LOW for 7½ to 8 hours until pork is fork tender. Transfer pork to a cutting board. Loosely cover with foil and let rest 5 to 10 minutes. Use 2 forks to shred pork into bite-size pieces. Serve with cooking liquid, if desired. Serves 12.

GET THE MOST OUT OF EACH BUDGET CUT BY USING IT TO MAKE MULTIPLE MEALS, LIKE PORK CARNITAS ONE NIGHT AND SANDWICHES THE NEXT.



OCTOBER IS NATIONAL
PORK MONTH

And there's no better time to give a tip of the hat to the 400+ farms that supply the superior taste and tenderness of Midwest Pork at Hy-Vee. These cuts are carefully selected, hand-trimmed and locally packaged for a quality product worthy of the name Midwest Pork.



Find the complete recipes for these dishes in the Seasons Digital Edition. Visit Seasons.Hy-Vee.com



SAUCY PULLED PORK
SANDWICHES

Hy-Vee Bakery sesame seed hamburger bun, toasted + Simple Pulled Pork, shredded + That's Smart! original barbeque sauce + coleslaw



PORK NACHOS

Hy-Vee stone ground restaurant style tortilla chips + Simple Pulled Pork, shredded + sliced jalapeño pepper + Hy-Vee Cheddar cheese dip + Hy-Vee fresh pico de gallo + Hy-Vee canned black beans + chopped avocado



PULLED PORK CARNITAS

Hy-Vee street tacos flour tortillas, toasted + Simple Pulled Pork, shredded + Hy-Vee fresh salsa + chopped fresh pineapple + red onion strips + fresh cilantro

BONE-IN HAM

A bone-in ham provides servings for multiple meals—plus, the bone has many uses of its own.

Ham comes from the leg or shoulder of a pig and is often salt-cured, smoked or both. Bone-in varieties can be more difficult to cut, but the bone adds flavor and moisture to the meat during cooking. You can use the meat in a variety of meals and the bone to make ham stock or soup.

EASY HONEY-GLAZED HAM

Preheat oven to 325°F. For glaze, combine ½ cup packed Hy-Vee brown sugar, ¼ cup fresh orange juice, ¼ cup Hy-Vee honey and 1 Tbsp. Hy-Vee Dijon mustard in a small saucepan. Bring to a boil, stirring constantly. Reduce heat to medium; cook for 2 minutes, stirring frequently. Score 1 (8½- to 10-lb.) bone-in cooked ham, using a sharp knife to make diagonal cuts through the fat in a diamond pattern, about ¼ in. deep. Place ham on its side in a shallow roasting pan. Brush ham with about one-fourth of the glaze. Set aside remaining glaze. Roast for 2¼ to 2½ hours or until ham reaches 145°F. Brush with remaining glaze twice during the last 30 minutes of roasting. Remove from oven. Cover with foil; let rest 15 minutes before serving. To serve, transfer ham to a serving platter. Serves 24.

ANY WAY YOU LIKE IT

Choose from regular, reduced sodium, maple-glazed and hickory- or cherry-smoked ham at Hy-Vee. You'll also find a wide selection of sizes, including full, half and quarter hams, plus ham that is sliced, cubed, diced, ground or in steak form.

TO SLICE, MAKE VERTICAL CUTS UNTIL THE KNIFE HITS BONE. THEN MAKE ONE LONG HORIZONTAL CUT ALONG THE BONE. THE HAM WILL SIMPLY FALL AWAY.

**digital
seasons
exclusive**

Go to Seasons.Hy-Vee.com to see complete recipes made with this Easy Honey-Glazed Ham.



CHEESY HAM 'N' PEPPER OMELETS

Hy-Vee large eggs, beaten + Hy-Vee Short Cuts bell pepper strips + Easy Honey-Glazed Ham, cut into bite-size strips + Hy-Vee shredded sharp Cheddar cheese + coarsely ground Hy-Vee black pepper



BARBECUE HAM PIZZA

Boboli original pizza crust + That's Smart! original barbeque sauce + Hy-Vee shredded mozzarella cheese + Easy Honey-Glazed Ham, chopped + fresh pineapple, chopped



AU GRATIN POTATOES WITH HAM

1 (4.7-oz.) pkg. Hy-Vee real russet au gratin potatoes, prepared + Easy Honey-Glazed Ham, chopped + sliced fresh chives

\$1.99*

PER POUND IS THE AVERAGE PRICE OF BONE-IN SHOULDER-CUT HAM AT HY-VEE. JUST ONE 8½- TO 10-LB. HAM PROVIDES UP TO 24 SERVINGS OF MEAT.

*Hy-Vee prices as of August 2022

CHICKEN LEG
QUARTERS

A versatile
selection offering
moist, meaty flavor,
chicken leg quarters
are among the
tastiest parts of
the chicken.

Chicken leg quarters consist
of thigh, drumstick and part
of the back. They are about
a quarter of the whole
chicken—hence the name.
This cut is dark meat and
less likely to dry out when
grilled or baked.

OVEN-
ROASTED
CHICKEN LEG
QUARTERS

Place 2 oven racks in
center of oven. Preheat
oven to 425°F. Spray two
15×10×1-in. baking pans with
Hy-Vee olive oil no stick
cooking spray. Pat 1 (10-lb.)
pkg. Gold Leaf fresh bone-in,
skin-on chicken leg quarters
dry with paper towels.
Place, skin-side up, in a
single layer in prepared
baking pans. Spray chicken
with cooking spray.
Combine 2 tsp. Hy-Vee
salt, 1 tsp. Hy-Vee garlic
powder, 1 tsp. coarsely
ground Hy-Vee black
pepper and ½ tsp. Hy-Vee
That's Smart! onion powder
in a small bowl. Sprinkle
evenly over chicken. Roast,
uncovered, for 50 to 55
minutes or until the skin
is browned and chicken
reaches 185°F in thickest
part of thigh away from
bone. Let chicken rest for
5 minutes before serving.
Serves 8.

GF
GLUTEN-FREE



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Get the full recipes for White Cheddar Mac Dinner, Chicken Bagel Pizzas
and Quince Chicken Ramen Soup online at Seasons.Hy-Vee.com



WHITE CHEDDAR MAC DINNER
Full Circle Market shells & white Cheddar
cheese dinner, prepared + Oven-
Roasted Chicken Leg Quarters, skin and
bone removed; shredded + Culinary
Tours julienne cut sun-dried tomatoes,
chopped + coarsely ground Hy-Vee
black pepper + fresh basil



CHICKEN BAGEL PIZZAS
Hy-Vee Bakery plain bagel, split +
Hy-Vee rich & zesty pizza sauce +
Oven-Roasted Chicken Leg Quarters,
skin and bone removed; shredded +
Hy-Vee shredded mozzarella cheese
+ Hy-Vee Short Cuts chopped
tri-color bell peppers



QUINCE CHICKEN RAMEN SOUP
Chicken flavor ramen noodle soup
+ Oven-Roasted Chicken Leg
Quarters, skin and bone removed;
shredded + fresh snow peas +
sliced carrot + sliced
green onions

We cater to showers.
We cater to weddings.
We cater to dinner parties.
We cater to tailgates.
We cater to birthdays.
We cater to holidays.
We cater to graduations.
We cater to work retreats.
We cater to family picnics.
We cater to you.



Hy-Vee Catering can bring everything you need
to make any event amazing. **Just scan the code,
see your options and order today!**

HyVee
CATERING

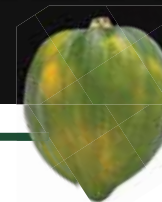


FRESH WINTER SQUASH IS IN SEASON RIGHT NOW AT HY-VEE.
MEET FIVE POPULAR VARIETIES AND LEARN HOW TO PICK, STORE,
PREPARE AND COOK THESE FLAVORFUL GEMS.

HONEY-BUTTER ACORN SQUASH WITH BURRATA

Preheat oven to 400°F. Spray a large rimmed baking pan with Hy-Vee nonstick cooking spray; set aside. Place 2 (2- to 2¼-lb.) acorn squash, halved, seeded and cut into 1-in.-wide slices in a large bowl. Whisk together ¼ cup Hy-Vee clover honey, ¼ cup melted Hy-Vee salted sweet cream butter, 2 Tbsp. Gustare Vita olive oil, 2 Tbsp. packed Hy-Vee brown sugar, 1 tsp. kosher salt and ½ tsp. Hy-Vee crushed red pepper in a small bowl; drizzle over squash and toss to coat. Transfer squash mixture to prepared baking pan; spread to a single layer. Bake for 35 to 40 minutes or until fork-tender, turning halfway through. Arrange squash on a serving platter. Tear 2 (8-oz.) containers fresh burrata cheese, drained, into large pieces; place on top. Sprinkle with ½ cup roasted & salted shelled pistachios, chopped, and ½ cup pomegranate arils. Drizzle with additional ¼ cup honey. Garnish with fresh chopped sage and coarsely ground Hy-Vee black pepper, if desired. Serves 6.

V VEGETARIAN DISH **GF** GLUTEN-FREE



This squash has a mellow nutty flavor and resembles a ribbed acorn.

PICK When fully ripe, they should weigh 1 to 3 pounds, have smooth skin, no soft spots and a mix of green and orange coloring.

STORE Uncooked acorn squash lasts up to a month in a cool, dark area.

PREP To cook, pierce the skin, then microwave on HIGH for 2 minutes to make cutting easier. Cool, cut in half, then remove fibers and seeds.

ACORN

Delicata squash are oblong with finely textured golden flesh wrapped in an edible, delicate skin. They are tender and sweet.

PICK The best squash are firm, without soft spots, and weigh around 1 to 2 pounds.

STORE Delicata squash last for about 10 days in cool, dry conditions.

PREP All parts of this squash are edible, so simply scrub them clean before cooking.

Air-Fried Maple Delicata Squash

Hands On 10 minutes
Total Time 1 hour 5 minutes
Serves 6

2½ lb. delicata squash (about 4 or 5)
1 medium shallot, sliced
3 Tbsp. Gustare Vita extra olive oil
½ tsp. plus 1 dash finely ground Hy-Vee sea salt, divided
¼ tsp. coarsely ground Hy-Vee black pepper
¾ cup Full Circle Market organic light-colored agave nectar
½ cup Hy-Vee apple cider flavored distilled vinegar

½ tsp. apple pie spice
½ cup Hy-Vee dried cranberries
¼ cup Hy-Vee pine nuts, toasted
¼ cup lightly packed fresh mint, chopped

1. PREHEAT air fryer to 400°F according to manufacturer's directions. Cut squash lengthwise in half; remove and discard seeds. Cut each half crosswise into ½-in.-thick slices.

2. TOSS squash and shallot with olive oil, ½ tsp. salt and pepper in a large bowl to coat.

3. WORKING in batches, place coated squash and shallot slices in a single layer in basket. Air-fry for 5 minutes. Shake basket; air-fry for 4 to 6 minutes more or until fork-tender. Transfer squash and shallot to a large bowl.

4. FOR SYRUP, stir together agave nectar, vinegar, apple pie spice and remaining dash of salt in a small saucepan. Bring to a boil; reduce heat to medium. Simmer, uncovered, for 6 to 8 minutes or until reduced to about ½ cup.

5. TO SERVE, pour syrup mixture over squash in bowl; toss to coat. Arrange on a serving platter; top with cranberries, pine nuts and mint.

TO OVEN BAKE: Prepare delicata squash as directed, except place a wire rack in a large rimmed baking pan; spray with Hy-Vee nonstick cooking spray. Place coated squash and shallot in a single layer on prepared rack.

Bake at 425°F for 20 to 25 minutes or until fork tender, turning halfway through. Toss with syrup and top with cranberries, pine nuts and mint, as directed.

Per serving: 340 calories, 11 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 170 mg sodium, 64 g carbohydrates, 4 g fiber, 41 g sugar (38 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 15%

VEGETARIAN DISH
GLUTEN-FREE

Garlic Parmesan Butternut Squash

Hands On 25 minutes
Total Time 55 minutes
Serves 6

Hy-Vee nonstick cooking spray
1 (3- to 3½-lb.) butternut squash
3 cloves garlic, crushed
1 fresh thyme sprig, plus additional for garnish
3 Tbsp. Hy-Vee unsalted sweet cream butter, melted
2 Tbsp. Gustare Vita olive oil
½ cup Soirée grated Parmesan cheese
1 tsp. Hy-Vee Italian seasoning
½ tsp. coarsely ground Hy-Vee sea salt
¼ tsp. coarsely ground Hy-Vee black pepper, plus additional for garnish
1 Tbsp. fresh lemon juice

1. PREHEAT oven to 425°F. Lightly spray a large rimmed baking pan with nonstick spray; set aside.

2. CUT stem end from butternut squash; peel squash. Cut 8 (½-in.-thick) slices from the neck of the squash. Cut the rounded base of the squash lengthwise in half; remove and discard seeds. Cut each half crosswise into ½-in.-thick slices.

3. PLACE squash slices in a single layer in the prepared baking pan. Toss with crushed garlic cloves and 1 thyme sprig.

4. STIR together melted butter and olive oil; drizzle over squash. Stir together

Parmesan cheese, Italian seasoning, salt and ¼ tsp. black pepper in a small bowl; sprinkle on top of squash. Roast for 25 to 30 minutes or until fork-tender. Remove from oven and drizzle with lemon juice.

5. TO SERVE, transfer squash to a serving platter. Garnish with additional black pepper and thyme, if desired.

Per serving: 240 calories, 14 g fat, 6 g saturated fat, 0 g trans fat, 15 mg cholesterol, 300 mg sodium, 27 g carbohydrates, 5 g fiber, 5 g sugar (0 g added sugar), 6 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 15%

VEGETARIAN DISH
GLUTEN-FREE

Butternut squash are sweet, moist and nutty. The flavor is a bit like sweet potatoes or butterscotch.

PICK Ripe butternut squash should have a uniform beige color without cuts or bruises, and weigh 2 to 3½ pounds.

STORE Fresh, uncut squash lasts up to two months in cool, dark, dry conditions.

PREP First, peel the skin off the outside, then slice in half and remove fibers and seeds before cooking.



SPAGHETTI SQUASH CHOW MEIN

Preheat oven to 450°F. Line a large rimmed baking pan with foil. Cut 2 (1½- to 1¾-lb.) spaghetti squash lengthwise in half; remove and discard seeds. Brush insides of squash halves with 1 Tbsp. Gustare Vita olive oil. Place, cut sides down, in prepared baking pan. Roast for 35 to 40 minutes or until fork-tender. Remove from oven; turn squash halves over and cool for 10 minutes. Scrape baked squash crosswise with the tines of a fork to create strands and remove flesh from shells. Set squash aside; reserve shells. Heat an additional

1 Tbsp. olive oil and 1 Tbsp. Hy-Vee toasted sesame oil in a large nonstick skillet over medium heat. Add 1 small white onion, finely chopped, and 2 cloves garlic, minced. Cook for 2 to 3 minutes or until softened, stirring occasionally. Stir in 3 cups Hy-Vee Kitchen picked rotisserie chicken, 2 Tbsp. minced gingerroot, 2 Tbsp. gluten-free soy sauce, 1 tsp. Gustare Vita white wine vinegar, 1 tsp. Chinese 5 spice seasoning and ½ tsp. kosher salt. Cook for 2 to 3 minutes until chicken reaches 165°F. Transfer to a bowl; cover to keep warm. Wipe

skillet clean with paper towels. Add spaghetti squash, 3 cups shredded Napa cabbage, 1 cup precut matchstick carrots and ½ cup bias-sliced celery. Cook over medium heat for 2 to 3 minutes or until cabbage is slightly wilted, stirring frequently. Return chicken mixture to skillet; stir until combined. Heat through to 165°F. Spoon mixture into reserved squash shells. Garnish with green onions and black sesame seeds, if desired. Serves 4 (1½ cups each).

GF
option GLUTEN-FREE

SPAGHETTI



When cooked and shredded with a fork, this mild, neutral-flavored squash resembles its namesake pasta.

PICK The stem of a spaghetti squash should be firm, dry and round, and the squash itself should be firm.

STORE Whole spaghetti squash can last up to two months in a cool, dry place.

PREP Cut in half lengthwise and use a spoon to remove the seeds.

Pumpkin French Toast Casserole

Hands On 35 minutes

Total Time 1 hour 25 minutes plus chilling and standing time

Serves 10

½ (24-oz.) loaf Hy-Vee Bakery unsliced sourdough bread
Hy-Vee nonstick cooking spray
6 Hy-Vee large eggs
1 (14-oz.) can Hy-Vee sweetened condensed milk
1 cup canned Hy-Vee pumpkin
1 cup packed Hy-Vee brown sugar, divided
1 Tbsp. pumpkin pie spice
1 tsp. Hy-Vee salt
2 tsp. Hy-Vee pure vanilla extract
½ cup Hy-Vee all-purpose flour
6 Tbsp. cold Hy-Vee unsalted sweet cream butter, chopped
1 cup Hy-Vee pecan halves, toasted
Hy-Vee frozen original whipped topping, thawed (optional)
½ cup Culinary Tours bourbon barrel aged Vermont maple syrup

1. PREHEAT oven to 350°F. Cut bread into 1-in. pieces. Spread pieces in a large rimmed baking pan. Bake for 8 to 10 minutes or until slightly dry.

2. LIGHTLY SPRAY a 13×9-in. baking dish with nonstick spray. Spread dried bread cubes in prepared baking dish.

3. WHISK together eggs, sweetened condensed milk, pumpkin, ¾ cup brown sugar, pumpkin pie spice, salt and vanilla extract in a medium bowl. Pour egg mixture evenly over bread pieces. Cover tightly with plastic wrap; refrigerate for 4 hours or overnight, or until egg mixture is absorbed.

4. COMBINE flour and remaining ¼ cup brown sugar. Cut in cold butter using a pastry blender or fork until pieces are pea-size. Cover and refrigerate for 15 minutes or overnight.

5. PREHEAT oven to 350°F. Remove plastic wrap and cover baking dish with foil. Bake for 20 minutes. Remove foil and sprinkle with chilled brown sugar mixture. Bake, uncovered, for 30 to 35 minutes more or until a wooden toothpick inserted near center comes out clean. Let stand for 5 minutes. To serve, sprinkle with pecan halves. Top with whipped topping, if desired, and drizzle with maple syrup.

Per serving: 540 calories, 21 g fat, 8 g saturated fat, 0 g trans fat, 140 mg cholesterol, 490 mg sodium, 77 g carbohydrates, 2 g fiber, 56 g sugar (50 g added sugar), 10 g protein. **Daily Values:** Vitamin D 6%, Calcium 15%, Iron 10%, Potassium 6%

Craveable Casserole
Discover the magic behind the pairing of French toast and pumpkin.

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



PUMPKIN



Sugar pumpkins (also called pie pumpkins) are small, round and sweet and can be used to make your own purée.

PICK Look for well-attached, brown, dry stems that are free of bruises, soft spots or deep nicks.

STORE Keep pumpkins in a cool, dry place. Once cut, wrap tightly, refrigerate and use within five days.

PREP Slice in half, remove the seeds (save them to toast) and roast the halves face down on a pan.

HY-VEE'S EXPERT PRODUCE TEAM

Hy-Vee is an industry leader in providing fresh, flavorful fruits and vegetables, and it's all thanks to the experienced team. Learn how these specialists bring the best produce to Hy-Vee stores every time.

TALENTED EMPLOYEES

At every level, Hy-Vee employs knowledgeable experts. The entire produce team has a quality-first mindset and is always working to improve the shopping experience. "This team cares every single day that the product going to our stores is the best possible product to offer our customers," says Jeff Mallory, Hy-Vee's vice president of produce. "There is nothing more powerful than a well-trained, educated, passionate employee."

LOCAL FLAVOR

Through the Homegrown program, Hy-Vee sources produce from Midwestern farmers located 200 miles or less from the store their produce is sold in. This helps ensure peak quality and freshness for customers. "The best produce in the world is grown in the Hy-Vee trade area," Jeff says. "We look for any opportunity to partner with local farmers and promote Homegrown produce."

“Our customers can trust our employees to answer the questions they have.

Each year we take produce employees to different growing areas to meet and tour our produce partners' operations, so they can learn firsthand from the farmers themselves.”

– Jeff Mallory, Vice President, Produce

These are just a few ways Hy-Vee ensures its product is always top-quality.

Each member of the procurement team is an expert in their area of specialization. Their experience has helped Hy-Vee develop many decades-long partnerships with suppliers to bring the best produce to stores.

PRODUCE RIPENING

In addition to inspecting produce, the quality control team also oversees

ripening. Avocados, bananas and mangoes are all ripened in-house by Hy-Vee to provide the best flavor and freshness for customers.

FOCUS ON YOU

The produce team is always striving to better meet shoppers' needs. This includes bringing new produce to stores and offering convenient ways to enjoy produce such as washed and prepped Hy-Vee Short Cuts.



Hy-Vee's produce team consists of several different departments—all helping to bring the best produce to stores.

OPERATIONS

Hy-Vee's produce operations team directs all day-to-day activities you see in the Produce Department at Hy-Vee stores. This includes developing helpful signage with product details, in-store demonstrations to let customers sample new produce and managing produce quality in stores.

PROCUREMENT

This team manages partnerships with suppliers and sets quality standards. They also monitor trends to bring new product to stores, and work to expand availability of seasonal products like pomegranates.

QUALITY CONTROL

Trained by the U.S. Department of Agriculture, the quality control team inspects and approves all produce in Hy-Vee warehouses before it's shipped out to stores. "They have specific expectations they follow and test the produce for color, ripeness, appearance and sizing before accepting the delivery," says Jeff Mallory, Hy-Vee vice president of produce.

Combined, Hy-Vee's 75-member produce team has more than
**1,870 years
of experience**

SMALL
BATCH,

Sometimes you just want one (or two). Use these recipes to whip up smaller batches of classic baked goods that remain big on flavor.



BAKES

Jumbo Pumpkin-Spice Cinnamon Rolls

Hands On 30 minutes

Total Time 57 minutes plus resting, rising and cooling time

Serves 2 (1 each)

DOUGH

1½ cups Hy-Vee all-purpose flour, divided, plus additional for dusting

2 Tbsp. Hy-Vee granulated sugar

1 tsp. instant dry yeast

½ tsp. pumpkin pie spice

¼ tsp. Hy-Vee salt

½ cup water

2 Tbsp. Hy-Vee unsalted butter, chopped

2 Tbsp. beaten Hy-Vee egg

Hy-Vee nonstick cooking spray

FILLING

3 Tbsp. packed Hy-Vee light brown sugar

2 tsp. pumpkin pie spice

1 Tbsp. Hy-Vee unsalted butter, melted

FROSTING

3 oz. Hy-Vee cream cheese, softened

3 Tbsp. Hy-Vee powdered sugar

1 tsp. Hy-Vee 2% reduced-fat milk

¼ tsp. Hy-Vee vanilla extract

1. FOR DOUGH, whisk together ½ cup flour, sugar, yeast, pumpkin pie spice and salt in a small mixing bowl.

2. MICROWAVE water and butter in small microwave-safe bowl on HIGH for 15 to 20 seconds until warm (120°F to 130°F). Butter will not be completely melted.

3. ADD butter mixture to flour mixture. Beat with electric mixer on medium for 30 seconds. Add egg; beat for 2 minutes, scraping down sides of bowl as needed. Add ½ cup of flour; beat for 2 minutes. Using a wooden spoon, stir in just enough remaining flour to form a soft dough.

4. TURN dough out onto a lightly floured surface. Knead for 3 minutes for a smooth and elastic soft dough. Cover with clean towel; let rest for 10 minutes. Spray a 9×5-in. loaf pan with nonstick spray; set aside.

5. FOR FILLING, stir together brown sugar and pumpkin pie spice in a small bowl until well combined; set aside.

6. SHAPE ball of dough into a 12-in.-long rope on a lightly floured surface. Using a rolling pin, roll dough into a 18×3-in. rectangle. Brush top with melted butter. Sprinkle evenly with brown sugar mixture. Beginning at a 3-in. end, tightly roll dough into a spiral. Using a serrated knife, cut rolled dough crosswise in half to make 2 rolls. Place rolls, cut-sides up, in prepared pan. Cover with a clean towel; let rise in warm place for 1 to 1¼ hours or until doubled in size.

7. PREHEAT oven to 350°F.

Uncover and bake rolls for 24 to 27 minutes or until lightly browned. Slightly cool in pan on a wire rack.

8. FOR FROSTING, stir cream cheese in a small bowl until creamy. Add powdered sugar, milk and vanilla; stir until smooth. Spread frosting over warm rolls.

Per serving: 850 calories, 35 g fat, 20 g saturated fat, 1 g trans fat, 145 mg cholesterol, 450 mg sodium, 122 g carbohydrates, 4 g fiber, 46 g sugar (44 g added sugar), 15 g protein. **Daily Values:** Vitamin D 0%, Calcium 8%, Iron 30%, Potassium 6%

BIG REASONS TO GO SMALL

- If you live alone or with a roommate, satisfy your cravings for something sweet without having to make a full batch that may lose flavor over time.

- Smaller quantities mean less food wasted if you can't finish everything.

- Is storage space an issue? Leftover small-batch food that you can't eat right away will take up minimal space compared to larger-batch sizes.



SCAN TO SHOP
this nonstick
large loaf pan
at Hy-Vee.



Mini Southern Pecan Pie

Hands On 25 minutes

Total Time 1 hour 10 minutes

Serves 2 (½ each)

PASTRY

½ cup Hy-Vee all-purpose flour, plus additional for dusting

¼ tsp. Hy-Vee salt

3 Tbsp. Hy-Vee vegetable shortening

1 to 2 Tbsp. ice cold water

FILLING

¼ cup packed Hy-Vee dark brown sugar

¼ cup Hy-Vee light corn syrup

2 Tbsp. beaten Hy-Vee large egg

2 tsp. Hy-Vee unsalted butter, melted

¼ tsp. Hy-Vee vanilla extract

¾ cup Hy-Vee pecan halves, divided

½ tsp. bourbon, optional

TOPPING

¼ cup cold Hy-Vee heavy whipping cream

1 Tbsp. Hy-Vee powdered sugar

½ tsp. Hy-Vee ground cinnamon, plus additional for garnish

½ tsp. bourbon or ¼ tsp. Hy-Vee vanilla extract, optional

crumbs form. Drizzle with 1 Tbsp. ice water; stir with fork. Add additional water, 1 tsp. at a time, just until dough holds together. Wrap in plastic wrap. Freeze while preparing filling or refrigerate for 30 minutes or up to 2 days.

2. PREHEAT oven to 350°F. For filling, whisk together brown sugar, corn syrup, egg, melted butter and vanilla in a medium bowl. Chop ½ cup pecans. Stir chopped pecans and, if desired, bourbon into brown sugar mixture.

3. ROLL OUT pastry dough on a lightly floured surface into a 7-in. round. Line a 4-in.-round pie plate or ramekin with pastry. Trim and flute edges as desired. Pour filling mixture into pastry-lined pie

plate. Arrange remaining ¼ cup pecan halves on top; gently press into filling with the back of a spoon.

4. BAKE for 40 to 45 minutes or until filling is set and reaches 200°F. Cool completely on wire rack.

5. FOR TOPPING, beat cream, powdered sugar, ¼ tsp. cinnamon and, if desired, bourbon or vanilla in a deep small bowl with electric hand mixer on medium until stiff peaks form. Spoon on top of pie; garnish with additional ground cinnamon, if desired.

Per serving: 930 calories, 61 g fat, 17 g saturated fat, 0.5 g trans fat, 100 mg cholesterol, 350 mg sodium, 95 g carbohydrates, 5 g fiber, 67 g sugar (64 g added sugar), 9 g protein. **Daily Values:** Vitamin D 6%, Calcium 8%, Iron 15%, Potassium 6%

HEAT CHECK

The center of the pie needs to reach 200°F for the filling to set properly. Use a food thermometer for the most accurate reading.

WORTH THE WAIT

If you want this gooey brownie to have a firmer texture, bake slightly longer (20 to 21 minutes) than suggested in the recipe.

Fudgy Brownie Sundaes

Hands On 12 minutes

Total Time 32 minutes plus cooling time

Serves 2 (1 each)

Hy-Vee nonstick cooking spray

½ cup Hy-Vee granulated sugar

3 Tbsp. Hy-Vee baking cocoa

2 Tbsp. Hy-Vee powdered sugar

2 Tbsp. Hy-Vee mini semisweet chocolate baking chips

½ tsp. Hy-Vee salt

2 Tbsp. beaten Hy-Vee egg

2 Tbsp. Hy-Vee vegetable oil

1 Tbsp. water

¼ tsp. Hy-Vee vanilla extract

½ cup Hy-Vee We All

Scream! vanilla ice cream, for serving

Caramel ice cream topping, for serving

Hy-Vee sliced almonds, toasted, for garnish

1. PREHEAT oven to 350°F. Spray 2 (3¼-in.-round) ramekins with nonstick spray. Stir together granulated sugar, cocoa, powdered sugar, chocolate chips and salt in small bowl; set aside.

2. STIR together egg, oil, water and vanilla in medium bowl. Stir in dry ingredients until combined. Spread evenly in prepared ramekins.

3. BAKE for 18 to 20 minutes or until centers are just set. Cool on wire rack. To serve, top with ice cream and caramel topping, if desired. Garnish with almonds, if desired.

Per serving: 440 calories, 23 g fat, 7 g saturated fat, 0 g trans fat, 75 mg cholesterol, 190 mg sodium, 61 g carbohydrates, 4 g fiber, 52 g sugar (50 g added sugar), 5 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 6%



Mini Apple Crostata

Hands On 30 minutes
Total Time 1 hour
plus cooling time
Serves 2 (½ each)

PASTRY

½ cup Hy-Vee all-purpose flour, plus additional for dusting
¼ tsp. Hy-Vee salt
3 Tbsp. cold Hy-Vee unsalted butter, chopped
1 to 3 Tbsp. ice-cold water

FILLING

1 medium Granny Smith apple, cored
1 medium Gala apple, cored
2 Tbsp. Hy-Vee unsalted butter, divided
2 Tbsp. packed Hy-Vee brown sugar

1 Tbsp. Hy-Vee all-purpose flour
½ tsp. fresh lemon juice
¼ tsp. apple pie spice
1 Hy-Vee large egg white
1 tsp. water
Turbinado cane sugar, for garnish

GLAZE (optional)
¼ cup Hy-Vee powdered sugar
½ to 1 tsp. fresh lemon juice or water

1. FOR PASTRY, whisk together ½ cup flour and salt in a small bowl. Cut in cold butter by using a fork until coarse crumbs form. Drizzle with 1 Tbsp. ice water; stir with fork. Add additional water, 1 tsp. at a time, just until dough holds together. Wrap in plastic wrap. Refrigerate while preparing filling.

2. FOR FILLING, cut cored apples in half lengthwise. Cut 8 thin slices of Granny Smith

apple and 8 thin slices of Gala apple; set slices aside. Peel remaining apples and chop into ½-in. pieces.

3. MELT 1 Tbsp. butter in medium skillet over medium heat. Add sliced apples. Cook for 2 to 3 minutes or until slightly softened. Remove from skillet.

4. MELT remaining 1 Tbsp. butter in same skillet over medium heat. Add chopped apples. Cook for 4 to 5 minutes or until softened. Transfer to medium bowl. Stir in brown sugar, flour, lemon juice and apple pie spice until evenly coated.

5. PREHEAT oven to 400°F. Line a rimmed baking pan with parchment paper; set aside. Roll out pastry dough into an 8-in. round on a lightly floured surface. Transfer to prepared baking pan. Spoon chopped

apple mixture onto center of pastry to within 1½ in. of edge. Arrange sliced apples in a spiral pattern over top of chopped apple. Fold edge of pastry up and over to partially cover filling, pleating as necessary; leave center open.

6. BEAT together egg white and water with fork; brush over crust. Sprinkle crostata with turbinado sugar, if desired. Bake for 25 to 30 minutes or until crust is golden brown. Cool in baking pan on wire rack.

7. FOR GLAZE, if desired, stir together powdered sugar and lemon juice in small bowl until smooth. Drizzle over crostata.

Per serving: 540 calories, 30 g fat, 18 g saturated fat, 1 g trans fat, 75 mg cholesterol, 330 mg sodium, 66 g carbohydrates, 5 g fiber, 33 g sugar (13 g added sugar), 6 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 6%

BAKERY FOR ONE

SATISFY YOUR SWEET TOOTH WITH THESE SINGLE-SERVE ITEMS AT HY-VEE.



THE CHEESECAKE FACTORY® CHEESECAKE SLICE
Grab slices of plain, white chocolate raspberry or other flavors.



HY-VEE GOURMET 6 IN. APPLE PIE
Fresh-baked personal pie made with Northern Spy apples and a blend of spices.



HY-VEE PEACH PIE SLICE
A single slice made with sweet, juicy freestone peaches.



HY-VEE FUDGE BROWNIE
Perfectly moist, chewy fudge brownies are topped with chocolate icing.



HY-VEE CAKE SLICE
Enjoy chocolate, vanilla or confetti cake slices topped with sweet icing.

Jumbo Chocolate Chip Cookies

Hands On 20 minutes
Total Time 37 minutes plus chilling and cooling time
Serves 2 (1 each)

⅓ cup cake flour
⅓ cup Hy-Vee all-purpose flour
1 tsp. Hy-Vee corn starch
¼ tsp. Hy-Vee baking soda
⅓ tsp. Hy-Vee salt
3 Tbsp. Hy-Vee unsalted butter, softened
3 Tbsp. packed Hy-Vee brown sugar
1 Tbsp. Hy-Vee granulated sugar
2 Tbsp. beaten Hy-Vee large egg
½ tsp. Hy-Vee vanilla extract
½ (3.5-oz.) Zōet 57% cacao dark chocolate bar, coarsely chopped (⅓ cup)
3 Tbsp. Hy-Vee chopped pecans (optional)
2 Tbsp. English toffee bits (optional)

1. WHISK together cake flour, all-purpose flour, corn starch, baking soda and salt in small bowl; set aside.

2. BEAT butter, brown sugar and granulated sugar in a small mixing bowl with electric mixer on medium for 2 minutes or until light and fluffy. Beat in egg and vanilla until combined, scraping down sides of bowl as needed.

3. SLOWLY BEAT in flour mixture on low just until combined. Fold in chopped chocolate, pecans and toffee bits. Cover and refrigerate for 30 minutes.

4. PLACE oven rack in center of oven. Preheat oven to 375°F. Line cookie sheet with parchment paper. Divide dough into 2 large balls. Place on prepared cookie sheet 4 in. apart.

5. BAKE for 15 to 17 minutes or until lightly browned but still soft in center. Cool on cookie sheet placed on wire rack for 15 minutes. Transfer cookies to wire rack; cool completely.

Per serving: 730 calories, 40 g fat, 19 g saturated fat, 0.5 g trans fat, 105 mg cholesterol, 400 mg sodium, 86 g carbohydrates, 5 g fiber, 46 g sugar (45 g added sugar), 9 g protein. **Daily Values:** Vitamin D 6%, Calcium 4%, Iron 40%, Potassium 6%

FLOUR POWER
Cake flour is used for a more tender texture and lighter, fluffier cookies.



BEACONSFIELD BREAD CO.

Named after the location of the first Hy-Vee store, Beaconsfield artisan bread stacks up to the competition when it comes to fresh flavor and texture. Try soft, chewy slices of varieties like sourdough, 100% whole wheat and 12 grain for sandwiches or cinnamon raisin swirl for something sweet.



GOOD GRACES

This line of affordable gluten-free products makes it easy to stick to your diet and budget. Only at Hy-Vee will you find Good Graces pantry staples like pasta and granola, entrées such as pizza and chicken nuggets, or snacks like pretzels and white Cheddar puffs.



CRAV'N FLAVOR

Satisfy almost any craving with sweet and savory fare at affordable prices. The irresistible line of entrées and snacks from Crav'n Flavor has something for everyone: frozen pizza, potato chips, cookies and much more.



SELF SAVING

Hy-Vee is home to an incredible selection of products that can help make life

easier, more affordable and extra delicious. Find these items at your local store.

CULINARY TOURS

Send your tastebuds on an international adventure with globally-inspired cuisine from Culinary Tours. Discover flavors from around the world in deli meats and cheeses, seasoning, sauces, salsa, frozen treats and other snacks.



GUSTARE VITA

You don't have to cross the ocean for original Italian fare. Gustare Vita products are made by families in Italy using traditional methods and natural ingredients for authentic flavor.



MEAT & SEAFOOD



HY-VEE FISH MARKET SEAFOOD

Seafood from Hy-Vee Fish Market offers the best flavor and tenderness. You can shop with confidence knowing the seafood you're buying tastes great and was caught using responsible methods. In 2017, Hy-Vee became the first Midwest retailer to source 100% of its seafood offerings from environmentally friendly sources. The Responsible Choice logo on all fresh and frozen seafood at Hy-Vee signifies it was harvested in a sustainable manner to protect habitats and seafood populations.





CHOICE RESERVE
Cuts with the Choice Reserve logo are well-marbled for tender texture and high-quality flavor. Only six out of 100 cattle meet Hy-Vee's stringent standards for Choice Reserve.



PRIME RESERVE
Steaks at Hy-Vee come from corn-fed cattle raised on Midwest farms, and those with the Prime Reserve logo are the best of the best. Cuts of this caliber boast superior marbling—white streaks of fat throughout the cut that impart remarkable flavor and buttery texture.



ANGUS RESERVE
Lean and affordable, Angus Reserve beef has less marbling than Prime or Choice selections but still provides great flavor at an affordable price.



THAT'S SMART!
Looking for budget-friendly food and household essentials? That's Smart! is a no-brainer. Find hundreds of That's Smart! products at Hy-Vee, including baking ingredients and kitchen staples like canned fruit, peanut butter, condiments, cottage cheese, eggs and other groceries—all at a great value.

SIMPLY DONE
Get a grip on (almost) all of life's spills, splashes and messes with Simply Done. All Simply Done products are made with the same quality as national brands, but at prices that won't break the bank. Find a range of cleaning supplies like sponges and all-purpose spray, plus kitchen basics such as paper plates and storage containers.

HY-VEE BRAND
Customers have come to expect the best in variety, quality and value from Hy-Vee. That's why Hy-Vee brand products throughout the store are affordably priced and made with you and your family in mind. Stock up on all your must-have grocery items, like yogurt, cheese, bread, frozen berries, coffee, chips, frozen vegetables, hummus, orange juice and more.



VALUE BRANDS

TIL THE COWS COME HOME

Sink your spoon into more than a dozen premium flavors with a variety of mix-ins and names as memorable as the flavors: A Kick in the Peanut Butter; Espresso Yourself; Dough-Mo Arigato, Mr. Roboto; Say Cheese, Cheesecake and more only at Hy-Vee.

OVERJOY

Guilt-free ice cream has never tasted so sweet. Sensational flavors like S'mores, Sea Salt Caramel, Chocolate Peanut Butter and Mint Chip have up to 67% fewer calories and 83% less fat than regular ice cream.

IT'S YOUR CHURN

Sold exclusively at Hy-Vee, It's Your Churn boasts nearly 30 flavors of premium ice cream made with high-quality ingredients. Flavors include Chocolate Banana Peanut Butter Swirl, Extreme! Moose Tracks and more.

ICE CREAM



FAST MEALS

Order or bring home a variety of fresh, made-in-store meals from Hy-Vee.



Order Hy-Vee Mealtimes To Go online and pick up ready-to-eat meals from Wahlburgers, Hickory House and Nori Sushi, as well as premade heat-and-eat meals.



Take home prepared sushi rolls and poke bowls made with fresh produce, rice and sustainably sourced seafood.



Grab classic Chinese favorites, including beef and broccoli, cashew chicken or Mongolian beef, served with rice or lo-mein.

PRODUCE



BASKET & BUSHEL

When it comes to fresh produce, time is of the essence. Basket & Bushel grows and harvests a variety of fruits and vegetables that are picked at peak freshness and delivered straight to Hy-Vee. Enjoy a bounty of sweet berries, pre-cut vegetables, tomatoes, potatoes and more.



Leave the slicing and dicing to us. Hy-Vee Short Cuts fruits and vegetables are washed and prepped to help save you time in the kitchen. Look for these varieties at your local store:

- Cantaloupe
- Cauliflower
- Celery & Carrots
- Diced Red Onions
- Diced Tri Peppers
- Diced White Onions
- Grapes
- Honey Dew
- Kiwi
- Pepper Strips
- Pineapple
- Squash
- Stir Fry Blend
- Watermelon



BLOOMS

Halloween Decor

Fun, easy decorating ideas to add a seasonal splash to your front porch or entryway.

1

MUM MOON

A CRESCENT OF CHRYSANTHEMUMS. No carving required. Just pick up some mums from Hy-Vee Floral, remove the stems, then hot-glue the flowerheads on the surface of a painted pumpkin to create a crescent moon.



Tune in to get ideas for decorating your porch for fall.

HOLIDAY
HOW-TO'S

WATCH & SHOP
ONLY ON

HSTV.com

2

CROTON IN A CAULDRON

HEAT THINGS UP. A few fragments of dry ice make this cauldron-style pot look like it's ready to boil over. Amping up the heat factor even more are the fiery hues of a croton plant and its backing of eerie-looking painted black twigs.



3

WEB OF INTRIGUE

CREEPY, CRAWLY CREATIVITY. Dramatic burgundy roses from Hy-Vee Floral set the stage for Halloween tricks. A glass vase provides a clear view of what's happening below: plastic spiders spinning their fake webs for a true Halloween fright.

HALLOWEEN HORROR SHOW

Add some Halloween drama with these whimsical planters from Hy-Vee.



NA'MASTE DEAD AIR PLANTS

A hair-raising way to display air plants.



BOG GARDEN MONSTER IN A BOX

Bug-eating plants are a curiosity to all.



CERAMIC HOWLERS

Here's one way to say a mouthful.



BABY FRANKIE AIR PLANTS

These two planters are oddballs—and proud of it!

TPH by TARAJI

CLEAN FORMULAS THAT NOURISH
AND HYDRATE FOR HEALTHY-
LOOKING SHINY HAIR.

**NOBODY
GLOWS
LIKE YOU**

“During my journey
to love my hair, I
realized we have
different challenges
and they’re simply not
talked about. That’s
why I created TPH by
Taraji—to help people
find the confidence
they need to let their
unique beauty shine.”

BY TARAJI P
HENSON



**Discover
Your New
Essentials.**

**Products that
support you on
your journey
toward achieving
optimal scalp
and hair health.**

Our scalp-first
approach creates
the optimal
environment for
healthy hair, no
matter the style.



TREATMENT STYLERS

Treat hair with double-duty
stylers that help to improve
and protect hair health
while you achieve your
inner chameleon.

SCALP CARE

Kickstart your scalp routine
with triple and double
precision, direct-to-scalp
care that detoxes, fortifies,
and lays the foundation for
healthier hair.

CLEANSE

Create a no-buildup zone
with deep-diving, scalp-
stimulating cleansers and
revitalizers. A true squeaky
clean like no other.

INTENSE MOISTURE

Craving more moisture?
Unlock the next level of
hydration and nourishment.
Your hair will never be
thirsty again.

FINDS

Ghoulish Grabs

Display frightfully fun
Halloween décor from
Hy-Vee to make your home
the spookiest on the block.



1 THROW PILLOW

Made with
100% polyester,
this canvas
pillow includes
an embroidered
greeting.



2 HALLOWEEN TABLE TREES

Decorate tables,
shelves and
more with festive
orange or black
trees adorned
with ornaments.



3 SPIDER WEB GLOBES

Light up the
front porch or
entryway with
different sizes
of LED-lit
frosted globes.



4 DECORATIVE SPIDERS

Indoor creepy-
crawlers are
made with sturdy,
lightweight metal
and coated with
sparkling glitter.



6 HALLOWEEN MUG

Microwave-safe ceramic
mug features a mantra
for busy fall mornings.



7 CANDLE HOLDER SET

Find the perfect height to
hold taper candles.



8 WITCHES

Show off these standout
figurines with bright,
sequined robes.



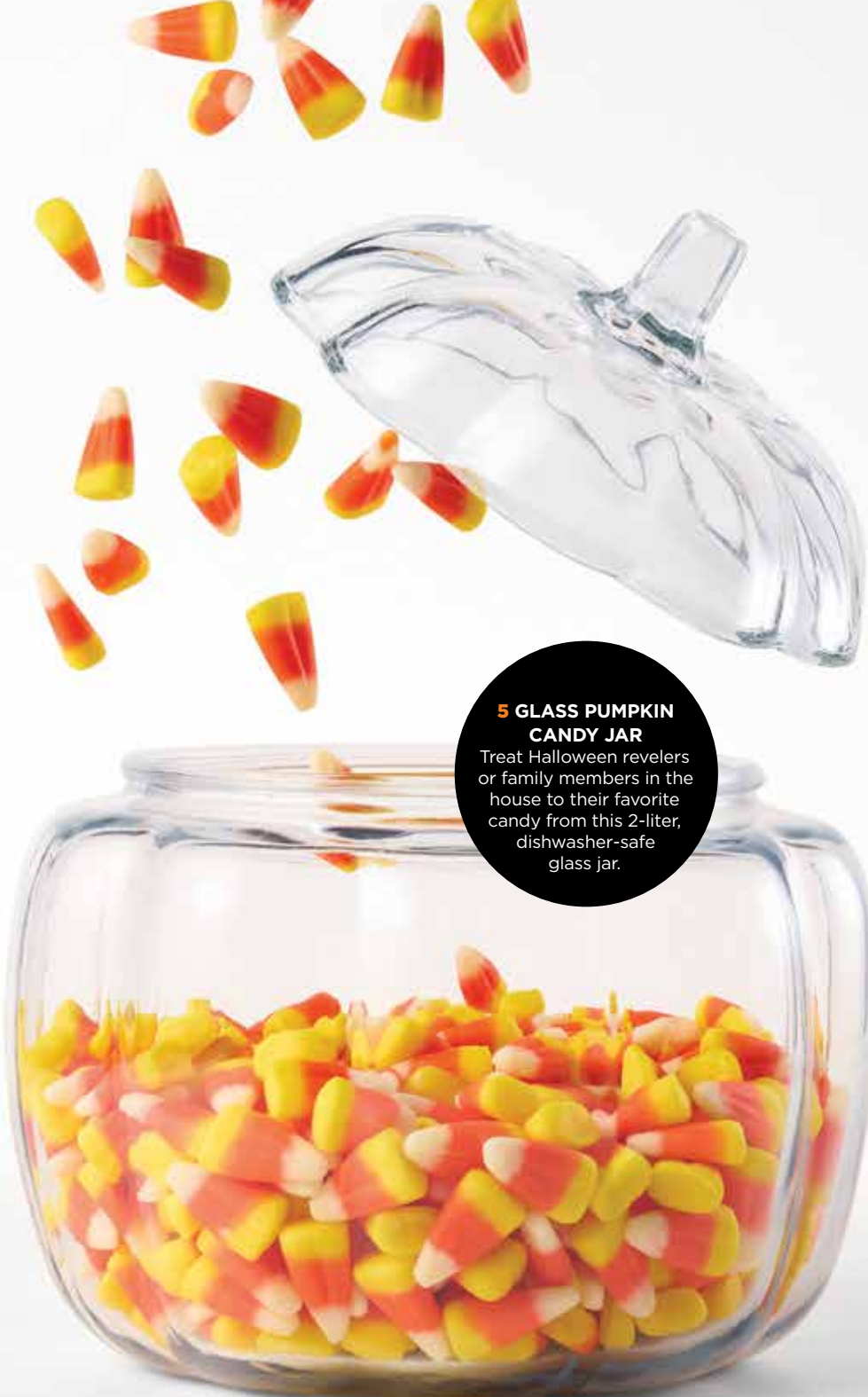
9 CANDLE HOLDERS

Metal candle holders for
pillar candles add an
eerie candlelit ambience.



10 BASIN GIFT BOX

Find seasonal-theme
soaps and bath bombs
from Basin at Hy-Vee.



5 GLASS PUMPKIN CANDY JAR

Treat Halloween revelers
or family members in the
house to their favorite
candy from this 2-liter,
dishwasher-safe
glass jar.



The Key To Everyday Low Prices.

Look for the Low Price Lockdown icon in every aisle for guaranteed deals on items already on your list. These prices aren't going anywhere and neither is our commitment to saving our customers and their families money.

Hy-Vee®

MEAL MAKEOVER

Pastry Tarts

Start your day with a burst of raspberry flavor but without gluten or sugar.

Gluten-Free, Sugar-Free Raspberry Pastry Tarts

Hands On 45 minutes

Total Time 1 hour 15 minutes

plus chilling and cooling time

Serves 8 (1 each)

PASTRY

2 cups Bob's Red Mill gluten-free 1 to 1 baking flour, plus additional for dusting

½ cup stone ground millet flour

1 Tbsp. Swerve confectioners' sugar replacement

1 tsp. gluten-free xanthan gum

½ tsp. Hy-Vee baking powder

½ tsp. kosher salt

¾ cup plus 1 Tbsp. cold water

2 Tbsp. Hy-Vee white distilled vinegar

14 Tbsp. cold Hy-Vee unsalted butter, chopped

1 Hy-Vee large egg

FILLING

¾ cup Polaner sugar-free seedless raspberry preserves

1 tsp. fresh lemon juice

½ tsp. gluten-free xanthan gum

GLAZE

1 cup Swerve confectioners' sugar replacement

1½ to 2 Tbsp. water

Freeze-dried raspberries, crushed, for garnish

1. PLACE baking and millet flours, sugar replacement, xanthan gum, baking powder and salt in a food processor. Cover and pulse until combined. Add cold butter. Cover and pulse until fine crumbs form with no visible pieces of butter. Transfer to large bowl. Stir together ¾ cup cold water and vinegar. Drizzle ¼ cup water mixture over flour mixture; stir with fork. Add additional water

mixture, 2 Tbsp. at a time, just until dough holds together. Shape dough into a ball; divide in half. Shape into disks; wrap each disk in plastic wrap. Refrigerate for 30 minutes.

2. FOR FILLING, stir together raspberry preserves, lemon juice and xanthan gum in small bowl; set aside. Preheat oven to 350°F. Line a large rimmed baking pan with parchment paper; set aside.

3. ROLL OUT each disk of the pastry dough on a floured surface to a 13×9-in. rectangle. Cut each into 8 (4×3-in.) rectangles. Transfer 8 rectangles to prepared baking pan.

4. WHISK egg and remaining 1 Tbsp. water in small bowl. Brush edges of pastry rectangles in baking pan with egg mixture. Spoon raspberry filling on the centers of pastry rectangles; spread to ½-in. of edges.

5. PLACE remaining rectangles on top raspberry filling to cover, aligning edges. Press edges together to seal completely. Brush pastries with egg mixture. Poke holes in top of each pastry with a skewer. Bake for 25 to 28 minutes or until edges are golden brown. Transfer pastries to a cooling rack; cool completely.

6. FOR GLAZE, stir together confectioners' sugar replacement and water in small bowl until smooth. Spread over pastry. Immediately sprinkle with crushed freeze-dried raspberries, if desired.

Per serving: 350 calories, 22 g fat, 13 g saturated fat, 1 g trans fat, 75 mg cholesterol, 190 mg sodium, 57 g carbohydrates, 4 g fiber, 0g sugar (0g added sugar), 5 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4%

BREAKFAST TO GO

A sugar-free remake of this pastry offers double the amount of protein than in the original.

FOODS THAT

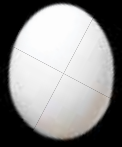



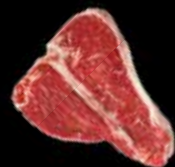



Promote Healthy Hair

Care for your luscious locks with foods that provide essential nutrients to nourish hair.



Just like shampoo and conditioner, a balanced diet of nutrient-rich foods is a must for any hair care routine. Vitamins C and E, omega-3 fats, iron, protein, B-vitamins such as biotin and other nutrients help keep hair strands strong and promote growth and fullness while also maintaining moisture levels. Thinning hair or hair loss may be a sign of deficiency in one or more of these nutrients. Boost your chances of a good hair day by filling your plate with these foods.

FOODS FOR HAIR CARE

 BIOTIN Deficiency in this B vitamin is linked to thinning hair or hair loss. Biotin from eggs, sunflower seeds, mushrooms, tuna and beef liver also plays an essential role in the production of keratin, a type of protein that makes up hair.	 OMEGA-3 FATS Salmon, walnuts and chia seeds contain omega-3 fats that may help keep hair lush and thick. A study in the <i>Journal of Cosmetic Dermatology</i> found that regular consumption of omega-3 fats and antioxidants was effective against hair loss and improved hair density.	 VITAMIN E Vitamin E in avocado, almonds, pumpkin, asparagus and mango is an antioxidant that helps fend off free radicals and damage from oxidative stress. Free radicals are unstable atoms that cause oxidative stress and cell damage and have been linked to hair loss.	 VITAMIN C Found abundantly in bell peppers, Brussels sprouts, zucchini, red cabbage, citrus fruits and strawberries, vitamin C makes it easier for the body to absorb iron and has strong antioxidant properties to help prevent cell damage.
 PROTEIN Hair is made of protein, so an adequate amount of protein from sources like beef, poultry, fish, dairy, beans, quinoa and nuts is necessary to stimulate growth. A lack of protein in the diet may result in thinning hair or hair loss.	 VITAMIN A Spinach, carrots, red bell peppers, sweet potatoes and tomatoes are strong sources of vitamin A, which helps produce sebum. A naturally occurring oil, sebum helps maintain moisture throughout the body, including the scalp.	 IRON Good sources of iron are beans, fortified breakfast cereals and shellfish. Iron deficiency can lead to anemia, a condition in which the body lacks an adequate amount of red blood cells to effectively carry oxygen throughout the body, which can lead to hair loss.	 ZINC This mineral, found in oysters, beef, tofu, lentils and oatmeal, encourages oil production to prevent hair from drying out. A diet severely lacking zinc may lead to hair loss.

Supplements for Healthy Hair

THE HY-VEE HEALTHMARKET HAS SUPPLEMENTS TO HELP FILL ANY NUTRITION GAPS.*

157%
OF THE RECOMMENDED DAILY INTAKE OF VITAMIN C IS CONTAINED IN ONE SMALL RED BELL PEPPER.

—U.S. DEPARTMENT OF AGRICULTURE

NATURE'S BOUNTY HAIR, SKIN & NAILS
Fruity flavored gummies contain hair-healthy biotin and vitamins C and E.

HY-VEE FISH OIL
Supplements contain omega-3 fats to promote healthy hair and help protect against hair loss.

VITAFUSION BIOTIN
These gummy supplements boost levels of biotin. Deficiency in biotin, a B vitamin, has been linked to hair loss.

MULTIVITAMIN
Tablets or gummies can contain up to a day's worth of the recommended levels of vitamins A, C and E and other nutrients.

*Consult your healthcare provider before using any supplements.

Sources: mayoclinichealthsystem.org/hometown-health/speaking-of-health/get-radiant-hair-skin-and-nails-naturally
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DIETITIAN Q&A

Allergen-Friendly Trick-or-Treating

Registered dietitian and HealthMarket Vice President Elisa Sloss offers advice on how to make Halloween fun and safe for kids with food allergies.



Elisa Sloss, RD, LD
Vice President,
HealthMarket

Q: What does allergen-friendly mean?

A: Usually it means that the food doesn't contain any of the top nine major food allergens identified by the U.S. Food and Drug Administration (FDA): milk, eggs, fish, shellfish, peanuts, tree nuts, wheat, soy and sesame. Foods labeled "allergen-friendly" also are usually prepared in a facility that prevents cross-contamination from common allergens. The description "allergen-friendly" is often used rather than "allergen-free" because the FDA has determined more than 160 foods may cause allergic reactions, so it's hard to prepare foods without any potential allergens.

Q: How many children have food allergies?

A: In the U.S., about 8% of children, or 1 in 13, have a food allergy, according to the U.S. Centers for Disease Control and Prevention (CDC). Though some symptoms may be mild, such as itchy skin or tingling in the mouth, some children have life-threatening allergies that may cause difficulty breathing or anaphylaxis. Because food allergies are so common, there's a good chance many of your trick-or-treaters may have them. If you offer allergen-friendly or nonfood treats, everyone can participate in the fun.

Q: What allergens are common in Halloween candy?

A: Cow's milk, peanuts, tree nuts, soy, wheat and egg all appear in popular sweets, especially in chocolate candies. Sesame oil is less common, but still found in some treats

such as candy corn. Many candies also contain artificial colors and dyes, which may be allergens for some children.

Q: What should I look for when buying candy?

A: Carefully read the ingredient labels, even if you don't think the candy contains common allergens (sometimes, fun-size candies have different ingredients than the full-size versions). The FDA requires manufacturers to clearly identify the source of all major allergen foods. For example, flour is made from ground wheat, so on the ingredient list for a baked good, you might see "flour (wheat)." The one current exception is sesame—it was declared a major allergen in 2021, but the requirement to label it as such doesn't take effect until 2023.

Q: How should I hand out allergen-friendly treats?

A: Keep allergen-friendly treats in a

separate bowl from candies that may contain allergens. When kids and parents come to your door, let them know you have allergen-friendly candies as an option. You can also signal to trick-or-treaters that you have nonfood items, like small toys or stickers, by placing a teal pumpkin on your doorstep.

Q: How can I keep my child with food allergies safe on Halloween?

A: Before leaving the house, make sure your child knows not to eat any treats until you're back home and can check ingredients. Keep safe candies in your pocket to give them while trick-or-treating or to "trade" for unsafe candies they receive by accident.



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



The Teal Pumpkin Project helps make Halloween safer for everyone. Place a teal pumpkin on your doorstep to signal that you have small, nonfood gifts available for kids with food allergies.



TREATS WITHOUT THE TRICKS

Hy-Vee has candies and small seasonal toys every trick-or-treater can enjoy. Pick up some of these allergen-friendly options before little goblins and ghouls come knocking.

YumEarth Gummy Bears
YumEarth makes organic treats, such as fruity gummy bears, free of the top nine allergens.

Free2b Sunflower Butter Cups
Covered in creamy dairy-free chocolate, these cups are made from sunflower seeds instead of peanuts.

Enjoy Life Minis
Variety pack of mini chocolate bars with no gluten or major allergens. Enjoy Life also has full-size bars and other snacks.

Annie's Organic Fruit Snacks
Organic gummies with real fruit and vegetable juice and no major allergens or synthetic colors.

Zollipops
Sugar-free, allergen-friendly Zollipops come in flavors such as cherry and orange, and help keep teeth clean and healthy.

Other Candies
Many treats are naturally free of major allergens, including Skittles, Smarties, Swedish Fish, DOTS and more.



Try these
Salted Caramel
Pumpkin Cake
Balls, *pg. 17*

recipe index

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LEVEL UP: PUMPKIN BARS

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30
minutes
or less

30 MINUTES
OR LESS

20
minutes
or less

20 MINUTES
OR LESS

10
minutes
or less

10 MINUTES
OR LESS

GF
option

GLUTEN-FREE

V
option

VEGETARIAN
DISH

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