STACKS OF FLAVOR
As summer winds down, we naturally relish as much as we can of the remaining season. Normally, that might include a trip to the state fair. This year we thought we’d offer a taste of the fair you can enjoy at home: traditional sandwiches served on sticks, page 48. August is also blueberry season, so get ready to enjoy those sweet fruit poppers that are loaded with nutrients, page 51. Healthy eating is always in style. Now is the time to take care of yourself and your family, so we share tips to organize your pantry, page 84, keep up personal hygiene, page 93, eat more produce, page 113, and get a flu shot, page 117.

See you in September!
FOR BIG TASTE, MAKE IT MINIS!

With 7 grams of protein for a power-packed snack.

CRAV'N FLAVOR EGG BITES

These egg bites are worth crav'n: Classic Sausage, Three Cheese and White Cheddar & Uncured Ham.

BREAKFAST

Set the alarm early because the first meal of the day just got a whole lot better.

CHOBANI PROBIOTIC DRINKS

Plant-based drinks in flavors of Lemon Ginger, Pineapple Turmeric, Peach Mint and Cherry Hibiscus Tea.

HY-VEE CREAM CHEESE PORTION PACKS

Eight individual 1-oz. portions in Plain, Strawberry or Chive & Onion flavors.

WHAT'S NEW AND NOTEWORTHY IN YOUR WORLD AND AT HY-VEE

What’s the story, morning glory? One thing’s for sure, the story’s only getting better with three new Hy-Vee refrigerated single-serve juices: Apple Juice, Orange Juice and Lemonade. These 12-oz. single-portion juices are great for on-the-go breakfast. And for a morning pick-me-up at home, don’t forget Hy-Vee 100% Orange Juice (available regular, pulp-free, country-style, fortified with calcium or with calcium & vitamin D).

NOW TRENDING

HY-VEE CREAM CHEESE PORTION PACKS

Eight individual 1-oz. portions in Plain, Strawberry or Chive & Onion flavors.

CHOBANI PROBIOTIC DRINKS

Plant-based drinks in flavors of Lemon Ginger, Pineapple Turmeric, Peach Mint and Cherry Hibiscus Tea.

CRAV’N FLAVOR EGG BITES

These egg bites are worth crav’n: Classic Sausage, Three Cheese and White Cheddar & Uncured Ham.
**donut of the month**

**GRAPE CAKE DONUT**
Want to hear something grape? The donut of the month for August is, well, grape! Be sure to stop by your local Hy-Vee to try this month’s star of the Bakery!

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**NEW AT HY-VEE!**

STOP IN AT HY-VEE TO CHECK OUT THESE NEW, NOTEWORTHY OR SEASONALLY POPULAR PRODUCTS.

**MEAT**

In cog mea to Meats

Meet the meat alternative: In cog mea to plant-based burger patties, meatballs, turkey sausage and chick’n nuggets from Morning Star Farms.

**PANTRY**

Beaconsfield Bread Co.

Perfect for hearty sandwiches or French toast, Beaconsfield breads include Sourdough, 100% Whole Wheat, Oat and Honey, and 12 Grain.

**DELI**

Hy-Vee Gourmet Hawaiian Buns & Rolls

Hy-Vee’s Gourmet Hawaiian dinner rolls and hamburger and hot dog buns all feature a soft, fluffy texture to complement any meal.

**HEALTH MARKET**

Quest Peanut Butter Cups

These creamy peanut butter cups are satisfying, not sinful—with 11 grams protein but just 1 gram net carbs and less than 1 gram sugar per cup!

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**brand highlight**

**CRAYON FLAVOR**

EDIBLE COOKIE DOUGH

This edible cookie dough comes in Chocolate Chip, Cake Batter and Cookies ‘N Cream flavors. Ready to eat, no baking required!
You can lead a horse to water but a pencil must be led. Be sure to keep it sharp!

You underestimate the importance of scissors—until your scholar needs a pair.

SCHOLARLY AID
Outfit your favorite undergrad with these helpful items from Hy-Vee.

College Essentials

12×12-INCH LETTER BOARD
From reminder boards to communicate anything from schedules to love notes.

KEURIG CLASSIC K-MINI
No need to squabble over flavors—everyone can select the one that appeals most to them.

BIALETTI 10-IN. SAUTÉ PAN
Sized just right, this nonstick aluminum pan features a heat-resistant ergonomic handle.

ZAK! WATER BOTTLES AND INFUSERS
Keep drinks hot or cold with a water bottle. Or infuse water with choice of fruits.

VIBRANT NOTEBOOKS
Keep subjects separated—and easy to identify at a glance.

PLAYFUL PAPER CLIPS
Whimsical attachments such as donuts, French fries and pumpkins.

FILA BACKPACKS
Durable backpacks feature dynamic graphics and lots of carrying capacity.

PANDA PENS
Whether used for drawing or writing, these pens have pizzazz.

YOYO GO YOGURT CUP
This reusable cup features a hard acrylic body, slip-resistant silicone grip and spillproof lid to keep toppings separate.
Start with the best ingredients.

Create the best meals.

Artfully made with authentic ingredients from Italy; sautéed and slow-cooked for a rich and balanced taste.

100% ITALIAN TOMATOES • 100% EVOO • NOTHING ARTIFICIAL • NO ADDED SUGAR

VeroGusto

A true taste like no other.

Follow us on Instagram @verogustosauce

*See nutritional facts panel for nutritional information. Not a low calorie food.

Fill your fork with plant-based fare, fresh seafood and more. Plus, whip up kid-approved lunches to kick off the school year.

10 MISSION IMPOSSIBLE
20 HY-VEE HOMEGROWN
24 SAVED BY THE BELL
32 BEST MEATS FOR BIG-BATCH COOKING
39 BASICS: HOW TO COOK PASTA
40 SEA TO PLATE IN 30 MINUTES
48 ON A STICK
51 101: BLUEBERRIES
54 SAY WHAT? THAT’S ... KETO
60 WHITE WINE GUIDE
65 FOOD CHART: KITCHEN CHEAT SHEET
66 BREAK-FAST!
Plant-based eating may lower cholesterol while likely boosting fiber, according to recent scientific studies. Make it part of your mealtime routine with these deliciously simple ideas.

### How Do You Define It?
A: Plant-based eating focuses on foods primarily from plants. In addition to fruits and vegetables, it includes nuts, seeds, oils, whole grains, legumes and beans. It doesn’t mean you’re vegetarian or vegan and never eat meat or dairy. Rather, you simply make plant-based foods a larger focus.

### What Are Some Popular Diets?
A: Mediterranean diet focuses on plant-based foods but includes fish, poultry, eggs and dairy a few times a week, with meals and desserts less often. A whole-food, plant-based diet eliminates or minimizes animal products and highly refined foods. A vegetarian diet limits or eliminates meat to cut out meat. A flexitarian diet includes both meat and animal byproducts like eggs and dairy.

### What Are the Health Benefits?
A: A recent study published in the Journal of the American College of Cardiology showed that eating quality plant-based foods (whole grains, fruits, vegetables, nuts, legumes and healthy oils) while cutting out meat and less healthy or heavily processed plant foods (fruit juices, refined grains, French fries) can help lower the risk for heart disease.

### Will I Get Enough Protein?
A: Yes, if you include these protein-rich plant foods: ⅓ cup tofu (10 grams), edamame (8.5 grams), lentils, quinoa or chickpeas (7 to 9 grams), or a large baked potato (6 grams); add 2 tablespoons hummus for 5 grams; more of protein. And don’t forget peanut butter, which provides 8 grams protein per 2 tablespoons.

### Try an Awesome Burger!
The name says it all. This juicy plant-based burger, served in a Hy-Vee bakery bun, looks and tastes like beef. It has that characteristically charred crust like a grilled beef burger. It’s enhanced with peas, which provide 28 grams of protein plus 8 grams fiber in each quarter-pound burger. Get it now, made fresh to order by chefs at your Hy-Vee market grille, and make it part of your plant-based eating.

### Buffalo Cauliflower Lettuce Tacos
Hands On 15 minutes
Total Time 35 minutes
Serves 6
1. Preheat oven to 425°F. Line a large rimmed baking pan with foil. Arrange cauliflower on prepared pan. Drizzle with olive oil; season with salt and pepper.
2. Bake cauliflower 10 minutes or until tender. Remove from oven; cool slightly. Drizzle cauliflower with ⅛ cup wing sauce; toss to coat. Return to oven; bake 10 minutes or until cauliflower is lightly browned. Remove from oven; cool slightly.
3. To serve: layer 2 romaine lettuce leaves together on a serving platter. Repeat with remaining leaves. Add ⅓ cup cauliflower to each leaf stack. Top with avocado, cheese, carrots and celery. Drizzle with additional wing sauce and ranch dressing. Garnish with crushed pretzel crisps, if desired.

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<th>Per serving:</th>
<th>Calories: 200</th>
<th>Carbohydrates: 14 g</th>
<th>Protein: 14 g</th>
<th>Fat: 20 g</th>
<th>Saturated Fat: 7 g</th>
<th>Cholesterol: 77 mg</th>
<th>Sodium: 770 mg</th>
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Sources (optional): pcrm.org/goal-nutrition/food-information/lowering-cholesterol-with-a-plant-based-diet

[Image -73x-96 to 1242x1324]
Artichoke N’ Asparagus Flatbreads

Hands On 10 minutes
Total Time 15 minutes
Serves 4

1 (8-oz.) pkg. naan flatbreads
2 Tbsp. Gustare Viva olive oil
1 tsp. garlic powder
1 tsp. Hy-Vee ground cumin
1 tsp. chili powder
1 (16-oz.) can Hy-Vee black beans
2 Tbsp. Gustare Viva cooked chopped green chilies
1 (8-oz.) pkg. Hy-Vee shredded sharp Cheddar cheese
Shredded fresh Parmesan cheese, for garnish

1. PREHEAT oven to 400°F. Line a baking sheet with foil. Arrange the flatbreads on the baking sheet. Sprinkle with the garlic powder, cumin, chili powder and black beans. Place in the oven and place, seam side down, 12 to 15 minutes. Remove from the oven; cool slightly.
2. MELT olive oil in a medium skillet. Add the chopped green chilies and sauté until they are fragrant, 1 to 2 minutes. Add the diced cheese, a little at a time, and stir until the cheese is melted. Remove from heat.
3. TRANSFER one flatbread to each serving plate. Top with the cheese and served cheese.

Sweet Potato and Black Bean Enchiladas

Hands On 30 minutes
Total Time 1 hour
Serves 8

1 (16-oz.) can Hy-Vee black beans, drained and rinsed
1 cup cooked Hy-Vee white rice
1/2 cup Hy-Vee cooked chopped green chilies
1/2 cup Hy-Vee shredded sharp Cheddar cheese
1/2 cup shredded cheese
1/4 cup shredded cheese
1/4 cup grated Parmesan cheese

1. PREHEAT oven to 400°F. Line a baking sheet with foil. Arrange the sweet potato cubes on a prepared baking sheet and toss with the oil. Sprinkle with the salt, cumin and chili powder. Roast for 10 to 15 minutes or until sweet potato is fork-tender. Remove from oven; cool slightly.
2. SPREAD on a small bowl to a medium bowl. Stir in the diced green chilies, diced cheese, black beans, rice, salt, cumin and chili powder.
3. TRANSFER sweet potatoes to a medium bowl. Stir in the diced green chilies, black beans, rice and cheddar cheese. Place in an ovenproof baking dish.
4. WHISK the lime juice, salsa and lime zest in a small bowl. Drizzle on top of the enchiladas and top with additional toppings.

Pro tip: HEALTHY OPTION

Everyone can benefit from plant-based eating. To see the health benefits, focus on nutrient-dense, fuss-free plant-based foods that have little or no added fat, sugar or sodium. Even a moderate change in your diet, such as cutting back to one or two servings of meat per day and adding legumes or nuts as your protein, can have a lasting positive impact on your health.

— Megan Callahan, MS, RD, LD
Hy-Vee Dietitian

pro tip: CAN DAIRY BE PART OF A PLANT-BASED DIET?
A balanced diet, while plentiful in plant-based foods, can also include foods from animal sources. Including dairy foods, in addition to plant-based sources of protein, can provide a variety of nutrients that are essential for good health.

VITAMIN B12
Needed to form blood cells, DNA and RNA. Help key player in the function and development of brain and nerve cells. Sources: Bananas, plant-based milk, yeast and protein bars.

PROTEIN
Makes up enzymes and structural proteins and is the foundation that carries oxygen in the blood. Sources: Legumes (black beans, lentils and peas), walnuts and flaxseeds.

IRON
Helps maintain healthy blood, carries oxygen from the lungs to all parts of the body. Important for healthy brain development. Sources: Legumes, vegetables (broccoli, spinach, potatoes and winter squash).

FIBER
Supports weight loss and protects against heart disease. Helps keep blood sugar in check. Sources: Fruits, whole grains and legumes (black beans and lentils).

omega-3 fats
Help prevent heart disease and stroke and may fight cancer. Sources: Almonds, flax, pumpkin, seeds, flax, soy foods, flaxseeds, chia seeds and walnuts.

CAN DAIRY BE PART OF A PLANT-BASED DIET? A balanced diet, while plentiful in plant-based foods, can also include foods from animal sources. Including dairy foods, in addition to plant-based sources of protein, can provide a variety of nutrients that are essential for good health.
MEATLESS ALTERNATIVES AT HY-VEE

CHOOSE FROM AN INCREASING NUMBER OF MEAT ALTERNATIVES FOUND IN THE HY-VEE HEALTHMARKET.

1 BOCA VEGGIE BURGERS
Juicy soy protein burgers contain 13 grams of protein and 60% less fat than ground beef hamburgers.

2 VEGANEgg
Plant-based egg replacer works for cooking and baking.

3 MORNING STAR FARMS VEGGIE DOGS
Each dog has 50 calories and 94% less fat than the leading chicken and pork hot dogs.

4 GARDEIN HOMESTYLE BEEFLESS TIPS
Stir-fry or sauté in 15 minutes; 160 calories and 16 grams protein per serving.

5 MELISSA’S ORGANIC TOFU
Made from soybeans, this complete protein contains all nine essential amino acids, just 80 calories per serving, and zero cholesterol.

6 BOCA ORIGINAL VEGGIE CRUMBLES
Use as ground meat substitute for tacos, chili and burritos; 60 calories and 11 grams protein per serving.

7 THE JACKFRUIT COMPANY JACkfruit
Chopped jackfruit has an array of flavors. Each product is soy- and gluten-free.

8 THE JACKFRUIT COMPANY BBQ JACkfruit
Used in the BBQ Jackfruit Sandwiches with Apple Slaw, page 17, chopped jackfruit is flavored with a sweet and smoky blend of tomato and mesquite.

9 LIGHTLIFE SMART BACON
The plant-based bacon contains no nitrates.

10 LIGHTLIFE ORIGINAL TEMPEH
This savory, subtly nutty, soy-based protein requires cooking. Slice, cube or crumble it for recipes.

11 UPTON’S NATURALS BACON SEITAN
Heat and serve the vegan strips in a BLT or crumble them onto a pizza.

SMART SWAPS
- Jackfruit instead of chicken or pork in stir-fries, pastas or wraps.
- Veggie crumbles and veggie dogs instead of meat-filled chili dogs.
- Beefless tips instead of beef chunks for kabobs or stew.
- Tempeh instead of ground meat for tacos or enchiladas.
- Tofu instead of chicken in stir-fry or salad.

NUTRITIOUS EATING
Meat alternatives supply adequate protein, iron and other essential nutrients. They’re low in saturated fat and contain fiber meat doesn’t.

HELPS CHOLESTEROL
A University of Toronto study found that people who ate a plant-based diet rich in cholesterol-lowering foods, including soy protein, lowered their LDL (bad cholesterol) by nearly 30% percent in just four weeks.

SATISFIES LIKE MEAT
More reasons why meatless alternatives are winning over meat-lovers.

SATISFIES LIKE MEAT MEAT ALTERNATIVES FOUND IN THE HY-VEE HEALTHMARKET.
**Zoodles and Mushroom Quinoa Meatballs**

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

- 3 tbsp. Gusto Vite olive oil, divided
- ¾ cup Hy-Vee Short Cuts thinly sliced white button mushrooms
- 3 cloves garlic, minced
- 1 cup packed fresh Italian parsley, plus additional for garnish
- 2 tsp. Hy-Vee ground cumin
- ¼ tsp. Hy-Vee salt and black pepper

**HOW TO START A PLANT-BASED DIET**

1. **START THE DAY**  
   - Include whole grains for breakfast—oatmeal, quinoa, buckwheat or barley.  
   - Add nuts or seeds along with fresh fruit.  
   - Other options include smoothies and arancini balls.

2. **GO FOR GREENS**  
   - Try a variety of green vegetables, such as kale, collards, Swiss chard and spinach.  
   - Steam, grill, stir-fry or stir into dishes (usually at the end of cooking) to preserve flavor and nutrients.

3. **RETHINK MEAT**  
   - Prepare small amounts for meals and use meat as a garnish instead of a centerpiece. Discover how delicious it is to substitute cauliflower for meat in tacos.

4. **EAT VEGGIES**  
   - Add vegetables to meals, choosing colorful options for variety. Between meals, enjoy veggies as nutritious snacks with saucé, guacamole or hummus.

5. ** PICK FRUIT FOR DESSERT**  
   - A serve of fresh fruit with the dinner or dessert meal can also provide sufficient protein and calcium for a sweet bite after meals.

6. **CHOOSE GOOD FATS**  
   - Fats in olive oil, nuts, nut butters, seeds (sunflower and sunflowerseeds) and avocados are among the best options for plant-based eating.

**BBQ Jackfruit Sandwiches with Apple Slaw**

**Hands On 20 minutes**  
**Total Time 20 minutes**  
**Serves 4**

- 1 (10-oz.) pkg. refrigerated BBQ jackfruit
- 2 Tbsp. Hy-Vee apple cider vinegar
- ¾ tsp. Hy-Vee ground cumin
- 2 tsp. apple juice
- 2 tbsp. Gusto Vite olive oil
- 1 cup shredded red cabbage
- 1 tsp. Hy-Vee hamburger dill pickle slices, for topping

**HOW TO MAKE YOUR MEAL COMPLETE**

1. **START THE DAY**

   - Include whole grains for breakfast—oatmeal, quinoa, buckwheat or barley.  
   - Add nuts or seeds along with fresh fruit.

2. **GO FOR GREENS**

   - Try a variety of green vegetables, such as kale, collards, Swiss chard and spinach.  
   - Steam, grill, stir-fry or stir into dishes (usually at the end of cooking) to preserve flavor and nutrients.

3. **RETHINK MEAT**

   - Prepare small amounts for meals and use meat as a garnish instead of a centerpiece. Discover how delicious it is to substitute cauliflower for meat in tacos.

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   - Fats in olive oil, nuts, nut butters, seeds (sunflower and sunflowerseeds) and avocados are among the best options for plant-based eating.

**BBQ Jackfruit**

Don’t worry, it’s not April Fool’s at all! As you grill your jackfruit, you’re getting a healthy, plant-based meal. The meaty texture of jackfruit makes a delicious meatless sandwich, and the smoky BBQ flavor makes it a perfect addition to the grill...or in this case, the oven! Try it today as a substitute for meat in tacos, wraps, or as a delicious meatless sandwich with slaw.”

**BBQ Jackfruit Sandwiches**

1. WHISK together vinegar, mustard, sugar and oil in a small bowl. Season to taste with salt and pepper; set aside.
2. PLACE kielbasa in a bowl. Add 2 tsp. vinegar mixture; toss to coat and set aside. Combine cabbage, apple, carrot and pantry in a medium bowl. Drizzle with remaining vinegar mixture; toss to coat. Set aside.
3. COMBINE jackfruit, barbecue sauce and cinnamon in a medium skillet over medium heat. Cook and stir until heated through.
4. TO SERVE, divide sauce among buns. Top with jackfruit mixture, onion rings, pickles, kielbasa and bun tops.

**WHAT IS IT?**  
Jackfruit is a whole-food, plant-based meat alternative, savoury or seasoned to complement any texture and dairy-free sauce.  

**HOW TO USE?**

Vegan barbacoa, tacos, pizza, quesadillas and kimchi add well to your diet. Add jackfruit to a savory plant-based bowl and top with sautéed sweet potatoes, avocado halves or sunset avocado.

**ANY HEALTH BENEFITS?**

The high amount of calcium may help fight cancer. Vitamin B3 in jackfruit may help protect skin from sun damage and potassium could help lower blood pressure.
BEAUTIFUL BEANS MAKE A BEAUTIFUL SUMMER

Whether served next to hot dogs or as part of your signature salad, BUSH’S brings you so many ways to make that beautiful bean summer.

BUSHBEANS.COM

BUSH’S Variety or Chili Beans
15 to 16 oz.
4.50

Honey Maid Grahams
select varieties
13 oz. 14.4 oz.
2.98

©2020 Bush’s®/Best® Foods
Hy-Vee works directly with farmers and greenhouses across the Midwest to provide the freshest, best-tasting produce picked at just the right time for ripeness and flavor. Fruits, vegetables and herbs that display the Hy-Vee Homegrown label are grown within 200 miles of your store, so you can be sure they’re fresh and flavorful. More than 200 growers—with anywhere from a few acres to several hundred—truck their produce to Hy-Vee through the Homegrown program and proudly display their labels on the foods. Get to know three of them, below. Growers work closely with Hy-Vee buyers and transportation staff to ensure produce arrives at perfect ripeness. When you see the Homegrown logo, you can be confident fruits, vegetables and herbs are as fresh as they can be.

Look for the Homegrown logo at your Hy-Vee store to enjoy ripe fruits and vegetables with close-to-home freshness and flavor.

**Ineichen’s Tomatoes**
Blue Grass, Iowa, and Milan, Illinois
Ineichen’s grows yellow, grape, cherry and heirloom tomatoes in ideal conditions in its greenhouse and hand-picks vine-ripened fruits at peak flavor.

**Beaver Creek Produce**
Perry, Iowa
Mike and Tim Phelan cultivate delicious lettuces, cucumbers and vine-ripened tomatoes, plus tasty herbs, using hydroponics at their Century Family Farm greenhouse.

**Schweizer Orchards**
St. Joseph, Missouri
Garden-fresh peppers—from sweet bells to jalapeños—are hand-picked daily throughout the season on this family farm and transported to stores within 24 hours to ensure freshness.
Pick up new Snack pack flavors today

1 BOX = 1 FREE BOOK
Buy your favorite Kellogg’s® products and choose from 125 titles of all reading levels.

FeedingReading.com

Send each receipt separately. Receipts must be submitted within 30 days of purchase and no later than 10/31/20. Book credits must be redeemed by 12/20 at 11:59 PM (EST). Limit 10 books per participant. Must be a U.S. resident, 16 years of age or older, and a registered member of Kellogg’s Family Rewards®. See FeedingReading.com for full list of participating products. © | TM | © 2020 Kellogg NA Co.
Chicken Salad Space Rocket Burritos

Total Time: 15 minutes plus decorating time
Serves: 5

⅛ cup Hy-Vee plain Greek yogurt
⅛ cup chopped Hy-Vee rotisserie chicken breast
⅛ cup chopped celery
2 Tbsp. finely chopped red bell pepper
1 Tbsp. finely chopped green onion
5 (8-in.) Hy-Vee burrito-size flour tortillas
Decorations (radish slices, yellow bell pepper strips, Hy-Vee Cheddar cheese slices, avocado slices, Roma tomato strips, Hy-Vee bottled ranch salad dressing, honeydew melon slices and Hy-Vee Swiss cheese slices)

1. STIR together yogurt and ranch salad dressing. Stir in chicken, celery, bell pepper and green onion for chicken salad.

2. PLACE a tortilla on a work surface. Trim one end to get a straight bottom edge for the rocket; discard trim. For top of rocket, cut bottle into a point shape; reserve trimmings.

3. SPOON ¼ cup chicken salad onto right side, just below center of tortilla. Fold right edge of tortilla over filling; roll tortilla to form rocket shape. Cut fins out of reserved trimmings or use the edge of the bottle. To decorate, add radish slice windows and pepper strip band on the rocket and Cheddar cutouts on the fins. Place avocado slices, some of remaining chicken salad and tomato strips beneath the rocket for flames. Pipe ranch dressing smoke trails below the flames.

4. REPEAT to make four more rocket burritos. Decorate around each rocket with honeydew melon slices and piped dots of ranch dressing.

Per serving:
270 calories
12 g fat
3.5 g saturated fat
0 g trans fat
25 mg cholesterol
640 mg sodium
27 g carbohydrates
0 g fiber
2 g sugar (0 g added sugar)
13 g protein

Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 0%

pro tip: KEEP IT COLD
To keep packed lunches cold, try freezing individual yogurt sticks, bottled water or a snack bag full of grapes. These items are great frozen and double as an ice pack!—Teequa Knapp, RD, LD Hy-Vee Dietitian

Pack lunches that are easy to fix, don’t require heating and are kid approved. A main course and two sides never looked more fun—especially when tucked into smart-looking lunch boxes and totes from Hy-Vee.
Pizza Animal Pancakes

Hands On 10 minutes Total Time 14 minutes plus broiling and decorating Serves 7 (1 pancake each)

1 cup Hy-Vee all-purpose baking mix 1% yellow cornmeal
1 tsp. Hy-Vee Italian seasoning
1/2 cup Hy-Vee large egg, beaten
1/2 cup Hy-Vee 2% reduced-fat milk
1/4 cup Hy-Vee Short Cuts chopped tri-color bell peppers
Hy-Vee canola oil
1/4 cup Gustare Vita pizza sauce
1 cup Hy-Vee freshly shredded mozzarella & provolone cheese

1. COMBINE baking mix, cornmeal and Italian seasoning in a large bowl. Stir together beaten egg and milk in a small bowl. Add milk mixture to baking mix mixture; stir just until combined (batter will be lumpy). Fold in peppers.

2. PREHEAT griddle over medium heat. Brush lightly with oil. Drop 1/4-cup portions of batter onto hot griddle.

3. LINE baking sheets with foil; set aside.

4. PLACE pancakes on prepared baking sheets. Spread batter, if necessary. Cook 1 to 2 minutes over medium heat. Brush lightly with oil. Drop apple jelly on one corner of each pancake. Tuck in a few pretzel sticks for whiskers. Tuck in a few Cheddar cutouts to use for ears. Add Cheddar cutouts to corners from remaining 1/2 slice bread to use for eyes. Place, jelly side down, on apple jelly spread on one round bread slice. Place, jelly side down, on apple jelly spread and crushed cereal; set aside.

5. CUT bread slices into 4-in. rounds using a round cutter; set aside.

6. STIR together soy butter spread and crushed cereal; spread on one round bread slice. Top with apple. Spread jelly on one round bread slice; place, jelly side down, on apple jelly spread on one round bread slice.

7. Pack container with sandwich. Let students be creative with sandwich fillings. Add Cheddar or mozzarella cheese; fresh broccoli, cauliflower and baby carrots; and mouth, banana slices for cheeks and ruffled lettuce; add the sandwich. Cut 3/4-inch pieces for ears.

8. Add fresh mozzarella slices, Hy-Vee pitted black and green olives, pepperoni slices, Hy-Vee Deli ham slices, pineapple yellow bell pepper rings, Hy-Vee original ham and cheese. Spread in a greased 15×10×1-in. baking pan. Bake at 425°F for 25 to 30 minutes or until slightly firm. Cool 10 minutes. Cut into squares.

9. Put bread from 1-1/2 slices Hy-Vee Bakery wheat sandwich bread, divided into 15×10×1-in. baking pan.

10.锯 Hy-Vee Bakery wheat sandwich bread, divided
11.锯 2% reduced-fat milk
12.锯 1 Tbsp. finely crushed Hy-Vee honey crunch cereal
13.锯 1 Tbsp. Hy-Vee apple jelly
14.锯 Leaf lettuce

Decorations (Hy-Vee)
Candied cheese slices, fresh blackberries, fresh raspberries, banana slices, Hy-Vee pretzel sticks and Goldfish Cheddar (baked snack crackers)
1. CUT 2 bread slices into 4-in., may use a round cutter; set aside.
2. STIR together soy butter spread and crushed cereal; spread on one round bread slice. Top with apple. Spread jelly on one round bread slice; place, jelly side down, on apple jelly spread on one round bread slice.
3. Line lunch container with lettuce; add the sandwich. Cut corners from remaining 1/2 slice bread to use for ears. Add Cheddar or mozzarella cheese; fresh broccoli, cauliflower and baby carrots; and mouth, banana slices for cheeks and ruffled lettuce; add the sandwich. Place, jelly side down, on apple jelly spread on one round bread slice. Tuck in a few Goldfish Cheddar crackers.
4. PACK broccoli, cauliflower and baby carrots to serve with sandwich.

Per serving: 460 calories, 18 g fat, 28 g carbohydrates, 13 g protein.

FROZEN MAC ‘N’ CHEESE BARS

Bake pieces from 2 (14-oz.) pkg. Hy-Vee Deluxe macaroni & cheese dinners with cheese sauce according to package directions; drain. Rinse with cold water; drain well. Wash together 2 Hy-Vee large eggs, 1/4 cup Hy-Vee 2% reduced-fat milk and both cheese sauce packets. Stir in pasta and 1 Tbsp. Hy-Vee finely shredded sharp Cheddar cheese. Spread in a greased 9×13-in. baking pan. Bake at 425°F for 25 to 30 minutes or until slightly firm. Cool 10 minutes. Cut into squares. Makes 30 bars.

SAVORY PANCAKES AND A FRUIT SABOTAGE FOR HEALTHY BITES.
ALSO TRY FRESH CELERY AND CARROT STICKS, ASPARAGUS, CANTALOUPE OR APPLES, PLUS HUMMUS OR NUT BUTTERS.

PACK LIKE A PRO
Igloo Floral Mini Essential Lunch Tote keeps foods cold and has an easy-to-clean zipper liner.

Apple Crunch Kitty Sandwich

Total Time 10 minutes plus decorating time

Serves 1

20 slices Hy-Vee Bakery wheat sandwich bread, divided
2 Tbsp. soy butter spread, such as Wish-Bone
1 Tbsp. finely crushed Hy-Vee honey crunch cereal
1 Tbsp. shredded apple
1 Tbsp. Hy-Vee apple jelly
Leaf lettuce

Decorations (Hy-Vee)
Candied cheese slices, fresh blackberries, fresh raspberries, banana slices, Hy-Vee pretzel sticks and Goldfish Cheddar (baked snack crackers)

1. Heat short cuts broccoli and cauliflower and baby carrots
2. Cut bread slices into 4-in., may use a round cutter; set aside.
3. Stir together soy butter spread and crushed cereal; spread on one round bread slice. Top with apple. Spread jelly on one round bread slice; place, jelly side down, on apple jelly spread on one round bread slice.
4. Pack container with sandwich. Let students be creative with sandwich fillings. Add Cheddar or mozzarella cheese; fresh broccoli, cauliflower and baby carrots; and mouth, banana slices for cheeks and ruffled lettuce; add the sandwich. Place, jelly side down, on apple jelly spread on one round bread slice. Tuck in a few Goldfish Cheddar crackers.
BUILD THEIR OWN

PACK A TUNA POUCH AND A FEW STIR-INS SEPARATELY, THEN LET KIDS MIX A MAIN AND SIDES IN ONE PACKET.

TUNA TACO POUCH
For tuna stirs, pack 3 Tbsp. drained and rinsed Hy-Vee canned black beans combined with 2 Tbsp. corn kernels, 3 Tbsp. salsa, and 2 Tbsp. Hy-Vee finely shredded taco cheese in separate containers. Add 1 (2.6-oz.) pouch Starkist Albacore white tuna and 1 (5-oz.) bag chips in lunch box with a frozen ice pack. For lunch, combine stir-ins and tuna in tuna pouch; serve with chips. Serves 1.

BBQ TUNA SLIDERS
For tuna stirs, pack ½ cup Hy-Vee coleslaw salad mix, 1 Tbsp chpped Hy-Vee dill pickle and 2 Tbsp. bottled honey barbecue sauce in separate containers. Add 1 (2.6-oz.) pouch Starkist honey BBQ tuna and 1 (6-oz.) pkg Hawaiian savory butter rolls or desired crackers in a lunch box with a frozen ice pack. For lunch, combine stirs and tuna in tuna pouch; serve in rolls or with crackers. Serves 1.

TUNA COBB SALAD
For tuna stirs, pack ⅓ cup Hy-Vee shredded lettuce salad mix, 1 chopped Hy-Vee Short Cuts hard-cooked egg and 1½ Tbsp. Hy-Vee bottled ranch salad dressing in separate containers. Add 1 (2.6-oz.) pouch Starkist bacon ranch flavored tuna and 1 small bunch cherry tomatoes with a frozen ice pack. For lunch, combine stirs and tuna in tuna pouch; serve with tomatoes. Serves 1.

LUNCH BOX LOVE

PICK UP EVERYTHING NEEDED FOR PACKING, COOLING, STORING AND LOOKING STYLISH—AT HY-VEE!

1. FRIDGE PAK INSULATED LUNCH BOX
2. CHILL YOGO FREEZABLE GLASS
3. ZAK! LEAK-PROOF BOTTLE WITH DETACHABLE STRAW
4. IGLOO INSULATED LUNCH BAG
5. IGLOO FASHION TOTES
6. ZAK! 20-OZ. INSULATED TUMBLER

PACK LIKE A PRO
Gel Glitter Ice Packs keep foods cold and come in fun shapes and sizes.

KEEP PLASTIC UTENSILS ON HAND: THESE SENSATIONS YELLOW FORKS, AVAILABLE AT HY-VEE, ADD A SUNNY NOTE IN KIDS’ TOTABLE LUNCHES.
MIDWEST MADE & DELICIOUSLY SIMPLE.

We believe food tastes better when it’s made closer to home. That’s why all our meats and cheeses are made right here in the Midwest. No artificial colors, flavors or added MSG. Just real spices and simple ingredients from trusted family farms.

FIND IT IN YOUR DELI.

At Hy-Vee, you’ll find more fresh choices for the grill — and a selection sure to make everyone happy. So, whether it’s an average Tuesday or a special Saturday, get out the grill and turn any meal into an occasion.
The Hy-Vee Meat Department is filled with superlative cuts of beef, pork and poultry, and it’s staffed with meat managers who are eager to answer questions about the right type and amount to buy for your needs. Just ask!

Hy-Vee gets its beef from farmers and ranchers in the Midwest, where conditions are most favorable for raising the best cattle.

**GROUND**

Grind the meat into store-bought meatballs, use in a pasta dish or beef lasagna. Serve as a meatball sub or on its own.

**SERVE LATER**

Freeze the meatballs for a quick dinner or a grab-and-go lunch.

**COOK/SERVE LATER**

Place the meatballs on a baking sheet and bake at 350°F for 20 minutes. Serve over pasta or for a quick wrap sandwich.

Hy-Vee True chicken, beef and pork come from Midwest family farms that use precise methods and controlled feeding.

**VERSATILE CHICKEN**

- Chicken is one of the easiest proteins to incorporate into meals, and the Hy-Vee Meat Department features a wide variety of options. In addition, the full-service case offers fresh boneless, skinless chicken breasts prepared for cooking, including bacon-wrapped and marinated.

- To keep chicken from drying during reheating, cut into pieces, place on a glass plate and cover with a damp paper towel; microwave 1–5 minutes.

Hy-Vee True meats have no artificial ingredients, preservatives or antibiotics. The result is a wide variety of tender, juicy cuts of chicken, beef and pork, plus pork sausage, applewood smoked bacon and grass-fed ground beef.

**ALL-NATURAL**

Hy-Vee True meats are hand-picked, hand-trimmed and locally packaged, so it’s a fresh, flavorful base for any meal. Pork is raised on more than 400 family farms throughout Iowa, Minnesota, South Dakota, Nebraska, Kansas, Missouri, Illinois and Wisconsin. For delicious recipes featuring pork, check out “15 Go-To Recipes For When You Stock Up on Midwest Pork,” at hy-vee.com/recipes-ideas

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Hy-Vee's Reserve Beef program showcases the best in the Midwest.

**GRADE**

- Premium Reserve: Exceptional marbling and flavor make this beef top of the line. Only the top 2% of beef earns the Hy-Vee Prime Reserve label.
- Choice Reserve: Tender and flavorful beef with slightly less marbling than Prime Reserve.
- Angus Reserve: Leaner, with less marbling than Prime or Choice Reserve. Angus Reserve beef is the least expensive of the three and a flavorful, quality choice for any meal.

Producers

Pork comes from Midwest farms, including Vande Rose Farms in Iowa Falls, Iowa, which raises Duroc Heritage pork known for its flavor and tenderness.

**COOK/SERVE LATER**

Tenderloin: Cook a large roast for dinner; refrigerate leftovers. Later in the week, cut into thin strips and cook with veggies in a stir-fry.

**COOK**

Oil and season several chicken breasts; bake on a sheet pan at 450°F about 20 minutes. Freeze whatever you don’t serve.

**SERVE LATER**

Thaw in fridge. Cut into smaller pieces; reheat in microwave. Serve over salad or with pasta and a white sauce.

Chicken is one of the easiest proteins to incorporate into meals, and the Hy-Vee Meat Department features a wide variety of options. In addition, the full-service case offers fresh boneless, skinless chicken breasts prepared for cooking, including bacon-wrapped and marinated.

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**ITALIAN NACHOS**

Let 1 chilled cooked steak from Grilled Flank Steak stand at room temperature 30 minutes. Thirty slice steak. Place 2 cups diced Hy-Vee canned tomatoes, 2 Tbsp. Hy-Vee less-sodium soy sauce, 1 Tbsp. Hy-Vee Dijon mustard in a microwave-safe bowl. Microwave on HIGH at 30-second increments until melted and smooth, stirring each time. Alternate layers of the following ingredients on a long, 10-in. x 15-in. serving tray:

- 1½ cups chopped Peppadew peppers
- ¾ cup chopped cilantro
- 6 cups cooked and julienned-cut white corn restaurant-style tortilla chips, and
- 2 Tbsp. grated Hy-Vee Parmesan cheese
- 2 Tbsp. chopped Hy-Vee pizza sauce
- ½ cup Hy-Vee white cheddar cheese
- ¼ cup Hy-Vee whole milk

Let 1 chilled cooked steak from Grilled Flank Steak stand at room temperature 30 minutes. Thirty slice steak. Cut steak in half lengthwise to cut up vegetables and pour sauce on top of half cup Hy-Vee Italian salad dressing. Arrange with steak on plates. Garnish with basil and green onions. Serve with additional dressing. Serves 4.

**CUBAN STEAK SANDWICH**

Let 1 chilled cooked steak from Grilled Flank Steak stand at room temperature 30 minutes. Thirty slice steak. Serve 1½- to 2-in. Hy-Vee Balata French loaves. Place, cut sides up, on a baking sheet. Broil until lightly browned. Add 1 Tbsp. lime juice to the loaf bottoms and top with 2 Tbsp. Hy-Vee Dijon sauce. Then top with 1 Tbsp. chopped yellow onion, 1 Tbsp. chopped red bell pepper, and 2 Tbsp. Hy-Vee ground cumin on both sides. Add 6 oz. (about 2 cups) of cooked corned beef, 2 more slices Swiss cheese. Bake loaves at 400°F for 10 minutes. Add 2 Tbsp. Hy-Vee mustard, 2 Tbsp. Hy-Vee hamburg dill pickles, 2 Tbsp. Hy-Vee yellow mustard, 1 Tbsp. Hy-Vee whole grain mustard, and 1 Tbsp. Hy-Vee dill relish. Cut into 1½-in. thick sandwiches. Serve with additional dressing. Serves 4 (½ sandwich each).

**BANH MI BOWL**

Let 1 chilled cooked steak from Grilled Flank Steak stand at room temperature 30 minutes. Thirty slice steak. Place 1 Tbsp. seasoned rice vinegar, 1 tsp. water, 1 Tbsp. grated fresh ginger, 1 Tbsp. scallion white, 1 tsp. soy sauce, 1 tsp. rice vinegar, 1 tsp. canola oil, 1 tsp. sesame oil in a saucepan. Bring to a boil; add 1 cup each thinly sliced radishes and julienned-cut carrots and 1 cup thinly sliced julienned cucumber. Remove from heat, discard ginger and task. Thinly slice 6 cooked brown rice with 3 Tbsp. chopped scallion, 1 Tbsp. lime juice, 1 Tbsp. toasted. Spoon inside with steak, vegetables and thinly sliced cucumber. Garnish with hoisin sauce, fresh cilantro and a few mini bananas. Serves 4.

**SUMMER STEAK SALAD**

Let 1 chilled cooked steak from Grilled Flank Steak stand at room temperature 30 minutes. Thirty slice steak. Brush 2 halves Hy-Vee romaine lettuce hearts, 3 in. and quartered medium red bell peppers, 2 seeded and halved medium orange bell peppers and 1 quartered medium red onion with 2 Tbsp. Hy-Vee canola oil. Grill direct over medium-high heat for 8 minutes or until crisp-tender, turning occasionally. Cut romaine leaves in half lengthwise; cut up vegetables and toss with 1 Tbsp. Hy-Vee Italian salad dressing. Arrange with steak on plates. Garnish with basil and green onions. Serve with additional dressing. Serves 4.

**STEAKS**

**CUBAN STEAK SANDWICH**

Serve topped with additional dressing. Serves 4 (½ sandwich each).
PREPARED & READY

Keep meat safe to eat

patties, grillers and kabobs that are already seasoned, prepped and retain its flavor and ready to cook tonight.

HOW TO STORE FRESH MEAT
Keep meat safe to eat and retain its flavor and texture with proper storage.

WEARING
Store meat lightly wrapped in butcher paper or original packaging, then place in a resealable bag.

BOTTOM SHELF
Place meat on bottom shelf of fridge to prevent juices from leaking onto other foods.

FIRST IN, FIRST OUT
Label meats with dates arranged from front to back so oldest meat is first used.

FREEZING
Wrap meat carefully in a resealable freezer bag, squeezing out as much air as possible.

THE Big Batch
SERVE LATER TIP
Cool chicken; transfer to a covered container. Label with recipe name and date. Refrigerate up to 3 days or freeze up to 3 months. To serve, thaw in the fridge overnight, if frozen. Reheat chicken, covered, in microwave at 50% power. Prepare and serve fajitas as directed, below right.

Sheet-Pan Seasoned Chicken
Hands On: 15 minutes
Total Time: 30 minutes
Serves: 4, plus 4 for fajitas (2-ounce)

3 lb. Hy-Vee boneless, skinless chicken breasts, cut crosswise into 
⅛-in. thick slices
1 tsp. Hy-Vee canola oil
1½ tsp. lime juice
¾ tsp. Hy-Vee salt
⅛ tsp. Hy-Vee black pepper
2 (8-in.) Hy-Vee fajita-size flour tortillas
3 cups Hy-Vee frozen cut golden corn
¾ cup Hy-Vee short-cut green beans, drained and rinsed
2 cups Hy-Vee mixed vegetables
8 (6-in.) Hy-Vee fajita-size flour tortillas

1. PREHEAT oven to 425°F. Cut chicken breasts into ⅛-in. to ¼-in. thick slices. Toss chicken with canola oil, lime juice, salt and pepper. Let stand at room temperature for 15 minutes.

2. COOK ground beef and onions in a large nonstick skillet over medium-high heat until beef is browned, stirring occasionally to break into small crumbles. Stir in canola oil, ⅛ cup enchilada sauce, salt, chili powder and ⅛ tsp. cumin. Add beef broth, pinto beans and corn.

3. SPRAY a 13×9×3-in. lasagna or baking dish with cooking spray. Cut 2 tortillas in half. Place 1½ tortillas in bottom of baking dish. Spread ⅝ cup chicken mixture over tortillas. Top with remaining tortillas. Stir together remaining meat mixture and remaining enchilada sauce; spread on top.

4. BAKE, uncovered, for 25 to 30 minutes or until cheese is melted.

5. LET STAND 10 minutes before serving. Garnish with lettuce, tomatoes, avocado, sour cream and additional cumin, if desired. Serve with hot sauce.

Per serving (Chicken Fajitas):
610 calories, 23 g fat, 23 g saturated fat, 80 mg cholesterol, 1,050 mg sodium, 38 g carbohydrates, 7 g fiber, 19 g protein.

THE Big Batch
SERVE LATER TIP

Cool leftover casserole; transfer to a container. Cover and label with recipe name and date. Refrigerate up to 3 days or freeze up to 3 months. To serve, thaw in the refrigerator overnight, if frozen. Reheat casserole, covered, in microwave on 50% power or in a 350°F oven until internal temperature is 165°F. Garnish as directed above, if desired.

Beef Enchilada Casserole
Hands On: 30 minutes
Total Time: 1 hour 8 minutes plus standing time
Serves: 10

32 oz. (1 lb.) Hy-Vee 93%-lean ground beef
1 (15-oz.) can Hy-Vee no-salt-added black beans, drained and rinsed
½ tsp. Hy-Vee ground cumin, plus ½ tsp. cumin
½ tsp. Hy-Vee chili powder
1 (15-oz.) can Hy-Vee to-salt-added black beans, drained and rinsed
2 (8-oz.) cans Hy-Vee mild tomato-based enchilada sauce, divided
1 tsp. Hy-Vee salt
2 (10-oz.) cans Hy-Vee mild tomato-based enchilada sauce, divided
1 (15-oz.) can Hy-Vee diced tomatoes
1 cup Hy-Vee Short Cuts chopped fresh onions
1 cup Hy-Vee Short Cuts chopped fresh bell peppers
2 (10-oz.) cans Hy-Vee mild enchilada sauce, divided
1 cup Hy-Vee short-cut green beans, drained and rinsed
1 cup Hy-Vee long-cut green beans, drained and rinsed
1 cup Hy-Vee frozen corn
2 Tbsp. fresh lime juice
1½ tsp. lime zest
¾ tsp. Hy-Vee salt
2 lb. 93%-lean ground beef
6 (8-oz.) pkg. Hy-Vee finely shredded Mexican cheese blend
6 (8-in.) Hy-Vee burrito-size flour tortillas
Hy-Vee nonstick cooking spray

1. PREHEAT oven to 375°F. Cut chicken breasts into ⅛-in. to ¼-in. thick slices. Toss chicken with canola oil, lime juice, salt and pepper. Let stand at room temperature for 15 minutes.

2. COOK ground beef and onions in a large nonstick skillet over medium-high heat until beef is browned, stirring occasionally to break into small crumbles. Stir in canola oil, ⅛ cup enchilada sauce, salt, chili powder and ⅛ tsp. cumin. Add black beans, pinto beans and corn.

3. SPRAY a 13×9×3-in. lasagna or baking dish with cooking spray. Cut 2 tortillas in half. Place 1½ tortillas in bottom of baking dish. Spread ⅝ cup chicken mixture over tortillas. Top with remaining tortillas. Stir together remaining meat mixture and remaining enchilada sauce; spread on top.

4. BAKE, uncovered, for 25 to 30 minutes or until cheese is melted.

5. LET STAND 10 minutes before serving. Garnish with lettuce, tomatoes, avocado, sour cream and additional cumin, if desired. Serve with hot sauce.

Per serving (Chicken Fajitas):
610 calories, 23 g fat, 23 g saturated fat, 80 mg cholesterol, 1,050 mg sodium, 38 g carbohydrates, 7 g fiber, 19 g protein.

THE Big Batch
SERVE LATER TIP

Cool leftover casserole; transfer to a container. Cover and label with recipe name and date. Refrigerate up to 3 days or freeze up to 3 months. To serve, thaw in the refrigerator overnight, if frozen. Reheat casserole, covered, in microwave on 50% power or in a 350°F oven until internal temperature is 165°F. Garnish as directed above, if desired.

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HOW TO COOK PASTA

basics

It’s fast and easy! Follow the steps below and serve immediately after cooking for the best flavor and texture.

WHAT’S THE BEST SAUCE FOR MY PASTA?

Go for al dente

Meaning “to the tooth” in Italian, this phrase describes the ideal texture for cooked pasta. Al dente cooking provides chewy yet firm pasta and enhances its full, nutty flavor.

WHAT’S THE BEST SAUCE FOR MY PASTA?

Fettuccine or Linguine
Thin, hearty sauces or Alfredo sauce

Spaghetti or Angel Hair
Light cream sauces

Elbow Macaroni or Medium Shells
Rich, hearty, chunky sauces

Rigatoni or Penne
Rice, hearty sauces

Tortellini or Farfalle
Light sauces

Egg Noodles (medium to wide)
Rich, meaty sauces

Rotini, Wagon Wheel or Cavatelli
Thick, chunky sauces

STEP 1: BOIL

Use plenty of water. To cook 1 pound of pasta, bring 4 quarts (16 cups) water to boiling in a large pot.

STEP 2: ADD SALT

Add 1 tablespoon salt to boiling water, which will season the pasta as it absorbs liquid and swells.

STEP 3: ADD PASTA

Add pasta to boiling salted water; stir constantly 1 to 2 minutes to prevent the pasta from sticking together. Keep the water boiling.

STEP 4: CHECK DONENESS

Lift pasta from water near end of cooking time. If strands drape easily over the fork, it’s al dente. Remove the pot from heat.

STEP 5: DRAIN

When done, drain cooked pasta in a colander and remove excess water. Save some cooking water to use later to thin sauce.
SEATO
PLATE
IN 30
MINUTES

Easy, versatile, and weeknight-friendly! Try our timesaving techniques for preparing shrimp, cod, salmon and tuna that will have you out of the kitchen in a snap.

Maple-Bacon Grilled Salmon

Hands On 20 minutes
Total Time 30 minutes
Serves 4

2 (12-in.) bamboo or wooden skewers, soaked in water for 30 minutes
2 cups Hy-Vee fresh sugar snap peas
3 slices Hy-Vee sweet smoked bacon
3 Tbsp. Hy-Vee Select 100% pure maple syrup
2 tsp. packed Hy-Vee light brown sugar
1 Tbsp. Dijon mustard
1 tsp. chopped fresh chives, plus whole chives for garnish
1 tsp. ground coriander
1 Tbsp. Hy-Vee canola oil
4 mini yellow bell peppers
4 (4-oz.) skinless salmon fillets, ¾ in. thick
Hy-Vee salt and black pepper

30 MINUTES

Maple-Bacon Grilled Salmon

1. PREHEAT a charcoal or gas grill with a greased rack for direct cooking over medium-high heat. Use soaked skewers to skewer sugar snap peas, set aside.

2. CHOP bacon; cook in skillet over medium heat until crisp. Set bacon aside; transfer drippings to a bowl. Stir in maple syrup, brown sugar, Dijon mustard, 1 tsp. chives and coriander. Set glaze aside.

3. DRIZZLE canola oil over salmon, skewered peas, bell peppers and onion. Lightly sprinkle with salt and black pepper.

4. GRILL salmon and vegetables for 5 minutes. Spoon glaze on salmon. Grill salmon and vegetables 5 minutes more or until salmon flakes easily with a fork. (MAPLE) Grill vegetables; stir occasionally. Transfer to a serving platter; top with bacon and, if desired, garnish with whole chives.
**Total Time**: 30 minutes  
**Serves**: 6

- 1 lb. red and/or yellow baby potatoes, quartered
- 3 ears Hy-Vee Short Cuts sweet corn
- 1 (1-lb.) pkg. Hy-Vee Fish Market frozen raw EZ Peel & deveined shrimp (26 to 30 ct.), thawed
- 1 lb. fresh tilapia fillets, cut into large pieces
- 6 oz. fully cooked smoked andouille sausage, bias-sliced ¼ to ½ in. thick
- ½ cup Hy-Vee unsalted butter, melted
- 4 tsp. Creole seasoning
- 1 Tbsp. Louisiana hot sauce
- ½ tsp. Hy-Vee garlic powder
- Chopped Italian parsley, for garnish
- Lemon wedges, for serving

1. **PREHEAT** oven to 450°F. Line a large rimmed baking pan with parchment paper; set aside.

2. **PLACE** potatoes in a microwave-safe bowl; microwave on HIGH 5 minutes or just until tender. Place corn in another microwave-safe bowl; microwave on HIGH 3 minutes. Cut ears crosswise into 1½-in. pieces.

3. **PEEL** shrimp, leaving tails on. Pat shrimp and tilapia dry with paper towels. Arrange tilapia, shrimp, potatoes, corn and sausage on prepared pan. Combine butter, Creole seasoning, hot sauce and garlic powder; brush on seafood mixture in pan. Cover with foil.

4. **BAKE** 15 minutes or until shrimp are opaque and fish flakes easily (145°F). Garnish with parsley, if desired. Serve with lemon wedges.

**Per serving:**
- 450 calories
- 26 g fat
- 13 g saturated fat
- 0.5 g trans fat
- 190 mg cholesterol
- 1,100 mg sodium
- 23 g carbohydrates
- 2 g fiber
- 4 g sugar (0 g added sugar)
- 32 g protein.

**Daily Values:**
- 10% Vitamin D
- 4% Calcium
- 10% Iron
- 15% Potassium

**WHY FISH IN YOUR DIET IS HEALTHY**

**Cod:** This low-fat fish is a good source of protein, phosphorus, niacin and vitamin B12.

**Salmon:** Wild salmon is rich in omega-3 fatty acids, which help prevent inflammation, regulate blood pressure and support heart health.

**Shrimp:** The antioxidant astaxanthin in shrimp helps prevent wrinkles and lessen sun damage.

**Tilapia:** Low-fat tilapia contains 23 grams of protein in a 4-ounce serving. Tilapia is also a good source of selenium, which helps with metabolism and thyroid function.

**Tuna:** Tuna is a significant source of omega-3 fatty acids, high-quality protein, selenium and vitamin D.

**a fast oven fix**

Punch up flavor with a Creole and garlic butter sauce, then bake in just 15 minutes.
Ahi Tuna Melts

Total Time: 30 minutes
Serves: 4 (½ sandwich each)

Ingredients:
- ½ cup Hy-Vee mayonnaise
- 1 tsp. prepared wasabi paste
- 2 (8-oz.) fresh ahi tuna steaks, 1 in. thick
- 1 Tbsp. Hy-Vee canola oil
- 1 tsp. kosher salt
- ½ tsp. Hy-Vee black pepper
- 4 (½-in.-thick) slices Hy-Vee Bakery French Boulle or Pan Toscano bread
- ¾ cup Hy-Vee shredded Gruyère cheese
- 1 avocado, seeded, peeled and sliced
- ¾ cup Hy-Vee shredded Cheddar cheese
- ¼ cup Hy-Vee salted butter, softened

Instructions:
1. COMBINE mayonnaise and wasabi; set aside. Pat tuna steaks dry with paper towels; rub with oil and season with salt and pepper.
2. HEAT a heavy 12-in. skillet over medium-high heat. Add tuna steaks. Cook 5 to 7 minutes or until seared and still pink in center, turning halfway through. Wipe skillet clean.
3. TO ASSEMBLE sandwiches, spread bread slices with wasabi mayonnaise. Layer Gruyère cheese, tuna, avocado and Cheddar cheese on two bread slices. Add remaining bread slices, mayo sides down.
4. SPREAD softened butter on tops and bottoms of sandwiches. Heat same skillet over medium heat. Add tuna steaks. Cook 5 to 7 minutes or until seared and still pink in center, turning halfway through. Wipe skillet clean.
5. TO ASSEMBLE sandwiches, spread bread slices with wasabi mayonnaise. Layer Gruyère cheese, tuna, avocado and Cheddar cheese on two bread slices. Add remaining bread slices, mayo sides down.
6. SPREAD softened butter on tops and bottoms of sandwiches. Heat same skillet over medium heat. Add tuna steaks. Cook 5 to 7 minutes or until seared and still pink in center, turning halfway through. Wipe skillet clean.
7. TO ASSEMBLE sandwiches, spread bread slices with wasabi mayonnaise. Layer Gruyère cheese, tuna, avocado and Cheddar cheese on two bread slices. Add remaining bread slices, mayo sides down.
8. SPREAD softened butter on tops and bottoms of sandwiches. Heat same skillet over medium heat. Add tuna steaks. Cook 5 to 7 minutes or until seared and still pink in center, turning halfway through. Wipe skillet clean.
9. TO ASSEMBLE sandwiches, spread bread slices with wasabi mayonnaise. Layer Gruyère cheese, tuna, avocado and Cheddar cheese on two bread slices. Add remaining bread slices, mayo sides down.
10. SPREAD softened butter on tops and bottoms of sandwiches. Heat same skillet over medium heat. Add tuna steaks. Cook 5 to 7 minutes or until seared and still pink in center, turning halfway through. Wipe skillet clean.

Nutritional Information:
- Per serving: 750 calories, 58 g fat, 20 g saturated fat, 155 mg cholesterol, 1,000 mg sodium, 17 g carbohydrates, 2 g dietary fiber, 44 g protein.
- Daily Values: Vitamin D 0%, Calcium 31%, Iron 13%, Potassium 6%.

Fish & Shrimp Pasta Skillet

Total Time: 30 minutes
Serves: 6

Ingredients:
- 3 cups Hy-Vee dry penne rigate pasta
- 1 Tbsp. Hy-Vee unsalted butter
- 3 Tbsp. Hy-Vee plain panko bread crumbs
- ½ (1-lb.) pkg. Hy-Vee Fish Market frozen cod
- 1 Tbsp. Hy-Vee canola oil
- 1 tsp. black pepper
- 1 tsp. salt
- 1 (12.5-oz.) jar Gustare Vita Alfredo sauce
- ½ cup Hy-Vee shredded Parmesan cheese
- ½ cup chopped tomato
- Chopped fresh Italian parsley, for garnish
- Lemon slices, for serving

Instructions:
1. COOK pasta according to package directions. Reserve ½ cup pasta water. Keep pasta warm. Melt butter in a large deep skillet over medium heat. Stir in panko. Cook and stir until panko is toasted; remove from skillet and set aside.
2. PEEL shrimp; discard tails. Pat shrimp and cod dry. Season with salt and lemon pepper. Heat oil in same skillet over medium-high heat. Cook and stir shrimp 2 to 4 minutes or until shrimp are opaque and fish flakes easily (145°F).
3. STIR in hot pasta, Alfredo sauce, Parmesan cheese and tomato; heat through. Add pasta water to thin sauce, if necessary. Sprinkle with parsley and panko mixture. Serve with lemon slices.

Nutritional Information:
- Per serving: 480 calories, 17 g fat, 4 g saturated fat, 0 g trans fat, 100 mg cholesterol, 950 mg sodium, 36 g carbohydrates, 2 g fiber, 6 g sugar (0 g added sugar), 27 g protein.
- Daily Values: Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 8%.
Victoria® Premium Sauce

Ingredients Come First™
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Victoria Pasta Sauce
select varieties
24 fl. oz.
5.98

GET BREADY FOR SCHOOL.

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www.victoriafinefoods.com
Cowboy Sliders
Combine 80% lean ground beef with burger seasoning; form into small ½-in.-thick patties. Bake patties on rack in baking pan at 425°F for 10 minutes or until 160°F. Top with Hy-Vee fully cooked bacon and Colby-Jack cheese slices; bake until cheese is melted. Alternately thread patties, baked Hy-Vee onion rings, split Hawaiian rolls, butterhead lettuce, dill pickle slices and Roma tomato slices onto skewers. Drizzle with BBQ sauce.

Chicken Parmesan
Alternately thread halved Hy-Vee fully cooked breaded chicken breast patties, cut-up; Hy-Vee garlic bread sticks and half slices zucchini onto skewers. Place on a wire rack in a rimmed baking pan. Drizzle with Hy-Vee marinara pasta sauce. Top with strips of Hy-Vee mozzarella string cheese. Bake at 425°F for 15 minutes or until cheese is melted. Garnish with fresh basil.

Philly Cheese Steak
Toss Hy-Vee Angus Reserve beef sirloin steak strips, onion wedges, bell pepper pieces and cubed Hy-Vee Bakery hoagie buns with olive oil and Hickory House Steak Whisperer seasoning. Alternately thread pieces on skewers. Grill over direct medium-high heat to desired doneness, turning occasionally. Add sliced Hy-Vee Provolone cheese during the last minute of grilling.

Italian Club Sandwich
Toss Hy-Vee Italian bread baguette slices, sliced Hy-Vee Deli Black Forest ham, cherry tomatoes, torn lettuce leaves, sliced provolone cheese and dill pepperoncini onto skewers. Serve with additional Italian dressing before serving.

Meatball Sub

Chicken & Waffles
Alternately thread 1 (25-oz.) bag Hy-Vee fully cooked crispy chicken strips, cut up; Hy-Vee homestyle waffles, quartered; watermelon cubes and peach wedges onto skewers. Grill on a greased grill rack over direct medium heat 12 minutes or until chicken is done (165°F), turning occasionally. Serve with heated Hy-Vee salted butter and Hy-Vee apricot preserves. Garnish with minced jalapeños. Serves 6.

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Toss Hy-Vee Italian bread baguette slices, sliced Hy-Vee Deli Black Forest ham, cherry tomatoes, torn lettuce leaves, sliced provolone cheese and dill pepperoncini onto skewers. Serve with additional Italian dressing before serving.

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The irresistible sweet taste of blueberries is paired with ample health benefits. Blueberries have strong antioxidant properties and are beneficial for weight loss and brain health. In addition, they have been linked to reduced risks for cardiovascular disease and type 2 diabetes.

**BUY** Blueberries should be plump, firm, and fragrant. Check for mold, soft spots and discoloration. Shriveled blueberries may go bad within a few days.

**STORE** It’s fine to leave covered blueberries on the counter if you plan to eat them within 24 hours. If not, store uncovered blueberries in the refrigerator in a single layer on a plate lined with paper towels for two or three days.

**PREP** Wash blueberries right before using them. Fill a bowl with cold water, gently add the blueberries, then lift them out with your hands. Let berries dry in a single layer on a rimmed baking pan lined with paper towels.

**WAYS TO ENJOY**

**Berry salad** Put together a sweet, summery berry salad. Combine blueberries, blackberries, raspberries and sliced strawberries in a bowl with a drizzle of sweet dressing.

**Breakfast** Top oatmeal with blueberries for a flavor boost or add them to pancakes around the uncooked side as the cakes cook on the griddle.

**Smoothies** Add a handful of nutrient-dense blueberries to smoothies for fiber plus antioxidants.

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**BERRY SWEET**

Blueberries make for great additions to many dishes. One of my favorite ways to enjoy blueberries is to layer them with strawberries, cubed angel food cake and whipped topping for a low-carb parfait.

—Kris Anderzhon

Hy-Vee Chef

Lincoln, Nebraska

Source: academic.oup.com/advances/article/11/2/224/5536953
No-Bake Blueberry Cheesecake Bars

Hands: 20 minutes  
Total Time: 20 minutes plus chilling  
Serves: 8

¾ cup Hy-Vee sweetened shredded coconut, toasted  
½ cup Hy-Vee slivered almonds, toasted  
2 Tbsp. Hy-Vee granulated sugar  
1 Tbsp. Hy-Vee granulated sugar  
1 cup Hy-Vee graham cracker crumbs  
1 cup Hy-Vee plain cream cheese, softened  
1 cup Hy-Vee powdered sugar  
1 cup Hy-Vee plain Greek yogurt  
1 tsp. lemon zest  
1 tsp. lemon juice  
½ tsp. lemon extract  
1 cup fresh blueberries

Lemon zest strips, for garnish

1. LINE an 8-in. square baking pan with foil, extending foil over edges. Set aside.

2. PLACE coconut, almonds and granulated sugar in a food processor. Cover and process until finely ground. Transfer mixture to a medium bowl. Stir in graham cracker crumbs and butter; combine well. Press mixture onto bottom of prepared pan. Set aside.

3. PLACE whipping cream in a small mixing bowl. Beat with an electric mixer on high until soft peaks form. Set aside.

4. PLACE cream cheese, powdered sugar, Greek yogurt, lemon zest and juice, and vanilla in a medium mixing bowl. Beat with an electric mixer on medium until fluffy. Fold in whipped cream. Spread mixture over crust in pan. Place blueberries on top, pressing slightly into cheesecake. Cover and refrigerate for 2 hours or overnight.

5. TO SERVE, sprinkle lemon zest strips over bars. Use foil edges to lift uncut bars out of pan. Cut into bars and serve.

Per serving: 420 calories, 30 g fat, 18 g saturated fat, 1 g trans fat, 75 mg cholesterol, 260 mg sodium, 32 g carbohydrates, 2 g fiber, 21 g sugar, 6 g added sugars, 5 g protein.

Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 4%

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Learn more at wrightbrand.com
“The science is there. Keto is not a fad diet.”

“Good nutrition is not one-size-fits all.”

“Sometimes have an appetite-suppression property, so you’ll have fewer cravings.”

**Keto Defined:** The popular ketogenic diet tightly restricts carbohydrates—the body’s default fuel for energy—and loads up on fats. The result is ketosis, a metabolic state in which the body burns fat in place of carbs.

**Is Keto Right For Me?**
Check with your doctor first, especially if you have kidney or liver problems, type 1 diabetes or are at high risk for heart disease. Keto may not be a good fit for vegans, who avoid all animal products, or high-level athletes, who need ample carbs for workouts. To ensure adequate fiber, minerals and vitamins, eat a variety of meats, fish, vegetables, fruits, nuts and seeds.

**I Did Keto!**
I still do. Here’s what I’ve learned.

**I Started This Journey Two Years Ago,** and as an accomplishment to better serve my customers and clients and to answer their questions. I did a lot of research, then a three-month trial. I lost some weight and gained more energy—even improved my mental focus and clarity. So I continued with it over the last year and a half, intermittently, as well as just using a lower-carb approach overall. Losing weight was not the focus for me; it was more an educational experiment. But it turned into a lifestyle change. I’ve been in and out of nutritional ketosis the past two years.”

**Keto Like a Pro**
“I ended up losing about 10 pounds.”

**Hy-Vee Registered Dietitian**
RYAN WEILER

Certified Specialist in Sports Dietetics

**Sources (this page and next):**
[hy-vee.com](http://hy-vee.com)

**Calcium**
8%

**Iron**
10%, 25%, 20%, 15%

**Potassium**
45%, 20%, 45%, 6%

**Daily Values:**
Vitamin D (0 g), 36 g
Iron (17 g), 45 g
Calcium (10 g), 10%
Sodium (115 mg), 15%
Cholesterol (0 g), 0 g

**Per serving:**
580 calories, 42 g fat, 17 g carbohydrates, 9 g sugar, 36 g protein, 115 mg sodium

**Keto Kraze Pizza**

**Ingredients:**
- 2 Tbsp. Hy-Vee plain cream cheese
- 1 tsp. Hy-Vee dried thyme
- ½ tsp. Hy-Vee salt
- 1 cup Hy-Vee pizza sauce
- 1½ (1-lb.) pkg. Hy-Vee True Angus 85%-lean ground beef, cooked and drained
- ½ cup Hy-Vee original pepperoni slices
- 1 cup Hy-Vee Diced Bell Peppers, chopped
- ½ cup Hy-Vee Short Cuts chopped red onions, finely chopped
- 2 cups shredded Italian cheese
- 2 Tbsp. Hy-Vee Full Circle Market almond flour
- 1 tsp. Hy-Vee dried thyme
- ½ tsp. Hy-Vee salt
- 1 cup Hy-Vee pizza sauce
- 1½ (1-lb.) pkg. Hy-Vee True Angus 85%-lean ground beef, cooked and drained
- ½ cup Hy-Vee original pepperoni slices
- 1 cup Hy-Vee Diced Bell Peppers, chopped
- ½ cup Hy-Vee Short Cuts chopped red onions, finely chopped
- 2 cups shredded Italian cheese
- 2 Tbsp. Hy-Vee Full Circle Market almond flour

1. **PREHEAT** oven to 425°F. Cut a piece of parchment paper 2 in. larger than a 12-in.-round pizza pan; line pan with parchment.

2. **COMBINE** cups shredded cheese, almond flour, cream cheese, thyme and salt in a microwave-safe bowl. Microwave on HIGH at 30 second intervals, stirring after each until cheese is melted and mixture starts holding together. Transfer mixture to a work surface and knead gently to form a dough.

3. **FORM** dough into a ball, then pat into a disk in the center of the parchment paper and press to edges of pan. Gently prick the dough all over to prevent large bubbles from forming.

4. **BAKE** crust for 6 to 8 minutes, or until golden brown. Watch carefully to prevent burning.

5. **WHEN** crust is cool, top with pizza sauce and ½ cup Italian cheese, then top with beef, pepperoni, red onion and remaining ½ cup Italian cheese. Bake for 12 to 15 minutes more or until cheese is lightly golden. Cool slightly before serving.

6. **SLICE** pizza, then add remaining ingredients to individual slices and enjoy!
It’s something you I felt just drained. when I got home went to a baseball into going keto. Something I noticed into sugar. nonsugar molecules sources, converting bodies can produce are not essential—our. I also noticed have to be mindful that the intensity of the carbohydrate-loading days. includes carb-loading days. STEP 3: Create meal plans (see “The Keto Pyramid,” right). Identify keto foods that supply nutrients you’d otherwise miss from limiting whole grains, fruits and certain vegetables. STEP 3: Decide when to return to a nonketogenic diet. According to health experts, long-term ketosis might cause changes that nourish, nutrient deficiencies and increased risk of kidney stones, metabolic issues and spikes in glucose. Studies show keto is effective for short-term weight loss. Some followers report more mental clarity, fewer cravings and improved cholesterol and glucose levels. Side effects include bad breath, digestive problems and mental fog as the body goes into ketosis, which typically takes around 72 hours and can last up to three weeks. A popular keto diet allows only 5% carbs. A KETO DIET usually includes 75% Fats, 20% Protein and 5% carbs. Targeted keto allows brief periods of extra carbs for high-intensity workouts. Cyclical keto, used by advanced athletes, includes carb-loading days. WHAT TO EXPECT: RESULTS AND SIDE EFFECTS

WHAT TO DO POST-KETO DIET

The Keto Pyramid

CARBS

Protein

Dietary Fats

5% -5%

20% -75%

Avoid These:

CARBS

Avoid these carbs: bread, pasta, rice, potatoes, dried beans, fruits, milk, and sugar. Instead, opt for low-carb foods: vegetables, leafy greens, broccoli, cauliflower and zucchini. "There are a lot more options now.

Low-carb tortillas are a classic option for people who’ve been taking delivery wraps to work."

KETO LIKE A PRO

"Find replacements for starchy vegetables. Try cauliflower rice or zucchini noodles."

KETO-BASED PRODUCTS

Find a wide variety of keto foods at HSTV.com. Just a few:

- Birch Benders Keto Pancake Mix
- Primal Kitchen Mayo with Avocado Oil
- SlimFast Keto Peanut Butter Fat Bombs
- Full Fat, low-carb ice cream, Indulge!

Cauliflower-Broccoli Cheese Casserole

Hands On 15 minutes

Total Time 15 minutes

Serves 10

Hy-Vee nonstick cooking spray

1 1/2 cups Hy-Vee Short Cuts cauliflower florets

8 oz. Hy-Vee Short Cuts broccoli florets

1/2 (8-oz.) pkg. Hy-Vee plain cream cheese

1 tsp. Hy-Vee heavy whipping cream

1 tsp. Hy-Vee garlic powder

1/2 tsp. Hy-Vee salt

1/4 tsp. white pepper

1 (9-oz.) pkg. Hy-Vee shredded sharp Cheddar cheese

1. Preheat oven to 350°F. Spray a 9-in. x 9-in. baking dish with nonstick spray; set aside.

2. Cut cauliflower and broccoli florets into large bite-size pieces. Arrange florets in prepared baking dish; pat dry with paper towels.

3. Place cream cheese in a microwave-safe bowl. Microwave on HIGH for 30 seconds or until smooth. Stir until cheese is melted and well blended. Cover with foil. Before serving.

4. Bake for 15 minutes. Uncover and add the 20 to 25 minutes more until cauliflower is fork-tender. Remove from oven and let cool slightly before serving.

5. Serve over 200 calories, 22 g fat, 16 g carbs, 8 g protein, 3 g fiber, 270 mg sodium, 28 mg cholesterol, 2 g saturated fat, 0 mg trans fat, 1 g protein, 0 g sugar, 0 g added sugar, 0 g fiber, 2 g carbohydrates, 280 calories, 24 g protein, 6% daily value of protein and 9 g protein. Daily Values: 9 g sugar (0 g added sugar), 70 mg sodium, 0 g trans fat, 0.5 g saturated fat, 14 g fiber, 2 g carbohydrates, 6% potassium.
Explore the much-loved styles of the whites and rosés, while learning how to pair them with specific foods and dishes. All from the Wine & Spirits experts at Hy-Vee.

**SAUVIGNON BLANC**

**Description**
Light to medium-bodied; medium-high acidity and moderate alcohol.

**Flavor Profile**
Bright fresh flavors of melon, citrus and green apple. Some have herbal notes.

**Food Pairings**
- Fish, chicken or pork
- Grilled asparagus
- Chèvre (goat) cheese

**Chill**
2 hours in refrigerator before opening

**Last Open**
2 to 4 days

**Choices**
- **Sea Pearl Sauvignon Blanc**
- **Great Bottle Under $10**
- **Whitehaven Sauvignon Blanc**

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**RIESLING**

**Description**
A light-bodied wine—some sweet, some dry—with a strong floral aroma.

**Flavor Profile**
Bright & citrusy. Tastes like fruit nectar; has a crisp, clean finish.

**Food Pairings**
- Bright fresh flavors of melon, citrus and green apple. Some have herbal notes.
- • Fish, chicken or pork
- • Grilled asparagus
- • Chèvre (goat) cheese

**Chill**
20 minutes in refrigerator before opening

**Last Open**
5 to 7 days

**Choices**
- **Yalumba Y Series Dry Riesling**
- **Great Bottle Under $10**
- **Kung Fu Girl Riesling**

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**CHARDONNAY**

**Description**
Dry medium- to full-bodied wine; smooth & creamy mouthfeel with a crisp finish.

**Flavor Profile**
Unoaked has floral and citrus flavors; oaked has vanilla and caramel notes.

**Food Pairings**
- Unoaked—crab cakes and risotto
- Oaked—pizza & Parmesan chicken

**Chill**
2 hours in refrigerator before opening

**Last Open**
5 to 7 days

**Choices**
- **Cupcake Butterkissed Chardonnay**
- **Great Bottle Under $10**
- **Rombauer Chardonnay**

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**SPARKLING**

**Description**
Dry and zesty wines made with non-aromatic grapes like Chardonnay.

**Flavor Profile**
Apple and pear flavors, accented by citrus spice and nutty caramel notes.

**Serve with**
- Caesar salad
- Fried chicken
- Crab cakes
- Brie cheese

**Chill**
2 hours in refrigerator before opening

**Last Open**
3 to 5 days

**Choices**
- **Chandon Brut**
- **Great Bottle Under $10**
- **Roederer Estate Brut**

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All-Purpose Glass
A short tulip glass has plenty of room in the bowl to swirl wine and still the aromas concentrated around the rim of the glass. Good for most white wines.

**WINE GLASS 101**
Choose the proper shape and design to give you the best-tasting experience.

**Flute**
This slim, narrow glass preserves wine bubbles and directs them up the glass. Good for: Sparkling wines

**Sea Pearl Sauvignon Blanc**

**Chardonnay**
A wide bowl and tapered rim result in even, flavorful sips that balance earthy and fruity notes on the sides and tip of your tongue. Good for: Chardonnay

**Riesling**
The slightly curved lip of this glass directs the flow of wine to the tip of your tongue, the area where perception of sweetness is greatest. Good for: Soft, crisp whites and rosés
COOKING WITH WHITE WINE

Choose a style of wine that complements the ingredients and cooking method.

1. Meat and Seafood
Choose a dry crisp white wine with high acidity to intensify flavor. Pinot Grigio, Sauvignon Blanc, unoaked Chardonnay and dry sparkling wines lend a nice punch and become an integral part of the dish, adding mouthwatering complexity. Avoid rich, oak-y whites—which tends to become bitter during cooking—or sweet whites, which may add unwanted sweetness.

2. Companion Ingredients
Sometimes it’s better to choose a wine that will help highlight ingredients that accompany the meat or seafood. It could be cooking sauces or relishes or specific ingredients such as mushrooms, spices or herbs that have a special affinity with a particular wine. An intensely flavored unoaked Chardonnay brightens a cream sauce. A crisp, dry white cuts through the richness of shrimp. And a particular wine. An intensely flavored unoaked Chardonnay brightens a cream sauce. A crisp, dry white cuts through the richness of shrimp. And a particular wine. An intensely flavored unoaked Chardonnay brightens a cream sauce. A crisp, dry white cuts through the richness of shrimp. And a particular wine. An intensely flavored unoaked Chardonnay brightens a cream sauce. A crisp, dry white cuts through the richness of shrimp. And a particular wine. An intensely flavored unoaked Chardonnay brightens a cream sauce. A crisp, dry white cuts through the richness of shrimp. And a particular wine. 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Measuring accurately is the first step to successful cooking. Refer to this helpful chart for guidance.

### KITCHEN CHEAT SHEET

#### measure equivalents

<table>
<thead>
<tr>
<th>CUPS</th>
<th>FLUID OZ.</th>
<th>TBSP.</th>
<th>TSP.</th>
<th>ML</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>8 fl. oz.</td>
<td>16 Tbsp.</td>
<td>48 tsp.</td>
<td>237 ml</td>
</tr>
<tr>
<td>⅛ cup</td>
<td>6 fl. oz.</td>
<td>12 Tbsp.</td>
<td>36 tsp.</td>
<td>177 ml</td>
</tr>
<tr>
<td>¼ cup</td>
<td>5 fl. oz.</td>
<td>10 Tbsp.</td>
<td>32 tsp.</td>
<td>158 ml</td>
</tr>
<tr>
<td>½ cup</td>
<td>4 fl. oz.</td>
<td>8 Tbsp.</td>
<td>24 tsp.</td>
<td>118 ml</td>
</tr>
<tr>
<td>¾ cup</td>
<td>3 fl. oz.</td>
<td>5 Tbsp.</td>
<td>16 tsp.</td>
<td>79 ml</td>
</tr>
<tr>
<td>1¼ cup</td>
<td>2 fl. oz.</td>
<td>4 Tbsp.</td>
<td>12 tsp.</td>
<td>59 ml</td>
</tr>
<tr>
<td>1½ cup</td>
<td>1 fl. oz.</td>
<td>2 Tbsp.</td>
<td>6 tsp.</td>
<td>30 ml</td>
</tr>
<tr>
<td>1⅛ cup</td>
<td>.5 fl. oz.</td>
<td>1 Tbsp.</td>
<td>3 tsp.</td>
<td>15 ml</td>
</tr>
</tbody>
</table>

#### COMMON INGREDIENT WEIGHTS

<table>
<thead>
<tr>
<th>all-purpose flour</th>
<th>1 cup</th>
<th>5 oz.</th>
<th>142 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>granulated sugar</td>
<td>1 cup</td>
<td>9 oz.</td>
<td>250 g</td>
</tr>
<tr>
<td>packed brown sugar</td>
<td>1 cup</td>
<td>6½ oz.</td>
<td>185 g</td>
</tr>
<tr>
<td>butter</td>
<td>1 cup</td>
<td>9 oz.</td>
<td>250 g</td>
</tr>
<tr>
<td>grated cheese</td>
<td>1 cup</td>
<td>4 oz.</td>
<td>113 g</td>
</tr>
</tbody>
</table>

#### 1 GALLON

- 4 qt.
- 8 pt.
- 128 fl. oz.
- 3.8 L

#### 1 QUART

- 2 pt.
- 4 cups
- 32 fl. oz.
- 950 ml

#### 1 PINT

- 2 cups
- 16 fl. oz.
- 480 ml

#### 1 CUP

- 16 Tbsp.
- 8 fl. oz.
- 240 ml

#### 1 TBSP.

- 3 tsp.
- ½ fl. oz.
- 15 ml

#### safe minimum internal temperatures

- Beef 145°F
- Poultry 165°F
- Ground Meats 160°F
- Ham (fully cooked) 140°F
- Pork 145°F
- Casseroles 165°F

#### food chart

`Nabisco Party Size Chips Ahoy!, Oreo or Ritz select varieties 21.7 to 27.4 oz.`
Mixed-Fruit Sheet-Pan Pancakes

Hands On: 15 minutes
Total Time: 30 minutes
Serves: 12

- Hy-Vee nonstick cooking spray
- 14 Hy-Vee cinnamon graham crackers
- 4 cups Hy-Vee buttermilk complete pancake and waffle mix
- 2 3/4 cups water
- 1 tsp. Hy-Vee vanilla extract
- 1/2 tsp. Hy-Vee ground nutmeg
- 1 cup fresh blueberries, divided
- 2 cups chopped fresh strawberries, divided
- 1/2 cup fresh peaches, divided
- 1/4 cup Hy-Vee original pancake & waffle syrup, plus additional for serving
- Hy-Vee powdered sugar, for garnish
- Hy-Vee ground cinnamon, for garnish
- Hy-Vee unsalted butter, for serving

1. PREHEAT oven to 400°F. Spray a 15×10×1-in. baking pan with cooking spray. Line bottom of pan with graham crackers; set aside.

2. WHISK together pancake mix, water, vanilla and nutmeg. Pour batter over graham crackers. Sprinkle with 1/2 cup blueberries, 1 cup chopped strawberries and 1 1/2 sliced peaches. Sprinkle with additional pancake syrup.

3. BAKE 13 to 15 minutes or until golden brown; cool slightly. Top with remaining fruit; sprinkle with powdered sugar and cinnamon, if desired. Serve with additional syrup and butter.

Per serving: 230 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 10 mg cholesterol, 450 mg sodium, 47 g carbohydrates, 2 g fiber, 17 g sugar (5 g added sugar), 5 g protein.

Daily Values: Vitamin D: 0%, Calcium: 8%, Iron: 10%, Potassium: 4%

MAKE IT FAST
A short ingredient list and already-cooked sausage make this breakfast quick. Try chopped ham for the sausage crumbles.

SeasOnS | hy-vee.com

Sausage-Egg Burritos

Total Time: 15 minutes
Serves: 4

- 4 Hy-Vee large eggs
- 1/4 cup Hy-Vee 2% reduced-fat milk
- Hy-Vee salt and black pepper, to taste
- 1 Tbsp. Hy-Vee unsalted butter
- 1 cup refrigerated fully cooked pork sausage crumbles
- 1 cup Hy-Vee flour tortillas, warmed
- 1/4 cup Hy-Vee shredded sharp Cheddar cheese
- 1 avocado, seeded, peeled and sliced
- 1/2 cup chopped tomato
- Hy-Vee salsa, for serving

1. WHISK together eggs, milk, salt and pepper in a medium bowl.

2. HEAT butter in a large nonstick skillet over medium heat until hot. Add egg mixture. As eggs begin to set, gently pull eggs across the pan with a spatula, forming large soft curds. Continue cooking, lifting and folding eggs until thickened and no visible liquid egg remains. Remove from heat. Transfer eggs to a plate. Add sausage crumbles to skillet; heat through.

3. TO ASSEMBLE, spoon egg mixture into center of each tortilla, dividing evenly. Top each with 1/4 cup sausage crumbles, 2 Tbsp. cheese, avocado slices, and 2 Tbsp. tomato. Fold in sides of tortillas, then roll up burrito-style. Serve with salsa.

Per serving: 550 calories, 35 g fat, 12 g saturated fat, 0 g trans fat, 320 mg cholesterol, 670 mg sodium, 37 g carbohydrates, 4 g fiber, 4 g sugar (0 g added sugar), 23 g protein.

Daily Values: Vitamin D: 10%, Calcium: 15%, Iron: 10%, Potassium: 15%
Farmers Breakfast Bowls

Total Time: 30 minutes
Serves: 4

3 cups Hy-Vee frozen potatoes O’Brien
1 lb. honey-cured ham, chopped
1 Tbsp. Hy-Vee unsalted butter, melted
1 tsp. Hy-Vee black pepper
1 cup cherry tomatoes, halved
2 Tbsp. Hy-Vee canola oil
4 Hy-Vee large eggs
1 cup Hy-Vee shredded sharp Cheddar cheese
1 aracillo, seeded, peeled and chopped
Hy-Vee hot thick & chunky salsa, for serving

MAKE IT AHEAD
Cook potatoes, ham & tomatoes on baking sheet, then cool and refrigerate. Label, cook eggs in skillet, refrigerate potato mixture and assemble with egg and cheese.

MAKE IT TO GO
Frost baked bacon-and-egg cups up to one month. Reheat one at a time in microwave 1 to 2 minutes.

MAKE IT FAST
Microwave-cooking quick oats speeds prep. Swap microwave-cooking quick oats for 1 cup old-fashioned oats.

Badco-and-Egg Hash Brown Cups

Hands On: 15 minutes
Total Time: 40 minutes
Serves: 12

12 oz. Hy-Vee Short Cuts fajita vegetables, chopped
1 lb. Hy-Vee double-thick-sliced bacon, halved crosswise
1 Tbsp. That’s Smart! vegetable oil
3 cups frozen That’s Smart! shredded hash browns

MAKE IT FAST
Microwave-cooking quinoa speeds prep. Swap frozen hash browns for 1 cup old-fashioned oats.

GOOD VEGGIE SUBSTITUTIONS
FOR THE FAJITA MIX:
HY-VEE SHORT CUTS BELL PEPPERS OR LEFTOVER COOKED VEGGIES.

Reheat one at a time in microwave 1 to 2 minutes.
Breakfast is hot again and it wants you back.

Read up on the keys to longevity, tips for restful sleep and how to deck out a dorm.

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80 HY-VEE HIGHLIGHTS
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90 10 TIPS FOR ANTI-AGING
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BACK TO COLLEGE

WHETHER YOUR COLLEGE-BOUND STUDENT IS HEADING TO A DORM ROOM OR AN APARTMENT THIS FALL, THEY’LL NEED SETTING-UP-HOUSE PRODUCTS, FROM KITCHEN AND BATH ITEMS TO OFFICE AND CLEANING SUPPLIES. PICK THEM UP AT HY-VEE!

make the move

Talk to your teen about what they need for the semester, have them check with their roommate about what they will bring, and take inventory of what’s already at home that can be part of the mix. Then shop the Hy-Vee aisles for necessities.
Toastmaster Air Fryer
Compact (1.5-liter) fryer uses no oil and convection heat to cook foods crisp.

Libby Reno Tumbler Glasses
Stylish patterned 16-oz. glasses look good with any type of tableware.

Bialetti 10-in. Sauté Pan
Nonstick ceramic interior cooks omelets and pancakes evenly and efficiently with only a small amount of butter or oil.

KOZY KITCHEN

Toastmaster Electric Kettle
Brooks water to boil for tea or coffee right on the counter top.

Toastmaster Electric Egg Cooker
Cooks seven eggs at once; automatic shutoff.

Keurig Classic K-Mini
At 5 in. wide, it fits small spaces. Brews 6 to 12 oz. of irresistible coffee in minutes for late-night studying.

U Boards FINiT dry-erase board
A magnetic, white board and a cork strip put reminders and other notes at eye level.

DCKV’s Letter Board
One-line letter spell fabulous thoughts for the day. Includes 34H2-in. framed magnetic board and 300 letters.

Assorted mugs
Hy-Vee carries a wide assortment of expressive mugs to hold pens and pencils (or coffee, of course).

KOZY KITCHEN

Post-it Notes
CRA-Z-Art No. 2 wood pencils
Merangue Shopping Lists

READY, SET, STUDY

DCWV Letter Board
One-line letters spell fabulous thoughts for the day. Includes 34H2-in. framed magnetic board and 300 letters.

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Neato Classic K-Mini
At 5 in. wide, it fits small spaces. Brews 6 to 12 oz. of irresistible coffee in minutes for late-night studying.
KIND
snacks for
every occasion
ingredients you can see & pronounce

GET AN A+
cLEAN
with trusted essentials.

@kindsnacks | kindsnacks.com
Penne alla Vodka Pasta

Add 8 oz. Gustare Vita organic Penne Rigate pasta to a large pot of salted boiling water. Stir and return to boiling. Cook 10 to 12 minutes or until pasta is al dente (cooked, but firm to the bite); drain. Return pasta to pan. Stir in 1 (17.6-oz.) jar Gustare Vita Vodka Pasta Sauce. Heat mixture through. Serve topped with a drizzle of Gustare Vita garlic-flavored oil, shaved Parmesan cheese, shredded fresh basil and Hy-Vee ground black pepper. Serves 4.
**Easy BBQ Ribs**

Rub: 3 Tbsp. mesquite rub all over 1 (2- to 3-lb.) rack pork loin back ribs. Place, bone side down, in shallow roasting pan; add ½ cup water. Cover and refrigerate overnight. Bake, covered, in 350°F oven 2½ to 3 hours or until tender. Uncover; transfer ribs to a rimmed baking pan. Brush with ⅓ cup Hy-Vee Hickory House Texas Cattle Drive BBQ sauce; sprinkle 1 Tbsp. mesquite rub on top. Broil 3 to 4 minutes or until sauce caramelizes. Serve with additional sauce. Serves 4.

---

**Chocolate-Cherry Shake**

Swirl Hy-Vee chocolate-flavored syrup inside 2 (10-oz.) glasses. Combine 1 pt. Til the Cows Come Home Pretty Please with a Cherry on Top ice cream and ½ cup Hy-Vee Peanut Butter. Pour into prepared glasses. Top with Hy-Vee white creamy sensori whipped topping, colored sprinkles, Hy-Vee Bakery fudge brownie chunks and fresh cherries. Serve cold. Serves 2.
order

10 PANTRY ORGANIZATION TIPS

A well-organized pantry or cabinet makes it easier to keep food fresh and accessible. Find these storage containers and more at Hy-Vee.

1. Tier foods. Place tall items at the back, medium-height ones in the middle and shorter ones at front. Store less-frequently used foods at the back. Set a slim storage tray or riser shelf inside the pantry or cabinet to put food labels at easily visible levels—especially helpful with canned goods, spices and jarred condiments.

2. Put snacks in bins or baskets at the front of the shelves or on bottom shelves for easy access.

3. Label and date containers, such as these Sterilite Deep Clip Storage Boxes, to see what’s available, and include expiration dates. Clasps on handles lock lids in place to keep food fresh. Also try glass containers with labels, which can be easily updated.

4. Use hooks to hang oven mitts and kitchen towels, saving kitchen drawer space for other items.

5. Set large, heavy items on bottom shelves or on the floor, a convenient spot for bottled water or canned drinks, bulk pet food and a small step stool.

6. Transfer dry staples—flour, cereals, rice, dry spaghetti, beans—to containers and label with dates of purchase. Clear, airtight glass or plastic canisters and jars are less bulky than original boxes and packages, keep foods fresh, give the pantry a neat appearance, and make contents visible.

7. Vary container heights, sizes and shapes to leverage vertical space and modular stacking. Short, broad stackable plastic containers with lids work well for nuts, tea bags, cocoa or bread crumbs. Medium or tall, slim containers can hold dried pasta or fruits, sugar and protein powders.

8. Group items according to use: cooking oils in one spot; coffee, tea, filters and sweeteners in another; flour, sugar, baking soda, baking powder and cake and frosting mixes in another area. Group canned tomatoes, pasta and tomato paste, for example, if you cook spaghetti every week.

9. First in, first out: Place fresher food items behind older ones and use older ones first.

10. Store onions, garlic bulbs, potatoes and other root vegetables in woven bins that allow air circulation, such as Simplify Medium Woven-Strap Totes. (Store onions and potatoes separately; both release gases that cause the other to spoil.)

pro tip: STORAGE SMARTS

When organizing your pantry, consider using transparent containers for items such as pasta, rice, grains and flour. Get creative and use storage solutions such as shower caddies, a lazy Susan or even a shoe organizer. Embrace valuable spaces like the back of a door or empty wall areas.

—Megan Darland
Category Manager-General Merchandise
Hy-Vee

GET IT AT HY-VEE!
OXO SOFTWORKS POP CONTAINERS
These tight-sealing containers keep dry foods fresh.

GET IT AT HY-VEE!
STERILITE DEEP-CLIP STORAGE BOX
Tight-clasping latches hold lids securely; clear base allows view of contents.

GET IT AT HY-VEE!
STERILITE DEEP CLIP STORAGE TRAYS
Sterilite slim and mini storage trays corral condiments.

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Sterilite slim and mini storage trays corral condiments.
What you need for fall... with no mess at all

Specialty recipes your pet will love.

10% off all Rachael Ray™ Nutrish® pet products
Hy-Vee is taking one-stop shopping a step further now that it has teamed up with DSW Designer Shoe Warehouse to offer a great selection of on-trend footwear. Find choices in-store or online at hy-vee.com.

“Quality footwear and accessories will always serve as a top need for the American consumer, which is why we’ve made these solutions available to our shoppers,” says Hy-Vee Chairman, CEO and President Randy Edeker. “Hy-Vee’s goal is to provide its customers the very best in all lifestyle categories in a convenient and easy-to-shop format, and we’re proud to partner with a company that shares the same vision.”

DSW’s mission is to inspire through self-expression, which is why you’ll find footwear to fit your personality at Hy-Vee.

SOME BRANDS You’ll Find

VINCE CAMUTO
Fashionable, quality designer shoes, boots, heels, pumps, sandals, flats and more.

SPERRY
Style meets comfort in boat shoes, sandals, flats, loafers and sneakers.

LUCKY
A broad assortment of high-quality, comfortable footwear, from booties and loafers to sandals, flats and sneakers.

DR. SCHOLL’S
A name synonymous with comfort available in dress shoes, sneakers, sandals and boots.

PUMA
Premium athletic and casual footwear with iconic designs and durable materials.

Products may vary by store.
Life expectancy in the U.S. has increased by more than 20 years during the last century. Living more years is incentive to continue looking and feeling good.

BRUSH & FLOSS: Maintaining those pearly whites may be key to the fountain of youth. Daily brushing and flossing reduce the harmful bacteria that enter the body through the mouth and cause digestive or respiratory ailments. A study in the Journal of Aging Research showed that those over the age of 40 who are physically active have healthier skin than those who do not exercise. Aim for 150 minutes of moderate-intensity aerobic exercise a week and perform muscle strengthening activities twice a week.

1 hit the hay
Poor sleep is linked to multiple conditions, including obesity, diabetes and immune deficiency. Skimping on sleep may also adversely affect skin health and aging. In a 2014 study in Clinical and Experimental Dermatology, researchers found that women who slept five hours or fewer per night showed greater signs of skin aging, including fine lines and reduced elasticity, than women who slept more than five hours.

2 avoid tobacco
Cigarette smoking causes more than 480,000 deaths per year, including 90 percent of all lung cancer deaths. The more than 4,000 chemicals in tobacco smoke damage skin protein and fibers, leading to premature wrinkles and sagging. If you or someone you know needs help quitting, visit hy-vee.com/my-pharmacy/services/quit-for-good.

3 stay calm to carry on
Chronic stress and cortisol, a hormone brought about by stress, adversely affect DNA and may speed up the aging process. Chronic stress and anxiety have been shown to significantly increase the risk for all-cause mortality. Several tips on this list help manage stress, including regular exercise, sleep, and a healthful diet. Other ideas for unwinding include volunteering, reading and deep breathing.

4 clean up your skin care
Opt for products that contain retinol. Retinoids increase collagen production and stimulate blood vessels in the skin to boost elasticity and color while reducing wrinkles. Patience and consistency are important. Noticeable results may take 3 to 6 months of regular use.

5 exercise often
The body gradually loses muscle with age. Regular exercise maintains muscle mass and energy levels, reduces the risk of all-cause mortality and promotes skin health. Research from McMaster University suggests that those over the age of 40 who are physically active have healthier skin than those who do not exercise. Aim to exercise 30 minutes a day.

6 wear sunscreen
Ultraviolet (UV) rays from the sun or tanning beds cause premature skin aging and may lead to wrinkles, hair spots and cancer. Protect skin with sunscreen that has an SPF of 15 or 30. When used correctly, sunscreen reduces sun damage and prevents sagging skin and wrinkles caused by UV rays.

7 challenge your mind
Take on mental challenges to spur creativity and stimulate the brain. A new hobby or project that makes your wheels turn helps preserve memory and reasoning. Try your hand at learning a second language, playing an instrument or fixing things around the house.

8 eat well
There’s a reason your mom said to eat your fruits and veggies. High consumption of fruits and vegetables is associated with lower risk for all-cause mortality, lower blood pressure and reduced risk of heart disease and stroke. Produce provides antioxidants, which help maintain skin, eyes and hair health. Anthocyanins, a type of antioxidant in berries, have been associated with reduced risks for Alzheimer’s disease.

9 get social
Maintaining positive relationships with friends, family and the community may result in a longer, happier and healthier life. Schedule regular coffees or lunch dates with relatives or call old friends for conversations.

10 stay active
Exercise often to reduce body fat and maintain muscle mass and energy levels. Exercise is best when done in combination with dietary changes. Aim to exercise 30 minutes a day. A combination of at least 150 minutes of moderate-intensity aerobic exercise and muscle strengthening activities twice a week is the recommendation of the American College of Sports Medicine and the American Heart Association.
FACE
Wash your face in the morning, at night and after sweating. Use lukewarm water and apply a gentle, nonabrasive, alcohol-free cleanser. Rinse and pat dry with a soft towel.

BODY
Shower at least 2 to 3 times a week, more if you exercise or sweat heavily. Apply soap or a moisturizing body wash from top (shoulders/neck) to bottom (feet) and rinse. Remember under arms, around legs and between toes.

MOISTURIZE
Pat skin dry with a soft towel. Apply lotion or moisturizer within 2 to 3 minutes for soft skin.

BRUSH
Eliminate bacteria and prevent cavities by brushing your teeth twice a day with a soft-bristled brush and fluoride toothpaste. Brush in a circular pattern with shallow back-and-forth motions. Get a new brush every 3 months or when bristles fray.

FLOSS
Some bacteria hide between teeth or under the gumline. Unspool about 18 inches of floss and gently pull it between each tooth.

SEE THE DENTIST
Schedule a yearly checkup and dental cleaning to monitor or prevent adverse oral conditions.

SHAMPOO
In general, clean hair with shampoo every 2 to 3 days. Gently massage shampoo into hair and scalp to remove excess oil, dirt and dead skin cells. Frequency of shampooing varies by person, activity and more.

CONDITION
For those with long locks, consider conditioner to smooth hair for brushing. After rinsing shampoo, apply conditioner as recommended on the bottle, leave in for a few minutes, then rinse thoroughly.

COMB
Use a brush or wide-tooth comb on wet hair to reduce tangles.

SKIN CARE
Hands
Wash hands with warm water and soap for 20 seconds. Rinse and dry. Wash your hands before eating and after using the bathroom, coughing, sneezing, or touching garbage. Proper handwashing is critical to halt the spread of germs that may cause infection.

CONDITION
For those with long locks, consider conditioner to smooth hair for brushing. After rinsing shampoo, apply conditioner as recommended on the bottle, leave in for a few minutes, then rinse thoroughly.

TOENAILS
Cut toenails straight across with nail clippers to reduce possibilities of ingrown toenails.

HAIR CARE
Shave
Apply cream or gel, then shave in the direction of hair growth. Rinse razor after each pass. Wash off leftover cream, then pat skin dry.

RAZOR CARE
Store razors in a dry area. Razors left in the shower or near a wet sink have a greater chance of developing bacteria. Change blades or use a new razor after 5 to 7 shaves.

PERSONAL HYGIENE
Does your personal care routine cover all the bases? Go the extra mile to maintain individual cleanliness so you look and feel your best.

Help Protect Your Family AGAINST GERMS*
Kills 99.9% of Germs*

CART FULL OF CLEAN
Need a new toothbrush or razor? Hy-Vee is a one-stop shop for personal hygiene items. From shampoo and conditioner to face wash and moisturizer, Hy-Vee has plenty of products to keep you clean and proper.

Start school with UNBEATABLE BAGS
Learn why (and how) to improve your mobility, along with tips to fight acne and improve your diet. Then, see how to take advantage of the Hy-Vee Pharmacy.
Joint mobility is a crucial component for overall fitness. Healthy joints decrease the risk of injury at the gym and athletic field. At home, having mobile joints can improve quality of life.

**TIPS TO IMPROVE MOBILITY**

- **Foam roll**: A foam roller is a cylinder-shape fitness tool. Using a foam roller reduces muscle tension and tightness, which can improve range of motion. Foam-rolling after a workout may reduce muscle soreness the day after a workout.

- **Get moving**: “Sitting in a chair all day puts certain muscles in shortened positions, where they become tight, while others are in lengthened position. When muscles lengthen or shorten for prolonged periods, they become weak,” Van Houten says. If you work in an office, stand up and walk around a few minutes every hour.

- **Stretch**: “If you have tight muscles, your joint is not going to function properly,” says physical therapist Tate Van Houten. Stiff, inflexible muscles impede a joint’s ability to reach full range of motion. Regular stretching lengthens muscles that surround joints so they can move through a full range of motion.

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**Joint Effort**

Mobility is the range of motion for each joint. Joints that have full range of motion have decreased risks for injury during exercise and make it easier to perform everyday tasks such as scooping up a child or reaching to a top shelf. Joints with limited mobility put greater demand on surrounding tissues to make up for deficiency. “If you have a restricted joint, that’s going to put more strain on ligaments, tendons and cartilage,” says Tate Van Houten, DPT, PRC, owner of Integrated Physical Therapy and Sports Medicine in Des Moines. “Restricted joints lead to cartilage damage, ligament tears and more.” Limited joint mobility may cause pain in other areas. A hip restriction may cause lower back or knee issues, Van Houten says. For stretches that boost mobility, turn to page 98.

**JOINT COMPONENTS**

- **Cartilage Tissue**: that covers the bone at the joint and reduces friction from joint movement.
- **Ligaments**: Connective tissue surrounding joints and connecting bones to support motion.
- **Tendons Tissue**: that attaches muscles to bones to control movement.
- **Synovial Membrane Tissue**: that lines and seals the joint and lubricates with synovial fluid.
- **Synovial Fluid**: Clear fluid produced from the synovial membrane that lubricates the joint.
- **Bursae**: Small sacs of fluid that lie between bones and tendons and cushion friction.
Matters of Mobility

MULTIPLE JOINTS THROUGHOUT THE BODY PLAY SIGNIFICANT ROLES TO PERFORM DAILY ACTIVITIES.

SHOULDER Two joints connect to the shoulder blade, collarbone and upper arm bone. A ball-and-socket joint allows forward, backward, sideways and rotational movement. Movement of the shoulder joint allows you to throw a ball, reach a top shelf and scratch your back.

HIP A ball-and-socket joint connects the top of the thigh and the hip bone and supports upper-body weight. Walking, squatting, running, climbing stairs and jumping stem from hip joints.

ELBOW A hinge joint connects forearm and upper arm to move the arm to straighten and bend.

KNEE This hinge joint and largest joint in the body connects upper and lower legs and is involved in basic movements like walking, sitting and squatting.

ANKLE Two joints connect the bones of the lower leg to the foot for standing on toes, lifting toes and an important function for running and sprinting.

MOBILITY MOVES

Perform each move for 30 to 45 seconds with 10 to 15 seconds of rest between moves. Perform each move slowly and with control. Forcing joints or muscles into position or beyond their range of motion can result in pain and injury.

WALKING HIP OPENER

From high plank position, step forward with right foot and lift left knee at a slight angle toward opposite side of the chest. On one leg, slowly rotate left leg across body, then lower and place foot on floor. Alternate. 

Muscles: Glutes, abductors

Joints: Hips

ARM CIRCLES

Feet slightly wider than hip-width, raise arms, hands at ear level. Rotate arms in small circles, gradually enlarging circle. After 30 seconds, reverse circular motion.

Muscles: Shoulders, back, hips

Joints: Shoulders

GLUTE BRIDGE

Lie on your back, knees bent and feet flat on the floor. In a controlled motion, squeeze your glutes and raise your hips. Do not arch your back. Slowly lower hips in starting position.

Muscles: Glutes, abductors, hamstrings

Joints: Hips

WALKING QUAD STRETCH WITH REACH

Stand, feet together. Lift left foot with left hand, gently pulling heel toward left glute while reaching right hand overhead. Lower foot and hand. Take three steps forward, then alternate.

Muscles: Quadriceps

Joints: Knees, shoulders

HIP STRETCH WITH TWIST

From high plank position, bring left foot forward beside right hand. Rotate hips to left while raising left hand overhead and gently rotating upper torso. Return to starting position, alternate sides.

Muscles: Full body

Joints: Knees, shoulders

CALF RAISES/DORSIFLEXION

Feet hip-width apart and hands at each side, slowly lift heels, standing on balls of feet. Lower heels. Slowly lift balls of feet again while leaning on toes. Repeat.

Muscles: Calves

Joints: Ankle
Nearly one-third of American adults say they don’t get enough sleep. A variety of factors—both physiological and psychological—can influence the quality of sleep. These strategies might make your eyelids heavier when you hit the hay—and help you snooze more contentedly through the night.

**IMPORTANCE OF A HEALTHY SLEEP ROUTINE**

Your body has an “internal clock,” called circadian rhythm, which corresponds to natural light and darkness. You naturally get sleepy at night and become alert during the day. A set bedtime routine—even on weekends—takes advantage of these natural sleep patterns. Maintaining the timing of your internal clock lets you fall asleep and wake up more easily. “Setting a good routine like changing into PJs, washing your face, reducing screen time before bed, not overeating or drinking can help prepare your body for a good night’s sleep,” says certified personal trainer Daira Driftmier, director of Hy-Vee KidsFit and Hy-Vee Fitness. “Other things that could be helpful are taking a relaxing walk, reading or listening to a podcast or radio.”

**STEPS TO A HEALTHY SLEEP ROUTINE**

6 p.m. **Lighten Up**

Skip heavy meals before bedtime, which can cause heartburn and keep you awake. Avoid caffeine and drinks, alcohol and chocolate.

9:15 p.m. **Go Offline**

At least 30 minutes before bedtime, turn off electronic devices, which stimulate the brain. Unwind by reading a book or magazine, taking a warm bath or listening to peaceful music.

9:45 p.m. **Get the Scene**

Make your bedroom conducive to sleep. Dim lights, close curtains and set the temperature to cool yet comfortable.

10 p.m. **Get Ready to Snooze**

Take care of bedtime activities. Use the bathroom, wash your face and brush your teeth. It can take up to 30 minutes to get back to sleep after a middle-of-the-night bathroom break.

10:15 p.m. **Lights Out**

Go to bed at the same time each night. If you can’t fall asleep in 15 minutes, find a quiet spot in another room and read a book until you get sleepy. Then give sleep another try.

7 a.m. **Wake-Up Call**

Set an alarm and wake up at the same time each morning, even on weekends.

8 a.m. **Off the Caff’**

Go easy on the caffeine at breakfast. Too much caffeine in the morning can linger in the body and still have an effect at night. Limit yourself to one caffeinated coffee—or switch to decaf or a 50:50 mix.

9 a.m. **Move It**

Regular exercise can improve the quality of your sleep, which may make you more alert in the daytime. However, limit strenuous exercise right before bed, as it can prevent you from falling asleep. A walk should be okay.

“If you have trouble sleeping, an occasional over-the-counter sleep aid may help. There are some caveats, though. Talk to your Hy-Vee pharmacist prior to taking sleep aids.”

—ANGIE NELSON, HY-VEE VICE PRESIDENT, PHARMACY OPERATIONS

Source: This page and opposite. Health Happenings issue by Hy-Vee. Better-sleep naturally. Beachbody.com; goodnight.sleepwell.com; can-sleep.org; good-sleep-habits.sleepwell.com; Livestrong.com; and others.
IRONCLAD TIPS FOR BETTER SLEEP
FOR RESTFUL SLEEP TONIGHT, CONSIDER YOUR PHYSICAL AND EMOTIONAL COMFORT.

1. BEDDING
A quality mattress, box spring and pillow can improve sleep quality. One study shows that sleeping on a new mattress for 28 days resulted in significant improvement in shoulder and back pain, back stiffness and quality of sleep.

2. EXERCISE
Moderate aerobic exercise boosts levels of deep sleep, according to Johns Hopkins Medicine. Work out early in the day, though, because exercise releases endorphins that prevent sleep.

3. EATING
Focus on light, nutrient-dense foods with fiber. Avoid heavy, spicy or fatty foods, which might cause indigestion that interferes with sleep. Studies have linked eating less fiber and more sugar and saturated fat with less restorative sleep.

4. MELATONIN
Melatonin is a sleep-promoting hormone released by the brain in response to a reduction of natural light at nightfall. If artificial light sources interfere with this process, melatonin supplements are an option.

5. NIGHTCAPS
Avoid alcohol and caffeine in the evening, as both can interfere with sleep. Instead, indulge in warm milk, chamomile tea (which has no caffeine) or tart cherry juice.

6. DAYLIGHT
Exposure to sunlight during the day has been found to boost mood and encourage the production of serotonin, a hormone that helps us stay calm and focused—optimal when your trying to fall asleep.

7. DARKNESS
Dark and quiet conditions are conducive to sleep. Invest in heavy curtains or dark blinds, or wear an eye mask to bed. If noise is a potential problem, consider using a box fan to mask outside noises.

8. TEMPERATURE
Studies show that body and bedroom temperature affect sleep quality. Ceiling fans and air-conditioning might mitigate hot temperatures. Cracking a window may help at other times, introducing welcome fresh air.

9. RELAXATION
Take a hot shower or bath before bedtime to relax. If the mind is going in many directions, try meditation or mindfulness (pay attention to nuances and small details) to still the mind.

10. POSITIVITY
When you lay your head on the pillow, banish all negative thoughts and worries. Concentrate on affirmations, pleasant thoughts and happy memories.

THE FUNCTION OF SLEEP
We are more alert and energetic and function better after a good night’s sleep. But what exactly does sleep accomplish physiologically? One theory is that it is an opportunity for the body to repair itself. For example, muscle growth, tissue repair and the release of growth hormones mainly occur during sleep. Sleep also affects brain function, playing a critical role in brain development of infants and children, as well as increasing the ability to learn and perform various tasks.

A PERSON CYCLES THROUGH ALL FOUR STAGES OF SLEEP SEVERAL TIMES PER NIGHT DURING A TYPICAL NIGHT’S REST.

STAGE 1
CHANGEOVER
This transition from wakefulness to sleep lasts several minutes. Muscles relax and occasionally twitch. Heartbeat, breathing, eye movements and brain waves slow.

STAGE 2
LIGHT SLEEP
Heartbeat and breathing continue to slow and muscles further relax. Body temperature drops and eye movements stop. Brain wave activity also slows, with brief bursts of electrical activity.

STAGE 3
DEEP SLEEP
This stage is needed to feel refreshed in the morning. Occurring for longer periods during the first half of sleep, it brings heartbeat and breathing to their lowest levels.

STAGE 4
REM SLEEP
Most dreaming occurs during REM (Rapid Eye Movement) sleep, although dreaming also occurs in other stages. It first occurs about 90 minutes after falling asleep, but less REM sleep occurs with aging. Eyes move rapidly behind closed eyelids. Breathing is faster and irregular. Also, heart rate and blood pressure are at near-waking levels. Arm and leg muscles are temporarily paralyzed, preventing dreams from being acted out.

SOME CAUSES OF INSOMNIA

SLEEP APNEA is a potentially serious sleep disorder in which breathing stops and starts repeatedly. It often involves loud snoring.

RESTLESS LEG SYNDROME, or RLS, is an uncontrollable urge to move legs, usually when lying down at night.

STRESS is consistently linked to sleep issues in studies involving a variety of ages, cultures and types of stress.

THYROID problems can contribute to sleep problems. An overactive thyroid gland can cause you to feel wired and jittery, making it hard to sleep.

DEPRESSION is a prime contributor. Studies estimate up to 90 percent of adults and children with major depression have sleep problems.

ACID REFUX is an lead to sleep disturbance. Conversely, sleep disturbance can lead to prolonged acid contact time, aggravating reflux problems.

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HY-VEE PRODUCTS TO HELP YOU SLEEP
Shop Hy-Vee for all the sleep aids you need, from A to Zzz’s.

Cherry Juice Blend
Hy-Vee Just Juice
Free Bedtime Tea
Yogi Organic Caffeine-Free Bedtime Tea
Valerian Root Capsules
TopCare Sleep Aid
Nite Essential Oil
Nature’s Truth Good Night Essential Oil
Sanderson Naturals Vanilla (Sleep) Capsules
Hy-Vee HealthMarket
Hy-Vee Bedtime Tea
Hy-Vee Sleep Aid Softgels

SEASONS | August 2020

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FOODS THAT IMPROVE

EYE HEALTH

2020 is THE YEAR OF HEALTHY VISION.
CELEBRATE AND PROTECT THIS VITAL SENSE
WITH A DIET OF EYE-FRIENDLY FOODS!

EYE TO EYE
A lot of behind-the-scenes work has occurred for you to see the words and images on this page. Light passes through the cornea in the front of the eye and then through the pupil. Inside the eye, the lens works with the cornea to focus light on the retina, where millions of cells turn the light into electrical signals that are sent to the brain where they become the images you see.

PRO TIP: RADICAL SECURITY
Antioxidants protect cells against damage from free radicals, which are unstable molecules caused by sunlight, air pollution and the natural aging process. Research has found that antioxidants like vitamin C, vitamin E, lutein and zeaxanthin are beneficial for vision and may reduce the risk and progression of certain eye diseases.

Sources:
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VITAMIN A
What it does: Assists retina function and maintains moisture to help prevent dry eye. Beta-carotene, a plant pigment that converts to vitamin A, benefits eyes adjusting to darkness.

FOODS: Apricots, broccoli, carrots, cantaloupe, eggs, kale, mango, pumpkin, red bell pepper, sweet potatoes, spinach, summer squash, tomatoes

What you need: 700–900 mcg/day

LUTEIN + ZEAXANTHIN
What they do: Both are antioxidants that protect the macula, the part of the eye responsible for central, detailed vision. Both have been associated with reduced risk of age-related macular degeneration and cataracts.

FOODS: Asparagus, broccoli, collard greens, collard greens, kale, orange bell pepper, spinach, tomatoes

Lutein 10 mg/day
Zeaxanthin 2 mg/day

VITAMIN E
What it does: Fends off harmful molecules to prevent healthy tissue from breaking down and reduces the chance of age-related macular degeneration, cataracts and glaucoma.

FOODS: Almonds, asparagus, avocados, collard greens, mango, peas, peanut butter, pumpkin, red bell peppers, spinach, sunflower seeds

What you need: 15 mg/day

VITAMIN C
What it does: Acts as your body’s first line of defense in the eye. Vitamin C helps eyes produce protective pigments by transporting vitamin A from the liver to the retina.

FOODS: Avocados, almonds, beef, cashews, chickpeas, cranberries, legumes, lobster, pork, oatmeal, sardines

What you need: 8–11 g/day

ZINC
What it does: Maintains retina health and shields eyes from the damaging effects of sunlight. Helps eyes produce protective pigments by transporting vitamin A from the liver to the retina.

FOODS: Oysters, beef, black beans, brocolli, carrots, corn, leafy greens, pumpkin seeds, sardines, salmon, swordfish, tuna, walnuts, peanuts, sunflower seeds

What you need: 8–11 g/day

OMEGA-3S
What they do: A type of fat found in the retina. Critical for visual development and retinal function. Helps eyes absorb light to aid visual development to help prevent dry eye.

FOODS: Anchovies, sardines, salmon, chia seeds, halibut, herring, lox, mackerel, sardines, salmon, swordfish, tuna, walnuts, peanuts, sunflower seeds

What you need: 75–90 mg/day

RIBOFLAVIN
What it does: Protects cells against damage to reduced risk of cataracts. Prolonged riboflavin deficiency is associated with the development of cataracts.

FOODS: Almonds, beef, dairy, eggs fortified breakfast cereal, oatmeal, quinoa, salmon

What you need: 13–1.3 mg/day

THIAMINE
What it does: Also known as vitamin B1, thiamine aids the conversion of food to energy and may protect against cataracts, according to studies.

FOODS: Avocados, squash, beef, black beans, broccoli, brown rice, chicken, eggs, muffin, tuna, trout, pork chop, oatmeal

What you need: 11–16 g/day

There’s plenty of truth behind the old notion that carrots are good for your eyes. In fact, carrots are just one of the many foods that maintain eye health and help them function. A diet rich with colorful produce and good-for-you fats promotes healthy vision and may reduce risk of disorders, like glaucoma, cataracts and macular degeneration. Take a long hard look at these foods that help improve eye health.
Carrot-Apricot Muffins

Hands On 20 minutes  
Total Time 50 minutes  
Serves 12 (1 muffin each)

6 Tbsp. Hy-Vee salted butter, melted; divided  
⅔ cup Hy-Vee all-purpose flour, divided  
⅛ cup packed Hy-Vee brown sugar, divided  
1 tsp. Hy-Vee ground cinnamon  
⅛ tsp. Hy-Vee ground ginger  
1 cup Hy-Vee chopped walnuts  
1 cup Hy-Vee whole wheat flour  
⅓ tsp. Hy-Vee salt  
2 Hy-Vee large eggs  
1 cup low-fat buttermilk  
1½ tsp. Hy-Vee baking soda  
1½ tsp. Hy-Vee baking powder  
1 cup Hy-Vee whole wheat flour  
⅓ cup Hy-Vee chopped walnuts  
¼ tsp. Hy-Vee ground ginger  
1 tsp. Hy-Vee ground cinnamon  
½ cup packed Hy-Vee brown sugar, divided  
1½ cups Hy-Vee all-purpose flour, divided  
6 Tbsp. Hy-Vee salted butter, melted; divided  
12 (2½-in.) muffin cups; set aside.
Acne is on the rise for adults, affecting up to 15 percent of adult women. Learn how to deal with this common skin ailment.

Factors that raise risks for acne
The condition affects all ages and a variety of circumstances:
- Age Most common among teenagers.
- Hormonal changes Common in teens and can result from certain medications.
- Genetics If both parents had acne, their offspring is likely to develop it too.
- Oily substances such as creams, lotions and cosmetics.
- Friction or pressure from such items as cellphones, helmets and backpacks.
- Stress It doesn’t cause acne but can worsen it.

Symptoms
Comedones Enlarged hair follicles that appear as whiteheads or blackheads.
Papules Small, red bumps that are tender to the touch.
Pimples Papules with pus at the tips.
Lumps Painful lumps beneath skin surface. Nodules are solid, cystic lesions are filled with pus.

Causes
Excess oil Tiny glands close to the skin surface overproduce oil, known as sebum.
Plugged pores Excess sebum mixes with dead skin cells, plugging pores and causing whiteheads and blackheads.
Bacteria Normally harmless bacteria living on the skin infect plugged pores, causing inflammation.
Inflammation Infection leads to skin blemishes, papules, pimples and lumps.

Good defense
FOR CLEAR SKIN, ARM YOURSELF WITH THESE STRATEGIES.
- Wash twice a day with a topical cleanser containing benzoyl peroxide or salicylic acid to unclog pores and eliminate harmful bacteria.
- Eat a healthy diet and keep a food diary to track whether certain foods lead to breakouts.
- Avoid processed sugars and sweets. Excess dairy and carbohydrates may worsen acne for some.
- Use oil-free makeups and foundations that are non-comedogenic (won’t clog pores) and non-acnegenic (won’t cause breakouts).
- Use only moisturizers and sunscreens designed specifically for the face—they’re less likely to clog pores than heavy lotions.
- Don’t pop pimples, which causes irritation and can lead to scarring.
- Be patient. Acne treatments can take time. If no improvement is seen 6 weeks, see a dermatologist.

Acne affects areas with the most oil glands—primarily the face but also chest and back.

American Academy of Dermatology

Sources (this page and opposite):
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rush.edu/health-wellness/discover-health/12-tips-combat-acne
nhs.uk/conditions/acne/causes/

85 percent of people between the ages of 12 and 24 experience at least minor acne, according to estimates. Annually, acne affects up to 50 million Americans.
TOPICAL OPTIONS

HY-VEE OFFERS A WIDE SELECTION OF PRODUCTS TO TREAT ACNE, INCLUDING TOPICAL TREATMENTS AVAILABLE OFF THE SHELF OR BY PRESCRIPTION.

**BENZOYL PEROXIDE**

Available in cream or gel, benzoyl peroxide is an antiseptic to reduce the amount of bacteria on the skin, as well as the number of whiteheads and blackheads. It also has an anti-inflammatory effect. It can make skin more sensitive to sunlight.

**SALICYLIC ACID AND AZELAIC ACID**

Salicylic acid, used in cases of milder acne, helps unclog pores but doesn’t have antibacterial properties. Azelaic acid has antibacterial properties and is available by prescription under the brand names Azelex and Finacea.

**RETNIOIDS**

Retinoids are derived from vitamin A. Diff erin, a prescription medication now available over the counter, contains the retinoid adapalene to regulate skin cell turnover, control inflammation and keep pores from clogging. Stronger retinoids are available by prescription.

**FORMS OF TREATMENT**

Acne treatments include topical and oral medications, a range of therapies and natural remedies.

**Topical medications**

Usually available as creams or gels, topical medications are often used for mild forms of acne and may take several weeks to show results.

**Oral medications**

Antibiotics are used to reduce bacteria and fight inflammation in cases of moderate to severe acne. Oral isotretinoin can treat severe cases but has potential side effects.

**Therapies**

A range of light-based therapies have been used including lasers and photodynamic therapy. Other treatments include chemical peels and steroid injections.

**Alternative medicine**

Natural acne treatments include topical gels with tea tree oil and creams with bovine cartilage. Oral treatments include zinc and brewer’s yeast.

SEE A DERMATOLOGIST IF HOME TREATMENT IS INEFFECTIVE, YOU AVOID GOING OUT, ACNE IS SEVERE OR YOU HAVE LARGE, HARD PIMPLES FILLED WITH FLUID (CYSTIC ACNE).

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uofmhealth.org/health-library/aa37670

*Delivers extra life or extra power; vs. CopperTop AA/AAA in a wide range of devices. © 2020 Duracell
Q: How can fruits and vegetables aid health?
A: Vegetables and fruits, chock-full of minerals and nutrients, play an important role in health—from lowering blood pressure to reducing risks for heart disease and stroke. They may prevent certain types of cancer. In addition, their store of fiber aids the digestive system. Nonstarchy fruits and vegetables may encourage weight loss.

Q: Can I get what I need from a multivitamin?
A: Supplements can be helpful, particularly for those who lack a specific nutrient, but they’re no substitute for whole foods. Fruits and vegetables deliver the micronutrients, dietary fiber and antioxidants needed—in ways our bodies have grown accustomed to over millennia.

Q: What should I look for in fruit and veggies?
A: As the saying goes, eat the rainbow. A range of colors provides variety to keep meals interesting, and it works to get a range of vitamins, minerals and nutrients needed. Try to eat something from each of the five main color groups.

Q: Should produce be cooked or eaten raw?
A: Eat fruits and vegetables however you like—any way you’re apt to eat them! Cooking has benefits, though. It can impart intriguing flavors and break down cell walls to make certain nutrients more available. Spinach, carrots, asparagus, tomatoes, broccoli and cauliflower are a few vegetables that release more nutrients when cooked.

Discover the delightful taste and versatility of fruits and vegetables. Your body will thank you for it.

Sources: mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/paleo-diet/art-20111182
heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_456908.pdf
hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/
USE FROZEN, DRIED OR CANNED
For convenience, buy frozen, dried or canned produce. Read nutrition labels and choose those with the least added sodium or sugar.

FORTIFY OTHER DISHES
Increase nutrition in salads with fruit, raw vegetables or canned beans that have been rinsed of excess sodium. Sauté shredded carrots or summer squash and add to pasta sauce.

ENHANCE SMOOTHIES AND CEREALS
Add up cereals with bananas, berries, raisins or dried cranberries. Add spinach, kale, carrots, squash, beets and avocado to smoothies.

MAKE VEGGIE NOODLES
Cook spaghetti squash and shred with forks or forks as a nutritious substitute for spaghetti. Shred zucchini, beets, carrots or parsnips with a box grater or food processor to add to dishes.

TURN A PIZZA INTO A SALAD
Load a cheese pizza with tomatoes, onions, peppers, roasted squash or carrots. Or after the pizza is baked, top with arugula or spinach salad that includes tomatoes and Parmesan cheese.

What a balanced diet looks like

What you eat and drink over time affects your health now and in the future. The United States Department of Agriculture (USDA) recommends cutting down on sodium, saturated fat and added sugars and ramping up vegetables, whole fruits and grains, and low-fat milk and yogurt. Learn more at choosemyplate.gov.

What you eat and drink over time affects your health now and in the future. The United States Department of Agriculture (USDA) recommends cutting down on sodium, saturated fat and added sugars and ramping up vegetables, whole fruits and grains, and low-fat milk and yogurt. Learn more at choosemyplate.gov.

*Full discount only when you buy participating General Mills items and submit receipt with Box Tops® Card. Look for participating General Mills products in August weekly ads. See store for other details, excluding participating items of each undergraduate student. Only one, up to $25 per student per month. This offer is not available when participating product is the first item on your list. This offer is only valid at the time of the single transaction. Limit one, up to $25 per purchase per person. Full discount good for the purchase of up to 20 eligible items per purchase. See full program terms at boxtops4education.com. © General Mills.
Got your flu shot yet? If not, get vaccinated at a Hy-Vee Pharmacy and protect yourself—and others—against influenza.

SYMPTOMS
Flu symptoms can vary depending on the individual, but may include:

- Fever
- Chills
- Sore Throat
- Cough
- Runny/Stuffy Nose
- Body Aches
- Fatigue

Prevention
Everyday practices to help you avoid the influenza virus:

- Wash hands frequently with soap and warm water.
- Avoid touching the face, nose, eyes and mouth.
- Use disinfectant to wipe counters, phones, light switches, doorknobs and other frequently touched surfaces.
- Disinfect hands with alcohol-based (60%) hand sanitizer frequently.
- Avoid large crowds when possible, especially during flu season, and avoid contact with others who are sick.
- Get a flu shot—and make sure your family gets one, too.

REVIEWS OF PAST STUDIES
Flu shots are available at Hy-Vee on a walk-in basis and without a prescription. The Centers for Disease Control and Prevention recommends that everyone 6 months and older get vaccinated. The flu shot does not protect against the coronavirus, a microbe that causes a serious respiratory illness for which there is yet no vaccine. However, health officials suggest staying up to date on vaccinations against respiratory infections to prevent a weakened immune system that limits the ability to deal with the novel coronavirus.

OTHER RESPIRATORY VACCINATIONS AVAILABLE AT HY-VEE PHARMACIES*

- Pneumonia
- DTAP (diphtheria, tetanus and pertussis/whooping cough)

Pro tip: STOP IN
Flu shots are available anytime during pharmacy hours. The process is easy and, depending on the time and the location, takes only about 15 to 20 minutes, including the paperwork. We bill to your insurance in real time. Check with your store for fees and other information.

—Tim Goodhall
Pharmacy Manager
Hy-Vee, West Des Moines, Iowa

reviews of past studies have found that, on average, the flu vaccine is about 50% to 60% effective for healthy adults who are between 18 and 64 years old.

—Mayo Clinic

*Not all vaccines are available at every store. Check your local Hy-Vee Pharmacy.
**GET THE GOODS**

Hy-Vee shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

**fridge & freezer**

- Johnsonville Flame Grilled Links; select varieties
  - 14 oz. $3.77

- Amour Pepperoni
  - Simply Steam select varieties
  - 2 to 10 oz. $3.88

- Smithfield Prime Fresh Lunchmeat
  - select varieties
  - 6 to 8 oz. $2.70

- Tortilla Land Tortillas
  - select varieties
  - 20 oz. $2.79

- Aidells Links
  - or Meatballs select varieties
  - 10 or 12 oz. $5.39

- Old Orchard Frozen 100% Apple or Apple Blends Juice
  - select varieties
  - 12 oz. $1.88

- Green Giant Simply Steam Snacking Small Plates or Bistro Bites
  - select varieties
  - 12 to 20 oz. $2.88

- Green Giant Morning Star Farms
  - select varieties
  - 5.25 to 12 oz. $3.99

- Armour Pepperoni
  - select varieties
  - 4 or 5 oz. $2.68

- Jimmy Dean Breakfast Snacking Scrambles, Morning Combos or Loaded Bites
  - select varieties
  - 3.27 to 5.35 oz. $2.69

- Smucker’s Uncrustables
  - select varieties
  - 4 pk. $2.99

- Jimmy Dean Breakfast Sandwiches
  - select varieties
  - 6.5 oz. $2/8.00

- Chobani Flip, Oat Drink, Creamers or Gimmies
  - select varieties
  - 4 or 6 pk., 24 or 52 fl. oz. $2/7.00

- Smithfield Ham Steak
  - select varieties
  - 8 oz. $2.69

- Morningstar Farms
  - select varieties
  - 6.2 oz. $2.88

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**HOW TO CHOOSE A PHARMACIST**

An effective pharmacist:
- Is knowledgeable about over-the-counter and prescription meds
- Clearly explains medicines and fields questions about them
- Is accessible and approachable
- Addresses your specific needs

Questions to ask your pharmacist:
- How and when to take meds (with foods, night or day)?
- What are possible side effects?
- Are there potential interactions with other prescriptions or OTC drugs?
- Are there certain foods or drinks to avoid?

An effective pharmacy:
- Offers a broad range of expertise (licensed, knowledgeable pharmacists; chronic disease management, immunizations)
- Is affordable and convenient (location, delivery, automatic refills, app available)
- Has access to your medical and immunization history

**WHAT HY-VEE OFFERS:**
- Licensed, knowledgeable, helpful pharmacists
- Immunizations and specialized services
- $4 generic drugs
- Automatic refills and delivery services
- App for tracking and managing meds

**PHARMACISTS ARE ONE OF THE MOST ACCESSIBLE HEALTH CARE PROFESSIONALS.**

**AT HY-VEE, WE ENCOURAGE OUR PHARMACISTS TO SPEND TIME WITH PATIENTS TO ANSWER QUESTIONS ABOUT MEDICATIONS, REVIEW IMMUNIZATIONS AND OFFER ADVICE ON OVER-THE-COUNTER MEDS.**

Angie Nelson
Hy-Vee Vice President, Pharmacy Operations

**GET THE GOODS**

Hy-Vee shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

**fridge & freezer**

- Johnsonville Flame Grilled Links; select varieties
  - 14 oz. $3.77

- Amour Pepperoni
  - Simply Steam select varieties
  - 2 to 10 oz. $3.88

- Smithfield Prime Fresh Lunchmeat
  - select varieties
  - 6 to 8 oz. $2.70

- Tortilla Land Tortillas
  - select varieties
  - 20 oz. $2.79

- Aidells Links
  - or Meatballs select varieties
  - 10 or 12 oz. $5.39

- Old Orchard Frozen 100% Apple or Apple Blends Juice
  - select varieties
  - 12 oz. $1.88

- Green Giant Simply Steam Snacking Small Plates or Bistro Bites
  - select varieties
  - 12 to 20 oz. $2.88

- Green Giant Morning Star Farms
  - select varieties
  - 5.25 to 12 oz. $3.99

- Armour Pepperoni
  - select varieties
  - 4 or 5 oz. $2.68

- Jimmy Dean Breakfast Snacking Scrambles, Morning Combos or Loaded Bites
  - select varieties
  - 3.27 to 5.35 oz. $2.69

- Smucker’s Uncrustables
  - select varieties
  - 4 pk. $2.99

- Jimmy Dean Breakfast Sandwiches
  - select varieties
  - 6.5 oz. $2/8.00

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  - select varieties
  - 4 or 6 pk., 24 or 52 fl. oz. $2/7.00

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Hy-Vee Vice President, Pharmacy Operations
rejuvenate your ROUTINE
SO MANY WAYS TO ADD FLAVOR TO YOUR DAY

GET A FLU SHOT

20¢ OFF PER GALLON

NO APPOINTMENT NECESSARY. PLEASE WEAR A MASK WHEN RECEIVING YOUR FLU SHOT.

FUEL SAVER OFFER AVAILABLE TO ALL FLU SHOT RECIPIENTS. SEE PHARMACY OR HY-VEE.COM FOR DETAILS. CERTAIN STATE, AGE, HEALTH-RELATED AND OTHER RESTRICTIONS MAY APPLY.