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Seasons

NEW YEAR
NACHOS

january
Prices good January 1-31, 2021

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TO GO



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*Where available

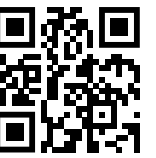


EXCLUSIVE JANUARY OFFERS

for **Hy-Vee Plus™** Premium Members

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hy-vee.com/plus



Hy-Vee PLUS

**with purchase of \$50
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Available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires January 31, 2021.



Hy-Vee PLUS

.79
**Hy-Vee Dozen
Large Eggs**

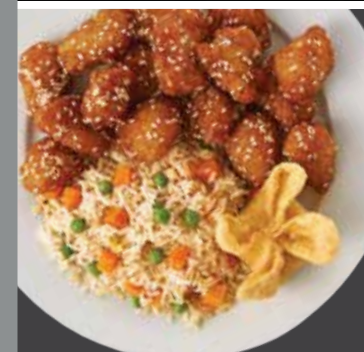
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Hy-Vee PLUS

FREE
**Hy-Vee Take
& Bake Pizza**
when you spend \$20

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Hy-Vee PLUS

\$15.99
Asian dinner for 4
4 pint entrée, 2 pints rice,
4 egg rolls, 4 crab Rangoon
4 fortune cookies

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Hy-Vee PLUS

15% OFF
**Any 6 Bottles
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See reverse side for **MORE** exclusive offers.



HyVee. PLUS

25% OFF
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HyVee. PLUS

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from our service case

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HyVee. PLUS

\$5.99
8pc. Chicken Bucket
crisp'n tender, herb-roasted,
spicy or strips

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HyVee. PLUS

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Produce
with purchase of \$10 or more


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HyVee. PLUS

10% OFF
Meat & Seafood
with purchase of \$10 or more
from our service case

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HyVee. PLUS

**with online
purchase of \$130**

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MEMBERSHIP HAS ITS PERKS. AND LOTS OF THEM.



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Earn **3¢ per gallon**
on every in-store or online
purchase*.
*some exclusions apply



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& OFFERS**
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offers just for you
every month.



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day or night, our Red Line
team is ready to take
your call or text.



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on Aisles Online orders
of \$30 or more.
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Get **FREE 2-hour**
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**PERSONAL
SHOPPER**
Get and give **real-time**
feedback as your online
order is shipped.

Visit hy-vee.com/plus to learn more.

JANUARY 2021

food



10 THE ULTIMATE GET FIT MEALS

Nutritious recipes and tips for a weekly meal plan.

20 CITRUS CRUSH

Explore the selection of citrus at Hy-Vee, then try these recipes.

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life



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health



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DONNA TWEETEN
EXECUTIVE VICE PRESIDENT,
CHIEF OF STAFF,
CHIEF MARKETING OFFICER

Make 2021 your best year yet with doable New Year's resolutions. Not sure how to start? Check out 21 achievable goals—and how Hy-Vee can help you meet them—on *page 72*.

If improving wellness is on your list, you probably know exercise and nutrition are key. So try our latest home workout routine, *page 106*, learn what a Hy-Vee dietitian says about assessing diet, *page 117*, and stock your pantry with Hy-Vee HealthMarket items, *page 102*.

While you're trying new habits, try our ultimate Get Fit Meals, *page 10*, or discover healthier ways to cook vegetables (steaming, *page 39*, and stir-frying, *page 56*). And don't forget to treat yourself to our guilt-free desserts, *page 64*. See? Best year ever!

FOLLOW US...



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

now trending

HY-VEE SHORT CUTS
Hy-Vee Short Cuts make healthy eating convenient—washed, cut and ready to eat or cook.



HY-VEE SHORT CUTS CANTALOUPE BERRY BLEND
Sliced cantaloupe with blueberries and strawberries.



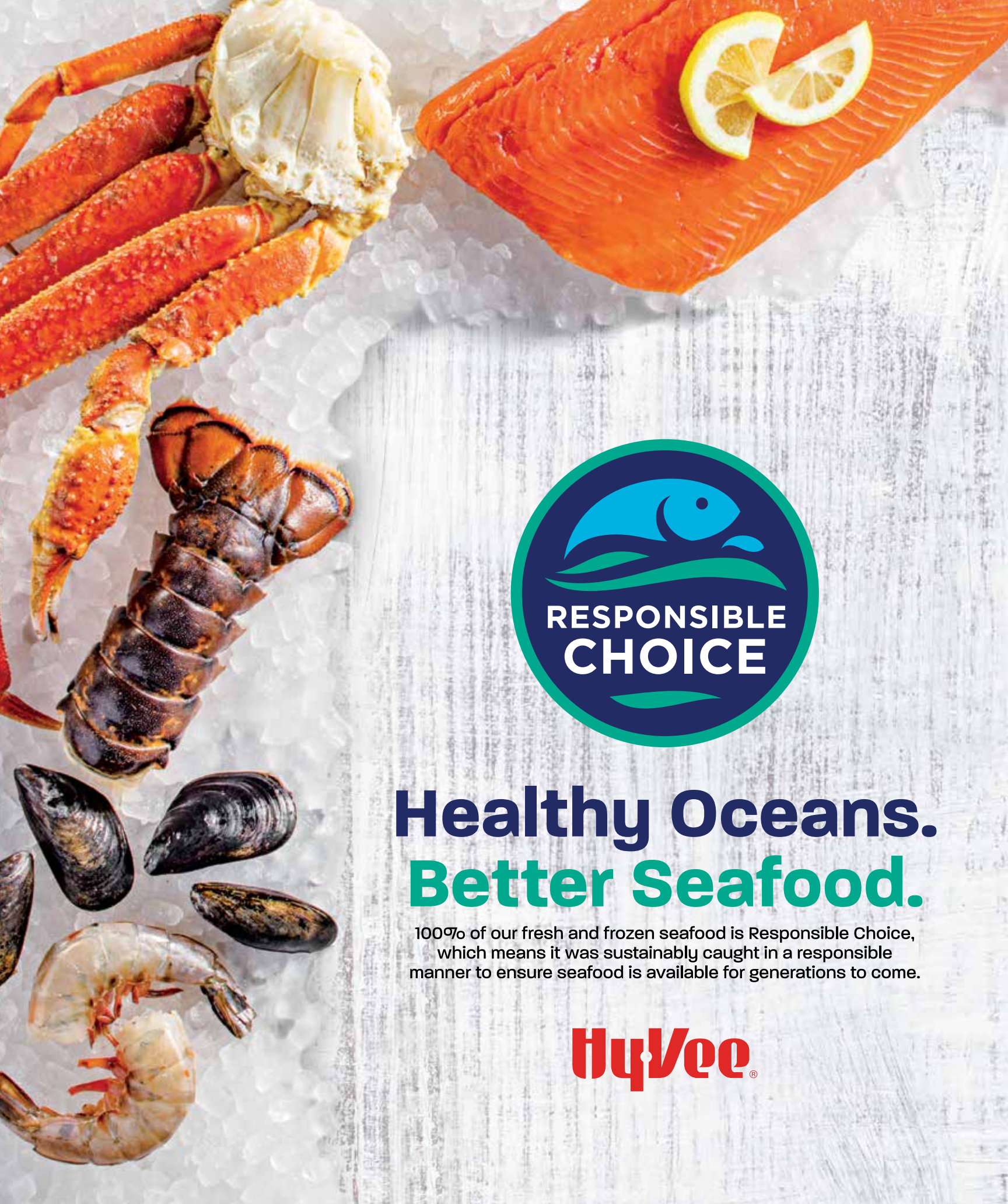
HY-VEE SHORT CUTS PEPPER STRIPS
A blend of sliced green, red, yellow and orange peppers.



HY-VEE SHORT CUTS KIWI
Freshly peeled and chopped kiwi ready to enjoy!



HY-VEE SHORT CUTS CELERY & CARROTS
Prewashed, precut celery and baby carrots.



Healthy Oceans.
Better Seafood.

100% of our fresh and frozen seafood is Responsible Choice, which means it was sustainably caught in a responsible manner to ensure seafood is available for generations to come.



SEAFOOD SALE



Not much is better than the fresh taste of Hy-Vee seafood. This month, find fresh and frozen favorites like salmon, crab and much more. Both fresh and frozen seafood from Hy-Vee is certified

Responsible Choice, meaning it was harvested in an ethical and responsible manner. Leave our store knowing you've purchased great seafood that you can feel good about.

NEW AT HY-VEE!

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

CHEESE OF THE MONTH Jarlsberg Cheese



At Hy-Vee this month, mild semisoft cheese with mellow, nutty flavor. Perfect alternative for those who enjoy Swiss on sandwiches or salads.

HEALTHMARKET Performance Inspired Apex PRE



These new, all-natural powders boost energy, focus, stamina and workout performance. Choose from Strawberry Kiwi or Blue Raspberry flavors.

WINE & SPIRITS Simply 35 Moscato



New this month: sweet, fruity Moscato with only 35 calories per 5-oz. serving. Flavors include peach, watermelon and strawberry.

CHARCUTERIE OF THE MONTH Sikorski Charcuterie Meats



Fill your next charcuterie board with flavorful and authentic Canadian meats from Sikorski, including garlic sausage, chorizo sausage and hunter sausage.

now
trending

HEALTHY FOOD PREP

GRAB THESE EASY-TO-USE KITCHEN GADGETS FROM HY-VEE TO MAKE MEAL PREP FAST AND (ALMOST) EFFORTLESS.



CHEFMAN MULTI-FUNCTIONAL AIR FRYER
Use this multi-functional appliance in five different modes: air fry, bake, reheat, dehydrate or rotisserie.



SIMPLY DONE MEAT THERMOMETER
Get accurate temperatures for cooked meats.



CUISINART TASTY FOOD PROCESSOR
Includes blade and reversible disc attachments to chop, grind, pulse, slice and shred.



SIMPLY DONE PEELER
Perfect for peeling skins off carrots, potatoes, sweet potatoes or fruit.



OXO 3-IN-1 AVOCADO SLICER
Save time (and your palm) with this multifaceted tool.



DASH RAPID EGG COOKER
Whip up eggs in minutes. Includes accessories for hard, soft or poached eggs and mini omelets.



OXO HANDHELD SPIRALIZER
Cut zucchini, cucumber and more into spiralized strings.



GEORGE FOREMAN GRILL
Quickly cook burgers, chicken and more while reducing fat.

VEGGIE WEDGIE
All it takes is one push to turn veggies into neatly sliced wedges.

brand highlight

HY-VEE HEALTHMARKET
Visit the Hy-Vee HealthMarket for all of your supplement needs. From vitamins and minerals to fish oil, the HealthMarket has plenty of options to help boost your health.



donut of the month

OLD FASHIONED
No frills, all flavor. Hy-Vee's Old Fashioned donuts are crispy and crunchy on the outside, but sweet and soft on the inside.

takes
the
cake

SWEATER WEATHER

Nothing says cozy more than a cable knit sweater or throw. This cake recreates that coziness by combining the best elements of a winter wonderland, including pine boughs and berries. Visit your local Hy-Vee or call for an appointment with a cake designer to order or brainstorm your own version of winter cozy.



Scan the
QR Code
To see more
cake ideas.



The top tier's snowy look is created with white nonpareils and sprinkles pressed onto the cake.



The bottom two layers are stacked onto a slice of tree trunk for a rustic appearance.



Two ropes of white fondant are twisted together to create the cable knitting.



Evergreen sprigs, pine cones and berries are added to each cake tier for a winter look.

Winter Cozy Cake
Tune into *hstv.com* to learn more about how Hy-Vee cake designers create a cake like this step by step.

CAKE this!
presented by **DECOPAC**

Watch and learn at **HSTV.com** today!



35
reasons to
see the glass
half-full.



With only 35 calories per serving, you can indulge in a glass (or two), guilt-free.

Exclusively at **HyVee**

IT'S NOT TOO GOOD
TO BE TRUE.
IT'S JUST TRUE.



Hy-Vee
true

And you can feel good about serving
Hy-Vee True™ Chicken because it's:

- Fed All-Vegetable Diet
- Raised With No Antibiotics Ever
- No Added Hormones or Steroids*
- All Natural**



*Federal regulations do not permit the use of hormones or steroids in poultry
**No artificial ingredients, minimally processed

Look for New Applewood Marinated Chicken Breasts

food

Hit refresh
in 2021 with
dietitian-
approved
recipes and
guilt-free
desserts.

- 10** THE ULTIMATE GET FIT MEALS
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the ultimate **get fit** meals

YOUR WEEK JUST GOT A LOT EASIER. THESE 5 BETTER-FOR-YOU DISHES ARE UNDER 500 CALORIES, WITH BALANCED MACRONUTRIENTS (PROTEIN, CARBS AND FATS)—ALL HY-VEE DIETITIAN-APPROVED.

Expert Talk

with Hy-Vee Dietitian Megan Callahan



Q. How do you define healthy eating?

A. Better-for-you eating looks different for everyone—imagine an individual who has a desk job versus a construction worker who also enjoys boxing as a hobby. Simply put, better-for-you eating is providing your body with a balanced diet to help you perform at your best—whatever that “best” may be.

Q. What is a balanced diet?

A. It's one that includes a balance of the three macronutrients: complex carbohydrates, lean proteins and good fats. Carbs provide glucose, which is converted to energy. Proteins promote muscle recovery and growth and provide a feeling of fullness to curb hunger pangs. Fats help absorb vitamins and minerals and promote cell growth as well as blood clotting.

Q. Why is this balance so important?

A. Each macro provides the body with different nutrients. The key to better-for-you eating or losing weight is to include all three in the right ratios, which ensures you get all the nutrients you need.

Q. What are the recommendations?

A. Current recommendations from the Institute of Medicine's Dietary Reference Intakes (DRI) suggest a diet with 10 to 35 percent calories from protein, 20 to 35 percent from fat and 45 to 65 percent from carbohydrates. I find consuming 45 percent carbs, 30 percent protein and 25 percent fat seems to be a sweet spot.

Q. What about vitamins and minerals?

A. Vitamins and minerals—also known as micronutrients—are required in small (“micro”) amounts in the body, yet each has a critical role that's essential in development, growth, disease prevention, energy production and more.

Q. Can you give general guidelines for different activity levels?

A. If you're involved in cardiovascular activities, such as running or swimming, consider taking in higher levels of carbs to give you adequate energy. Or if you're working on increasing muscle mass—weight lifting—you'll want to put more emphasis on protein levels to help repair tissues and speed up recovery. For specific questions, work with your local Hy-Vee dietitian to find your balance.



THE MACROS

Learn how macros can help your body function, and choose nutrient-dense foods recommended by a Hy-Vee dietitian.

CARBS

Carbs provide the body with fuel. Incorporate carbs that are also rich in fiber, which can help with weight loss by making you feel full longer. Think whole grains, legumes, fruits and fiber-rich vegetables, such as carrots, beets and broccoli

PROTEINS

Protein supplies amino acids, the building blocks for muscle that also support the brain, skin, hair and nervous system. Think LEAN! Include chicken, turkey, beef, fish and eggs as well as beans, lentils, soy and other plant-based options.

FATS

Fats provide energy as well as aid in proper cell function. Choose unsaturated fats, which help decrease risk for heart disease and are found in avocados, nuts, seeds, salmon and tuna.

MACRO MATH

Keep this in mind when monitoring macros:
1 gm protein = 4 kcal
1 gm carbs = 4 kcal
1 gm fat = 9 kcal

5 things your dietitian can do for you

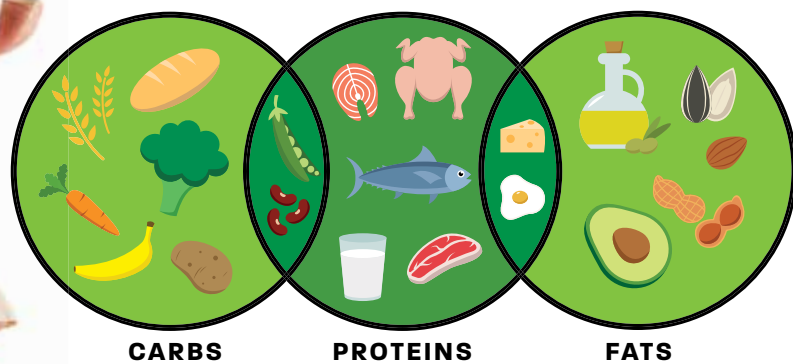
1. CONDUCT HEALTH SCREENINGS—To help you understand your current nutrition needs, Hy-Vee dietitians can do a biometric screening, explain your results and make an individualized plan to get you on the path to wellness.

2. PROVIDE 1-ON-1 NUTRITION COUNSELING—For an even deeper dive into your wellness options, talk to your Hy-Vee dietitian about a comprehensive nutrition assessment, complete dietary analysis and personalized meal plan.

3. ASSEMBLE TAKE-HOME MEALS/ HOLD COOKING CLASSES—Introducing you to new foods, demonstrating cooking techniques and being available for your questions are all in a day's work for Hy-Vee dietitians.

4. OFFER EDUCATION—Hy-Vee dietitians can shop with you—taking you on a virtual tour of the store—describe the impact of macro- and micronutrients, help you understand nutritional labels and more.

5. SHARE RESOURCES—Hy-Vee dietitians can arrange individualized recipe options and online resources—all to guide you to choices that will work for your preferences and lifestyle.



Pork Chop Veggie Dinner

Total Time 45 minutes
Serves 4

1 recipe Avocado-Orange Salsa, right
Hy-Vee nonstick cooking spray
4 (4-oz.) bone-in pork top loin chops,
½ in. thick

1 Tbsp. plus 2 tsp. Gustare Vita olive oil, divided
1½ tsp. each finely chopped fresh rosemary, thyme and sage

1½ tsp. orange zest
2 cloves garlic, minced
½ tsp. Hy-Vee salt, divided
½ tsp. Hy-Vee black pepper, divided
1 (1½-lb.) bag Hy-Vee Smart Bite Strawberry Reds Potatoes, halved
2 large yellow bell peppers, seeded and cut into ¼-in.-wide strips
1 lb. fresh French green beans, trimmed and cooked
Cilantro leaves, for garnish

1. PREPARE Avocado-Orange Salsa. Preheat oven to 425°F. Spray a rimmed baking pan with cooking spray. Pat

pork dry. Combine 1 Tbsp. oil, rosemary, thyme, sage, orange zest, garlic and ¼ tsp. each salt and black pepper; rub on chops and let stand at room temperature 30 minutes.

2. TOSS potatoes with 2 tsp. oil and ¼ tsp. each salt and black pepper. Add to prepared pan. Roast 20 minutes. Add bell peppers. Roast 15 minutes more or until potatoes are tender.

3. SPRAY a cast-iron skillet with cooking spray; heat over medium-high heat. Cook pork chops, two at a time, about 5 minutes or until done (145°F), turning

once halfway through. Serve with vegetables and Avocado-Orange Salsa. Garnish with cilantro, if desired.

AVOCADO-ORANGE SALSA: Combine 1 cup cut-up orange segments; ½ cup cubed ripe avocado; 2 Tbsp. each chopped fresh cilantro, jalapeño pepper and green onion; 1 tsp. orange zest and 1 Tbsp. orange juice. Season to taste.

Per serving: 430 calories, 17 g fat, 4 g saturated fat, 0 g trans fat, 60 mg cholesterol, 360 mg sodium, 48 g carbohydrates, 9 g fiber, 9 g sugar (0 g added sugar), 25 g protein. **Daily Values:** Vitamin D 6%, Calcium 10%, Iron 20%, Potassium 35%

MONDAY

lean energy

This dish is a dynamite dietitian favorite! It's full of flavor and nutrients to build lean muscle with all your macros.

- Having carbs, such as potatoes, in the evening may relax you for better sleep and prevent you from being overly hungry in the morning.

- Herbs, spices, citrus and healthy fats all hit your taste buds while you're absorbing nutrients from the vegetables.

—Anne Cundiff, RD, LD, FAND Hy-Vee Dietitian



430 calories

35% fat

23% protein

45% carbs

TUESDAY

feel-good bowl

An Asian-inspired ginger-lemongrass soup

that's both fresh and comforting on chilly days.

- It's packed with fiber-rich veggies to help keep you full and contains

vitamin C to help support a healthy immune system.

- Its flavors pop and it provides the same warm comfort as a basic soup.

- It's gluten-free, dairy-free and nut-free!

—Susan Coe, MPH, RD, LMNT Hy-Vee Dietitian



30 minutes or less

Lemon-grass Chicken-Veggie Soup

Total Time 30 minutes
Serves 4

3½ tsp. plus ¼ tsp. Gustare Vita olive oil
1 cup Hy-Vee Short Cuts chopped white onions
¾ cup Hy-Vee Short Cuts chopped green bell peppers
¼ cup finely chopped Italian parsley
4 cloves garlic, minced
2 Tbsp. grated fresh ginger
2 Tbsp. refrigerated lemongrass paste
6 cups Hy-Vee no-salt-added chicken broth
1 (6-oz.) boneless, skinless chicken breast
1 (12-oz.) pkg. Hy-Vee broccoli florets, trimmed and cut into bite-size pieces
1½ cups Hy-Vee frozen baby lima beans
1 (6-oz.) pkg. Hy-Vee snow peas, trimmed and halved
8 oz. Hy-Vee Short Cuts zucchini noodles
Radish slices, for garnish
Lemon wedges, for serving

1. HEAT oil in large pot over medium-high heat. Add onions and peppers; cook until softened. Add parsley, garlic, ginger and lemongrass paste. Cook 1 minute. Add broth and chicken breast. Bring to boiling; reduce heat. Simmer, covered, 10 minutes or until chicken is done (165°F). Remove chicken and shred into bite-size pieces.

2. ADD broccoli, lima beans and snow peas to pot. Bring to boiling. Cook 2 minutes. Return chicken to pot and add zucchini noodles; heat through. Garnish with radish slices, if desired. Serve with lemon wedges.

Per serving: 270 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 30 mg cholesterol, 440 mg sodium, 31 g carbohydrates, 8 g fiber, 7 g sugar (0 g added sugar), 21 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 15%

270 calories
20% fat
31% protein
46% carbs

Vegan Garbanzo Bean Salad

Total Time 1 hour 20 minutes
Serves 4

1 (15.5-oz.) can Hy-Vee no-salt-added garbanzo beans (chickpeas), rinsed and drained
1 recipe Pickled Vegetables, right
1 recipe Coconut Milk Ranch Dressing, right
1½ Tbsp. Gustare Vita olive oil

2 tsp. Hy-Vee garlic powder
2 tsp. Hy-Vee paprika
2 tsp. Hy-Vee chili powder
1 tsp. Hy-Vee ground cumin
½ tsp. Hy-Vee salt
2 cups arugula
1 cup cooked farro
1 red bell pepper, seeded and cut into strips
1 large cucumber, sliced

1. SPREAD garbanzo beans on paper towel; let dry 30 minutes. Prepare Pickled Vegetables and Coconut Milk Ranch Dressing; cover and refrigerate.

2. PREHEAT air fryer to 400°F. Toss garbanzo beans with olive oil, garlic powder, paprika, chili powder, cumin and salt. Air-fry in small batches 8 to 10 minutes or until brown and crispy.

3. ARRANGE rows of arugula, farro, bell pepper, cucumber, garbanzo beans and Pickled Vegetables on dinner plates. Serve with Coconut Milk Ranch Dressing.

PICKLED VEGETABLES: Combine ¼ cup seasoned rice vinegar, ¼ cup water and ¼ tsp. grated fresh ginger. Bring to boiling; add ½ thinly sliced red onion and 1 thinly sliced jalapeño pepper. Remove from heat and cool.

COCONUT MILK RANCH DRESSING: Combine ½ cup canned Hy-Vee light coconut milk; 1 Tbsp. each vegan mayonnaise, Pickled Vegetables juice and finely chopped cilantro; and ¼ tsp. each Hy-Vee garlic powder and sea salt. Sprinkle with Hy-Vee black pepper and crushed red pepper.

Per serving: 300 calories, 11 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 330 mg sodium, 40 g carbohydrates, 17 g fiber, 4 g sugar (0 g added sugar), 9 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 10%

WEDNESDAY

colorful crunch

Dark leafy greens and veggies within different color groups provide a variety of vitamins and minerals.

- Air-fried garbanzo beans provide satisfying crunch and are loaded with protein and fiber to help keep you full longer.

- Farro contains fiber, iron, protein and magnesium. Iron is a mineral your body needs for growth and development!

—Melissa Jaeger, RD, LD, Hy-Vee Dietitian



300 calories
33% fat
12% protein
53% carbs

Macro Tastiness

Creating colorful, restaurant-quality salads can be easier than you think. Find out how!

Hy-Vee
Seasons



Watch and learn
at [HSTV.com](https://www.hstv.com) today!

Steak Salad

with Green Goddess Dressing

- Hands On** 30 minutes
Total Time 35 minutes
Serves 4
- 1 recipe Green Goddess Dressing, right**
3 oz. Hy-Vee Bakery garlic sourdough bread, cut into cubes
1 (8-oz.) pkg. frozen shelled edamame
½ cup dry white quinoa
4 oz. flank steak, trimmed
½ tsp. kosher salt
½ tsp. Hy-Vee black pepper
½ tsp. chipotle chili powder
1 tsp. Hy-Vee Gustare Vita olive oil
1 (5-oz.) container organic half & half baby spinach and spring mix
3 cups shredded Brussels sprouts

- 1. PREHEAT** oven to 400°F. Prepare Green Goddess Dressing; cover and refrigerate. Spread bread cubes in single layer on a sheet pan. Bake 10 minutes or until toasted, turning halfway through. Cool.
- 2. COOK** edamame and quinoa according to package directions; set aside. Pat steak dry. Combine salt, pepper and chipotle powder.

Rub all over steak. Heat oil in cast-iron skillet over medium-high heat. Cook steak 10 to 12 minutes or until medium-rare (130°F) turning halfway through. Transfer to a cutting board and let rest 5 minutes. Cut steak diagonally across the grain into thin slices.

3. TO SERVE, toss together greens, Brussels sprouts, edamame and quinoa; divide among serving plates. Add steak, croutons and Green Goddess Dressing.

GREEN GODDESS DRESSING: Combine ½ cup Hy-Vee plain Greek yogurt; ¼ cup lightly packed fresh herbs (Italian parsley, dill and/or basil); 2 Tbsp. sliced green onions; 1 clove garlic; ¼ tsp. Hy-Vee salt; and Hy-Vee black pepper to taste in food processor. Cover and process until smooth.

Per serving: 310 calories, 9 g fat, 1.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 290 mg sodium, 36 g carbohydrates, 13 g fiber, 6 g sugar (0 g added sugar), 24 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 35%, Potassium 20%

THURSDAY

clean 'n' green

This salad is packed with superfoods to help your body feel its best.

- Edamame adds protein and carbs without raising your blood sugar.
 - This yogurt-based dressing is nutrient dense to keep you full, while the garlic will give your immune system a boost.
 - Flank steak adds a protein punch and optimizes athletic performance by fueling up the muscles before and after a workout.
- Ashley Danielson, RDN, LD Hy-Vee Dietitian



310 calories
26% fat
31% protein
46% carbs

30 minutes or less

Sautéed Cod with Broccolini and Green Rice

- Hands On** 15 minutes
Total Time 30 minutes
Serves 4

- 2½ cups unsalted vegetable stock, divided**
2 cups tightly packed fresh spinach leaves
½ cup tightly packed fresh cilantro sprigs
2 Tbsp. Gustare Vita garlic-flavored olive oil, divided
¼ cup finely chopped white onion
1 cup dry long grain white rice
2 Tbsp. toasted pine nuts
4 (4- to 6-oz.) cod fillets
Several dashes cayenne pepper
2 (8-oz.) bunches broccolini, trimmed
Lemon wedges, for serving

1. PLACE 2 cups stock, spinach and cilantro in blender. Cover; blend until smooth. Heat ½ Tbsp. oil in saucepan over medium-high heat. Add onion; cook until softened. Add blended mixture and rice. Bring to boiling; reduce heat. Simmer, covered, 15 to 20 minutes or until liquid is absorbed. Stir in pine nuts.

2. PAT fish dry. Sprinkle cayenne pepper on fish. Heat remaining 1½ Tbsp. oil in nonstick skillet over medium-high heat. Sauté fish 5 to 10 minutes or until opaque (145°F), turning once. Set fish aside. Wipe skillet clean; add remaining ½ cup stock and broccolini. Bring to boiling; reduce heat. Cook 3 to 5 minutes or until crisp-tender. Serve fish and broccolini with rice. Serve with lemon wedges.

Per serving: 360 calories, 11 g fat, 1.5 g saturated fat, 0 g trans fat, 55 mg cholesterol, 420 mg sodium, 43 g carbohydrates, 4 g fiber, 2 g sugar (0 g added sugar), 26 g protein. **Daily Values:** Vitamin D 6%, Calcium 8%, Iron 20%, Potassium 15%

FRIDAY

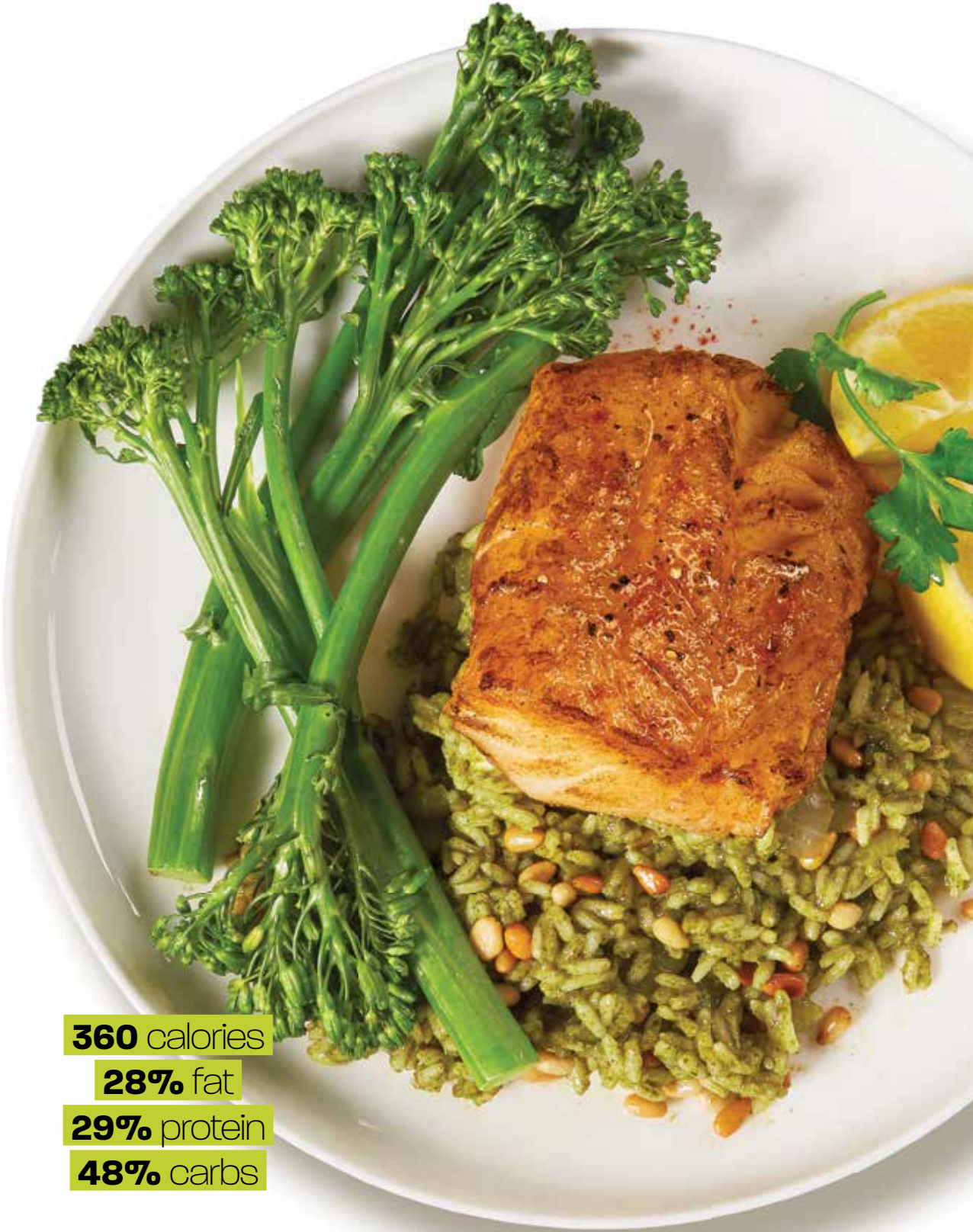
fresh catch

Cod is a great lean protein source, as are halibut and salmon.

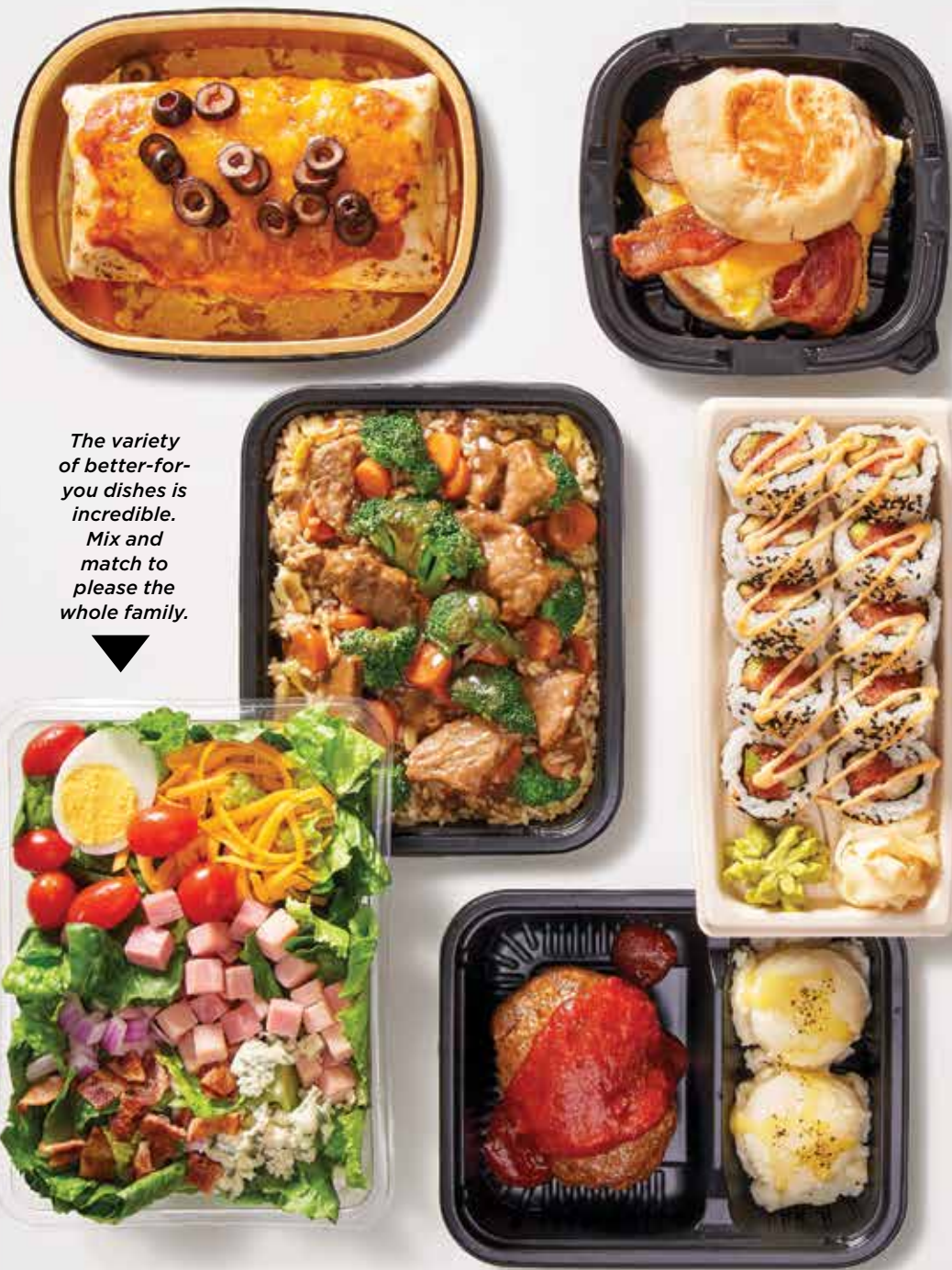
• Fresh cilantro, lemon and cayenne pepper all provide clean flavors without adding extra sodium.

• Eat the rainbow. Eating across and within each color group every day gets you the variety of nutrition you need.

• This follows MyPlate guidelines—half the plate has veggies.
—Jena DeMoss RD, LD, Hy-Vee Dietitian



360 calories
28% fat
29% protein
48% carbs



The variety of better-for-you dishes is incredible. Mix and match to please the whole family.

Mealtime in Real Time

The Program

Pick up your favorite better-for-you prepared foods and take-and-bake meals curbside in as little as 30 minutes (or choose a time that fits your schedule).

How to Order

So simple! Order online at hy-vee.com/mealtime

Pickup or Delivery

For quick and safe curbside pickup, call the phone number provided in your confirmation email when you arrive, and an employee will bring your order directly to your vehicle. Or order delivery where available.



Scan QR Code
To see menu options and place an order for pickup or delivery.

6 dinners under 600 calories

SKIP UNHEALTHY TAKEOUT AND REWARD YOURSELF WITH DELICIOUS BETTER-FOR-YOU ALTERNATIVES AVAILABLE AT HY-VEE. SEE A FULL LISTING AT [HY-VEE.ORDER.ONLINE](https://hy-vee.com/orderonline)

1. CHICKEN ENCHILADAS

Warm, melty, zesty dinner for one or two, only 380 calories each.

2. MORNING MUFFIN

Breakfast classic with melty cheese, an egg and your choice of meat, just 440 to 570 calories per serving.

3. BEEF WITH BROCCOLI

Amazing Asian fare; 580 calories per pint.

4. SPICY TUNA ROLL

Tuna with creamy avocado, crunchy cucumber and spicy sauce, just 490 calories for 10 pieces.

5. DI LUSSO COBB SALAD

Romaine lettuce with juicy tomatoes, ham, turkey, bacon and Cheddar cheese is 70-220 calories per serving.

6. MEATLOAF DINNER

Homemade meatloaf and creamy, buttery potatoes, just 580 calories per serving.

Customize an order to meet your health goals. Don't forget Hy-Vee offers family-size dinners and starters, kids' menu items, sides and desserts.

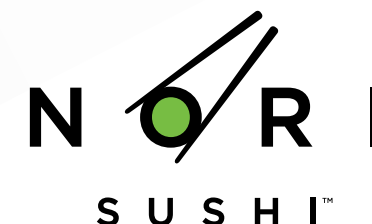


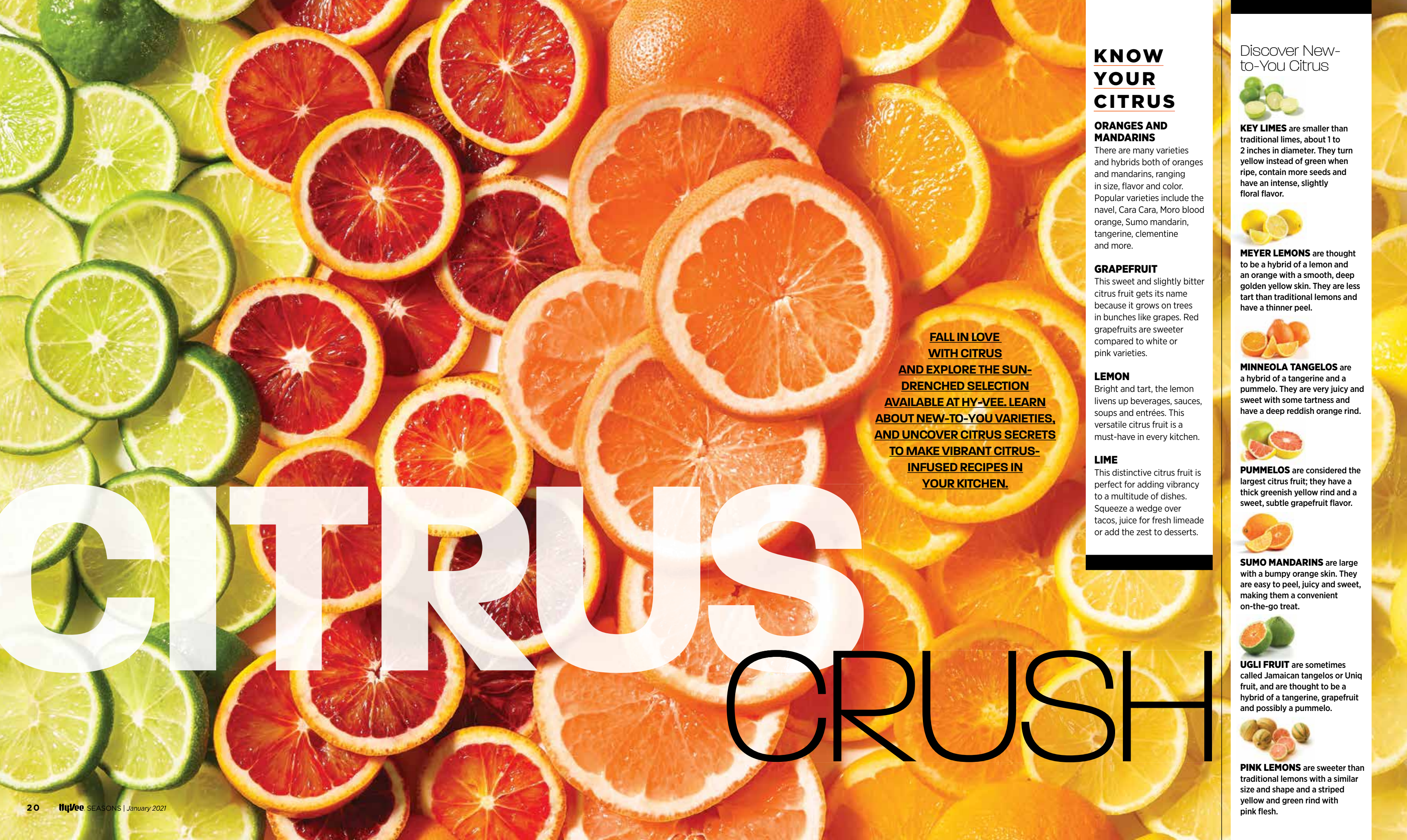
Cheers to a fresh New Year!

Pick up in-store or order through hy-vee.com/mealtime for curbside pickup or delivery.*

*delivery where available

EXCLUSIVELY AT **HyVee**





CITRUS CRUSH

KNOW YOUR CITRUS

ORANGES AND MANDARINS

There are many varieties and hybrids both of oranges and mandarins, ranging in size, flavor and color. Popular varieties include the navel, Cara Cara, Moro blood orange, Sumo mandarin, tangerine, clementine and more.

GRAPEFRUIT

This sweet and slightly bitter citrus fruit gets its name because it grows on trees in bunches like grapes. Red grapefruits are sweeter compared to white or pink varieties.

LEMON

Bright and tart, the lemon livens up beverages, sauces, soups and entrées. This versatile citrus fruit is a must-have in every kitchen.

LIME

This distinctive citrus fruit is perfect for adding vibrancy to a multitude of dishes. Squeeze a wedge over tacos, juice for fresh limeade or add the zest to desserts.

**FALL IN LOVE
WITH CITRUS
AND EXPLORE THE SUN-
DRENCHED SELECTION
AVAILABLE AT HY-VEE. LEARN
ABOUT NEW-TO-YOU VARIETIES,
AND UNCOVER CITRUS SECRETS
TO MAKE VIBRANT CITRUS-
INFUSED RECIPES IN
YOUR KITCHEN.**

Discover New-
to-You Citrus



KEY LIMES are smaller than traditional limes, about 1 to 2 inches in diameter. They turn yellow instead of green when ripe, contain more seeds and have an intense, slightly floral flavor.



MEYER LEMONS are thought to be a hybrid of a lemon and an orange with a smooth, deep golden yellow skin. They are less tart than traditional lemons and have a thinner peel.



MINNEOLA TANGELOS are a hybrid of a tangerine and a pummelo. They are very juicy and sweet with some tartness and have a deep reddish orange rind.



PUMMELOS are considered the largest citrus fruit; they have a thick greenish yellow rind and a sweet, subtle grapefruit flavor.



SUMO MANDARINS are large with a bumpy orange skin. They are easy to peel, juicy and sweet, making them a convenient on-the-go treat.



UGLI FRUIT are sometimes called Jamaican tangelos or Uni fruit, and are thought to be a hybrid of a tangerine, grapefruit and possibly a pummelo.



PINK LEMONS are sweeter than traditional lemons with a similar size and shape and a striped yellow and green rind with pink flesh.

Roasted Citrus

Verlasso Salmon

Hands On 17 minutes
Total Time 52 minutes plus marinating time
Serves 4

- 2 tsp. lemon zest
- ¼ cup fresh lemon juice
- 3 Tbsp. fresh navel orange juice
- 2 Tbsp. Hy-Vee honey
- 2 tsp. chopped fresh dill, plus additional sprigs for garnish
- 2 tsp. Hy-Vee stone-ground Dijon mustard
- ¼ tsp. Hy-Vee salt
- ¼ tsp. Hy-Vee black pepper
- ¼ cup Gustare Vita garlic-flavored olive oil
- 1 (1½-lb.) Verlasso salmon fillet
- 1 lemon, sliced; plus additional for garnish
- ½ navel orange, sliced; plus additional for garnish
- ½ Cara Cara orange, sliced; plus additional for garnish
- ½ lime, sliced; plus additional for garnish

1. PREHEAT oven to 425°F. Line a baking sheet with parchment paper; set aside. Whisk together lemon zest and juice, orange juice, honey, dill, mustard, salt and pepper. Add oil, whisking continuously. Reserve half of marinade. Place salmon, skin side down, in a shallow dish. Add remaining marinade. Turn salmon over, skin side up; cover and refrigerate for 25 minutes.

2. ARRANGE citrus slices on prepared baking sheet. Remove salmon from marinade; discard marinade. Place salmon, skin side down, on citrus slices. Roast 4 to 6 minutes per half-inch thickness, or until salmon flakes easily with a fork (145°F).

3. MEANWHILE, place reserved marinade in a small saucepan. Bring to boiling; reduce heat. Simmer, uncovered, for 3 to 5 minutes, or until sauce is glaze consistency. Separate glaze into two bowls. Brush salmon with one portion of glaze halfway through roasting.

4. REMOVE salmon from oven; brush with remaining portion of



glaze, using a clean brush. Garnish with additional citrus slices and dill sprigs, if desired.

Per serving: 520 calories, 37 g fat, 7 g saturated fat, 0 g trans fat, 95 mg cholesterol, 310 mg sodium, 11 g carbohydrates, 0 g fiber, 10 g sugar (9 g added sugar), 35 g protein. Daily Values: Vitamin D 100%, Calcium 2%, Iron 6%, Potassium 15%



CITRUS SECRET IT'S ALL ABOUT THE ZEST

Citrus zest comes from the colorful outer layer of the fruit and contains oils that provide intense flavor. Avoid the bitter white layer directly beneath the rind.



Grapefruit Poppy Seed Muffins

Hands On 1 hour
Total Time 1 hour 50 minutes plus drying time
Serves 12

- 1 recipe Candied Grapefruit Zest, right
- Hy-Vee nonstick cooking spray
- 2 cups Hy-Vee all-purpose flour
- 2 tsp. Hy-Vee baking powder
- ½ tsp. Hy-Vee baking soda
- ½ tsp. Hy-Vee salt
- ¼ tsp. Hy-Vee ground cinnamon
- 2 Hy-Vee large eggs
- ¾ cup Hy-Vee granulated sugar
- ⅔ cup Hy-Vee sour cream
- ½ cup Hy-Vee canola oil
- 1½ Tbsp. grapefruit zest

- ¼ cup fresh grapefruit juice
- 1 tsp. Hy-Vee vanilla extract
- 1 Tbsp. poppy seeds
- 1 recipe Grapefruit Icing, right

1. PREPARE Candied Grapefruit Zest; set aside. Preheat oven to 350°F. Spray muffin pan (2¾-in. cups) with nonstick spray. Combine flour, baking powder, baking soda, salt and cinnamon.

2. WHISK together eggs, sugar, sour cream, oil, grapefruit zest and juice, and vanilla. Pour egg mixture into flour mixture and stir until just combined. Fold in poppy seeds and ½ cup chopped Candied Grapefruit Zest. Spoon batter into muffin cups; fill each three-fourths full.

3. BAKE for 20 minutes or until tops are golden brown and a wooden toothpick inserted in centers comes out clean. Remove muffins from pan. Cool on a wire rack 10 minutes. Prepare Grapefruit Icing; spread on cooled muffins. Top with additional Candied Grapefruit Zest. Store in an airtight container up to 3 days.

CANDIED GRAPEFRUIT ZEST: Bring a 2-qt. saucepan of water to boiling. Simmer 1-in. zest strips from 2 large grapefruits (pith removed) for 10 minutes; drain. Heat ½ cup water and ⅔ cup Hy-Vee granulated sugar in same saucepan until sugar is dissolved. Add zest strips. Bring

to boiling; reduce heat. Simmer, uncovered, 10 to 12 minutes, or until zest is translucent. Transfer zest strips to a wire rack and cool 10 minutes. Cut zest into desired size and toss with additional granulated sugar to coat. Let dry on wire rack at least 6 hours.

GRAPEFRUIT ICING: Combine 1½ cups Hy-Vee powdered sugar, 1 tsp. grapefruit juice and dash salt in a medium bowl.

Per serving: 360 calories, 13 g fat, 3 g saturated fat, 0 g trans fat, 40 mg cholesterol, 250 mg sodium, 58 g carbohydrates, 1 g fiber, 40 g sugar (39 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 2%



CITRUS SECRET I WANT CANDIED CITRUS

Candying citrus peels is a great way to use the entire fruit and add another layer of vibrant citrus flavor. Boiling the rind or peels in water before candying helps remove bitterness.





Turn to pages 27 and 28 for tips on selecting the best oranges.



CITRUS SECRET HOW TO SEGMENT CITRUS

Cut off the ends and trim the peel and white part of rind away from the fruit with a knife. Cut just inside the membranes at a slight angle toward the center of the fruit, freeing each section.

Triple-Orange Salad

For vinaigrette, whisk together 2 tsp. fresh orange juice, 2 tsp. fresh lemon juice, 1 tsp. Hy-Vee honey mustard, 1 tsp. Hy-Vee honey, ½ tsp. chopped fresh thyme, ¼ tsp. Hy-Vee salt and ¼ tsp. Hy-Vee black pepper until combined. Add 2 Tbsp. Gustare Vita olive oil, whisking continuously. Toss 1 (5-oz.) bag Hy-Vee spring mix with half of vinaigrette in a large bowl. Arrange 1 navel orange, sectioned; 1 Cara Cara orange, sectioned; 1 blood orange, sectioned; ½ cup shaved aged Gouda cheese and 3 Tbsp. chopped pistachios on spring mix. Serve with additional vinaigrette. Garnish with fresh thyme leaves, if desired. Serves 6.

Creamy Lime Cûrd Cups

Hands On 45 minutes

Total Time 55 minutes plus chilling time

Serves 8

½ cup Hy-Vee salted butter

1 cup Hy-Vee granulated sugar

4 Hy-Vee large eggs

¾ cup fresh lime juice

1 Tbsp. lime zest

¾ cup Hy-Vee

heavy whipping cream

½ cup mascarpone cheese

2 Tbsp. Hy-Vee powdered sugar

½ tsp. Hy-Vee vanilla extract

Lime slices, for garnish

1. MELT butter in a 2 qt. saucepan over medium-low heat. Remove from heat; let cool for 10 minutes. Whisk sugar into butter. Whisk in eggs, one at a time, combining well after each addition. Whisk in lime

juice. Cook and stir on medium-low heat for 8 to 12 minutes or until curd coats the back of a spoon. Strain through a fine-mesh strainer into a bowl. Stir in zest; cool for 10 minutes. Gently press plastic wrap on curd. Refrigerate at least 2 hours before serving.

2. BEAT cream, mascarpone, powdered sugar and vanilla with electric mixer on medium until soft peaks form (tips curl). Divide lime curd and mascarpone cream evenly among 8 (4-oz.) glasses. Garnish with lime slices, if desired.

Per serving:
390 calories, 28 g fat,
17 g saturated fat, 1 g trans
fat, 170 mg cholesterol,
140 mg sodium,
30 g carbohydrates,
0 g fiber, 28 g sugar
(27 g added sugar),
5 g protein. **Daily Values:**
Vitamin D 6%, Calcium 4%,
Iron 6%, Potassium 2%



CITRUS SECRET HOW TO JUICE CITRUS

Warm citrus to room temperature and roll on the countertop with moderate pressure. Slice fruit in half. Squeeze to extract the juice by hand or with a citrus juicer. Use a fine mesh strainer to catch seeds, if needed.



GROW IT YOURSELF! CITRUS TREES AT HY-VEE

Bring home a citrus tree from the Hy-Vee Floral Department for homegrown lemons and limes—it's easier than you think!





Healthy
Choice

HEALTHY, TASTY, RESOLUTION-FRIENDLY

START THE NEW YEAR RIGHT WITH HEALTHY CHOICE®



GOURMET
FLAVORS.

QUALITY
INGREDIENTS.

FRESHNESS
YOU CAN SEE AND TASTE.

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101

ORANGES

Oranges are in season! Learn about some juicy varieties and how to buy, store and prep these sunny citrus favorites.

Not only are oranges bursting with flavor, they are a rich source of vitamin C. The human body can't make vitamin C, so it's essential to get adequate amounts from our diet. Vitamin C helps heal wounds by supporting collagen production. It also improves iron absorption from plant foods such as beans, spinach and nuts.

BUY The best oranges will be firm with a smooth rind. Avoid selecting oranges with soft spots or rough and uneven skin.

STORE Refrigerate oranges for up to two weeks. Oranges can also be kept at room temperature but should be eaten within 4 to 5 days.

PREP Peel the rind away from the fruit by hand or with a knife. For easier peeling, roll the orange on a hard surface to help the rind separate from the fruit. This also helps release the orange's juice.

MANY CITRUS FRUITS ARE RIPE, JUICY AND READY FOR HARVEST IN THE COLDER MONTHS. **TURN TO CITRUS CRUSH, STARTING ON PAGE 20, AND READ ABOUT MORE IN-SEASON CITRUS.**

KNOW YOUR ORANGES



Navel

Seedless with a sweet and juicy flesh. They have a thicker rind, making peeling and zesting easier.



Cara Cara

Light ruby interior and tangy, sweet flavor.



Moro Blood Orange

Striking deep crimson fruit with subtle berry notes, perfect for showcasing in salads.

Sources: ods.od.nih.gov/factsheets/VitaminC-Consumer
hsph.harvard.edu/nutritionsource/iron/

HyVee SEASONS | hy-vee.com

Orange Cream Shake

Total Time 10 minutes
Serves 1

½ cup fresh navel orange juice,
about 2 oranges
1½ cups Hy-Vee We All Scream!
light vanilla-flavored ice cream
1 tsp. Hy-Vee vanilla extract
1 drop Hy-Vee red food coloring,
optional
3 drops Hy-Vee yellow food
coloring, optional
Hy-Vee aerosol whipped cream,
for garnish
Orange slice, for garnish
Orange peel strip, for garnish
Hy-Vee maraschino cherry with
stem, for garnish

1. COMBINE orange juice, ice cream
and vanilla in a blender. Cover and
blend until smooth. Pour about
one-third of the shake into a small
bowl; set aside. Blend remaining
shake with food coloring, if desired.
Pour into a 12-oz. glass and top
with reserved shake. Garnish with
whipped cream, orange slice,
orange peel strip and maraschino
cherry, if desired.

Per serving: 400 calories, 11 g fat,
7 g saturated fat, 0 g trans fat,
55 mg cholesterol, 250 mg sodium,
69 g carbohydrates, 0 g fiber, 53 g sugar
(27 g added sugar), 8 g protein.
Daily Values: Vitamin D 0%, Calcium 25%,
Iron 6%, Potassium 15%



pro tip: RIPE & READY

“Like selecting a watermelon,
choose oranges that are heavy
for their size. This helps ensure they
will be juicy. Oranges do not ripen
once they are picked, so storing
oranges in the refrigerator does not
affect flavor or ripeness, like other
fruits. It only extends their shelf life.”

—Dillon Maple
Hy-Vee Produce Manager,
West Des Moines, Iowa



A REFRESHING
FROSTY TREAT
READY IN ONLY
10 MINUTES!

NEW YEAR. NEW YOU.



All the ingredients you need for a healthful start this year.



5 HY-VEE CHEFS TAKE ON THE



CHALLENGE

FROM PEPPERY RUBS TO ZIPPY SAUCES, HY-VEE CHEFS HAVE TURNED A FEW HEADS BY TAKING CAULIFLOWER OUT OF THE WINGS AND ONTO CENTER STAGE.

Justin Wacker

Hy-Vee Chef
Omaha, Nebraska



Sara Fitzpatrick

Hy-Vee Chef
Peru, Illinois



Daniel Patterson

Hy-Vee Chef
Lee's Summit, Missouri



Alex Strauss

Hy-Vee Chef
West Des Moines, Iowa



How to make cauliflower the star of the meal.

These chefs from Hy-Vee recognize cauliflower's mild flavor makes it a blank canvas for warm spices and bright, vibrant ingredients like jalapeños and lime. Adding the right cooking technique makes it center-of-the-plate ready.

STEAKS & BURGERS

Correct heat and sauté time creates a good char, crispy edges and concentrated flavor for burgers or steaks.

FLORETS

Add a nice flavor kick to nachos and tacos by seasoning and oven-roasting florets for a great meat substitute.

RICE

For quick family-pleasing meals, use versatile cauliflower rice in Tex-Mex favorites that are slightly more healthful.

Keith Walsh

Hy-Vee Chef
Papillion, Nebraska





JUSTIN WACKER
HY-VEE CHEF OMAHA, NEBRASKA

HOMETOWN:
Davey, Nebraska

CULINARY BACKGROUND:
Graduate of Southeast Community College Culinary School; opened four restaurants before joining Hy-Vee 7 years ago.

COOKING PHILOSOPHY: need to develop, teach, coach and inspire.

Chefs and cooks are teachers. Years ago, culinarians needed to keep their trade secrets to themselves. As I grew up in the industry, I realized I had to change my way of thinking. Industry professionals

FAVORITE FOOD:
Homemade pizza!

BEST COOKING TIP:
KISS—Keep It Silly Simple. Use quality ingredients and let the ingredients shine.



Achiote
Cauliflower
Tacos

Hands On 45 minutes
Total Time 45 minutes
plus marinating time
Serves 4 (3 tacos each)
1 recipe Achiote marinade, right
2 (1½- to 1¾-lb.) heads cauliflower
6 fresh pineapple rings, ½ in. thick

1 Tbsp. Hy-Vee canola oil
¾ cup fresh tropical pico de gallo
12 (6-in.) yellow corn tortillas
Desired toppers (shredded purple cabbage, avocado slices and/or crumbled Cotija cheese)
Fresh cilantro, for garnish
Lime wedges, for serving

1. PREPARE Achiote marinade. Separate florets from cauliflower head; halve large pieces. Place in large resealable plastic bag. Add marinade, seal bag and toss to coat. Marinate for 1 hour.

2. PREHEAT grill for indirect cooking over medium-high heat (400°F). Add cauliflower to grill basket; grill 25 minutes or until tender. Brush pineapple with oil. Grill 6 minutes or until lightly charred, turning once. Cut into chunks and combine with pico de gallo. Grill tortillas 30 to 60 seconds or until lightly charred. Stack tortillas and wrap in towel. Divide cauliflower among tortillas. Add pico mixture, cabbage, avocado and Cotija cheese. Garnish with cilantro, if desired. Serve with lime wedges.

ACHIOTE MARINADE: Whisk together 2 tsp. each Hy-Vee paprika and Guajillo chili powder; 1¼ tsp. each Hy-Vee garlic powder, Hy-Vee ground oregano and Hy-Vee ground cumin; and 1 tsp. each kosher salt and Hy-Vee black pepper. Add 3½ tsp. Hy-Vee white vinegar and 1 Tbsp. each pineapple juice and water.

Per serving: 280 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 520 mg sodium, 61 g carbohydrates, 13 g fiber, 22 g sugar (0 g added sugar), 6 g protein.
Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 10%

Cauliflower Rice Burrito Bowls

Total Time 30 minutes
Serves 4

1 recipe Avocado Crema, right
1 (1½-lb.) head cauliflower
1 Tbsp. Gustare Vita olive oil
½ cup chopped red onions
½ cup chopped red bell peppers
2 cups Hy-Vee frozen cut golden corn

30
minutes
or less

½ (1.25-oz.) pkg. Hy-Vee 25%-less-sodium taco seasoning mix
1 (15-oz.) can Hy-Vee no-salt-added black beans, rinsed and drained
Desired toppings: Grated Cotija cheese, Hy-Vee Santa Fe style tortilla strips, cherry tomato halves, avocado slices and/or fresh cilantro

1. PREPARE Avocado Crema; cover and refrigerate. To rice cauliflower, remove leaves. Chop cauliflower into large pieces. Place in a food processor or blender and pulse in batches until ricelike texture; set aside.

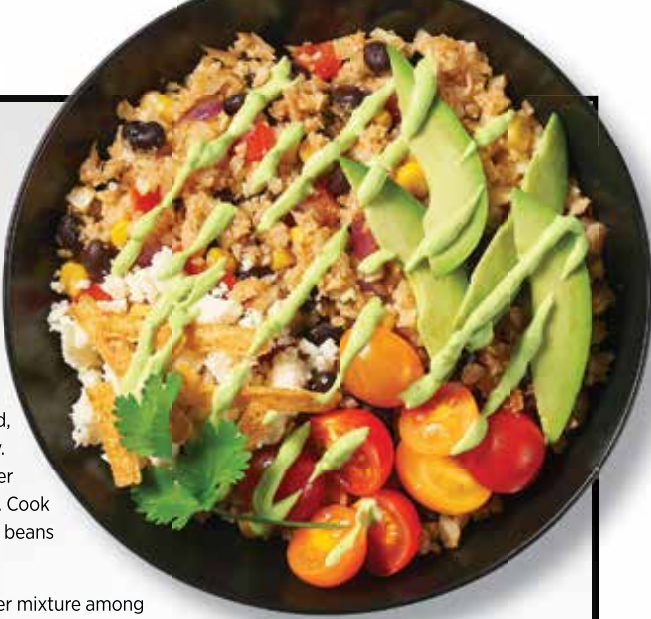
2. HEAT oil in skillet over medium-high heat. Cook onions and peppers in hot oil until softened. Add corn; cook 3 to 5 minutes, or until slightly charred, stirring occasionally. Add riced cauliflower and taco seasoning. Cook 3 to 4 minutes. Add beans and heat through.

3. DIVIDE cauliflower mixture among four serving bowls. Add desired toppings and drizzle with Avocado Crema.

AVOCADO CREMA: Combine ¼ cup Hy-Vee guacamole, 2 Tbsp. Hy-Vee sour cream, 2 Tbsp. Hy-Vee mayonnaise and 1½ tsp. fresh lime juice. Place in

a resealable plastic bag and snip one corner for piping.

Per serving without toppings: 360 calories, 14 g fat, 3 g saturated fat, 0 g trans fat, 10 mg cholesterol, 530 mg sodium, 48 g carbohydrates, 7 g fiber, 10 g sugar (0 g added sugar), 12 g protein.
Daily Values: Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 15%



SARA FITZPATRICK
HY-VEE CHEF
PERU, ILLINOIS

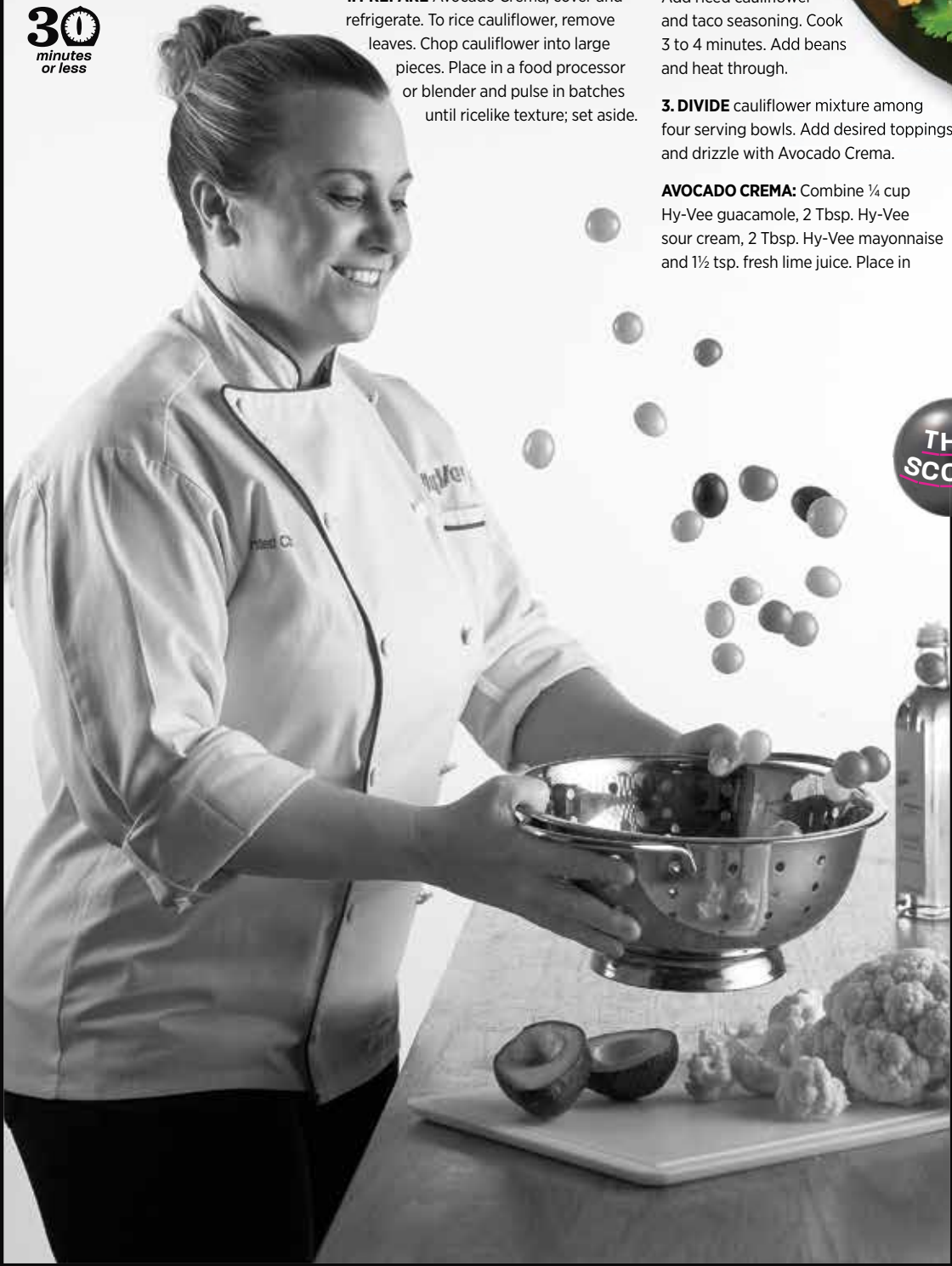
HOMETOWN:
Peru, Illinois

CULINARY BACKGROUND:
Graduate of Le Cordon Bleu culinary school in Chicago and has been actively cooking for 20-plus years.

COOKING PHILOSOPHY:
Cooking from scratch can be fun, easy and, not to mention, taste way better!

FAVORITE FOODS:
I rotate favorites with fresh seasonal ingredients or tacos.

BEST COOKING TIP:
Don't stress in the kitchen too much. Cooking is easier than you think, plus you get to eat your mistakes. Take it one recipe at a time and challenge yourself to get out of the premade and into homemade.



CAULIFLOWER 101

Graffiti
Sweeter, nuttier variety grown in the Mediterranean. Has deep pigmented anthocyanins like blueberries.

Cheddar
Rich in vitamin C; also a good source of beta-carotene, which is rich in vitamin A, vital for healthy eyes.

COLOR & VARIETIES

Flavorful, fresh cauliflower is a healthy cruciferous vegetable, available at Hy-Vee year-round. Colored varieties have similar texture and taste as white cauliflower—mild, sweet and nutty—but vary slightly in nutritional value.

CAULIFLOWER COOKING BEST BETS

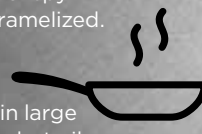
STEAM
Place florets in saucepan; add ¼ cup water. Bring to boiling; reduce heat. Simmer, covered, 10 minutes or until tender.



ROAST
Toss florets with olive oil and desired seasonings; spread on a baking sheet and bake at 425°F for 20 to 30 minutes or until crispy and caramelized.



SAUTÉ
Cook florets in large skillet in hot oil over medium heat 10 minutes or until tender.



GRILL
Preheat grill for direct cooking on medium heat. Cut, oil and season 1-inch steaks. Grill 15 minutes or until tender, turning once.



Broccoflower
A hybrid of broccoli and cauliflower; contains more beta carotene than the white variety but less than broccoli.

White
Matures creamy white if the head is kept out of direct sunlight.

Blackened Cauliflower Burgers

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

- 1 (1½- to 2-lb.) head cauliflower
- 3 Tbsp Gustare Vita olive oil
- 2 Tbsp. Cajun seasoning
- 2 Tbsp. fresh lemon juice
- 4 oz. blue cheese, cut into 4 slices
- 4 Hy-Vee Bakery seeded or plain buns, split and toasted
- ½ cup bottled remoulade sauce
- 1 cup shredded leaf lettuce
- 1 large tomato cut into 4 slices

1. REMOVE and discard cauliflower leaves. Trim stem, keeping core intact. Cut through middle of cauliflower head. Cut 2 (¾-in.-thick) burgers from each half. Reserve extra florets for another use. Place burgers in a large nonstick skillet. Whisk together oil, Cajun seasoning and lemon juice; brush all over burgers. Let stand at room temperature for 1 hour.

2. COOK burgers, uncovered, over medium heat 5 minutes. Carefully flip and

cook, covered, 5 minutes more or until tender. Top burgers with blue cheese. Cook 1 minute more or until cheese begins to melt. Spread cut sides of buns with remoulade. Layer lettuce, tomato and burgers on bun bottoms. Add bun tops.

Per serving: 510 calories, 37 g fat, 10 g saturated fat, 0 g trans fat, 35 mg cholesterol, 890 mg sodium, 36 g carbohydrates, 3 g fiber, 10 g sugar (1 g added sugar), 13 g protein.
Daily Values: Vitamin D 0%, Calcium 15%, Iron 15%, Potassium 10%

THE SCOOP



DANIEL PATTERSON
HY-VEE CHEF
LEE'S SUMMIT, MISSOURI

HOMETOWN:
Lee's Summit, Missouri

CULINARY BACKGROUND:
Extensive knowledge in catering, farm to table, butchery, making charcuterie, fine dining and KC-style barbecue.

COOKING PHILOSOPHY:
Cooking is an act of love, it should bring people together. The best food evokes emotion from those near it, whether it's preparing the food or eating it.

FAVORITE FOOD:
Mom's deep-fried beef tacos.

BEST COOKING TIP:
Taste everything. Get to know your spice cabinet and other ingredients well enough to experiment with them. Note your findings. Great culinary dishes have sprung forth from happy accidents and experiments.





Nachos With Punch
This healthier version still packs the flavor. Watch to see how easy it is to barbecue cauliflower.



Watch and learn
at HSTV.com today!

BBQ Cauliflower Nachos

Total Time 40 minutes
Serves 6

2 Tbsp. Hy-Vee vegetable oil
1½ Tbsp. Kansas City barbecue rub
1 (2-lb.) head cauliflower
½ cup Kansas City barbecue sauce

½ lb. Hy-Vee Smooth and Cheesy loaf, cubed
1 (10-oz.) can Hy-Vee diced tomatoes and green chiles, drained
1 (7 oz.) bag Hy-Vee tortilla chips
1 cup Hy-Vee finely shredded sharp Cheddar cheese
½ cup Hy-Vee pico de gallo
1 avocado, seeded, peeled and chopped
¼ cup Hy-Vee sour cream
1. PREHEAT oven to 350°F. Line a rimmed baking pan with parchment paper; set

aside. Combine oil and barbecue rub.

2. REMOVE leaves and core from cauliflower head. Cut larger florets into smaller pieces. Toss florets with rub mixture until coated. Spread in prepared pan. Bake 10 minutes. Drizzle with barbecue sauce; stir until coated. Bake 10 to 15 minutes more or until florets are tender; set aside.

3. MEANWHILE, microwave cubed cheese and tomatoes in microwave-safe bowl

on HIGH 2 minutes or until melted and smooth. To serve, spread tortilla chips on a large pan or platter. Pour cheese mixture on chips, then add cauliflower. Top with shredded cheese, pico de gallo and avocado. Drizzle with sour cream.

Per serving: 530 calories, 31 g fat, 11 g saturated fat, 0 g trans fat, 40 mg cholesterol, 1,060 mg sodium, 52 g carbohydrates, 6 g fiber, 17 g sugar (0 g added sugar), 15 g protein.
Daily Values: Vitamin D 0%, Calcium 25%, Iron 10%, Potassium 20%

THE SCOOP



ALEX STRAUSS
HY-VEE CHEF
WEST DES MOINES,
IOWA

HOMETOWN:
Chicago, IL

CULINARY BACKGROUND:
Graduate of Kendall College of Culinary Arts. Twenty-plus years' experience.

COOKING PHILOSOPHY:
Real cooks share and teach. I always aim to share everything I know. This has served me well when helping Hy-Vee customers.

FAVORITE FOOD:
Teriyaki spam—great pantry staple and very versatile. I use it in fried rice, Asian noodle soups and sushi.

BEST COOKING TIP:
Always salt your pasta water. Add the salt when the water comes to a boil. Wait until the water returns to a full, rolling boil before putting in the pasta. How much salt? It should taste like the ocean.

Cauliflower Steaks with Jalapeño Sauce

Total Time 28 minutes
Serves 4

2 Tbsp. Hy-Vee salted butter, divided
1 yellow onion, sliced ¼ in. thick
Kosher salt and Hy-Vee black pepper, to taste
1 recipe Jalapeño Sauce, right
2 (2- to 2½-lb.) heads cauliflower
2 Tbsp. Hy-Vee canola oil, divided
1 (8-oz.) container Hy-Vee original hummus
Cherry tomatoes and lemon wedges, for serving
2 Tbsp. Hy-Vee slivered almonds, toasted
Cilantro leaves, for garnish

30
minutes
or less

1. PLACE 1 Tbsp. butter and onion in a large skillet; season with salt and pepper. Cook over medium heat 10 minutes or until caramelized, stirring occasionally. Remove onions from skillet and wipe skillet clean.

2. MEANWHILE, prepare Jalapeño Sauce; cover and refrigerate. Remove and discard cauliflower leaves; trim stems, keeping cores intact. Cut 2 (1½-in.-thick) steaks from each head.

Reserve extra florets for another use. Lightly coat steaks with 1 Tbsp. oil; season to taste with salt and black pepper.

3. HEAT remaining 1 Tbsp. butter and remaining 1 Tbsp. oil in clean skillet over medium heat. Add cauliflower steaks. Cook 8 to 10 minutes or until brown and just tender, turning every 2 minutes. Serve steaks over hummus and caramelized onions; add cherry tomatoes and lemon wedges. Spoon Jalapeño Sauce over steaks. Sprinkle with almonds and, if desired, garnish with cilantro.

JALAPEÑO SAUCE: Combine ½ cup Hy-Vee plain Greek yogurt, 1 peeled garlic clove, 1½ tsp. lemon juice, 1½ tsp. Hy-Vee white vinegar, 1 seeded jalapeño pepper and 2 Tbsp.

fresh cilantro leaves in a food processor. Cover and process until smooth. Season to taste with salt.

Per serving: 340 calories, 24 g fat, 6 g saturated fat, 0 g trans fat, 15 mg cholesterol, 360 mg sodium, 25 g carbohydrates, 8 g fiber, 9 g sugar (0 g added sugar), 13 g protein.
Daily Values: Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 20%

THE SCOOP

KEITH WALSH
HY-VEE CHEF
PAPILLION,
NEBRASKA

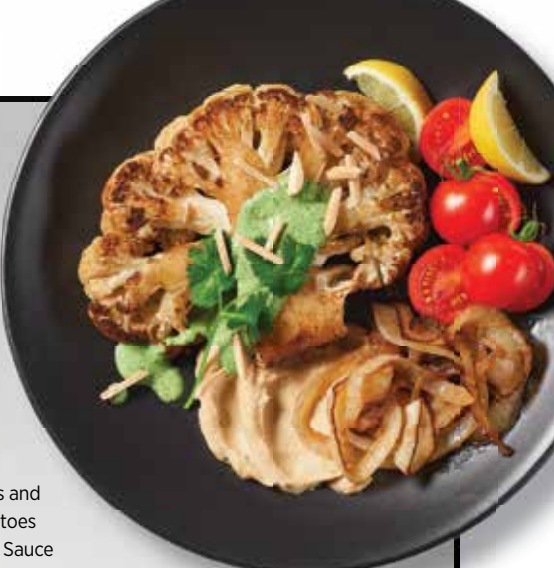
HOMETOWN:
Omaha, Nebraska

CULINARY BACKGROUND:
Worked in professional kitchens in Kansas City and Omaha for 20 years before joining Hy-Vee about 7 years ago.

COOKING PHILOSOPHY:
Eat fresh and seasonal. Eat color and texture. Use quality ingredients treated with respect and prepared simply. Cook what excites you.

FAVORITE FOODS:
Avocados, blueberries, broccoli, chickpeas and eggs.

BEST COOKING TIP:
Use simple preparation and cooking techniques that fit your time and skills. Taste everything as you cook.



NEW

GREEN GIANT® VEGGIE SWAP-INS®



Our Solutions For Your Resolutions

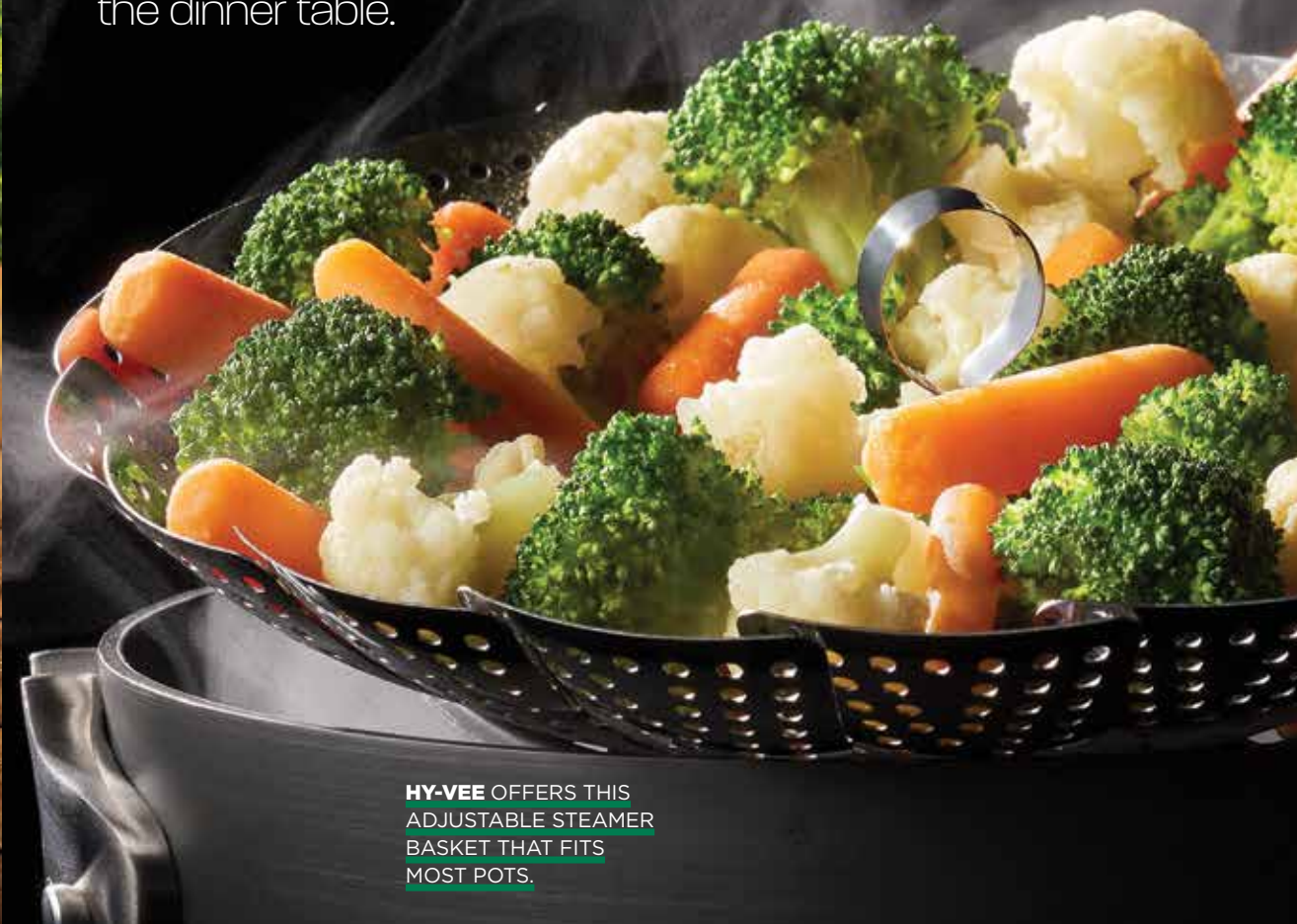
New, exciting ways to add more veggies to any meal!
Visit GreenGiant.com for additional savings and recipe ideas.



basics

HOW TO STEAM VEGETABLES

If you can boil water, you can steam. Use this simple cooking method to get vegetables on the dinner table.



HY-VEE OFFERS THIS
ADJUSTABLE STEAMER
BASKET THAT FITS
MOST POTS.

HOW LONG DO I STEAM MY VEGGIES?



Red Potatoes
(quartered
or halved)
17 to 20
minutes



Butternut Squash
(cubed)
12 to 15
minutes



Green Beans
(whole)
8 to 10
minutes



Baby Carrots
(whole)
8 to 10
minutes



Broccoli
(florets)
7 to 10
minutes



Cauliflower
(florets)
7 to 10
minutes



Asparagus
(2-inch
pieces)
4 to 7
minutes



**STEP 1: PREP VEGGIES
AND PLACE IN BASKET**
Wash and cut vegetables
into uniform pieces to
ensure consistent cooking.
Place in single layer in
steamer basket.



STEP 2: BOIL WATER
Add 1 to 2 inches of water
to pot (just below where
steamer basket will sit) and
bring to boil.



STEP 3: ADD BASKET
Add steamer basket of
vegetables; cover and
reduce to a simmer
over medium to medium-
low heat.



STEP 4: STEAM
Steam until the vegetables
are vibrant and a knife
pierces through the
thickest part easily.



**STEP 5: REMOVE
BASKET AND SERVE**
Carefully remove steamer
basket from pot and
serve immediately.



Nielsen Cold Cuts September 28, 2019 last 52 weeks © 2020 Kraft Foods

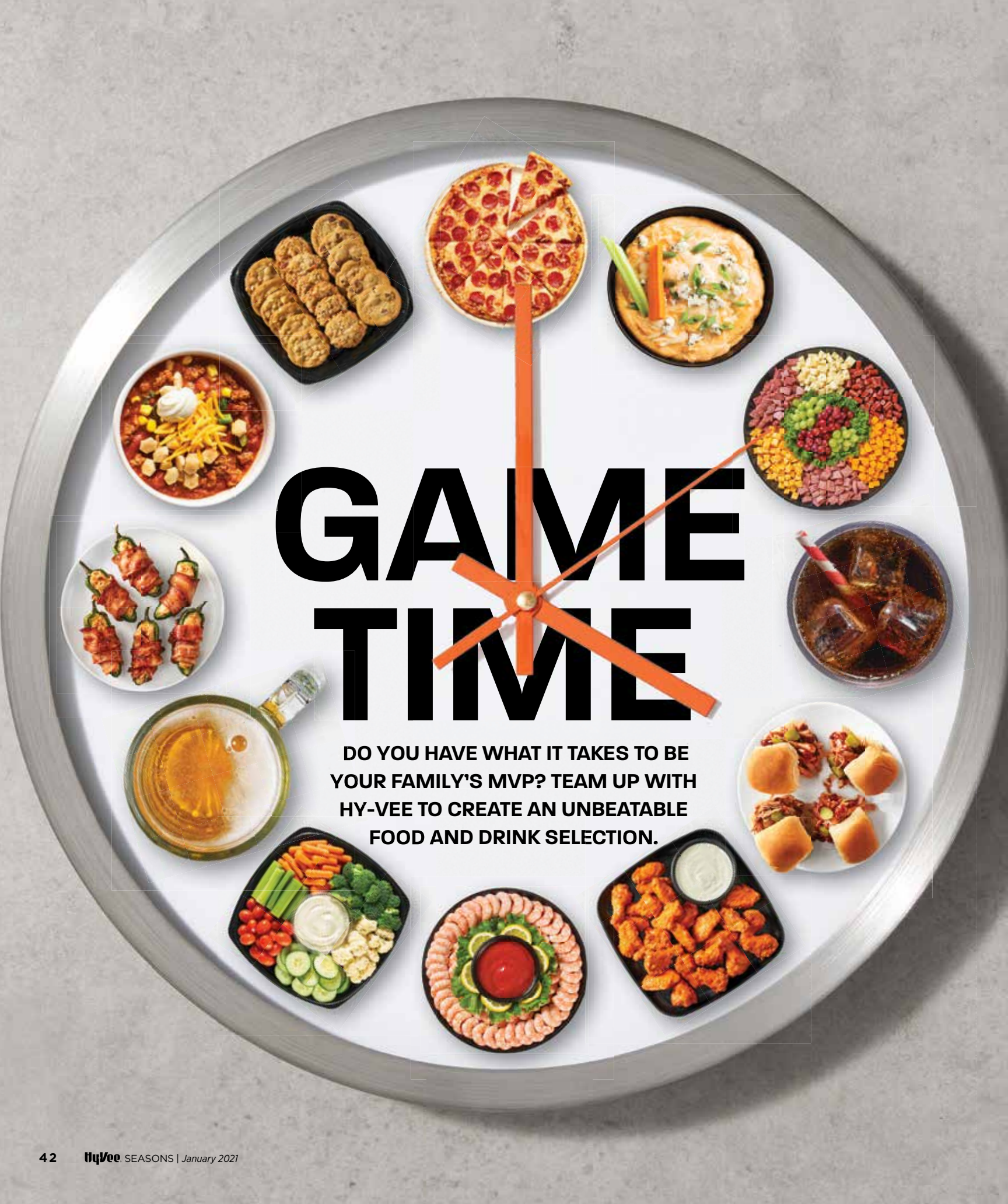


THE TASTE YOU COUNT ON



We always deliver the mouth-watering flavor your sandwich depends on, which is why Oscar Mayer is found in more fridges than anyone else. Enjoy Deli Fresh with no artificial preservatives and no added nitrates or nitrites.

MAKE EVERY SANDWICH COUNT



GAME TIME

DO YOU HAVE WHAT IT TAKES TO BE YOUR FAMILY'S MVP? TEAM UP WITH HY-VEE TO CREATE AN UNBEATABLE FOOD AND DRINK SELECTION.

Hy-Vee CATERING To The RESCUE

Tired of meal planning for game day? Hy-Vee Catering can be your best friend. From first bite to final course, the choices are nearly endless: meat, cheese and charcuterie, fruit and veggies, chicken wings, shrimp, sandwiches and subs, and tantalizing desserts. To order, simply call your store's Catering Department or visit hy-vee.com/shop/catering-C10.aspx

ASK THE EXPERT: BEST WARMING TIPS



Stacey Berg
Hy-Vee Catering
Manager, West
Des Moines, Iowa

KEEP FOOD HOT AND READY WITH THIS ADVICE FROM A HY-VEE CATERER. "I recommend utilizing chafing dishes, roasters, slow cookers and warming dishes to keep food heated and safe throughout the game. I like to add seasoned beef broth with a splash of cola to roaster pans. This helps burgers, hot dogs and brats retain moisture inside and out so they keep nice and juicy while staying hot."



HY-VEE CHICKEN GRILLER

A Cowboy Chicken Griller (chicken breast wrapped with bacon and filled with jalapeños and hot pepper cheese) on a wheat bun with sliced tomatoes, red onion and lettuce.

HICKORY HOUSE PULLED PORK

Hy-Vee Hickory House Pulled Pork piled high and topped with coleslaw on a flavorful onion bun.

HY-VEE BRAT

A juicy jalapeño Cheddar brat topped with jalapeño slices and melted shredded cheese.

HY-VEE BURGER

Hy-Vee Gourmet Bacon & Cheddar burger stacked with bacon, Cheddar cheese and lettuce on a sesame seed bun.

DI LUSSO SUB

Fresh sliced Di Lusso smoked turkey, cheese, tomatoes with lettuce and mayonnaise on a white bread sub bun.



THE PERFECT POUR

FILL UP YOUR MUG THE RIGHT WAY TO MAXIMIZE FLAVOR AND AROMA.

- Grab a clean glass. Leftover residue from previous drinks will negatively affect the look, taste and smell of freshly poured beer.
- Hold the glass in one hand and the beer in the other. Tilt the glass at a 45-degree angle.
- Aim for the middle of the glass wall and pour at a pace that is not too fast and not too slow. Pouring too fast may cause excess foam, while pouring too slow may not give you enough foam for a proper head.
- When the glass is close to half-full, tilt it upright and continue pouring directly in the middle of the glass.
- Continue pouring until the head is about 1 inch to 1½ inch thick.
- Raise your glass and enjoy!



STOUT

Dark and rich with hops (flowers used in brewing that add bitter or citrus flavor) and roasted black malts (grains used in brewing that contribute color and taste). *Example: Guinness Stout*

PORTER

Dark and full-bodied, made from dark-roasted malts. May detect notes of chocolate, vanilla, coffee or caramel malt. *Example: Breckenridge Vanilla Porter*



BROWN ALE

A hoppy bitterness and medium body with flavors and aromas such as roasted malt, caramel and chocolate. *Example: Newcastle Brown*

IRISH RED ALE

Features a smooth malty taste with caramel-like sweetness and minor hop bitterness. *Example: George Killian's Irish Red*



PALE ALE

Bold with balanced hops and maltiness. Features smooth pine and citrusy notes. *Example: Sierra Nevada*

AMERICAN IPA

Characteristics include floral, fruity, citrusy and piney with a medium bitterness, flavor and aroma. *Example: Bell's Two Hearted*



AMERICAN WHEAT

Pale to light amber in color with substantial carbonation and mild hop bitterness. May include a citrusy taste or aroma. *Example: Boulevard Unfiltered Wheat*

BELGIAN WHEAT

These ales traditionally feature orange peel and spices like coriander. Appearance is often pale and cloudy with tangy taste. *Example: Hoegaarden White*



LAGER

Balanced malty sweetness and hop bitterness. Lagers may be a pale straw color or very dark. *Example: Kona Longboard*

PILSNER

A refreshing, light-bodied lager. Usually pale in color, pilsners have a slight bitterness with malty residual sweetness. *Example: Pilsner Urquell*

READY to SERVE Foods

SMALL BITES

Kick off game day with appetizers from Hy-Vee. We have dozens of options, from crunchy and creamy to tender and juicy.

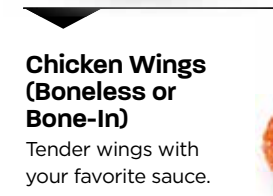
Cocktail Smokies

Loaded with flavor and smothered in BBQ sauce.



Buffalo Chicken Dip

Spicy buffalo dip adds a kick to appetizer trays.



Chicken Wings (Boneless or Bone-In)

Tender wings with your favorite sauce.



Spinach & Artichoke Dip

Serve this creamy, zesty dip with tortilla chips.

Shrimp

Responsible Choice shrimp served with cocktail sauce.



BBQ and Swedish Meatballs

Tangy, warm BBQ or creamy, cozy Swedish meatballs.

BIG BITES

Stock up on hearty entrées to satisfy your hungry family. Order plenty—these are sure to go fast.

TAKE & BAKE PIZZAS

The name says it all. Hy-Vee Take & Bake pizzas are a sure bet. Choose from pepperoni, sausage, supreme and more.



FRIED CHICKEN BUCKET

Tender chicken with crisp and crunchy breaded exterior. Order by the piece.

READY-MADE SPICY SOUPS

Warm, soothing soups may help calm anxious nerves during a close game.



HICKORY HOUSE RIBS

Smoked, saucy ribs with fall-off-the-bone meat.



1.4 BILLION CHICKEN WINGS WERE PROJECTED TO BE EATEN AT LAST YEAR'S BIG GAME, ACCORDING TO THE NATIONAL CHICKEN COUNCIL

SWEET BITES

Top it all off with indulgent dessert options from the Hy-Vee Bakery.



Brownie Cocktail Trays

Sweet variety of brownies from the Hy-Vee Bakery.



Bakery Cookies

Soft Hy-Vee Bakery cookies are hard to resist.



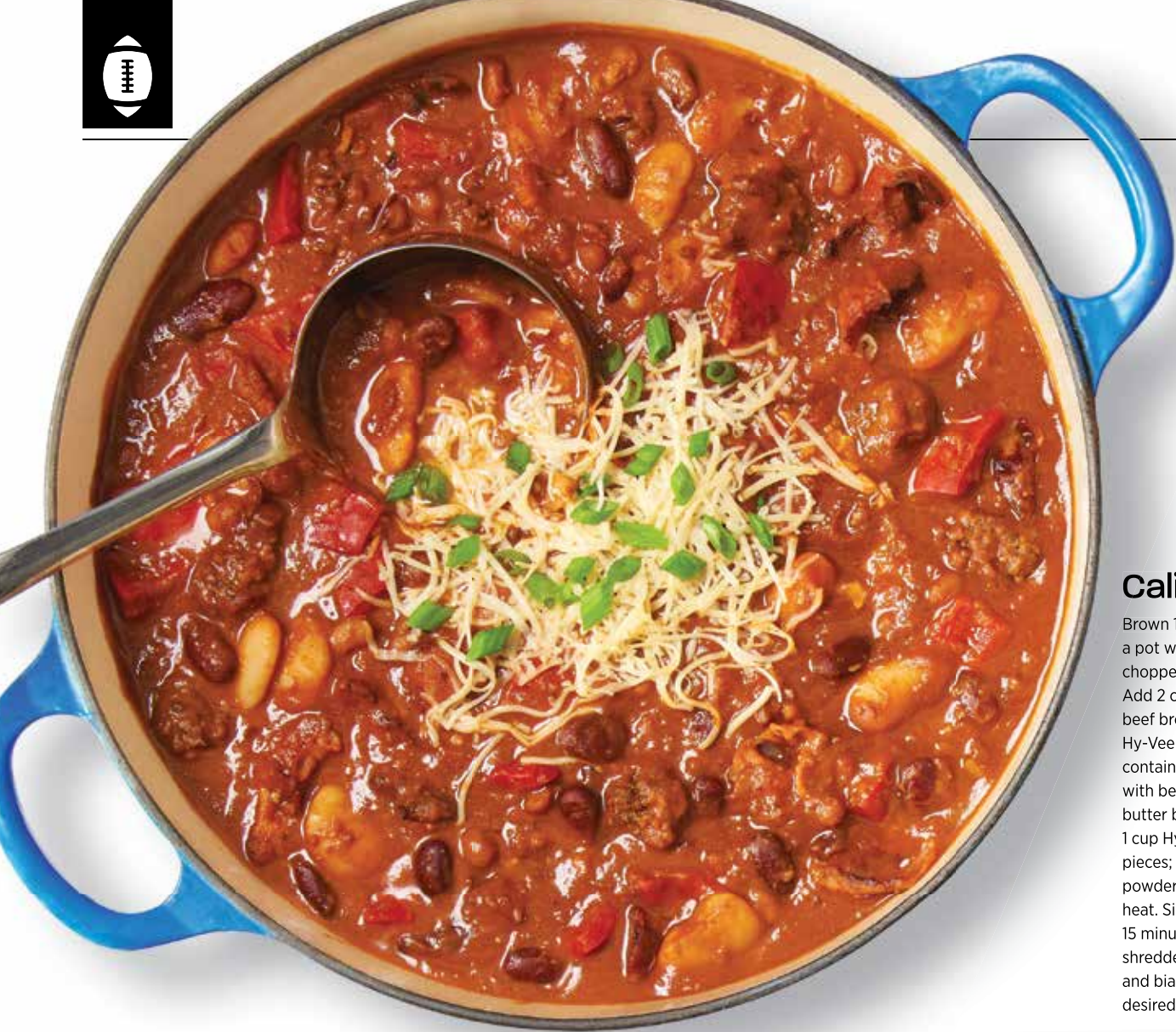
Gourmet Cupcakes

Delectable cupcakes are moist, rich and flavorful.



Scotcheroos

Chocolate, butterscotch, peanut butter and crispy rice cereal.



Calico Chili

Brown 1 lb. 85% lean ground beef in a pot with 1 cup Hy-Vee Short Cuts chopped red bell peppers; drain. Add 2 cups Hy-Vee no-salt-added beef broth; 1 (48-oz.) container Hy-Vee oven-baked beans; 2 (16-oz.) containers Hy-Vee brickhouse chili with beans; 2 (15-oz.) cans Hy-Vee butter beans, rinsed and drained; 1 cup Hy-Vee crumbled bacon pieces; and 1½ tsp. chipotle chili powder. Bring to boiling; reduce heat. Simmer, uncovered, for 15 minutes. Serve topped with shredded smoked Gouda cheese and bias-sliced green onions, if desired. Serves 14 (1 cup each).

Air-Fried Potato Wedges with Buffalo Ketchup

Preheat air fryer to 400°F. Cut 4 medium russet potatoes into 8 wedges each. Melt ½ cup Fresh Churned Garlic Butter with Parmesan and Basil (available at your Hy-Vee Deli) in a large bowl. Stir in ¼ cup Hy-Vee grated Parmesan cheese, 2 tsp. Hy-Vee smoked paprika and ½ tsp. Hy-Vee garlic salt. Add potato wedges and toss until coated. Place potato wedges in a single layer in air fryer basket. Air-fry in batches for 12 to 15 minutes, turning halfway through. Meanwhile, combine ¼ cup Hy-Vee ketchup and 2 Tbsp. Hy-Vee buffalo wing sauce; set aside. Toss cooked potato wedges with additional 2 Tbsp. melted garlic butter and 2 Tbsp. finely chopped Italian parsley. Serve with buffalo ketchup. Serves 8 (4 wedges each).



QUICK and EASY Recipes



Italian Roast Beef Sliders

Preheat oven to 350°F. Spray a 9×13-in. baking dish with Hy-Vee nonstick cooking spray. Cut 2 (12-oz.) pkg. King's Hawaiian sweet rolls in half horizontally. Place bottom roll sections in prepared dish. Combine ½ cup Gustare Vita Alfredo sauce and 2 Tbsp. Gustare Vita pesto Genovese; spread on rolls in dish. Top with 8 slices Hy-Vee Deli provolone cheese, 1 lb. sliced Di Lusso roast beef,

½ cup drained Chicago-style mild giardiniera and ½ cup drained Hy-Vee mild banana pepper rings. Add roll tops. Whisk together ½ cup melted Hy-Vee unsalted butter, ½ cup Hy-Vee grated Parmesan cheese and 2 tsp. Hy-Vee Italian seasoning; pour over rolls. Cover with foil and bake for 20 minutes. Uncover and bake 5 to 10 minutes more, or until heated through. Serves 24 (1 slider each).

EASY LIFTING

When done cooking, cut through the creases between rolls to make it easier to remove the sliders!



ENJOY HAPPY HOUR
AND KEEP YOUR
RESOLUTIONS
WITH FRESH
FOUR-INGREDIENT
COCKTAIL RECIPES.
SWING BY YOUR
LOCAL HY-VEE FOR
SUPPLIES TO SHAKE
UP A REFRESHING
BEVERAGE FOR 200
CALORIES OR LESS.

-ingredient skinny cocktails



Mint Mojito

Muddle 1½ oz. white rum, 1 Tbsp. fresh mint and 2 tsp. light agave nectar in a cocktail shaker. Add ½ cup ice cubes; cover and shake well. Strain into an ice-filled 8-oz. rocks glass. Top with 4 oz. lime-flavored sparkling water. Garnish with additional fresh mint and lime slices, if desired. Serves 1.



pro tip: FRESH IS BEST

“Use fresh fruit to naturally sweeten your cocktails—the flavor is more authentic and lower in sugar, too (or get creative with herbs, such as mint, to pack a more flavorful punch). Above all else, keep it simple—the fewer the ingredients in a cocktail, the better it’s likely to be.”

—Paige Green, RD, LD
Hy-Vee Dietitian



Cocktail Shake Up
Don't know how to muddle? Learn how along with other tips to bring out your inner bartender.



Watch and learn
at [HSTV.com](https://www.hstv.com) today!

Skinny Margarita

Combine desired amounts of kosher salt and orange zest on a small plate. Rub rim of an 8-oz. glass with orange wedge. Dip rim in salt mixture to coat; set aside. Combine 1½ oz. silver tequila, 1 oz. fresh lime juice, 1 oz. fresh orange juice, 1 tsp. light agave nectar and ½ cup ice cubes in a cocktail shaker; cover and shake well. Fill prepared glass with ice; strain mixture into glass. Garnish with an orange slice, if desired. Serves 1.



PATRON
SILVER
TEQUILA



FRESH
LIME JUICE



FRESH
ORANGE
JUICE



FULL CIRCLE
MARKET
LIGHT AGAVE
NECTAR



ROW
VODKA



BLACKBERRIES



GUSTARE
VITA LEMON
ITALIAN SODA



FRESH BASIL



SWITCH IT UP
AND TRY MINT
INSTEAD OF
BASIL.

Blackberry-Basil Cocktail

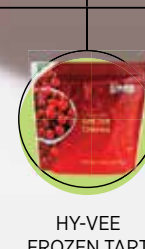
Muddle ⅓ cup blackberries, ¼ cup tightly packed fresh basil and 2 oz. vodka in a cocktail shaker. Add ½ cup ice cubes; cover and shake well. Strain mixture into an 8-oz. cocktail glass. Top with ¼ cup Gustare Vita lemon Italian soda. Garnish with skewered blackberries and basil leaves, if desired. Serves 1.

Cherry-Honey Splash

Muddle ¾ cup thawed Hy-Vee frozen unsweetened red tart cherries, 1.5 oz. gin and 2 tsp. Hy-Vee honey in a cocktail shaker. Add ½ cup ice cubes; cover and shake well. Strain into an ice-filled 8-oz. cocktail glass. Top with 2 oz. chilled Hy-Vee club soda. Garnish with fresh rosemary and additional cherries, if desired. Serves 1.



TANQUERAY
GIN



HY-VEE
FROZEN TART
CHERRIES



HY-VEE
HONEY



HY-VEE CLUB
SODA



**MUDDLING
THE CHERRIES**
RELEASES THEIR
JUICES, GIVING A
BEAUTIFUL RED HUE.

functional tools for fresh cocktails

MIX, MUDDLE AND MEASURE
WITH EASE. THESE TOOLS
CAN HELP.



CITRUS PRESS

Easily squeeze the juice
from citrus with less mess.



SHAKER

Mix your drink and make it
ice cold in one step.



7 IN 1 ULTIMATE BAR TOOL

Save valuable storage
space with a multipurpose
tool that can muddle,
slice, strain and more.



COCKTAIL JIGGER

Measure accurately for the
correct portion size.



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Collection**
Scan and shop
at hy-vee.com
today!



MASTER CLASS BREAD

Making your own golden, crusty loaves of warm-from-the-oven bread is a great way to feel creative in the kitchen and connect with friends and family. With our simple steps to fresh bread deliciousness, you'll feel as talented as a Hy-Vee expert baker.



HY-VEE BAKER SHANNON INGALLS

At 3 a.m., Shannon Ingalls begins her day at the Madison, Wisconsin, Hy-Vee Bakery, kneading and shaping dough to make as many as 10 kinds of bread. “We bake early each day so our bread is as fresh as possible,” she says.

Growing up in Madison, Shannon learned from her great-grandmother GG that practice and patience are keys for baking success—as is meticulous attention to detail. She explains, “You don’t want to over-proof the loaves or they’ll turn out flat. Ingredient amounts have to be exact.”

In just four hours, the bakery case is overflowing with freshly baked loaves. But to Shannon, success is more than a beautiful array of breads: “It gives me a sense of fulfillment. It’s something I enjoy doing with people I love.”

Follow Shannon’s passion for baking by learning how to create your own warm-from-the-oven loaves. Our simple how-to steps can help you start new traditions in your own home. Or visit your local Hy-Vee Bakery for a delicious variety of fresh-baked breads.

Cheddar-Thyme Soda Bread

Hands On 20 minutes
Total Time 45 minutes plus cooling time
Serves 10

- 2 cups Hy-Vee all-purpose flour
- 1 Tbsp. finely chopped fresh thyme
- 1 tsp. Hy-Vee baking powder
- ½ tsp. Hy-Vee baking soda
- ½ tsp. Hy-Vee salt
- ½ (8-oz.) pkg. Hy-Vee shredded sharp Cheddar cheese
- 2 Hy-Vee large eggs, divided
- 1 cup buttermilk

- 1. PREHEAT** oven to 400°F. Line a baking sheet with parchment paper; set aside.
- 2. WHISK** together flour, thyme, baking powder, baking soda and salt

- in a large bowl. Stir in cheese. Whisk together 1 egg and buttermilk in a small bowl.
- 3. MAKE** a well in center of flour mixture; add buttermilk mixture. Using a fork, stir just until moistened (dough will be sticky).
 - 4. TURN** dough out onto a well-floured surface. Knead dough by gently folding and pressing for 8 to 10 strokes or until nearly smooth.
 - 5. SHAPE** dough into a 5- to 5½-in. round loaf. Place loaf on prepared baking sheet. Using a sharp knife, cut a 4-in. cross, ¼ in. deep, on top of loaf.
 - 6. BEAT** remaining 1 egg; lightly brush some on top of loaf.
 - 7. BAKE** for 30 to 35 minutes or until top is golden and internal temperature reaches 195°F to 200°F. If necessary, cover with foil to prevent overbrowning. Remove from baking sheet; cool 20 minutes before slicing. Serve warm.

Per serving: 160 calories, 5 g fat, 2.5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 340 mg sodium, 21 g carbohydrates, 1 g fiber, 1 g sugar (0 g added sugar), 7 g protein.
Daily Values: Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 2%

KNOW THE BREAD TYPES
QUICK BREADS primarily use baking soda or baking powder for leavening and are not left to rise before baking. They include muffins, biscuits, scones and loaf breads, such as the Cheddar-Thyme Soda Bread, left.

YEAST BREADS use yeast as a leavener. Sugar or honey are typically used to activate the yeast, which makes the dough rise over a period of time. This produces light and airy bread. Yeast breads include rolls, baguettes and loaf breads, such as the Whole Wheat Bread, page 54.

HOW-TO STEPS FOR CHEDDAR-THYME SODA BREAD



STEP 1: WHISK TOGETHER flour, thyme, baking powder, baking soda and salt in a large bowl. Stir in cheese.



STEP 2: MAKE A WELL in center of dry ingredients, then add buttermilk mixture and stir just until moistened.



STEP 3: TURN dough out onto well-floured surface. Gently fold and press dough 8 to 10 strokes or until nearly smooth.



STEP 4: SHAPE dough with hands into a 5- to 5½-in. round loaf. Place on a parchment-lined baking sheet.



STEP 5: SCORE a 4-in. cross, ¼ in. deep, on top of the loaf using a sharp knife.



STEP 6: BRUSH top of loaf with beaten egg to promote even browning during baking.

SKIP THE STEPS
NOT IN A BAKING MOOD? YOU'RE COVERED WITH FRESH LOAVES AVAILABLE DAILY FROM YOUR HY-VEE BAKERY.



Whole Wheat Bread

Hands On 25 minutes
Total Time 1 hour 10 minutes plus rising and cooling time
Serves 12

1 pkg. active dry yeast
¼ cup warm water (105°F to 115°F)
2 Tbsp. Hy-Vee salted butter, plus additional for brushing
1 cup Hy-Vee 2% reduced-fat milk
1½ cups Hy-Vee whole wheat flour
2 Tbsp. Hy-Vee honey
1 Hy-Vee large egg, room temperature; slightly beaten
1 tsp. Hy-Vee salt
2 to 2½ cups Hy-Vee all-purpose flour

1. DISSOLVE yeast in warm water; set aside. Place 2 Tbsp. butter in a large bowl. Heat milk in saucepan to a simmer; pour over butter in bowl. Whisk until butter is melted. Whisk in whole wheat flour and honey. Cool to 105°F to 115°F. Add yeast mixture, egg and salt. Stir in as much all-purpose flour as you can.

2. TURN dough out onto a lightly floured surface. Knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape dough into a ball. Place in a lightly

greased bowl, turning to grease surface of dough. Cover; let rise in a warm place until double, 1¼ to 1½ hours.

3. PUNCH down dough. Turn out onto lightly floured surface. Cover; let rest 10 minutes. Lightly grease an 8×4-in. loaf pan. Pat dough into an 8-in. square. Fold one-third of dough toward center, then fold remaining third on top of layers. Pinch seams together. Place, seam side down, in prepared pan. Cover; let rise in a warm place for 30 to 45 minutes or until nearly double.



pro tip: A GOOD RISE

“On cold days, try using your microwave as a proofing box. It’s easy! First, place a glass measuring cup of boiling water in the corner. Then place the bowl or pan of dough in the center of the microwave and close the door. The steam and heat from the boiling water will create a warm, steamy environment for the dough, which is exactly what you want for a good rise.”

—Shannon Ingalls
 Hy-Vee Baker
 Madison, Wisconsin

HOW-TO STEPS FOR WHOLE WHEAT BREAD



STEP 1: DISSOLVE YEAST Dissolve yeast in warm water between 105°F and 115°F. Warm liquid gets the yeast going so it will do its job and make the bread rise.



STEP 2: HEAT MILK Bring milk to simmer; combine with butter, whole wheat flour and honey. Use instant-read thermometer to measure temperature (105°F–115°F).



STEP 3: ADD YEAST Stir in the yeast mixture, which should now be activated, along with the egg and salt.



STEP 4: STIR IN FLOUR Use a wooden spoon to stir in as much of the all-purpose flour as you can.



STEP 5: KNEAD Fold dough over and push with heel of hands. Turn dough a quarter turn and repeat. Continue kneading until dough is smooth and elastic.



STEP 6: SHAPE Shape the dough into a ball before placing it in a lightly greased bowl. Cover; let rise in a warm place until double.



STEP 7: PROOF AND POKE Dough is ready to shape when it has proofed (risen) sufficiently. It’s ready when indentations stay after pressing two fingers into center of dough.



STEP 8: PUNCH IT DOWN Punch the dough in the center with your fist. Pull the edges in and away from the side of the bowl.



STEP 9: SHAPE LOAF Pat dough into an 8-in. square. Fold one-third of dough toward the center, then fold remaining third on top of layers. Pinch seams together.



STEP 10: PLACE IN PAN Place shaped dough, seam side down, in a greased 8×4-in. loaf pan.



TURN UP THE HEAT FOR WOK STIR-FRYING! IT'S A SIMPLE TECHNIQUE OF COOKING AND STIRRING INGREDIENTS OVER HIGH HEAT FOR FRESH, FAST MEALS. MASTER IN MINUTES WITH THESE TIPS.

**GET CREATIVE WITH THE FOUR STIR-FRY ESSENTIALS—
OIL, AROMATICS, PROTEIN AND VEGETABLES**

OIL

WHAT TO USE
An oil with neutral flavor that can withstand high heat (see page 63). High heat is the key to keeping veggies crisp and flavorful.

Best options include:

- > Canola oil
- > Peanut oil
- > Vegetable oil

AROMATICS

WHAT TO ADD
Garlic, ginger and lemongrass are common in stir-fries. Add at the beginning when the oil shimmers to infuse flavor into the stir-fry.

PROTEIN

WHAT TO ADD
Tender, quick-cooking meats and seafood (see list at right). Use 12 ounces to 1 pound of protein to serve 4. You can also swap in tofu for a vegetarian meal. For ease in cutting bite-size pieces of pork, chicken or beef, freeze the meat 20 minutes before slicing.

- > Beef (flank, sirloin or flat iron steak)
- > Pork (tenderloin or boneless chop)
- > Chicken (boneless, skinless breasts, tenders or thighs)
- > White fish (cod or halibut)
- > Shellfish (shrimp, scallops)
- > Tofu (extra firm)

VEGGIES

Nutrition-packed vegetables are stir-fry must-haves. Depending on moisture content, some take longer to cook than others. Start with low-moisture veggies such as carrots and broccoli, then follow with high-moisture, quick-cooking vegetables such as leafy greens and tomatoes.

HY-VEE SHORT CUTS

Don't go stir crazy waiting to start your stir-fry! With Short Cuts from Hy-Vee, there's no peeling or washing vegetables—and only minimal cutting.

- > Asparagus & Squash Mix
- > Pepper Strips & Onion
- > Broccoli & Cauliflower
- > California Medley, *below*
- > Favorite Veggie Blend



Honey Can Do Joyce
Chen Nonstick
Wok 14-in.

The expanded cooking surface makes it easy to cook a meal in one pan.



Wok the Right Way

Start by knowing the benefits of using a wok versus a skillet for stir-frying. Gentle, sloping sides of a wok allow you to cook in stages. The sides serve as a resting place to get ingredients up and out of the hot spot (at the bottom of the pan) so nothing gets overcooked.

- Prepare all ingredients and place them near the cooktop, because once the oil is ready, the cooking goes quickly.
- Chop veggies and cut meat into uniformly bite-size pieces to ensure even cooking.

- Higher heat is a must. Shimmering oil sears in flavor quickly.
- Cook in small batches, gently stirring with a wooden spoon or heatproof silicone spatula. This ensures good texture and flavor.

3 STEPS TO STIR-FRY

like a rock star

1 PREP



GATHER INGREDIENTS
Pat protein dry. Cut protein and veggies into bite-size pieces.

HEAT 3 TSP. OIL
over medium-high heat in a large wok.

ADD AROMATICS
(lemongrass, garlic, hot sauce, ginger) and stir-fry for 5 seconds to release flavor.

2 COOK



STIR-FRY PROTEIN
(up to 1 pound at a time), then push from center to edge of wok to stop the cooking.

STIR-FRY VEGGIES
Start with firmer veggies, then add softer veggies and cook until crisp-tender.

3 FINISH



GET SAUCY! Add bottled sauce and toss with protein and veggies. Cook for 1 minute or until heated through.

SERVE ON ITS OWN
or over a power base (see options, *page 60*).

ADD FINISHING TOUCHES
and enjoy!

**DINNER'S HOT
AND READY IN
30 MINUTES OR
LESS! ROCK ON!**

SHRIMP AND ASPARAGUS STIR-FRY



5 tsp. Hy-Vee canola oil
1 tsp. refrigerated lemongrass paste
1 lb. Hy-Vee peeled and deveined large raw shrimp (16-20 ct.)
12 oz. Hy-Vee Short Cuts oven-and-grill ready lemon & garlic asparagus
1 (8-oz.) container cherry tomatoes
¼ cup ponzu citrus sauce

Stir-fry shrimp for 1 minute. Add remaining 2 tsp. oil. Stir-fry asparagus 3 to 4 minutes. Add tomatoes.

Stir in sauce and heat through. Serve over cooked cauliflower rice. Top with sesame seeds.

SZECHUAN BEEF STIR-FRY



3 tsp. Hy-Vee canola oil
1 tsp. bottled minced garlic
1 lb. Hy-Vee Angus Reserve Beef thin-cut top round sandwich steak
12 oz. Hy-Vee Short Cuts oven-and-grill ready stir-fry veggies
1 (8-oz.) can Hy-Vee sliced water chestnuts, drained
½ cup Szechuan spicy stir-fry sauce

Stir-fry beef for 1 minute. Stir-fry veggies for 2 minutes. Add water chestnuts and stir-fry for 1 minute.

Stir in sauce and heat through. Serve over cooked lo mein noodles. Top with chopped Italian parsley.

KOREAN BARBECUED PORK STIR-FRY



5 tsp. Hy-Vee canola oil
1 Tbsp. gochujang Korean chili sauce
12 oz. Hy-Vee Hickory House Kitchen dry pulled pork
1 small white onion, cut in ½-in.-wide strips
10 oz. Hy-Vee Short Cuts pineapple chunks, halved
¾ cup Korean sweet Asian stir-fry BBQ & wing sauce

Stir-fry pork for 3 minutes. Add remaining 2 tsp. oil. Stir-fry onion for 2 to 3 minutes. Stir in pineapple.

Stir in sauce and heat through. Serve over Hy-Vee coleslaw salad mix. Top with radish slices and cilantro.

THAI SWEET CHILI CHICKEN STIR-FRY



6 tsp. Hy-Vee canola oil
1 lb. Hy-Vee True chicken breast tenders
8 oz. Hy-Vee Short Cuts broccoli, cut into bite-size florets
2 medium red bell peppers, seeded and cut into 2-in. strips
¾ cup Hy-Vee salted party peanuts
¾ cup Hy-Vee Thai sweet chili sauce

Stir-fry chicken for 1 minute. Add 2 tsp. oil. Stir-fry broccoli for 1 minute. Add remaining 1 tsp. oil. Stir-fry peppers for 2 to 3 minutes.

Stir in sauce and peanuts. Serve over cooked Hy-Vee white rice. Top with sliced green onions.

finishing touches



chow mein
noodles



pumpkin
seeds



sesame
seeds



chopped
cilantro



crushed
peanuts



chopped
chives



roasted
cashews



green
onions



30 minutes or less Cashew-Vegetable Stir-Fry

Total Time 30 minutes
Serves 4

8 oz. broccolini
½ cup Hy-Vee vegetable stock
½ cup Hy-Vee less-sodium soy sauce
2½ Tbsp. Hy-Vee honey
1¼ tsp. Hy-Vee cornstarch
¾ tsp. refrigerated garlic paste
4 tsp. Hy-Vee canola oil, divided
½ (14.11-oz.) can whole baby corn (not pickled), drained and bias-cut in half
1¼ cups Hy-Vee Short Cuts zucchini and summer squash blend, halved (6 oz.)
1 medium red bell pepper, seeded and cut into 1-in.-long strips
1 cup sliced white button mushrooms
1 cup That's Smart! whole cashews
Sesame seeds, for garnish
Hot cooked white rice, for serving

1. CUT broccolini florets into bite-size pieces; cut stalks crosswise into ¼-in. slices. Set aside.

2. STIR together vegetable stock, soy sauce, honey, cornstarch and garlic paste; set aside.

3. HEAT 3 tsp. oil in wok over medium-high heat. Add broccolini, baby corn and zucchini and summer squash blend; stir-fry 1 minute. Add remaining 1 tsp. oil, then bell pepper and mushrooms; stir-fry 2 to 3 minutes or until vegetables are crisp-tender. Push vegetables from center to edge of wok.

4. ADD cashews to wok; stir-fry 1 to 2 minutes or until toasted. Push from center to edge of wok.

5. STIR stock mixture and add to center of wok; bring to boiling. Cook and stir for 1 minute or until thick and bubbly. Toss stir-fried ingredients with sauce until coated. Garnish with sesame seeds, if desired. Serve over rice.

Per serving: 340 calories, 21 g fat, 3.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 920 mg sodium, 33 g carbohydrates, 4 g fiber, 17 g sugar (12 g added sugar), 8 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 15%



As delicious as stir-fries are on their own, serving them over a warm base layer can add another healthy element to the dish. Try your stir-fry over a bed of:

- > Barley
- > Couscous
- > Quinoa
- > Riced cauliflower
- > Shredded cabbage
- > White, brown or wild rice
- > Whole wheat pasta



Kung Pao Shrimp

Total Time 20 minutes
Serves 2

10 oz. peeled, deveined large raw shrimp (16-20 ct.)
4 green onions
4 tsp. Hy-Vee canola oil, divided
5 thin slices peeled fresh ginger
1 cup Hy-Vee Short Cuts tricolor bell pepper strips, cut into 2-in. lengths (4 oz.)
¼ cup Hy-Vee dry roasted unsalted peanuts
10 dried red chiles,* stems removed
¾ cup Culinary Tours kung pao sauce

1. PAT shrimp dry with paper towels. Chop white parts of green onions; slice green parts. Set white and green parts separately aside.

2. HEAT 2 tsp. oil over medium-high heat in a nonstick wok. Add shrimp;

stir-fry for 1 minute. Push shrimp from center to edge of wok.

3. HEAT remaining 2 tsp. oil in wok over medium-high heat. Add ginger; stir-fry for 15 seconds. Add bell pepper strips, peanuts, dried red chiles and chopped white parts of onions; stir-fry 1 to 2 minutes or until bell peppers are crisp-tender.

4. ADD sauce to wok. Stir mixture together. Cook and stir 1 to 2 minutes or until shrimp are opaque (145°F) and mixture is heated through. Garnish with sliced green parts of onions. Remove dried red chiles.

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

Per serving: 500 calories, 23 g fat, 2.5 g saturated fat, 0 g trans fat, 180 mg cholesterol, 2,910 mg sodium, 35 g carbohydrates, 3 g fiber, 21 g sugar (0 g added sugar), 31 g protein. **Daily Values:** Vitamin D 0%, Calcium 8%, Iron 6%, Potassium 10%



try **juicier** chicken
with a **deliciously** grilled taste

Find it in the freezer section



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food chart

COOKING OILS

Which oils meet your needs?

Oils perform a variety of functions in cooking, but they are not interchangeable. While all are classified as fats, they perform differently in how they enhance the flavors of food depending on cooking method. Some can withstand high levels of heat before smoking (the smoke point) and are great for frying or sautéing. Others perform best at low or no heat as the base for salad dressings. Here's an easy guide on how to use some popular varieties.

Canola

Best Uses

The versatile and popular oil can be used for frying, deep-frying, sautéing, stir-frying, grilling and baking.

401°F (HIGH)

Flavor Derived from rapeseed, a mustard relative; has a neutral flavor, making it a favorite among oils.

Benefits One of the better known oils, it is a healthy choice for consuming as it is low in saturated fat and has a high proportion of monounsaturated fat.

Grapeseed

Best Uses

One of the more versatile oils, use it for sautéing, frying and searing. Or even try it in your baking and salad dressings.

390°F (MEDIUM-HIGH)

Flavor Extracted from seeds of winemaking grapes, it is valued for its neutral, clean, nearly flavorless taste.

Benefits Good source of vitamin E and antioxidants. Studies have found consuming grapeseed oil may reduce blood clotting and inflammation.

Extra-Virgin Olive

Best Uses

A low smoke point isn't the best for cooking other than sautéing, but drizzle it over pasta dishes, sauces or use for salad dressing.

320°F (LOW)

Flavor Depending on how the olives are pressed, flavor can range from spicy and peppery to slightly sweet.

Benefits Full of antioxidants, olive oil can help fight inflammation. Studies show consuming it may lower the risk of stroke, the fifth leading cause of death in the U.S.

Source: masterclass.com/articles/what-is-sunflower-oil-a-guide-to-cooking-with-sunflower-oil#a-brief-history-of-sunflower-oil
healthline.com/nutrition/11-proven-benefits-of-olive-oil
masterclass.com/articles/what-is-avocado-oil-a-guide-to-cooking-with-avocado-oil#how-healthy-is-avocado-oil-compared-with-other-oils
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mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/canola-oil/faq-20058235
masterclass.com/articles/how-to-cook-with-coconut-oil-plus-10-recipe-ideas-using-coconut-oil#10-coconut-oil-recipes

451-520°F



Avocado

Best Uses

Great for frying and on salads, but also use for searing, grilling, baking, sautéing and roasting.

520°F (VERY HIGH)

Flavor Made from avocado, the trendy new fat, the oil has a slightly grassy, mild avocado flavor.

Benefits The highest smoke point of all plant-based cooking oils, it is also a good choice for the paleo diet. High in heart-healthy monounsaturated fats and lower in saturated fat than many other oils.

411-450°F



Sunflower

Best Uses

The oil can be used for deep-frying, pan-frying, sautéing, roasting and grilling.

440°F (HIGH)

Flavor Extracted from sunflower seeds, it bears a subtle flavor and can be used in place of any neutral vegetable oil.

Benefits Gaining popularity in the U.S., this oil has a high proportion of essential fatty acids that make it a good choice for heart health.

401-410°F



Vegetable

Best Uses

Can be used for many types of cooking, including high-heat sautéing and frying.

400°F (MEDIUM-HIGH)

Flavor A blend of many different refined oils, its neutral flavor and lack of aroma make it great for a various cooking purposes.

Benefit An inexpensive choice, unhydrogenated vegetable oils are seen as healthy sources of fat.

391-400°F

Unrefined Coconut



Best Uses

Best for medium heat sautéing of meats and vegetables, especially Thai and Indian recipes. Also good for baking.

350°F (LOW)

Flavor Extracted from coconut meat, coconut oil has a strong coconut flavor.

Benefits Contains fatty acids that metabolize quickly for spurts of energy along with high levels of lauric acid, good for ketogenic diets.

351-390°F

321-350°F

250-320°F

What is smoke point?

The temperature at which oil stops simmering and starts smoking and breaking down, releasing harmful free radicals and chemicals that give food an undesirable flavor.

GUILT-FREE

DESSERTS

Savor the sweet satisfaction without any regrets. These enticing desserts may have low sugar, fat or calorie counts, but they go big on richness, sweetness and crunch.

GUILT-FREE

Angel food cake is made with egg whites (not yolks) and no added fat, which makes this a lighter sweet treat.

ANGEL FOOD

AVAILABLE AT HY-VEE

Banana Cream Pie Trifle

Total Time 25 minutes
Serves 24

- 2 (10-oz.) Hy-Vee Bakery angel food cakes, cut into 1½-in. cubes
- 3 (1.34-oz.) pkg. Hy-Vee instant sugar-free fat-free vanilla pudding & pie filling
- 4½ cups Hy-Vee fat-free skim milk
- 1 (16-oz.) container Hy-Vee frozen light whipped topping, thawed; divided
- 4 bananas, peeled and sliced; plus additional for garnish
- Coconut chips, for garnish
- Fresh blueberries, for garnish

1. PREHEAT oven to 400°F. Spread ½ cup cake cubes on a rimmed baking sheet. Bake 8 to 10 minutes or until lightly toasted; set aside.

2. WHISK together pudding mixes and milk in a medium bowl. Let stand 5 minutes or until thickened. Fold in 3 cups thawed whipped topping.

3. SPOON 2 cups pudding mixture into bottom of a 4-qt. trifle dish. Add 2 cups untoasted cake cubes and 2 cups more pudding mixture. Line banana slices alongside dish on top of pudding layer. Top with 2 cups pudding mixture, 2 cups untoasted cake cubes and remaining 2 cups pudding mixture. Then top with remaining 2 cups whipped topping, toasted cake cubes and additional banana slices. Garnish with coconut chips and blueberries, if desired. Serve immediately or cover and refrigerate up to 8 hours.

Per serving: 140 calories, 2 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 390 mg sodium, 29 g carbohydrates, 1 g fiber, 16 g sugar (11 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 0%, Potassium 2%



Angel Food Loaves



Mini Angel Food Loaves



Angel Food Cups



Angel Food Flips



Glazed Angel Food Cakes



Angel Food Jelly Rolls

Peanut Butter Cups

Total Time 15 minutes plus standing time
Serves 9 (1 each)

1 cup no-sugar-added milk chocolate baking chips
1 Tbsp. ghee (clarified butter)
9 Tbsp. natural honey peanut butter
Sea salt flakes, for garnish

1. LINE 9 (2½-in.) muffin cups with paper liners; set aside.

2. PLACE baking chips and ghee in a medium microwave-safe bowl. Microwave on HIGH at 30-second intervals until chocolate is melted, stirring each time.

3. SPOON 2 tsp. melted chocolate mixture into bottom of each cupcake liner.

4. PLACE peanut butter in another medium bowl. Microwave on HIGH for 30 seconds or until softened. Spoon 1 Tbsp. peanut butter in center of chocolate layer in each cup.

5. SPOON remaining melted chocolate mixture on peanut butter in each cup. Garnish with sea salt flakes, if desired. Refrigerate for 30 minutes or until set. Store candies in an airtight container in the refrigerator.

Per serving: 210 calories, 17 g fat, 7 g saturated fat, 0 g trans fat, 15 mg cholesterol, 50 mg sodium, 18 g carbohydrates, 8 g fiber, 4 g sugar (0 g added sugar), 5 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%

GUILT-FREE

No-sugar-added chocolate chips make these 4-ingredient dessert cups lower in sugar than many chocolate recipes.

Avocado-Chocolate Mint Frozen Dessert

Combine 2 peeled and pitted avocados, 1 peeled and sliced banana, ½ cup Hy-Vee refrigerated unsweetened coconut milk, ¼ cup packed mint leaves, ¼ cup agave nectar and 2 tsp. lemon juice in a food processor. Process until smooth. Fold in ½ cup Hy-Vee mini semisweet chocolate chips. Pour mixture into 8×4-in. loaf pan. Cover; freeze 4 hours or overnight. Let stand at room temperature 30 minutes before serving. Drizzle with melted white chocolate; garnish with additional chocolate chips and mint leaves, if desired. Serves 10.

GUILT-FREE

Unsweetened coconut milk takes the place of full-fat cream in this fruit-packed and flavorful “ice cream” dessert.

4 SIMPLE STEPS TO MAKE:

CHEESECAKE BARK



1. Line a baking sheet with parchment paper.



2. Beat 1 (8-oz.) pkg. softened Hy-Vee 1/2-less-fat cream cheese until smooth. Add 1 1/2 cups Hy-Vee vanilla Greek yogurt, 2 Tbsp. Hy-Vee honey and 1/2 tsp. Hy-Vee vanilla extract. Beat until creamy.



3. Spread mixture on prepared baking sheet about 1/4 in. thick. Drop teaspoons of melted seedless raspberry jam (3 Tbsp. total) on top and swirl with a toothpick. Top with 1/2 cup halved fresh raspberries and 2 Hy-Vee honey graham crackers, broken into pieces.

4. Freeze 1 hour or until hard. Break into pieces. Serve immediately or store in freezer. Serves 12.



GUILT-FREE

Reduced-fat cream cheese lowers the fat content while keeping this recipe's creaminess game on point.

GUILT-FREE

Low-carb, high-fat whipping cream makes this delectable mousse a great fit for the keto lifestyle.

Treat Yourself

Even if you are keto, you can still indulge. Discover how to make this chocolatey delight.

Hy-Vee
seasons



Watch and learn
at [HSTV.com](https://www.hstv.com) today!



Keto Chocolate Mousse

Total Time 10 minutes
Serves 4

1 1/2 cups Hy-Vee heavy whipping cream, plus additional whipped cream for garnish
2 Tbsp. keto-friendly low-calorie granulated sweetener, such as Sola
1/2 tsp. Hy-Vee vanilla extract
1/3 cup dark unsweetened cocoa powder
2 Tbsp. brewed coffee, cooled
Toasted chopped hazelnuts, for garnish

1. COMBINE 1 1/2 cups whipping cream, sweetener and vanilla in a medium mixing bowl. Beat with an electric mixer on medium until soft peaks form (tips curl). Fold in cocoa powder and coffee. Divide mixture among 4 (4-oz.) serving glasses. Garnish with additional whipped cream and chopped hazelnuts, if desired.

Per serving: 320 calories, 33 g fat, 21 g saturated fat, 1 g trans fat, 100 mg cholesterol, 25 mg sodium, 12 g carbohydrates, 2 g fiber, 4 g sugar (0 g added sugar), 4 g protein. Daily Values: Vitamin D 6%, Calcium 60%, Iron 15%, Potassium 8%

MILK'S FAVORITE
COOKIE—NOW

GLUTEN FREE



NEW!

COMING SOON TO YOUR LOCAL HY-VEE!

life

Resolve to be a better you, Will Keeps helps at-risk youth, and beauty tips for your skin type.

- 72 21 GOALS FOR A NEW YOU IN 2021
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21 GOALS FOR A

NEW YOU

IN 2021



It's a new year—time for new resolutions to help you look to the future and achieve your new goals. Take advantage of all the help Hy-Vee offers toward a fresh start and successful finish to 2021.

21 WAYS WE'RE HERE TO HELP

Breaking out a new calendar is the perfect time to look at ways to improve your mind, body and spirit. Try these 21 simple lifestyle tweaks to help take on whatever 2021 throws your way. These tips can ease your stress, help your skin glow, and organize your life. You'll find easy ways to squeeze a little more fitness into your busy days and sane strategies for decluttering. This year, it's time to put you first.

1 SAVE MONEY

Save money on everyday purchases at Hy-Vee in a variety of ways. Look for specific items marked as Hot Deals—limited-time weekly price drops—or Low Price Lockdown—products guaranteed to never raise in price. Fuel Saver + Perks items will save money on gas and there are always a variety of coupons.

2 COOK ONE NEW THING EACH WEEK

EATING HEALTHIER IS A POPULAR RESOLUTION, BUT YOU SHOULD ALSO DIVERSIFY YOUR FOOD CHOICES. HEAD TO HELPFUL SMILES TV (HSTV.COM) FOR REGULARLY UPDATED HOW-TO AND INSPIRATIONAL VIDEOS ON MEAL PLANNING, COOKING TUTORIALS, WEEKNIGHT RECIPES, BAKING SEAFOOD AND MORE TO EXPAND YOUR MEAL REPERTOIRE.



3

EAT VEGGIES REGULARLY. Whether you're slimming down or just staying healthy, Hy-Vee Short Cuts make crunching away a snap.

4

STAY ON TOP OF IMMUNIZATIONS. The flu vaccine is available at all Hy-Vee Pharmacy locations without an appointment, making it easy to get.

5

BECOME A PLANT OWNER. Swing by the Hy-Vee Floral Department for a wide selection of indoor plants and floral bouquets to help brighten your living space in all seasons.

6

VOLUNTEER. At Hy-Vee, good customer service extends into the neighborhoods and communities we serve. Team up with us to make a difference.

7

DRINK UP. You know you need to hydrate—but you also can help those in need. Hy-Vee One Step water helps finance the construction of wells that serve whole communities with clean, safe drinking water.

SET SMART GOALS TO HELP IMPROVE YOU

Specific: Identify the outcome in a clear and achievable way. Instead of simply saying "I want to spend more time with my family," try "I will go to one activity each week for every child."

Masurable: The end result must be something that is quantifiable. If you want to earn more money, identify how much more (dollars or percent) money you want to earn to be able to definitely say you achieved the goal.

Achievable: The goals should be something that is within your growth zone. You have the knowledge and the skills but need to set the step-by-step goals to get to it.

Relevant: Examine why you want to achieve the goal. If you want to learn to sing, take a month of vocal lessons to see if you even can sing.

Time-bound: Set a time frame for each goal. In the family time example above, go to an activity once a week for three months and re-evaluate.

**MAKING
YOUR
NEW YEAR'S
RESOLUTIONS
ACHIEVABLE**



Introducing new healthy habits is a popular way to kick off a new year. Hy-Vee has several programs to help you achieve your goal of becoming a more healthful you.

8. CREATE LASTING HEALTH BENEFITS.

The Making the Change program is individually tailored to your own personal health and wellness goals. This is beneficial for an individual looking to make a lasting health impact with continued support from a Hy-Vee dietitian. The program includes a 1-hour initial session with a dietitian and four 15-minute follow-up sessions. You also will have a personalized nutrition store tour, which can be done virtually. During the tour, your dietitian will help you shop to meet your health and wellness goals.

9. DEVELOP NEW HEALTH HABITS.

Work with a Hy-Vee dietitian to develop a meal plan that is perfect to help you reach your goals. The package includes an initial visit with a dietitian to determine your calorie level and food preferences and weekly check-in sessions during the 4-week program.

The meal plan incorporates 4 weeks of menus including 3 meals and 2 snacks per day, convenient grocery lists to prep for the week and nutritional support from your dietitian.

10. GET THE FAMILY MOVING.

Join KidsFit Club for monthly challenges and rewards for the whole family. Help build healthy habits and follow along with At Home videos. Use the KidsFit app to help you learn how to fuel and move from our coaches and dietitians. Visit hy-veekidsfit.com today!



11. QUIT SMOKING.

Smoking can lead to serious health problems such as heart disease and cancer. Led by a trained pharmacist, the Hy-Vee Quit for Good smoking cessation program incorporates medication in its six sessions. The program supplies class materials and access to a store dietitian. Cost is \$150 (some employers will pay the enrollment fee or reimburse employees). Check your Hy-Vee store for availability.



12

DO ONE NEW EXERCISE MOVE.

HSTV.COM OFFERS A COLLECTION OF VIDEOS ON EXERCISE AND OTHER TOPICS, INCLUDING "SHORT & SWEAT" WORKOUTS LED BY HY-VEE'S CERTIFIED PERSONAL TRAINER AND "MOMENTUM" EXERCISE ROUTINES FOR EXPECTANT MOTHERS. OR FLIP TO PAGE 106 AND TRY THIS MONTH'S WORKOUT MOVES!



13 TREAT YOURSELF TO FRESH FACIALS.

GIVE YOURSELF A SPA-LEVEL NUTRIENT INFUSION. HY-VEE OFFERS A VARIETY OF FACIAL MASKS AND CREAMS TO GET YOU FEELING YOUR BEST FOR A FRACTION OF THE COST.

14. TRY THIS TRICK FOR A BETTER NIGHT'S SLEEP.

Next time you have trouble nodding off, research from the University of Texas has an idea: Take a hot bath. It helped people fall asleep about 10 minutes earlier and have a better-quality snooze. Boost your bath with a Basin bath bomb that combines natural ingredients with escape-worthy fragrances.

15 FLOSS DAILY. IT'S A LITTLE THING WITH A BIG PAYOFF. IT'S THE FIRST LINE OF DEFENSE AGAINST BACTERIA IN YOUR BODY. HY-VEE HAS YOU COVERED WITH A RANGE OF DENTAL HYGIENE ITEMS.

HY-VEE SAVES YOU PRECIOUS TIME

16

SHOP ON AISLES ONLINE

The Hy-Vee Aisles Online app lets you order groceries in minutes—from anywhere! Shop by category, sale items, products with Fuel Saver + Perks rewards, or just type the product you want into the search bar. Or use the voice recognition feature to say "milk" or "cookies," and we'll show you your frequently purchased brands.

17

HY-VEE AISLES ONLINE MOBILE APP

One of it's many features, Hy-Vee Aisles Online mobile app makes it easy to refill your prescriptions in just a few steps. Register your pharmacy account to make managing your prescriptions easier and quicker than ever. You can also transfer your prescriptions from another pharmacy to your local Hy-Vee in a few quick steps.

18

CUSTOMER SERVICE AMENITIES

Are you running more errands than you need to be? At Hy-Vee, we offer numerous services to fit your needs, including postal services, Western Union, lottery purchases, dry cleaning and more. Check with your local Hy-Vee to see which helpful services are available at your store.

19

MEALTIME SOLUTIONS

Eating better can be time-consuming and stressful, but Hy-Vee's Heat & Eat meals can make it easy to provide fast, better-for-you choices for your entire family. Pick them up in store or order online for easy pickup on nights that you simply don't have time to cook dinner.



A CLEAN SLATE

20

KEEP CLUTTER OUT OF THE KITCHEN.

Is it hard to see your counters through all the papers, Post-its and not-yet-put-away groceries? Shop organizational solutions to control the chaos.

21

SANITIZE YOUR PHONE OFTEN.

Like, now! We check our phones a gazillion times a day, but we rarely clean them. Grab a pack of disinfectant wipes on your next Hy-Vee run. Cleaning commonly touched items can help stop the spread of germs.

greenhouse

MAKE YOUR HOME
MORE PEACEFUL
AND WELCOMING
WITH A TOUCH
OF NATURE.
HANDSOME
HOUSEPLANTS
ALSO PROVIDE
OXYGEN AND
REMOVE INDOOR
POLLUTANTS.

Plants bring the outdoors indoors

People spend the majority of their lives indoors, according to the Environmental Protection Agency. It's nice to know Mother Nature—and the Hy-Vee Floral Department—offer them the pleasure of some company: houseplants. Most houseplants are tender tropics with intriguing shapes and natural colors that strike a soothing balance with the geometrics usually found indoors.

Top Plants for O₂

Pump some fresh air into your living space with these oxygen factories.



MAJESTY PALM features featherlike fronds for a graceful taste of the tropics. Give it bright, indirect light.



VARIEGATED CORN PLANT (*Dracaena*) prefers bright, filtered light but can take low-lighting conditions.



PACHIRA, or money tree, makes a fine bonsai with braided trunk and glossy leaves. Give it bright light and regular watering.



ZZ PLANT (*Zamioculcas zamiifolia*) is an easy-care houseplant for low to moderate light and features glossy green leaves.

health benefits of plants

Plants offer physical and psychological benefits.

- Studies suggest that communing with nature can reduce stress, lower blood pressure, increase happiness and speed healing.
- Caring for indoor plants can reduce stress and anxiety.
- Houseplants provide oxygen, which aids brain function.
- Plants increase humidity indoors during dry winter months, cutting down on dry skin, colds and sore throats.
- Houseplants remove toxins off-gassed from household items such as furniture, carpeting and cleaning supplies.



ATTACH HANGING PLANTERS WITH PRE-DRILLED HOLES FROM HY-VEE TO THE WALL. PLACE PLANTS IN WATER-TIGHT PLANTERS; REMOVE THEM TO WATER.

Sources: rightsrain.uwmedicine.org/life/leisure/health-benefits-indoor-plants
extension.sdstate.edu/four-benefits-houseplants



2. A REAL HANG-UP

Cut 8 strings into 10-foot sections. This will create a macrame hanger that is 5 feet long when done, but you can shorten the length if desired. Pair strings in four sets, laying the pairs across each other in a star pattern. Use floral wire to secure them in the middle. Tie knots in each pair about 5 inches from the center. Separate the strings and re-pair, tying another row of knots 5 inches from the first row. Adjust spacing according to pot size, if needed. Fill container with a mix of succulent plants and hang in a sunny spot.

3. TRIANGULAR TRIO

Start with a wooden cutting board (available from Hy-Vee). Turn the board upside down and drill a 1/8-inch hole in each corner. Feed one string through the two holes on one side, knotting the ends. Repeat with a second string on the opposite side. Decorate the floating shelf with a trio of coordinated containers filled with plants that contrast in shape and size.

4. TAKEN FOR A LOOP

Paint a small square of wood white. Insert two hook screws on opposite sides. Hook two floral wire hoops through each side. Loop a length of twine or rope to hold the hoops together. At the hanging length you choose, knot another loop for the hanger. Set a trailing plant on the wood.



MAKE A FLOAT SHELF DISPLAY FROM A CUTTING BOARD AVAILABLE AT HY-VEE.



**HOPE FOR A BETTER
TOMORROW**

STARTS RIGHT HERE

A community activist, mentor and hip-hop artist finds creative ways to reach students at risk. Learn more about his mission—and why Hy-Vee supports it.



WILL KEEPS

is the name Will Holmes goes by because, the hip-hop artist explains, “I would love for people to keep my message and my music with them everywhere.” That message: the importance of helping lost kids make better life choices.

“We want everybody to understand that no matter what you’re going through in your life, the hard times...if you want to change your life, it *Starts Right Here*,” Will says, alluding to the name of the organization he founded.

SRH reaches youths creatively—through the arts, entertainment, music and more—while partnerships with business, government, schools, police, civic organizations and mentors equip them for success. “The end game is helping our community and doing good for our kids and families. That is what these relationships are about,” Will says. “Showing people that we have the true blueprint for coming together.”

His troubled early life was a major influence in Will’s own transformation. After a traumatic childhood incident left him feeling unsafe at home, he turned to gang life and might have lost his life if not for a gun jamming at a critical time. Beaten, stabbed and left for dead, Will survived and managed to turn his life around. He moved to Des Moines in his 20s and started performing hip-hop.

It is that background that makes Will a respected speaker and role model. “When I talk to kids, they actually listen and want to do better,” he says. “Everything I’m saying makes sense because they can see it within me. They see hope because of all the stuff I’ve been through in my life... I’m actually walking the talk.”



SRH PARTICIPATES IN THE DES MOINES POLICE DEPARTMENT'S SECOND CHANCE PROGRAM, WHERE JUVENILES WHO COMMIT CRIMES CAN KEEP A CLEAN RECORD IF THEY PARTICIPATE IN A DIVERSIONARY PROGRAM. "I WANT EVERYBODY TO KNOW THAT WE CAN WORK TOGETHER, NO MATTER WHO WE ARE, NO MATTER WHAT OUR DIFFERENCES," WILL SAYS.



How Hy-Vee is helping

Hy-Vee donated \$50,000 to SRH under its \$1-million-dollar commitment to organizations supporting racial unity and equality. "Hy-Vee understands how important our community is and the work that we are doing at SRH," Will says. "It also means they are in the fight with us of giving our lost youth a future through education and employment."



"WE EMPOWER THESE LOST KIDS TO LEARN [AND] FIND THEIR SUPERPOWERS, AND FIGHT FOR THEM TO USE THOSE POWERS FOR SUCCESS IN THEIR LIVES!" —WILL KEEPS

The 3 E's

SRH aims to equip, educate and empower students in grades K-12 in Des Moines, 70 percent of whom are minorities. The goal is to get students on the right track academically, leading to better employment opportunities and, ultimately, long-term self-sufficiency.

- **EQUIP.** Music, cinematography and other art forms encourage dialogue, uncover solutions and create an "overcoming" culture rather than a victimized one.
- **EDUCATE.** Tutoring and mentoring programs, in cooperation with Des Moines Public Schools, local businesses and volunteers.
- **EMPOWER.** Platforms and programs that encourage students to express themselves and find positive outcomes.

How can I help? Starts Right Here has volunteer opportunities in Des Moines for tutoring, mentoring, career building, interview prep and more. To learn more about volunteering, or to donate, visit StartsRightHere.org.

IF YOU BUILD IT, THEY WILL COME

SRH's newly refurbished building in Des Moines is the fulfillment of Will Keeps' vision to create a safe space where lost youth can relax, learn and flourish. Facilities include a study room with computers, classroom, counseling area, weight room, music studio, stage and even an indoor porch where everyone can feel at ease while talking about life issues. Will recalls being challenged to follow through on his dream. "During our program, The Porch, we explained our vision for our building to the kids—of having a safe place for them to come and grow," he says. "They at first did not believe it was possible, so they sort of called our bluff. Well, now we have it and it's their turn to show up and they are lining up to come!"



"WILL'S STARTS RIGHT HERE MOVEMENT IS EXACTLY THAT—IT'S THE STEPS YOUNG PEOPLE NEED TO TAKE TO BE SUCCESSFUL."

—SAILU TIMBO, HY-VEE VICE PRESIDENT, COMMUNITY AND DIVERSITY RELATIONS



— OUT WITH THE OLD — IN WITH THE BLUE

2021

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Grooming is an essential part of pet ownership.

**KEEP YOUR CANINE COMPANIONS
LOOKING, SMELLING AND
FEELING THEIR BEST WITH
THESE TIPS FROM ANIMAL
EXPERTS, INCLUDING
THE AKC AND ASPCA.***

How often should I brush my dog?

Brush dogs regularly to remove debris and loose fur, prevent matting and improve the coat's air circulation. This may mean daily brushing for dogs with long fur or those that are shedding, several times a week for others.

What about bathing?

Bathing removes a dog's natural oils and can dry out skin, so it should be done infrequently. Dogs that spend a lot of time outdoors will need bathing more often. And, of course, those that roll in something will require immediate attention. Use lukewarm water when bathing and provide a nonslip surface such as a towel or bath mat for your pet to stand on. Wash your pet's face separately with a washcloth and no-tears puppy shampoo. Be sure to rinse your dog's coat thoroughly to remove shampoo residue that can cause itching.

Is it OK to use a blow dryer on my dog?

Although some dog groomers use blow dryers, the loud noise and forceful air can frighten dogs initially. Clean, dry rags and a little shaking on the dog's part are often all that's needed.

How can I relieve my dog's anxiety when clipping nails?

Start touching and stroking paws early in a dog's life so they get used to you touching their paws. Keep the earliest sessions short by trimming just a couple nails at a time. You can use a spoonful of peanut butter as a distraction.

Does my dog need a haircut?

Long-haired dogs may need a trim now and then, but shorter-haired dogs do not. Resist the urge to shave a thick-coated dog for summer—it's especially bad for dogs with a double coat such as shepherds and retrievers. They will naturally shed their extra fur in hot weather and need nothing more than brushing.

Anything pet owners tend to forget?

Wash your dog's water and food bowls weekly to avoid bacteria buildup. It's not part of grooming, but it is beneficial to a dog's health and well-being.

best
PAW
forward

Dogs aren't just pets, they're trusted companions and valued family members. Because they spend a lot of time indoors with us, it only makes sense to keep them well groomed. It's good for us and, more importantly, good for them.

*American Kennel Club and American Society for the Prevention of Cruelty to Animals

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petmd.com/dog/grooming/tips-getting-your-dog-comfortable-dog-dryer

regular dog grooming guide

NOT JUST CLEAN, BUT HEALTHY, TOO!
GROOMING IS AN OPPORTUNITY TO SPOT
COMFORT AND HEALTH ISSUES EARLY
ON—BEFORE THEY BECOME SERIOUS.

Sources: aspca.org/news/hair-comes-trouble-why-pets-need-regular-grooming
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akc.org/expert-advice/health/dog-toothpaste-should-be-in-your-canine-medicine-chest

WHAT YOU'LL NEED

Find all your
pet grooming
supplies at
Hy-Vee, including
shampoos,
brushes, combs
and clippers.



**HARTZ GROOMER'S
BEST WATERLESS
SHAMPOO**
A 3-in-1 solution
to cleanse, freshen
and deodorize a
dog's skin and coat
without water.



**HARTZ GROOMER'S
BEST SOOTHING
OATMEAL SHAMPOO**
Extra gentle,
hydrating shampoo
is pH balanced for
dogs with itchy,
irritated skin.



**SERGEANT'S
SKIP-FLEA & TICK
SHAMPOO**
Cleans, deodorizes
and conditions a
dog's coat while
killing fleas and
ticks up to 10 days.



**SERGEANT'S FUR
SO FRESH GENTLE
GUARD SHAMPOO**
Mild formula won't
irritate eyes or skin;
suitable for puppies
and older dogs with
sensitive skin.



**SERGEANT'S FUR
SO FRESH OATMEAL
SHAMPOO**
Formulated with
oatmeal and ginger
extract Awapuhi
to treat dogs with
sensitive skin.



**PAWS HAPPY LIFE
NAIL TRIMMER**
Keep a dog's nails
trimmed for less
scratching and
clicking, plus easier
walking for them.



**PAWS HAPPY LIFE
BRUSH COMBO**
Bristle brush on
one side to remove
tangles and dirt, pin
brush on opposite
side to comb fur.

NOSE

Pale-nose dogs that spend a lot of time outdoors may need a dog sunscreen. See a veterinarian if the dog's nose has cracks, scabs or sores or if nasal discharge is anything other than clear.

MOUTH

Regular brushing removes plaque that can cause bad breath, tooth decay and gum disease. Use a toothpaste and toothbrush made for dogs and start brushing early in a dog's life so they get used to it.

EYES

Regularly check your dog's eyes for crust, gunk or tearing, removing the discharge with a moist cotton ball. Wipe outward from the corners, avoiding contact with the eyes. If eyes are cloudy, have unequal pupil sizes or have a lot of discharge, see a veterinarian.

EARS

Inspect ears for odor or redness. If cleaning is needed, use an ear-cleaning solution for dogs, following label directions. Finish by gently wiping with a cotton ball.

pro tip: ANTE UP FOR ANTLERS



“If you need something for your dog to chew on, try antlers. They're a safe alternative to rawhide, 100 percent natural and completely renewable. You get a product that lasts a lot longer—I have two giants and it takes them months

on end to get through an antler—and antlers won't splinter so they're safer and just a better choice for your pet.”

—Matt Smith
Hy-Vee General
Merchandise Supervisor,
Cedar Rapids, Iowa

3 WAYS TO EASE GROOMING ANXIETY

start early GET DOGS USED TO GROOMING EARLY IN LIFE—AS PUPPIES IF POSSIBLE.

proceed gradually AT THE EARLIEST SESSIONS, DO JUST A FEW PASSES OF THE BRUSH OR CLIP ONLY ONE OR TWO NAILS AT A TIME.

finish with a treat PROVIDE LOTS OF PRAISE AND AFFECTION AS WELL AS SOME TREATS SO YOUR PET ASSOCIATES GROOMING WITH GOOD THINGS.

foods TAILORED TO HEALTH

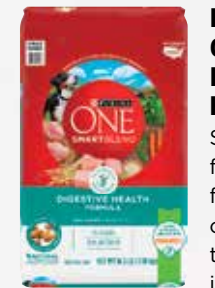
Hy-Vee's selection of dog foods includes formulas for health and growth.



PURINA ONE HEALTHY WEIGHT

SmartBlend formula is high in protein and contains 15 percent

fewer calories and 25 percent less fat than Purina ONE Lamb & Rice formula.



PURINA ONE DIGESTIVE HEALTH

SmartBlend formula features real chicken as the primary ingredient,

plus a blend of nutrients and probiotics for better digestion.



PUPPY CHOW HEALTHY START NUTRITION

Formulated with the specific and essential nutrients puppies

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POWERFUL SYMPTOM RELIEF THIS COLD & FLU SEASON.

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REST EASY

Try these ideas along with helpful products from Hy-Vee to create a space for peaceful sleeping.

Give your bedroom a clean, uncluttered look that invites relaxation and rest. Excessive and unnecessary objects in your bedroom can make it take longer to fall asleep and disrupt your sleep, according to a study by St. Lawrence University.

Adding a few drops of essential oil to PureSpa Essential Oil Diffuser from Hy-Vee creates soothing aromatherapy.



Prevent chapped lips and dry skin with lip balm and body butter at bedtime.



SIMPLE SURROUNDINGS

Less is more when it comes to creating a comfortable place to sleep.

- 1. Clear the Clutter:** Use the nightstand only for what you really need. Stash other stuff in a cabinet so it doesn't visually distract.
- 2. Simple Art and Wall Treatments:** Keep wall art clean and simple, with pleasing visuals. Blues, light pastels and neutral grays, tans and whites are the most relaxing wall colors.

- 3. Essential Oils:** Try essential oils in relaxing fragrances—lavender, bergamot, sandalwood, cedar, pear and rosemary. Hy-Vee offers nearly two dozen varieties.
- 4. Limit the Use:** Keep office work off the nightstand and the TV in another room. The bedroom is for relaxing and sleeping.
- 5. Keep Bed Linens Clean:** Snuggle into clean, fragrant sheets, pillowcases and blankets. Stick to a laundry schedule that ensures bed linens always feel and smell fresh.

Source: stlawu.edu/news/student-faculty-sleep-research-published-presented

Stackable
Sterilite bins are
clear for quick
identification
of contents.

It all adds up

Subtract clutter,
add comfort.
That equals a
bedroom offering
better rest.



LIGHT THE WAY

A GE Automatic
Night Light
from Hy-Vee
automatically turns
on at dusk and off
at dawn.



NATURALLY

Add an indoor
plant or two. Plants
remove toxins from
the air and have
a calming effect
psychologically.



TEA TIME

Organic Yogi
Bedtime tea is
caffeine free and
features a mix of
relaxing herbs.

IT PAYS TO START SMART



✓
Check the ingredients
in your medicine.
Use only 1 product that contains
acetaminophen at a time.



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NEOSPORIN Neutrogena Polysporin REACH RHINOCORT Rogaine SUDAFED VISINE ZARBEE'S ZYRTEC Special Partner TENA

6. Control the Closet:

Keep seasonal clothes in the closet and store the rest elsewhere to simplify putting together an outfit. Divide vertical space to hang shirts together, pants together and so on.

7. Collect the Laundry:

Set a laundry basket or a Dazz Pop-Up Hamper from Hy-Vee in the closet to keep laundry off the floor or dresser.



CLEAR CHOICE

KNOWING WHAT TO LOOK FOR ON LABELS CAN
HELP YOU CHOOSE PRODUCTS THAT ARE
CLEAN AND NATURAL.

CLEARLY LABELED

Our skin is our largest organ so we need to pay as much attention to what we put on our body as we do to what we put in it. Here are some ingredients to avoid when selecting skincare products.

PHthalATES

Phthalates are found in cleansers and lotions among other cosmetics and are used to make products more flexible. They are suspected to disrupt hormones and be a carcinogen.

PARABENS

Finding paraben-free products is becoming easier, but they are found everywhere from cleaning products to cosmetics. They are often used as a preservative but are associated with certain types of cancer.

SULFATES

Commonly found in face washes and soaps, the most common forms are Sodium Laureth Sulfate (SLES) and Sodium Lauryl Sulfate (SLS), both of which cause skin irritations and allergic reactions.

DEA/TEA

Diethanolamine (DEA) and Triethanolamine (TEA) can be found in skin care products in the U.S., although they have been banned in other countries as they have shown to be a carcinogen. They are often used to make products foamier.

TRICLOSAN

The FDA has banned triclosan for use in soaps, but it can still be used in facewash for its antibacterial, preservative and antiperspirant properties. It can irritate skin and disrupt hormones.

SYNTHETIC FRAGRANCES

"Fragrance" is often used by companies to hide any of their proprietary blends and they don't have to disclose what's in the blend, including unsafe ingredients. Look for fragrance-free products to avoid any potential irritants or allergens.

PEGs

Polyethylene (PEGs), a group of ingredients, are used in skin care and cosmetics to give a creamy, moisture-heavy texture. Much like parabens, they are found in a variety of products, but they are toxic to humans and can be an irritant.

Moisturizer

Want a fresh, glowing face? Don't forget to moisturize to soften your skin. It helps keep skin hydrated and camouflages blemishes.

Scrub

People lose 500 million skin cells a day. Clear build-up by exfoliating weekly or up to three times a week for healthy skin.

Tone

Toner helps balance your skin's pH levels. Soft skin without dry spots is properly balanced. Acne, irritation or dry spots indicate your skin is more alkaline.

Cleanse

Help keep skin clear by using the appropriate daily cleanser to remove cosmetics, dirt and pollutants.

Treat

Serums and facial oils are highly concentrated to sink into the skin quickly to help alleviate issues like wrinkles, blotchiness and discoloration.

CLEAN SKIN

USING CLEAN, NATURAL
PRODUCTS IN A DAILY
5-STEP ROUTINE CAN KEEP
YOUR SKIN LOOKING
CLEAR AND HEALTHY.

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NATURAL SUNSCREEN

The best sunscreen is one that you will actually use, and it can help reduce the risk of skin cancer as well as prevent premature aging. Aveeno Protect + Hydrate is formulated with antioxidant oats to nourish skin in an oil-free formula that is non-comedogenic, (won't clog pores). It is recommended that everyone wear a sunscreen of at least SPF 15 every day, applied 30 minutes before going outside.

NORMAL: Skin feels evenly balanced. It's neither too oily or too dry and is not sensitive.



- Cleanse:** Wash with a mild cleanser like Neutrogena Naturals Purifying Facial Cleanser that penetrates pores without harsh chemicals.
- Moisturize:** Light lotions are ideal, and Neutrogena Soothing Clear Turmeric Oil-Free Moisturizer is paraben-, silicone- and sulfate-free.
- Treat:** Help protect skin with Nature's Truth Hyaluronic Acid Serum that softens the skin while helping with the appearance of fine lines.

OILY: Skin is greasy and shiny all over. Pores are often large and become clogged easily.



- Cleanse:** Hydration isn't an issue, so cleanse oily skin with Derm-E Purifying Daily Detox Scrub to lift away impurities and micro-pollutants.
- Moisturize:** Light moisturization is key as skin can still dry out. Aveeno Clear Complexion Moisturizer helps even skin tone and texture.
- Treat:** Toning is an asset for oily skin and Sky Organics Rosewater Facial Mist will help balance skin's natural pH levels while keeping fine lines away.

WHICH ARE YOU?

How to care for the 4 main skin types.

COMBINATION: Skin feels oily in the T zone (forehead, nose and chin), but dry everywhere else.



- Cleanse:** Most common skin type, use a mild cleanser like Neutrogena Soothing Clear Turmeric Mousse Cleanser. Turmeric calms stressed skin.
- Moisturize:** Stick to oil-free cleansers, and the cotton extract in Burt's Bees Daily Moisturizing Cream will minimize the effects of irritants.
- Treat:** Combination skin can benefit from multiple masks, including Freeman's Sweet Tea + Lemon, which is recommended for daily use.

DRY: Skin feels tight and is often flaky. It's likely to crack, especially in the winter.



- Cleanse:** Choose a natural cleanser for twice daily application. Burt's Bees Facial Cleanser is fragrance-free and won't clog pores.
- Moisturize:** You may need to moisturize twice a day and Simple Kind to Skin Replenishing moisturizer locks in hydration for 12 hours without harsh chemicals.
- Treat:** Don't forget the finishing touch to treat problem areas. Zum Face Gentle Facial Toner leaves skin clean and supple while dissolving impurities.

FIVE STEPS TO NATURAL BEAUTY

Once your base has been established through proper skin care, use clean cosmetics for a fresh-faced look.



1 Primer

Now that your face is properly cleaned, hydrated and treated, it's time for cosmetics. Create your base with primer, such as E.L.F. Hydrating Face Primer. Apply using your fingers or a sponge or brush. Remember that a little goes a long way, so start with a small amount and work out from the center of your face towards your cheeks, forehead and chin.

2 Foundation

Finding the right shade is the most important step. Test foundation colors on your jawline; if it disappears without blending, you've found your shade. When applying foundations like Cover Girl Clean, fingers provide light coverage and brushes and sponges create heavier coverage. Use the same method as primer for application.

3 Cheeks

A flushed cheek has been a beauty mainstay for centuries. Products like Bare Minerals Blush is an easy way to add color to your complexion. For pink and plum colors, apply color to the apples of the cheeks. Peach blush should follow your cheekbone, starting at the ear towards the nose.

4 Eyes

For a natural look, choose more neutral shades like Bare Minerals Nude Rose Eyeshadow Palette. Use two complementary colors, one dark and one light. Apply the lighter shade across your whole lid and the darker color along the crease. Blend them together.

5 Lips

The last step is the lips. Prep your lips with a gentle lip scrub to remove dead skin and then moisturize with lip balm. Finally, add color like Burt's Bees BarePro Longwear Lipstick, applying from the center of the lip to the corner. Smack lips to get into the nooks and crannies.



pro tip: SERUM OR MASK

“Skin is the first line of defense against the elements and microbes. By caring for our skin, we keep it in good condition to help keep us healthy. Skin care can contain chemicals that can interfere with our endocrine systems. By looking for clean products that have transparent labels (meaning that companies have listed ALL the ingredients), we can help you choose the correct products. And always wear your SPF.”

—Lisa Pruett
Hy-Vee Esthetician/Cosmetics Manager, Liberty, Missouri

Make It Simply Delicious



Bring home
the irresistible
taste of Jif®
No Added
Sugar*



GREEN PEANUT BUTTER SMOOTHIE

Prep Time: 8 minutes

Yields: 2 servings

DIRECTIONS:

1. PLACE milk, banana, spinach and **Jif®** peanut butter spread in blender container.
2. COVER and process until smooth.

INGREDIENTS:

- 1 ¼ cups cold unsweetened almond milk
- 1 medium frozen ripe banana
- 1 cup fresh spinach
- 3 tablespoons **Jif®** No Added Sugar* Creamy Peanut Butter Spread

Not a low-calorie food. 200 calories, 17g fat, 3.5g saturated fat, and 2g total sugars per serving. ©/TM/ The J.M. Smucker Company.

health

Supplements made simple. Plus, at-home workouts and tips to prevent high blood pressure.

98 SUPP THE ANTE

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120 FIRST IN AID

SUP

THE ANTE

SUPPLEMENTS CAN HELP YOU MEET YOUR HEALTH AND FITNESS GOALS. BROWSE HY-VEE'S WIDE RANGE OF SAFE AND EFFECTIVE SUPPLEMENTS TO SEE WHICH CAN IMPROVE FOCUS, SPEED RECOVERY, INCREASE ENERGY LEVELS AND MORE.

POWDERED SUPPLEMENTS ARE EASY TO MIX. JUST SHAKE OR BLEND UNTIL SMOOTH.

SUPPLEMENTAL STRENGTH
SPORTS NUTRITION SUPPLEMENTS INCREASE INTAKE OF ONE OR MORE NUTRIENTS TO IMPROVE HEALTH AND EXERCISE CAPACITY. WHEN USED FOR FITNESS PURPOSES, SUPPLEMENTS LIKE PROTEIN, BRANCH CHAIN AMINO ACIDS (BCAAS) AND PREWORKOUT POWDERS KICK UP PERFORMANCE IN THE GYM, AID IN RECOVERY AND HELP BUILD MUSCLE.



**HY-VEE ENERGY
EDGE VANILLA WHEY
PROTEIN BLEND**
24 grams of whey protein plus minerals.



Q&A

**WITH RYAN WEILER, RD, LD,
CERTIFIED SPECIALIST IN
SPORTS DIETETICS,
HY-VEE DIETITIAN**

Are supplements safe and effective?

Most supplements are safe, and many manufacturers have clean safety histories. Supplements help fill nutritional gaps in a diet. It is possible to get all the nutrients you need by eating healthful foods, but certain nutrients like vitamin D or omega-3 fatty acids are hard to get through food alone. In certain scenarios, supplements can improve health, provide an exercise performance boost, compensate for poor eating habits, or even reduce the risk of chronic disease.

How do I know a supplement is safe?

To ensure quality and safety, look for labels from Informed-Sport, Informed-Choice or others such as USP verified or NSF certified. This ensures the product has been third-party tested for quality, purity, potency, performance, consistency and FDA good manufacturing practices.

Are supplements the same as steroids?

Absolutely not. The steroids you most often hear about are anabolic steroids that work like hormones in the body to quickly build up muscle mass. Using steroids is dangerous for your health and the negative side effects can be harmful both in the short and long term. Supplements are simply a way of optimizing the diet through naturally occurring nutrients.

When taking supplements, do you still need to exercise?

Sports nutrition supplements, like creatine and whey protein, are best used in conjunction with an exercise program to support energy levels, strength and muscle recovery. If a supplement is taken to fill in gaps in the diet, such as a daily vitamin D supplement to correct a deficiency, exercise is not necessary to reap the benefits.



**PERFORMANCE
INSPIRED APEX
PRE-WORKOUT**
Helps increase stamina and energy in the gym.



**PERFORMANCE
INSPIRED EXPLOSIVE
PRE-WORKOUT**
A combination of nutrients that boosts focus and energy.

**ADD YOUR FAVORITE
SUPPLEMENT TO FRUIT
OR VEGETABLE SMOOTHIES
FOR A POWERFULLY TASTY
COMBINATION.**



**OPTIMUM NUTRITION
ESSENTIAL AMINO
ENERGY**
A blend of amino acids for muscle repair and caffeine from green tea and green coffee bean extract.



**VEGA PROTEIN &
ENERGY MATCHA LATTE**
Twenty grams of protein with a boost from matcha powder.

A STRONG SELECTION

CHECK OUT THESE COMMON SUPPLEMENTS AND SEE WHICH SUIT YOUR FITNESS NEEDS. FIND THEM AT YOUR LOCAL HY-VEE!

PRE-WORKOUT

WHAT IT DOES: May improve energy levels, muscle endurance and mental focus during workouts. Most pre-workout formulas contain caffeine, and some have more than others. Those sensitive to caffeine should read the label to see how much is in the supplement.

HOW TO TAKE: Right before a workout. Aim for 15 to 30 minutes before exercise.

PROTEIN

WHAT IT DOES: Aids in building, maintaining and repairing muscle fibers. Whey and casein are two popular forms of protein. Whey digests quickly while casein digests slowly and feeds muscles over a longer period of time. Both are derived from dairy. Vegetarians or vegans can opt for plant-based proteins from pea, brown rice, hemp or other options.

HOW TO TAKE: For best results, mix in a liquid and drink within 45 minutes to an hour after a workout. Consuming protein after exercise may reduce muscle soreness.

PERFORMANCE INSPIRED BRANCH CHAIN AMINO ACIDS Three essential amino acids (leucine, isoleucine and valine) plus nutrients that support a healthy metabolism.

PERFORMANCE INSPIRED APEX PRE-WORKOUT
A mix of natural ingredients that help boost energy and focus during workouts.

PERFORMANCE INSPIRED CREATINE
Made with 100 percent creatine monohydrate to promote muscle growth, strength and recovery.

PERFORMANCE INSPIRED PLANT-BASED PROTEIN
Contains 20 grams of protein from plant sources, such as brown rice, alfalfa and peas.



GNC PRO PERFORMANCE 100% WHEY
Twenty-four grams of whey protein with 9 essential amino acids to help muscles recover and grow.

HY-VEE HEALTHMARKET FISH OIL
Omega-3 fatty acids may aid recovery by reducing inflammation from exercise and may improve joint health.

CREATINE

WHAT IT DOES: Already a naturally produced substance by the body, additional intake may increase energy during a workout and can lead to increased strength, muscle size and reduced soreness. Those with a history of kidney issues should consult their doctor before taking creatine.

HOW TO TAKE: Experienced creatine users follow a “loading” phase in which they consume higher amounts for 3 to 5 days before tapering off to 1 tablespoon. However, new users can take 1 tablespoon before or after exercise for potential benefits.

BCAAS

WHAT IT DOES: Essential amino acids leucine, isoleucine and valine provide energy during exercise and may stimulate protein synthesis in working muscles, which promotes growth. An analysis of studies in *International Journal of Vitamin and Nutrition Research* found that taking BCAAs after exercise reduced muscle soreness in the following days.

HOW TO TAKE: Consume anytime—before, during or after workout. When taken during a workout, BCAAs may maintain mental focus and help delay feelings of fatigue.

CHECK THE LABEL

Make sure you know what’s in the supplement you purchase. Every container has a list of “supplement facts,” or all the ingredients that make up the supplement. The label is on the back of the container and looks similar to the “nutrition facts” label found on food items. The label may also include serving size and recommended use.

Ryan Weiler, Hy-Vee Dietitian, RD, LD, Certified Specialist in Sports Dietetics, stresses that supplements may be beneficial for some, but they are not one-size-fits-all. Needs are unique based on diet, activity and pre-existing conditions. “I recommend meeting with a Hy-Vee Dietitian to determine what type of supplements might be beneficial,” Weiler says.

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Source: ods.od.nih.gov/factsheets/ExerciseAndAthleticPerformance-HealthProfessional/
health.clevelandclinic.org/how-omega-3-foods-can-help-you-be-a-better-athlete/
pubmed.ncbi.nlm.nih.gov/30938579/

chart

TOP 20 ITEMS FOR YOUR PANTRY FROM THE HY-VEE HEALTHMARKET

The Hy-Vee HealthMarket is a one-stop-shop for pantry staples. Stop by Hy-Vee and stock up on wholesome ingredients for a healthy start to the new year.

1

SIETE GRAIN FREE TORTILLA CHIPS ARE MADE WITH CASSAVA FLOUR. CASSAVA IS A ROOT VEGETABLE NATIVE TO SOUTH AMERICA.

103



11



14



16

TRY IN
YOUR NEXT
BATCH OF
CHOCOLATE
CHIP COOKIES
FOR A TREAT
WITH LESS
ADDED
SUGAR.



12



15



17



19



13



18



20

**11. BLUE DIAMOND
UNSWEETENED
ORIGINAL ALMOND MILK**
Use instead of dairy milk
in oatmeal, smoothies,
cereal and baking.

**12. FULL CIRCLE
ORGANIC QUINOA**
A gluten-free plant protein
source with all 9 essential
amino acids.

**13. PRIMAL KITCHEN
DRESSINGS AND
MARINADES**
Add flavor without
sacrificing your
specialty diet.

**14. FULL CIRCLE
ORGANIC CHIA SEED**
Stir into oatmeal or add
to a smoothie for a
nutrition boost.

**15. BRAGG LIQUID
AMINOS**
Use in place of soy sauce
as a gluten-free
flavor booster.

**16. LILY'S SEMI-SWEET
STYLE BAKING CHIPS**
No sugar added and
sweetened with Stevia for
healthier baking.

**17. SIMPLY ORGANIC
SIMMER SAUCES**
Whip up a quick and
flavorful dinner with the
help of a simmer sauce.

**18. KODIAK CAKES
POWER CAKES MIXES**
Fuel your day with whole
grains, fiber and protein.

**19. FULL CIRCLE
ORGANIC CHICKEN
STOCK**
Have on hand for soups,
stews or adding extra
flavor when cooking grains.

**20. FULL CIRCLE
ORGANIC CRUSHED
TOMATOES**
A must-have cooking
staple for sauces, soups,
pasta and more.



NEW!

SIMPLY DELICIOUS



START THE YEAR WITH NEW GLUTEN-FREE,
PROTEIN-PACKED EVOL DISHES

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MEMBERSHIP NOT REQUIRED

Exercising at home could save you time and money, and keep you in a safe, familiar environment. But the use of minimal equipment, or even just your body weight, can also be surprisingly efficient.

Make yourself at home

Between monthly dues and other recurring fees, a gym membership may cost hundreds of dollars per year. But exercising at home can be a safe, budget-friendly option that offers ultimate convenience, even allowing you to sneak in workouts whenever you're free in as little as 20 minutes.

A low- or no-equipment home workout routine could also align perfectly with your fitness goals.

"Body weight exercises

can be just as effective in maintaining good health as [other forms of] weight training," says Daira Driftmier, certified personal trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness.

You can build muscle or maintain health just as you would at a fully stocked gym using your own body weight, objects around the house or even a few inexpensive pieces of exercise equipment such as dumbbells.

"I like to build a good foundation of body weight movements with clients because it helps eliminate excuses when you might be traveling or, like now, when we are in a pandemic and have to work out at home," Driftmier says.

Body weight exercises can be especially impactful when they use more than one muscle group at a time—compound movements. For a quick and effective at-home workout, turn to *page 108*.



pro tip: DOUBLE DUTY

Compound movements are more functional to everyday life. Engage more muscles to burn more calories, improve coordination and increase strength and flexibility."

—Daira Driftmier

Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness

SHORT
& SWEAT

WORKING OUT AT HOME DOESN'T ALWAYS MEAN YOU HAVE MORE TIME. YOU CAN FIND QUICK WORKOUT IDEAS FROM THE SHORT & SWEAT VIDEO SERIES ON *HSTV.COM*.

5 COMMON FITNESS MYTHS

MYTH #1

Strength training will make me bulky.

"Short answer, no," Driftmier says. "Strength training is so important, especially for women's mental and physical health. It increases confidence, bone strength and metabolism."

MYTH #2

Strength training won't help me lose weight.

As Driftmier states, strength training promotes an increased metabolism. Building muscle speeds up metabolism, which helps the body burn slightly more calories throughout the day.

MYTH #3

Long cardio sessions are the only way to burn calories.

High intensity interval training (HIIT) requires short alternating bouts of fast-paced exercise followed by short rest periods. HIIT workouts offer a substantial calorie and muscle burn during and after workouts and can be done in as little as 20 minutes.

MYTH #4

You can target specific areas for fat loss.

Exercising a specific part of the body, or spot training, will not result in fat loss to that area. Instead, opt for full-body workouts that burn calories throughout the entire body to help shed fat.

MYTH #5

Taking days off stunts progress.

The body needs rest. Resistance training creates small micro tears across muscle fibers. Rest days facilitate repair and help muscles grow bigger and stronger. Perform low-intensity movements like walking on rest days to help shuttle nutrients to sore muscles and aid in recovery.

8 EXERCISES TO DO AT HOME IN LESS THAN 20 MINUTES

PERFORM EACH MOVE AS MANY TIMES AS YOU CAN FOR 3 SETS OF 20 SECONDS. REST 10 SECONDS BETWEEN EACH SET AND 1 MINUTE BETWEEN MOVES.

1 SQUAT TO OVERHEAD PRESS

Hold a dumbbell in each hand, raised and in front of shoulders. Stand with feet shoulder-width apart. Squat until legs are parallel to the floor. Push off heels to standing position while pressing both dumbbells overhead.



5 PUSH-UP PLANK ROWS

Start in a push-up position, gripping a dumbbell in each hand, palms facing in, feet hip-width apart. Lower chest toward the floor. Push back up and lift right dumbbell toward rib cage. Return it to the floor. Repeat and alternate arms.



2 GLUTE BRIDGE DUMBBELL PRESS

Lie on your back, a dumbbell in each hand, knees bent and feet flat on the floor. Lift hips off of floor to form straight line from knees to shoulders. Press dumbbells up and slowly lower. Repeat.



6 INCH WORMS

From a standing position, bend at the waist and place hands in front of feet. Slowly walk hands forward until your body reaches a high plank position. Reverse back to a standing position.



3 SIDE PLANK THREAD THE NEEDLE

Lie on your left side. Use left forearm to prop up your body, forming a line from shoulders to ankles. Raise right arm to ceiling. Lower right arm and twist at the waist to reach right arm under the body. Reverse twist and raise right arm to ceiling. Complete set. Alternate.



7 DUMBBELL DEADLIFT TO HIGH PULL

Stand with feet hip-to-shoulder-width apart, a dumbbell in each hand. Hinge at the hips and slightly bend knees until dumbbells reach knees. Drive hips forward to standing. Raise forearms to bring dumbbells to chest. Return to starting position.



4 LUNGE WITH KNEE RAISE

Stand with feet hip-width apart. Step left foot forward and lower body until left thigh is parallel to floor. Push off from left foot to standing and simultaneously lift right knee into the air. Lower right foot. Alternate.



8 ALTERNATING CURTSY LUNGE

Stand with feet hip-width apart. Step left leg behind and around right leg and lower body until right leg is parallel. Return to standing position. Alternate.



YOU NEED IT, WE GOT IT.

NEW AT **Hu•Vee**®

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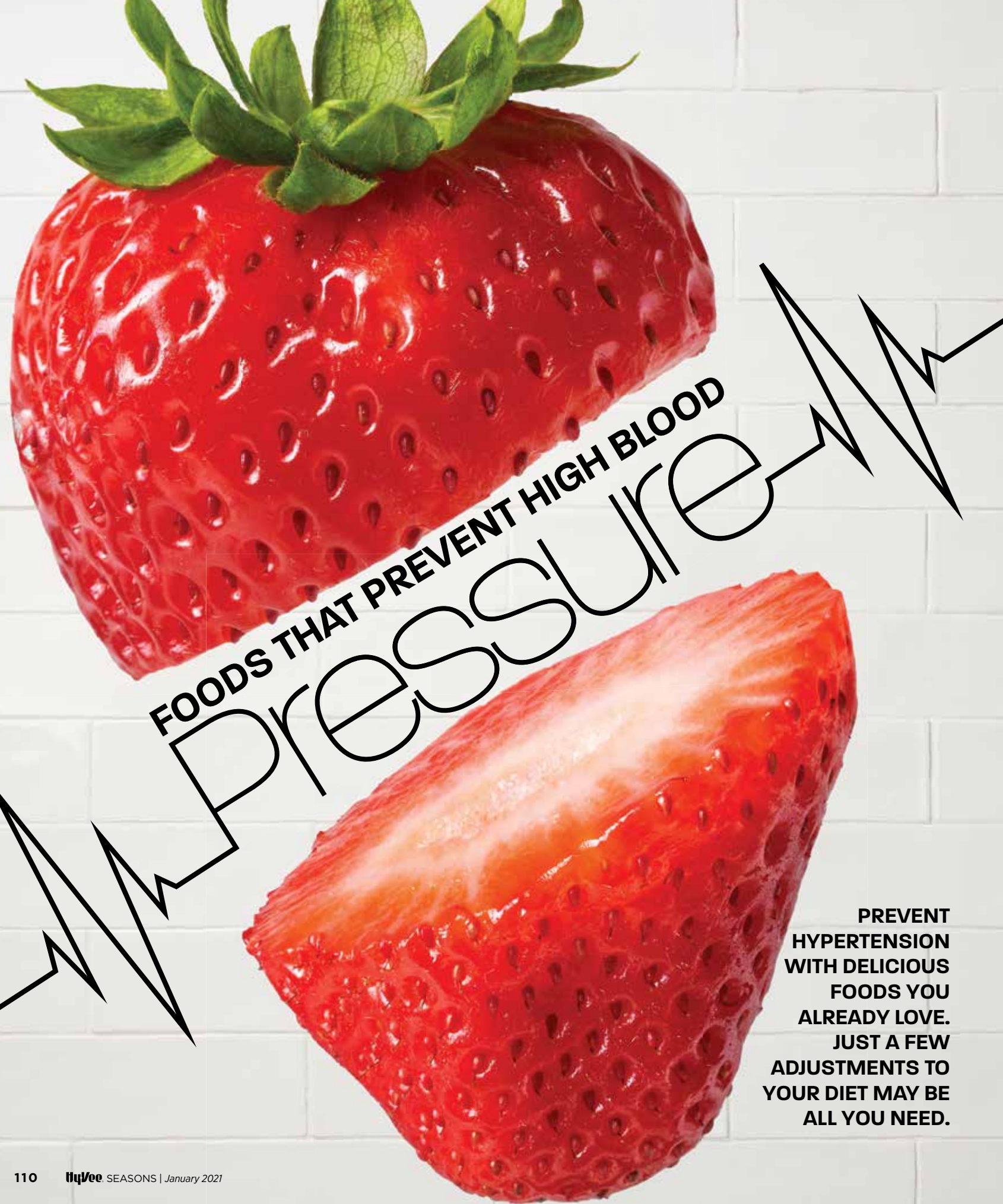


Cold Relief

for less than national brands

+TopCare health™





**PREVENT
HYPERTENSION
WITH DELICIOUS
FOODS YOU
ALREADY LOVE.
JUST A FEW
ADJUSTMENTS TO
YOUR DIET MAY BE
ALL YOU NEED.**

BEST BETS

High blood pressure, also called hypertension, is when the pressure of blood flowing through your blood vessels is consistently high. Consequences include strokes, heart disease and kidney problems. The good news is that nutrition can play a part in controlling your numbers. A balanced diet of vegetables, fruits and whole grains—and a watchful eye on salt—can help ward off hypertension. A diet with significant amounts of potassium, magnesium, calcium and fiber and with low levels of sodium and saturated fat can help prevent hypertension. This type of diet also helps prevent obesity, often a factor in chronic disease.



BERRIES

Benefits: One cup of strawberries, blackberries or raspberries has from 10 to 30 percent of recommended fiber, which is linked to lowered blood pressure.



BROCCOLI

Benefits: Potassium balances fluids in the body to maintain regular heartbeat and blood pressure. Calcium helps blood vessels tighten and relax to regulate blood flow and pressure.



NUTS/SEEDS

Benefits: Pistachios, almonds, walnuts, sunflower seeds and flaxseeds contain potassium and magnesium, another mineral that regulates blood pressure.



OATS

Benefits: Oats and other whole grains, such as brown rice, are good sources of fiber and magnesium.



LOW-FAT DAIRY

Benefits: Milk, cheese and yogurt (make them low-fat) are high in calcium.



BEETS

Benefits: Nitrates in beets convert to nitric oxide, a compound that relaxes and widens blood vessels to lower blood pressure, says a 2015 study in the journal *Hypertension*.



BANANAS

Benefits: One medium banana has roughly 10 percent of the recommended daily requirements of fiber, magnesium and potassium.



BEANS/LEGUMES

Benefits: Navy, black and pinto beans and lentils are excellent sources of fiber and good sources of potassium and magnesium.



FERMENTED FOODS

Benefits: Probiotics in fermented foods, such as yogurt, kombucha and kimchi, may be useful to decrease risks for hypertension, says a 2016 study in the journal *Integrated Blood Pressure Control*.



pro tip: BENEFITS OF POTASSIUM

“Potassium lessens the effects of sodium. The more potassium you eat, the more sodium you lose through urine. Potassium also helps to ease tension in your blood vessel walls, which further helps lower blood pressure.”

—Jena DeMoss
RD, LD, Hy-Vee Dietitian

foods to AVOID



ALCOHOL Can raise blood pressure. Limit to one drink per day for women, two for men.



SALT Excess salt impairs the kidneys' ability to remove water, causing hypertension. Eat less than 2,300 mg/day.



CAFFEINE A stimulant that might affect blood pressure. Limit to 3 cups of coffee per day.



SATURATED FAT Turns to cholesterol; too much can clog blood vessels. Limit to less than 10% of calories/day.

Sources: heart.org/en/health-topics/high-blood-pressure
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health.harvard.edu/staying-healthy/listing_of_vitamins
health.harvard.edu/heart-health/key-minerals-to-help-control-blood-pressure

1 Apple-Cinnamon Overnight Oats

Whisk together 1 (5.3-oz.) container Hy-Vee vanilla Greek yogurt, ¾ cup Hy-Vee 2% reduced-fat milk, 1 Tbsp. Hy-Vee Select 100% pure maple syrup and ½ tsp. Hy-Vee ground cinnamon. Add ¾ cup Hy-Vee old-fashioned oats and 1 chopped apple. Cover; refrigerate overnight. Top with toasted Hy-Vee chopped walnuts. Serves 2.

2 Strawberry-Banana Parfaits

Cut up 1 sliced banana, 1 peeled and sectioned orange and 6 oz. Hy-Vee Short Cuts strawberries; toss together. Layer ¾ cup Muesli whole grain cereal, ¾ cup Hy-Vee vanilla Greek yogurt and ¾ cup fruit mixture in 4 (12-oz.) glasses. Top with yogurt and Muesli. Serves 4.

3 Thai Sweet Potato-Lentil Soup

Cook ½ cup rinsed red lentils according to pkg. directions. Transfer to food processor; add 2 (17-oz.) containers Thai sweet potato soup and 2 tsp. red curry paste. Cover and process until smooth. Return to saucepan; heat through. Top with Hy-Vee plain Greek yogurt. Serve with lime wedges. Serves 4.

4 Sheet-Pan Chicken and Broccoli

Spread 1 lb. Hy-Vee chicken breast tenders and 10 oz. Hy-Vee Short Cuts broccoli, cut into bite-size pieces, on a large rimmed baking pan. Drizzle 3 Tbsp. Gustare Vita olive oil and sprinkle 1 Tbsp. salt-free garlic-and-herb seasoning blend over all. Roast at 400°F for 20 minutes or until chicken is done (165°F). Serve with lemon wedges. Serves 4.

5 White Chicken Chili

Combine 1 (16-oz.) pkg. rinsed Hy-Vee navy beans, 2 lb. Hy-Vee bone-in chicken pieces, 1 (32-oz.) container Hy-Vee 33%-less-sodium chicken broth, ¾ cup Hy-Vee Short Cuts chopped white onions, 2 seeded and chopped jalapeños, 1 seeded and chopped poblano pepper, 2 tsp. Hy-Vee ground cumin and 1 tsp. Hy-Vee dried oregano leaves in a 5- to 6-qt. slow cooker. Cook on HIGH 4 hours. Remove chicken; discard bones and skin. Shred meat. Puree 4 cups bean mixture in food processor; return to slow cooker. Add ½ tsp. more cumin and 3 Tbsp. fresh lime juice. Heat through. Top with Hy-Vee plain Greek yogurt; garnish with cilantro. Serve with lime wedges. Serves 6.



Low-Pressure Recipes

WHIP UP DELICIOUS RECIPES FILLED WITH GOOD-FOR-THE-HEART FRESH INGREDIENTS, INCLUDING HEALTHY FATS AND WHOLE GRAINS.



KOMBUCHA
Replace some of the vinegar in the dressing with tangy fermented kombucha to add bright acidic flavor and a good dose of probiotics.

Beet Salad with Kombucha Vinaigrette

Hands On 25 minutes

Total Time 1 hour 10 minutes

plus cooling time

Serves 8

3 medium red beets

1½ cups Hy-Vee Short Cuts butternut squash (7 oz.)

2 tsp. plus 1 Tbsp. Hy-Vee avocado oil, divided

¾ cup Hy-Vee organic grapefruit-sage kombucha

1 Tbsp. Hy-Vee apple cider vinegar

1 Tbsp. finely chopped shallot

Hy-Vee black pepper, to taste

½ (10-oz.) bag curly cut kale

1 head butterhead lettuce, torn

½ cup toasted Hy-Vee pecan halves

¾ cup Soirée crumbled goat cheese

Pomegranate seeds, for garnish

1. PREHEAT oven to 400°F. Trim beets, leaving 1-in. roots and stems. Scrub well. Wrap beets in heavy foil and place on a large rimmed baking pan. Roast for 25 minutes.

2. MEANWHILE, toss squash with 2 tsp. avocado oil in a bowl. Move beets to one side of pan. Add squash in single layer to pan. Roast 20 minutes or until squash and beets are tender, turning squash once. Cool; remove skins from beets. Cut beets into wedges; set aside.

3. FOR VINAIGRETTE, whisk together kombucha, apple cider vinegar, shallot and pepper. Slowly whisk in remaining 1 Tbsp. avocado oil. Place kale in a large bowl; drizzle with 1 tsp. vinaigrette. Massage kale until tender. Toss in lettuce, roasted beets and squash, pecans and remaining vinaigrette. Sprinkle with goat cheese. Garnish with pomegranate seeds, if desired.

Per serving: 170 calories, 15 g fat, 2 g saturated fat, 0 g trans fat, 5 mg cholesterol, 55 mg sodium, 8 g carbohydrates, 3 g fiber, 3 g sugar (0 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 6%





Technology no doubt offers many benefits, both large and small, and is practically indispensable to modern life. But is excess screen time leading to information overload and other problems?

Whether we like it or not, modern life is tied to technology. That's not necessarily a bad thing. Digital technology offers many advantages, from saving time, money and effort to educating, entertaining and staying in touch with the people and causes that are important to us. But, to borrow a phrase from psychologists: digital tech makes a wonderful servant but a poor master.

Unchecked reliance on digital technology can interfere with daily life. It can also cause emotional upheaval. A study from Johns Hopkins University found that teens who spend at least 3 hours a day on social media were at greater risk for anxiety, depression and social withdrawal. While a vast majority of Americans say digital technology plays a positive role in their lives, according to a Pew Research Center survey, a different poll

conducted with tech experts, scholars and health specialists was less definitive. Some 47% predicted that individuals' well-being will be "more helped than harmed" by digital tech in the next decade, while 32% predicted people's well-being would be "more harmed than helped." However you choose to use technology in your home, it is good to be mindful whether it is a help or a hindrance and how time spent on it affects family life.

**AVERAGE DAILY SCREEN TIME
SPENT ON ENTERTAINMENT BY KIDS**

Ages 8-10 6 HOURS (including nearly 4 hours watching television)	Ages 11-14 9 HOURS (including nearly 5 hours watching television)	Ages 15-18 7½ HOURS (including nearly 4½ hours watching television)
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**RECOMMENDED LIMITS ON SCREEN TIME
FOR INFANTS AND TODDLERS**

Ages 1-17 mos 0 HOURS (exception: video visiting with distant relatives)	Ages 18-24 mos 0 HOURS (exception: high-quality content viewed with adults)	Ages 2-5 1 HOUR (limited to quality educational content)
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28%

of U.S. adults say they are online "almost constantly" and that figure increases to 48% for 18- to 29-year-olds, according to Pew Research Center.



THE AMERICAN ACADEMY OF PEDIATRICS WARNS THAT EXCESSIVE MEDIA USE CAN HARM VERY YOUNG CHILDREN, ESPECIALLY DURING THE CRUCIAL PERIOD OF BRAIN DEVELOPMENT FROM BIRTH TO THE AGE OF 5. "INFANTS AND TODDLERS CANNOT LEARN FROM TRADITIONAL DIGITAL MEDIA AS THEY DO FROM INTERACTIONS WITH CAREGIVERS," THE ACADEMY NOTES.

“SHOULD WE BE CONCERNED ABOUT OUR SCREEN TIME?”

PROS POTENTIAL BENEFITS OF DIGITAL TECH :

Research The internet is a boundless source of information for everything from college papers to DIY projects.	Education During COVID-19, tech offers students and teachers the option of distance learning.	Language Educational apps offer learners the opportunity to improve their language skills.	Coordination Video games can improve sensory and motor skills, as well as hand-eye coordination.	Exercise Motion-controlled devices encourage exercise through fun fitness games.
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CONS POTENTIAL PITFALLS OF DIGITAL TECH:

Attention Sensory overload from tech devices can lead to difficulties in paying attention.	Social Skills Habitual screen use can decrease face-to-face interactions and ability to make eye contact.	Eye Strain Excessive screen time can lead to eye strain, dry eyes and minor eye irritations.	Insomnia The blue light from tech devices can interfere with falling asleep and overall sleep quality.	Inactivity In many cases, screen time is sedentary time, with little or no physical movement.
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MAKE LIFE EASIER WITH THE Aisles Online App

Just a few ways Hy-Vee tech can help you be more efficient.

- Order groceries** Avoid crowds by having your groceries delivered or ready for pickup.
- Get meds** Manage your prescriptions and get refills from the Hy-Vee Pharmacy.
- Save Money** Access digital deals, weekly sales and coupons—conveniently organized in one location.

Sources: cdc.gov/nccdphp/dnpao/multimedia/infographics/getmoving.html
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jhsph.edu/news/news-releases/2019/social-media-use-by-adolescents-linked-to-internalizing-behaviors.html



NOTHING BEATS A JENNIE-O® TACO



JENNIE-O TURKEY TACOS

INGREDIENTS

- 1 (16-ounce) package JENNIE-O® Lean Taco Seasoned Ground Turkey
- 1 (15-ounce) can no-added-salt petite diced tomatoes, drained
- 1 (15-ounce) can fat-free vegetarian refried beans
- 8 taco shells
- 2 cups shredded lettuce
- 2 medium tomatoes, diced
- ¼ cup minced cilantro
- ½ cup nonfat plain yogurt

DIRECTIONS

Cook turkey as specified on the package. Always cook to well-done, 165°F as measured by a meat thermometer. Add canned tomatoes and beans. Add meat mixture to taco shells. Top with lettuce, tomato, cilantro and yogurt.



VISIT [JENNIEO.COM](https://jennieo.com) FOR MORE RECIPE IDEAS!

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dietitian Q&A

DIETARY MAINTENANCE

Start off the New Year by fixing areas of your diet that need improvement.



Elisa Sloss, RD, LD
Vice President,
HealthMarket

Q: What is dietary maintenance?

A: It is simply reviewing your diet and making small tweaks to improve health. Take inventory of what you consume each day and evaluate where you can improve. Some areas to evaluate include calories, protein, carbohydrates, fat, sugar, sodium, cholesterol and micronutrients like vitamins and minerals.

Q: Why should I assess my diet?

A: There may be nutritional pitfalls in your diet that you are not aware of. Perhaps you consume too much of a nutrient, such as sugar or fat, while under consuming vital vitamins or minerals. Give your diet an overview to see how and where you can improve.

Q: How do I do it?

A: An easy way to track nutrition is to make a food journal. In a notebook, write down everything you eat and drink and the quantity. Pay close attention to nutrition

labels and write down how many calories each food or drink contains, as well as nutrients of interest, like sugar, protein, carbs and fat.

Q: Will it help me reach fitness goals?

A: Yes! If your goal is to build muscle, you'll need plenty of protein. A dietary assessment will reveal how much protein you consume and whether or not you're consuming as much as you need to adequately build muscle. The same is true for losing weight. You may be consuming more calories or sugar than you think. Reviewing your dietary choices provides keen insight into your calorie consumption so you can adjust how much or how little you need.

Q: How can Hy-Vee help?

A: Sign up for Hy-Vee Begin for extra motivation and nutritional guidance. Begin is a healthy lifestyle and weight management program that emphasizes eating for good health, weight loss and physical activity. The many concepts covered include healthful snacking, proper portion sizes, how to control appetite and more. Visit hy-vee.com/health/begin-program to learn more and sign up.



90
PERCENT OF U.S. ADULTS
DON'T CONSUME THE
RECOMMENDED AMOUNT OF
FRUITS AND VEGETABLES.
CENTERS FOR DISEASE CONTROL
AND PREVENTION



This common bacterial infection can hit anyone. Learn methods to prevent and treat strep throat with the help of Hy-Vee.

STREP PREP

WHAT IS STREP THROAT?

Strep throat is a highly contagious infection that affects people of all ages, especially children. Untreated strep throat can lead to rheumatic fever, which can cause painful, inflamed joints and heart valve damage. Strep throat usually comes on quickly and is accompanied by painful swallowing and swollen, tender tonsils and lymph nodes—rather than a cough, runny nose and raspy voice, often related to common viral infections.



STREP THROAT CAN OCCUR ANYTIME. THE HY-VEE PHARMACY CAN TEST FOR STREP THROAT AND FILL PRESCRIPTIONS FOR ANTIBIOTICS UNDER THE GUIDANCE OF A PRESCRIBING DOCTOR. NO APPOINTMENT FOR TESTING NECESSARY.

SIGNS AND SYMPTOMS

- **FEVER**
- **PAINFUL SWALLOWING**
- **RED AND SWOLLEN TONSILS, SOMETIMES WITH WHITE PATCHES OR STREAKS OF PUS**
- **SORE THROAT STARTS VERY QUICKLY**
- **SWOLLEN, TENDER LYMPH NODES IN FRONT OF NECK**
- **TINY RED SPOTS ON THE ROOF OF THE MOUTH**

antibiotics

ANTIBIOTICS ARE EFFECTIVE ON BACTERIAL INFECTIONS SUCH AS STREP THROAT BUT NOT ON A SORE THROAT CAUSED BY VIRUSES.

- Take the full course of antibiotics prescribed by your doctor. Not doing so may promote the development of antibiotic-resistant strains of bacteria.
- Stay home from work, school or daycare until antibiotics have been taken for at least 24 hours and fever is gone.

OTHER MEASURES

IMMUNITY	PREVENTION	RELIEF
To help ward off strep, stay hydrated and get plenty of vitamin C, an antioxidant that boosts the immune system.	You can get strep throat multiple times. Prevent the spread of germs by washing hands often and avoid touching your face.	To ease symptoms, soothe your sore throat with throat lozenges, gargle with warm salt water or add honey or lemon to weak tea.



***SEEK ADDITIONAL MEDICAL CARE** IF THE INFECTION SPREADS. BE MINDFUL OF ABSCESSES AROUND THE TONSILS, SWOLLEN LYMPH NODES IN THE NECK AND SINUS OR EAR INFECTIONS.

Sources: cdc.gov/groupastrep/diseases-hcp/strep-throat.html
cdc.gov/groupastrep/diseases-public/strep-throat.html
wa.kaiserpermanente.org/kbase/topic.jhtml?docId=zx3957
ncbi.nlm.nih.gov/pmc/articles/PMC5707683/

FIRST IN AID

YOUR HY-VEE PHARMACY IS WHERE
CONVENIENCE MEETS CARE TO HELP
KEEP YOU AND YOUR FAMILY HEALTHY.



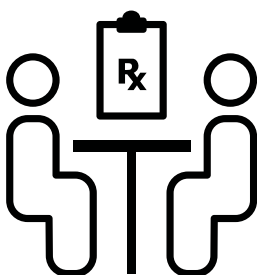
\$4 GENERICS

Health care expenses can add up. To help, Hy-Vee expanded their discount medication list with prices starting at \$4. Go to [Hy-Vee.com](https://www.hy-vee.com) to see the complete list.



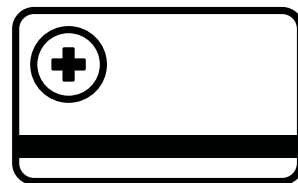
QUIT FOR GOOD

You don't have to quit smoking alone. Hy-Vee's Quit For Good six-session program is a led by a trained pharmacist. To get started, ask your Hy-Vee pharmacist for more details.



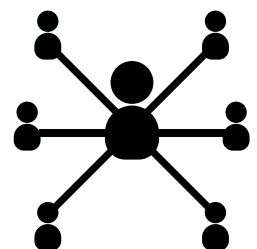
MEDICATION THERAPY MANAGEMENT

Work with a Hy-Vee pharmacist for help with prescription and non-prescription medications, managing multiple medications and conditions, and more.



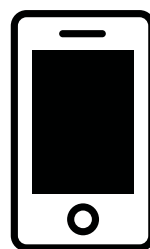
FLEXIBLE SPENDING ACCOUNT

A Flexible Spending Account helps you save money on over-the-counter products and prescription expenses. Hy-Vee conveniently accepts FSA cards.



FAMILY ACCOUNTS

Streamline prescription management for the whole family with a Hy-Vee Pharmacy account. Add family members and quickly view, refill and transfer prescriptions.



HY-VEE AISLES ONLINE APP

It's easy to stay organized with the mobile app. It lets you transfer prescriptions, manage current prescriptions and find the closest Hy-Vee Pharmacy.



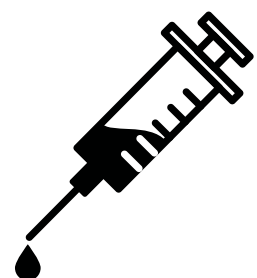
PET MEDS

Take care of your pets with Hy-Vee's help. Bring the prescription from your vet to your Hy-Vee Pharmacy. Some medications even offer pet-friendly flavors.



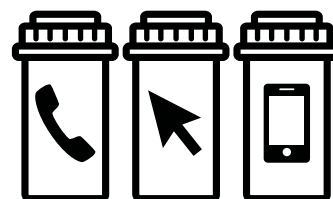
LOW COPAYS

Do you have Medicare Part D? Now you can have the lowest copays, too. Hy-Vee offers the best value for your prescriptions. For more details, visit your Hy-Vee Pharmacy.



IMMUNIZATIONS

Stop by your Hy-Vee Pharmacy for your immunizations, no prescription required. Fill out consent forms online or in the store, and get vaccinated by a trained and certified Hy-Vee pharmacist.



MULTIPLE WAYS TO REFILL

Hy-Vee offers several easy ways to refill prescriptions, including Repeat Refills that automatically fills your prescription. Visit [Hy-Vee.com](https://www.hy-vee.com) or download the Hy-Vee Aisles Online mobile app.



AS A
PHARMACIST
WHO HAS HIGH-
RISK FAMILY
MEMBERS,
I KNOW FIRST-
HAND THE
IMPORTANCE OF
CONTACT-FREE
PRESCRIPTION
OPTIONS FOR
PATIENTS.

Hy-Vee Pharmacy is working diligently to mitigate risk while continuing to provide our customers with excellent patient care that they expect and deserve. We offer multiple services to accomplish this task, such as drive-thru pickup, free prescription delivery, Online Prepay and our Repeat Refill program."

BROOKE SLAGLE
Hy-Vee Pharmacy Manager,
Urbandale, Iowa





For people
with high pizza
standards.



PAGODA®

CRUSH YOUR CRAVING



Try this Kung
Pao Shrimp,
p. 61

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

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- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
- Qualified interpreters
- Information written in other languages upon request

If you need these services, contact your local pharmacist. If you believe that Hy-Vee has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Hy-Vee Civil Rights Coordinator, Attn: Legal Dept., 5820 Westown Parkway, West Des Moines, IA 50266, 515-267-2800, Fax 515-327-2162, legalnotices@hy-vee.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Hy-Vee Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave. SW, Room 509F, HHH Building, Washington DC 20201, 800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-874-3972.

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