Make it a healthy New Year without making a thing.

Order at hy-vee.com/mealtime
Takeout | Curbside Pickup | Delivery*  
*Where available

EXCLUSIVE JANUARY OFFERS
for Hy-Vee Plus™ Premium Members

Don’t have a membership? Sign up today.
hy-vee.com/plus

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

.79
Hy-Vee Dozen Large Eggs

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

15% OFF
Any 6 Bottles of Wine

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.

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Some exclusions apply. Not available at all locations or on all products.
MEMBERSHIP HAS ITS PERKS.
AND LOTS OF THEM.

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

JANUARY 2021

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

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.

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

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

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

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.

SEAFOOD SALE

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

CHEESE OF THE MONTH
Jarltsberg Cheese
At Hy-Vee this month, mild semi-soft cheese with mellow, nutty flavor. Perfect alternative for those who enjoy Swiss on sandwiches or salads.

HEALTHMARKET
Performance Inspired Apex PRE
Use this multi-functional appliance in five different modes: air fry, bake, reheat, dehydrate or rotisserie.

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

SCAN THE QR CODE TO SHOP FOR KITCHEN APPLIANCES.

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

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

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

OXO HANDHELD SPIRALIZER
Cut vegetables, cucumbers and more into spiralized strands.
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.

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.

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.
IT’S NOT TOO GOOD TO BE TRUE. IT’S JUST 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
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—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. 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 Intake (DRI) suggest a diet with 10 to 35 percent of calories from carbohydrates. I find from protein, 20 to 35 percent from fat and 45 to 65 percent from carbohydrates. I believe 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. 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.

Pork Chop Veggie Dinner

Total Time: 45 minutes
Serves 4

1 recipe Avocado-Orange Salsa, right
My-Vee-nodish cooking spray
4 (4-oz.) bone-in pork top loin chops, 1¼ lb
1 tsp. plus 2 tsp. Gustare Vita olive oil
1½ tsp. each finely chopped fresh rosemary, thyme and sage
½ tsp. top, orange zest
2 cloves garlic, minced
½ tsp. Hy-Vee salt, divided
½ tsp. Hy-Vee black pepper, divided
1 (1¼-oz.) bag Hy-Vee Smart Bite Strawberry Red Pixels, 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. olive oil, rosemary, thyme, sage, orange zest, garlic and ½ 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 ½ tsp. each salt and black pepper. Add to prepared pan. Roast 20 minutes. Add bell peppers. Roast 35 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. Pour over avocado mixture.

MACROS: 430 calories, 35% fat, 23% protein, 45% carbs

CARBS

Regular 1 cup pasta (57 g): 67 g carbohydrates, 25 g protein, 0 g fat

Fat-free 1 cup pasta (57 g): 67 g carbohydrates, 0 g protein, 0 g fat

Proteins

Regular 1 cup pasta (57 g): 25 g carbohydrates, 67 g protein, 0 g fat

Fat-free 1 cup pasta (57 g): 0 g carbohydrates, 0 g protein, 0 g fat

Fats

Regular 1 cup pasta (57 g): 0 g carbohydrates, 0 g protein, 67 g fat

Fat-free 1 cup pasta (57 g): 0 g carbohydrates, 0 g protein, 0 g fat

MyFitnessPal®

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.
### Vegan Garbanzo Bean Salad

**Total Time:** 1 hour 20 minutes  
**Serves:** 4

1. **HEAT** 1 cup garbanzo beans, rinsed and drained. Combine with olive oil, garlic, ginger and salt. Air-fry in small batches 8 to 10 minutes or until brown and crispy.

2. **ADD** broccoli, bell peppers and crushed red pepper. Sprinkle with Hy-Vee black pepper and crushed red pepper. Refrigerate.

3. **ARRANGE** 1 cup seasoned rice vinegar, 1 cup water and ½ cup chopped fresh ginger. Bring to boiling; reduce heat. Simmer, covered, 10 minutes or until chicken is done (165°F). Remove chicken from heat and cool.

4. **SPREAD** 1 recipe Pickled Vegetables, right. 1 recipe Coconut Milk Ranch Dressing; cover and refrigerate.

5. **PLACE** garbanzo beans on paper towel; let dry 30 minutes. Prepare pickled vegetables and Coconut Milk Ranch Dressing. Layer cucumber, bell pepper, arugula and salt. Air-fry in small batches 8 to 10 minutes or until brown and crispy.

6. **SQUEEZE** 5 lime wedges. Serve with lemon wedges.

**Iron** 10%, **Calcium** 15%, **Potassium** 31%

---

### Lemon-grass

**Chicken-Veggie Soup**

**Total Time:** 30 minutes  
**Serves:** 4

1. **HEAT** 1 cup 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. **ADD** 1 (15.5-oz.) can Hy-Vee no-salt-added garbanzo beans (chickpeas), rinsed and drained 1 recipe Pickled Vegetables, right

3. **SPREAD** garbanzo beans and Pickled Vegetables on dinner plates. Serve with Coconut Milk Ranch Dressing.

**Iron** 10%, **Calcium** 15%, **Potassium** 31%

---

### Macro Tastiness

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

**Macro Tastiness**

- **Per serving:** 270 calories, 11 g fat, 330 mg sodium, 17 g protein, 29 g carbohydrates

**Organic**

Incorporating organic foods into your diet can help you feel better. Organic foods are free from synthetic pesticides, PCBs and other hazardous substances. Organic farming helps maintain the quality of the soil, water and air, supporting a healthy environment.

**Vegan Garbanzo Bean Salad**

**Total Time:** 1 hour 20 minutes  
**Serves:** 4

1. **HEAT** 1 cup 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. **ADD** 1 cup Hy-Vee garlic powder 2 Tbsp. Hy-Vee chili powder

3. **SPREAD** garbanzo beans and Pickled Vegetables on dinner plates. Serve with Coconut Milk Ranch Dressing.

**Iron** 10%, **Calcium** 20%, **Potassium** 9 g

---

**SEASONS | January 2021**

**Per serving:** 270 calories, 20% fat, 31% protein, 46% carbs

**Lemon-grass Chicken-Veggie Soup**

**Total Time:** 30 minutes  
**Serves:** 4

1. **HEAT** 1 cup Hy-Vee Short Cuts chopped while onions

2. **ADD** artichoke hearts, garlic, ginger, lemongrass paste and rice vinegar. 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, 12% fat, 15% protein, 53% carbs

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**Vegan Garbanzo Bean Salad**

**Total Time:** 1 hour 20 minutes  
**Serves:** 4

1. **HEAT** 1 cup 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. **ADD** 1 cup Hy-Vee garlic powder 2 Tbsp. Hy-Vee chili powder

3. **SPREAD** garbanzo beans and Pickled Vegetables on dinner plates. Serve with Coconut Milk Ranch Dressing.
**Steak Salad with Green Goddess Dressing**

**Hands On 30 minutes**  
**Total Time 35 minutes**  
**Serves 4**

1. **PREHEAT**  
   Prepare Green Goddess Dressing.
   - 3 cups shredded spring mix and half & half baby spinach and spring mix
   - 2 cups shelled broccoli sprouts

2. **COOK**  
   - 1½ tsp. Hy-Vee Gustare Vita garlic-flavored olive oil
   - 1 tsp. Hy-Vee black pepper
   - ½ tsp. Hy-Vee black pepper to taste in food processor.

3. **TO SERVE**  
   - To toss together grilled steak, croutons and Green Goddess Dressing.  
   - 2 Tbsp. Greek yogurt, ¼ cup lightly blended fresh herbs (Italian parsley, dill and/or basil); 2 Tbsp. packed fresh herbs (Italian parsley, dill and/or basil); 2 Tbsp.  

**GREEN GODDESS DRESSING:**  
Combine 1¼ tsp Hy-Vee green goddess dressing; 1 tsp olive oil; ¼ tsp. Hy-Vee salt; and Hy-Vee black pepper to taste in food processor. Cover and process until smooth. 

Per serving: 310 calories  
- 26% fat  
- 31% protein  
- 46% carbs

**Total Fat**  
- 11 g

**Carbohydrates**  
- 34 g

**Protein**  
- 22 g

**Per serving:**  
- 310 calories  
- 26% fat  
- 31% protein  
- 46% carbs

**Nutritional Content:**  
- Iron 20%  
- Potassium 20%  
- Calcium 24%  
- Vitamin D 0%  
- Carbohydrates 43 g  
- Fiber 3 g  
- Saturated fat 1.5 g  
- Trans fat 0 g  
- Cholesterol 55 mg  

**Sautéed Cod with Broccolini and Green Rice**

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

1. **PLACE**  
   - 2 cups vegetable stock, divided
   - 2 Tbsp. toasted pine nuts
   - Several dashes cayenne pepper

2. **SAUTÉ**  
   - Cod fillets
   - 2 Tbsp. Greek yogurt
   - ¼ cup loosely chopped white onion
   - 1 cup dry long grain white rice
   - 2 Tbsp. toasted pine nuts
   - 4 (4- to 6-oz.) cod fillets

3. **Sauté**  
   - 2 cups firmly chopped white onion
   - 1 cup dry long grain white rice
   - 2 Tbsp. toasted pine nuts
   - 4 (4- to 6-oz.) cod fillets

**PER SERVING:**  
- 360 calories  
- 28% fat  
- 29% protein  
- 48% carbs

**Nutritional Content:**  
- Calories 360  
- Fat 11 g  
- Protein 32 g  
- Carbohydrates 53 g  

**Fresh Facts:**  
- This follows MyPlate guidelines—half the plate has vegetables.  
- Eat the rainbow. Eating across and within each color group every day gets you the variety of nutrition you need.

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**Side Note:**  
- Halibut and salmon.

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**Dietitian Notes:**  
- Ashley Danielson, RDN, LD, Hy-Vee Dietitian

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**Nutrition Facts:**  
- 310 calories  
- 26% fat  
- 31% protein  
- 46% carbs

**Hands On 30 minutes**

**Total Time 30 minutes**

**Serves 4**

1. **recipe Green Goddess Dressing**
2. **2 oz. Hy-Vee Bakery garlic smothered bread, cut into cubes**
3. **1 (8-oz.) pkg. frozen edamame**
4. **2 (5-oz.) container organic salt, pepper and chipotle powder.

**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.

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**Nutrition Facts:**  
- Calories 310  
- Fat 11 g  
- Protein 22 g  
- Carbohydrates 34 g  

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**Ingredients:**  
- 3 oz. Hy-Vee Bakery garlic-flavored olive oil
- 1 tsp. Hy-Vee black pepper
- 1 tsp. Hy-Vee black pepper to taste in food processor.
The variety of better-for-you dishes is incredible. Mix and match to please the whole family.

Mealtime in Real Time

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.

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.

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.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.

cheers to a fresh New Year!

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

*Hy-Vee Order Online

Exclusively at Hy-Vee.
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 entrees. 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.

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 tangarinos or Uniq 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.

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.
**Roasted Citrus Verlasso Salmon**

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

2 tsp. lemon zest  
½ cup fresh lemon juice  
2 Tbsp. Hy-Vee honey  
2 tsp. chopped fresh dill  
2 tsp. olive oil  
1 tsp. Hy-Vee salt  
1 tsp. Hy-Vee black pepper  
2 tsp. Hy-Vee ground cumin  
2 Hy-Vee large eggs  
¼ tsp. Hy-Vee salt  
½ cup Hy-Vee granulated sugar  
1 Tbsp. poppy seeds  
¼ tsp. Hy-Vee ground cumin  
1 Tbsp. Hy-Vee all-purpose flour  
1 Tbsp. Hy-Vee white wine vinegar  
1 tsp. Hy-Vee vanilla extract  
1 tsp. Hy-Vee salt  
1 tsp. Hy-Vee garlic-infused olive oil  
1 tsp. Hy-Vee canola oil  
⅔ cup Hy-Vee sour cream  
¾ cup Hy-Vee granulated sugar  
2 large eggs  
¼ tsp. Hy-Vee salt  
1 tsp. Hy-Vee vanilla extract  
1½ (1½-lb.) Verlasso salmon fillet

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**Grapefruit Poppy Seed Muffins**

**Hands On** 1 hour 30 minutes  
**Total Time** 1 hour 50 minutes plus drying time  
**Serves** 12

1 recipe Candied Grapefruit Zest, right  
1 recipe Grapefruit Icing, right  
1 Tbsp. Hy-Vee orange juice  
1 Tbsp. Hy-Vee lemon juice  
1 Tbsp. Hy-Vee water  
1 Tbsp. poppy seeds

---

**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.

---

Verlasso Salmon  
Roasted Citrus  
Grapefruit Poppy Seed Muffins

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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.

---

**Verlasso Salmon**  
Roasted Citrus

---

**Grapefruit Poppy Seed Muffins**  
Candied Grapefruit Zest

---
Creamy Lime Curd 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
- ⅔ 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.

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 Via 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.

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!
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.

KNOW YOUR ORANGES

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.

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 shoecasing in salads.
Orange Cream Shake

Total Time: 10 minutes
Serves: 1

½ cup fresh navel orange juice, about 2 oranges
½ cup Hy-Vee We All Scream! light vanilla-flavored ice cream
1 drop 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, 2 g trans fat, 35 mg cholesterol, 250 mg sodium, 55 g carbohydrates, 12 g added sugar, 7 g fiber, 250 mg potassium.

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
5 HY-VEE CHEFS TAKE ON THE CAULIFLOWER

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

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.
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
3 cups fresh pineapple rings, ½ in. thick
6 fresh cilantro leaves, for garnish
Desired toppings: Grated Cotija cheese, cherry tomato halves, avocado slices and/or fresh cilantro

**Graffiti**
Swiss chard

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

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

**Blackened Cauliflower Burgers**

### Hands On 30 minutes

### Total Time 30 minutes plus marinating time

### Serves 4

1 (1¾- 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.

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%.

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**CAULIFLOWER 101**

**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.

**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 crisp and caramelized.

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

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

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**THE SCOOP**

**SCOPES THE CAULIFLOWERS**

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

**Graffiti**
Sweeter, rarer variety grown in the Mediterranean; has deep pigmented anthocyanins like blueberries.

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

---

**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 crisp and caramelized.

**SAUTÉ**
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---

**HOME TOWN:**
Lee’s Summit, Missouri

**CUISINE 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.

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**Source:** blogs.extension.purdue.edu/recipes/2019/10/16/the-many-colors-of-cauliflower-purple-green-orange-and-white/
Cauliflower Steaks with Jalapeño Sauce

Total Time: 20 minutes
Serves: 4

1 Tbsp. Hy-Vee butter or oil
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

**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.

**3. HEAT** remaining 1 Tbsp. butter in large 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 seeded garlic clove, 7½ tsp. lemon juice, 1½ tsp. Hy-Vee white vinegar, 1 seeded jalapeño pepper and 2 Tbsp. Hy-Vee canola oil. Scrape into food processor; cover and process until smooth. Season to taste with salt.

Per serving: 340 calories, 34 g fat, 0 g saturated fat, 550 mg sodium, 25 g carbohydrates, 12 g sugar, 12 g protein, 12 g fiber. 

**THE SCOOP**
1. **Prepare** cauliflower as directed; reserve extra florets for another use. Lightly coat steaks with 1 Tbsp. oil; season to taste with salt and black pepper.
2. **DELICATELY** place steaks on a 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. Serve fresh cilantro leaves in a food processor. Cover and process until smooth. Season to taste with salt.

Per serving: 320 calories, 34 g fat, 0 g saturated fat, 620 mg sodium, 25 g carbohydrates, 19 g sugar, 12 g protein, 14 g fiber.

**THE SCOOP**

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

**Cauliflower Steaks with Jalapeño Sauce**

Reserved 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. Cut, color and texture. Use quality ingredients, treated with respect and prepared simply. Cook what excites you.

**FAVORITE FOODS:** Escalopes, braised kohlrabi, broccoli, chickpeas and eggs.

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

**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.

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**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:** Breakfast, noodles with fried rice, Asian noodles, 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 boil, rolling it best before putting in the pasta. How much salt? It should taste like the ocean.

**THE SCOOP**

**BBQ Cauliflower Nachos**

**Total Time:** 40 minutes
**Serves:** 6

2 Tbsp. Hy-Vee vegetable oil
1 (7 oz.) bag Hy-Vee tortilla chips
1 (2- to 2½-lb.) head cauliflower
½ cup Hy-Vee sour cream
1 avocado, seeded, peeled and chopped
⅓ cup Hy-Vee pico de gallo
1 cup Hy-Vee finely shredded sharp Cheddar cheese
1 (7 oz.) bag Hy-Vee tortilla chips
⅓ cup Hy-Vee slivered almonds, toasted
Cilantro leaves, for garnish

**1. PLACE** ¼ cup Hy-Vee sour cream, 1 avocado, seeded, peeled and chopped, ⅓ cup Hy-Vee pico de gallo and 1 cup Hy-Vee finely shredded sharp Cheddar cheese and avocado. Drizzle with sour cream.

**2. REMOVE** leaves and core from cauliflower head. Cut larger florets into smaller pieces. Toss florets with oil 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.

**4. SCRAP into food processor.** Cover and process until smooth. Season to taste with salt.

Per serving: 340 calories, 34 g fat, 0 g saturated fat, 620 mg sodium, 25 g carbohydrates, 19 g sugar, 12 g protein, 14 g fiber.

**THE SCOOP**

**SEASONS | hy-vee.com**
HOW TO STEAM VEGETABLES

basics

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

**HOW LONG DO I STEAM MY VEGGIES?**

**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.

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

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red Potatoes</td>
<td>17 to 20 minutes</td>
</tr>
<tr>
<td>Butternut Squash</td>
<td>12 to 15 minutes</td>
</tr>
<tr>
<td>Green Beans</td>
<td>8 to 10 minutes</td>
</tr>
<tr>
<td>Baby Carrots</td>
<td>8 to 10 minutes</td>
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<tr>
<td>Broccoli</td>
<td>7 to 10 minutes</td>
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<tr>
<td>Cauliflower</td>
<td>7 to 10 minutes</td>
</tr>
<tr>
<td>Asparagus</td>
<td>4 to 7 minutes</td>
</tr>
</tbody>
</table>

**HUES OF STRIPES | hy-vee.com**

**Our Solutions For Your Resolutions**

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

We always deliver the mouth-watering flavor your sandwich deserves. 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 nitrates.
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.”

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

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

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

Stacey Berg
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**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 to the middle of the glass. Continue pouring until the head is about 1 inch to 1½ inch thick.
- Raise your glass and enjoy!

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**STOUT**
Dark and rich with hops (flowers used in brewing that add citrus or earthy flavors) and roasted dark malts (grains used in brewing that contribute color and body). Example: Guinness Stout

---

**PORTER**
Dark and full-bodied, made from dark roasted malts. May detect notes of chocolate, vanilla, coffee or caramel malt. Example: Boulevard Black Label

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**BROWN ALE**
A hoppy bitterness and medium body with flavors and aromas such as roasted malt, caramel and chocolate. Example: Boulevard bruin

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**IRISH RED ALE**
Features a smooth, mildly bitter taste with caramel-like sweetness and hints of pepper and caramel. Example: George Killian’s Irish Red

---

**PALE ALE**
A light-bodied ale with balanced hops and maltiness. Features smoothness and citrus notes. Example: Sierra Nevada Pale Ale

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**AMERICAN IPA**
Combines the hoppy taste, fruity, citrusy and earthy with a medium bitterness, flavor and aroma. Example: Ball’s Two Hearted

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**AMERICAN WHEAT**
Pale to light wheat or rye color with a slight wine-like aroma and mild hop bitterness. May include a subtle fruit-like flavor. Example: Boulevard Unfiltered Wheat

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**BELGIAN WHEAT**
Thomas and Hoppy Belgium ales are light yellow in color and offer a spicy, herbal and fruity profile. Example: Huyghe Brussels Tripel

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

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

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

- **Brownie Cocktail Trays**
  Sweet variety of brownies from Hy-Vee Bakery.

- **Bakery Cookies**
  Soft Hy-Vee bakery cookies are hard to resist.

- **Gourmet Cupcakes**
  Delectable cupcakes are moist, rich and flavorful.

- **Scotcharoos**
  Chocolate, butterscotch, peanut butter and crispy rice cereal.

---

**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 entrees 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, juicy ribs with fall-off-the-bone meat.

---

**READY to SERVE Foods**

**PROJECTED TO BE EATEN AT LAST YEAR’S BIG GAME, ACCORDING TO THE NATIONAL CHICKEN COUNCIL.**

- **CHICKEN WINGS**
  1.4 BILLION
  Chicken wings were projected to be eaten at last year’s Big Game, according to the National Chicken Council.

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- Raise your glass and enjoy!
**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 ⅓ 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, ⅓ 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!

---

**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 (15-oz.) container Hy-Vee oven-baked beans, 2 (15-oz.) cans Hy-Vee butter beans, rinsed and drained, 7 tsp. Hy-Vee combined Season 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).

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**Air-Fried Potato Wedges with Buffalo Ketchup**

Preheat air fryer to 400°F. Cut 4 medium russet potatoes into 8 wedges each. Melt ⅓ 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).
**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

**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.

**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.**
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.

Blackberry-Basil Cocktail
Muddle ½ 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 ½ cup thawed Hy-Vee frozen unsweetened red tart cherries, 15 oz. gin and 2 tbsp. 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.
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.

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 eggs, large, divided  
1 cup buttermilk  
1 cup milk

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 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. Gently fold and press 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 200°F. If necessary, cover with foil to prevent overbrowning. Remove from baking sheet; cool 20 minutes before slicing. Serve warm.

HOW-TO STEPS FOR CHEDDAR-THYME SODA BREAD

1. 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.

2. MAKE a well in center of dry ingredients, then add buttermilk mixture and stir just until moistened.

3. SHAPE dough into a 5- to 5½-in. round loaf. Place on a parchment-lined baking sheet.

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

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

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

Per serving: 160 calories, 5 g fat (2 g saturated fat), 40 mg cholesterol, 210 mg sodium, 2% daily value for total fat; 8 g carbohydrates, 1 g dietary fiber; 7 g protein, Daily Value 2% for protein, 1 % for carbohydrates.

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.
Whole Wheat Bread

Hands On 20 minutes
Total Time 1 hour 10 minutes plus rising and cooling time
Serves 12

Ingredients:
- 1 pkg. active dry yeast
- 1 cup warm water (105°F–115°F)
- 2 Tbsp. Hy-Vee salted butter, plus ¼ cup warm water (105°F to 115°F)
- 1 pkg. active dry yeast
- 2 Tbsp. Hy-Vee honey
- 2 Tbsp. Hy-Vee all-purpose flour
- 1 cup Hy-Vee 2% reduced-fat milk
- 1½ cups Hy-Vee whole wheat flour
- 1 large egg, room temperature
- 2 Tbsp. Hy-Vee honey

Instructions:
1. DISSOLVE yeast in warm water; set aside. Heat milk in saucepan to a simmer; pour off steam. Knead in remaining flour as you can.
2. TURN dough out onto a lightly floured surface. Knead 20 minutes or until dough is smooth and elastic.
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 doubled.
4. PREHEAT oven to 350°F. Bake for 35 minutes. Lightly brush with melted butter to prevent over-browning. Bake 5 to 10 minutes more or until internal temperature reaches 205°F to 210°F (bread should sound hollow when tapped.) Remove bread from pan. Lightly brush top of loaf with additional melted butter. Cool to 105°F to 115°F. Add yeast mixture, which should now be activated, along with the egg and salt.

Notes:
- Use instant-read thermometer to measure temperature (105°F–115°F).
- 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 microwave. Then place the bowl or pan of dough in the center of the microwave until the oven 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

Not in a baking mood? You’re covered with fresh loaves available daily from your Hy-Vee Bakery.
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.

VEGETABLES
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 This 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.

> 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 (shrimps, scallops)
> Tofu (extra firm)

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.

• 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.

HY-VEE SEASON 1 by-v-ec.com 57
3 STEPS TO
STIR-FRY
like a rock star

1. PREP
GATHER INGREDIENTS
Fat protein dry. Cut protein and veggies into bite-size pieces.

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

ADD AROMATICS
(lemon grass, 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 and softer veggies and stir-fry for 1 minute. Add remaining 2 tsp. oil.

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

3. FINISH
SERVE ON ITS OWN
or over a power base (see options, page 65).

ADD FINISHING TOUCHES
and enjoy!

STIR-FRY VEGGIES
Slice peppers, broccoli, asparagus, and tomatoes into bite-size pieces. Toss with protein and stir-fry sauce for 1 minute.

STIR-FRY PROTEIN
Pat protein dry. Cut protein into bite-size pieces. Heat 3 tsp. oil over medium-high heat in a large wok, then push from center to edge of wok to stop the cooking.

STIR-FRY SAUCE

ADD AROMATICS
Add 1 tsp. bottled minced garlic and stir-fry for 1 minute. Add remaining 2 tsp. oil.

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 65).

ADD FINISHING TOUCHES
and enjoy!

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

finishing touches

chopped green onions
pumpkin seeds
sesame seeds
cashews
cilantro
chopped chives

INGREDIENTS

PREP

COOK

FINISH
Cashew-Vegetable Stir-Fry

Total Time: 30 minutes
Serves: 4

8 oz. broccoli
1/2 cup Hy-Vee vegetable stock
1/2 cup Hy-Vee Hoisin sauce
2 Tbsp. Hy-Vee honey
1 Tbsp. Hy-Vee cornstarch
1/2 tsp. refrigerated garlic paste
4 tsp. Hy-Vee canola oil, divided
11/2 cups chicken broth
1 cup Hy-Vee Short Cuts tricolor vegetable blend
5 thin slices peeled fresh ginger
4 tsp. Hy-Vee canola oil, divided
1 cup Hy-Vee frozen broccoli florets
1 tsp. red pepper flakes
21/2 tsp. Hy-Vee kung pao sauce
1 tsp. Hy-Vee hoisin sauce
2 tsp. soy sauce
2 tsp. honey
1/2 tsp. garlic paste
1/8 tsp. red pepper flakes
1/4 tsp. dried red chiles,* stems removed
1/4 tsp. salt
1/4 tsp. black pepper
1/4 tsp. dried red chile powder
1/4 tsp. sugar
1/2 tsp. white vinegar
1/2 tsp. toasted sesame oil
1/2 tsp. basil
1/2 tsp. onion powder
1/2 tsp. garlic powder
1/2 tsp. salt
1/4 tsp. white pepper
1/4 tsp. dried red chile flakes
1/4 tsp. pimentón, paprika
1/4 tsp. cumin
2 tsp. unsalted peanuts

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

Easy Version:
Omit red pepper flakes, dried red chile powder, and pimentón.

As delicious as Stir-Fry is on its 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
> Brown rice
> Quinoa
> Riced cauliflower
> Shredded cabbage
> White, brown or wild rice
> Whole wheat pasta

Per serving: 420 calories, 11 g protein, 6 g carbohydrates, 31 g fat (11 g saturated, 18 g trans), 315 mg sodium, 0 g fiber, 8 g sugars, 0 g added sugar

Kung Pao Shrimp

Total Time: 30 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.)
1/2 cup Hy-Vee dry roasted unsalted peanuts
10 dried red chiles, *stems removed
1/4 cup Culinary Tours kung pao sauce
1 tsp. kung pao dry with paper towels. Chop white parts of green onions; set aside. Chop white parts of green onions; set aside.

1. PAT shrimp dry with paper towels. Chop white parts of green onions; set aside. Chop white parts of green onions; set aside.
2. HEAT 3 tsp. oil in wok over medium-high heat. Add chopped white bell pepper and mushrooms; stir-fry for 2 to 3 minutes or until vegetables are crisp-tender. Push vegetables from center to edge of wok.
3. ADD remaining 2 tsp. oil to center of wok; bring to medium-high heat. Add shrimp; stir-fry for 1 minute. Push shrimp from center to edge of wok.
4. ADD kung pao sauce to wok. Stir mixture together. Cook and stir 1 to 2 minutes or until bell peppers are tender. Push vegetables from center to edge of wok.
5. STIR kung pao mixture and add to center of wok; bring to boiling. Cook and stir for 1 minute or until thick and bubbly. Toss stir-fried vegetables with sauce until coated. Garnish with sesame seeds, if desired. Serve over rice.

Per serving: 550 calories, 18 g protein, 7 g carbohydrates, 49 g fat (10 g saturated, 4 g trans), 1,010 mg sodium, 3 g fiber, 6 g sugars, 0 g added sugar

Shrimp:
1. STIR together vegetable stock, soy sauce, honey, cornstarch and garlic paste; set aside.
2. HEAT 1 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 for 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.

Power base

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
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## 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.

### Food Chart

<table>
<thead>
<tr>
<th>Food</th>
<th>Best Uses</th>
<th>Flavor Derived From</th>
<th>Smoke Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canola</td>
<td>The versatile and popular oil can be used for frying, deep-frying, sautéing, stir-frying, grilling and baking.</td>
<td>Rapeseed, a mustard relative; has a neutral flavor, making it a favorite among oils.</td>
<td>401°F (HIGH)</td>
</tr>
<tr>
<td>Grapeseed</td>
<td>One of the more versatile oils, use it for sautéing, frying and sautéing. Or even try it in your baking and salad dressings.</td>
<td>Seeds of sunflower grains; valued for its neutral, clean, nearly flavorless taste.</td>
<td>390°F (MEDIUM-HIGH)</td>
</tr>
<tr>
<td>Extra-Virgin Olive</td>
<td>A low smoke point isn’t the best for cooking other than sautéing, but drizzle over pasta dishes, sauces or use for salad dressing.</td>
<td>Extracted from sunflower seeds; it is valued for its neutral, clean, nearly flavorless taste.</td>
<td>320°F (LOW)</td>
</tr>
<tr>
<td>Unrefined Coconut</td>
<td>Good source of vitamin E and antioxidants. Studies have found consuming unrefined coconut oil may reduce blood clotting and inflammation.</td>
<td>Extracted from coconut meat, coconut oil has a strong coconut flavor.</td>
<td>350°F (LOW)</td>
</tr>
<tr>
<td>Sunflower</td>
<td>Can be used for many types of cooking, including high-heat sautéing and frying.</td>
<td>Extracted from sunflower seeds; bears an aromatic and pleasant aroma make it great for a variety of cooking purposes.</td>
<td>400°F (MEDIUM-HIGH)</td>
</tr>
<tr>
<td>Vegetable</td>
<td>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.</td>
<td>A blend of many different refined oils, its neutral flavor and lack of aroma make it great for a variety of cooking purposes.</td>
<td>440°F (HIGH)</td>
</tr>
<tr>
<td>Avocado</td>
<td>Great for frying and on salads, but also works for sautéing, grilling, baking, sautéing and roasting.</td>
<td>Made from the meat of the avocado, the trendy new fat, the oil has a slightly grassy, mildly avocados flavor.</td>
<td>520°F (VERY HIGH)</td>
</tr>
</tbody>
</table>

### Benefits

- Canola: 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: Good source of vitamin E and antioxidants. Studies have found consuming grapeseed oil may reduce blood clotting and inflammation.
- Extra-Virgin Olive: 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.
- Unrefined Coconut: Contains fatty acids that metabolize quickly for burst of energy along with high levels of lauric acid, good for ketogenic diets.
- Sunflower: 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.
- Vegetable: An inexpensive choice, unhydrogenated vegetable oils are seen as healthy sources of fat.
- Avocado: It is a healthy choice for dressing salads, but also use for sautéing, grilling, baking, sautéing and roasting.

### 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.
Banana Cream Pie Trifle

Total Time: 25 minutes
Serves: 24

Ingredients:
- 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

Directions:
1. PREHEAT oven to 400°F. Spread ⅓ 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 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%
**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.

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

**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
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 tsp. peanut butter in center of chocolate layer in each cup.

5. **SPOON** remaining melted chocolate mixture over 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%.

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

Total Time: 10 minutes
Serves: 4

1½ cups Hy-Vee heavy whipping cream, plus additional whipped cream for garnish
2 Tbsp. keto-friendly low-calorie granulated sweetener, such as Sota
½ tsp. Hy-Vee vanilla extract
⅓ cup dark unsweetened cocoa powder
2 Tbsp. brewed coffee, cooled
Toasted chopped hazelnuts, for garnish


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, 2 g sugar (0 g added sugar), 4 g protein.

Daily Values: Vitamin D 6%, Calcium 6%, Iron 15%, Potassium 8%

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

GUILT-FREE

GUILT-FREE

Reduced-fat cream cheese lowers the fat content while keeping this recipe’s creaminess game on point.
Resolve to be a better you, Will Keeps helps at-risk youth, and beauty tips for your skin type.
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. EAT VEGGIES REGULARLY. Whether you’re slimming down or just staying healthy, Hy-Vee Short Cuts make crunching away a snap.

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. 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.

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 do you also help those in need. Hy-Vee One Step water helps finance the construction of wells that serve whole communities with clean, safe drinking water.

Source: goal-life.com/en/smart-goals

SET SMART GOALS TO HELP IMPROVE YOU

S. 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.”

M. Measurable: 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.

A. 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.

R. 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.

T. 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.
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.

5. Create Lasting Health Benefits

The Making the Change program is individually tailored to your 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.

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 diettian.

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!

13. Treat Yourself to Fresh Facials

NEW YEAR’S RESOLUTIONS

ACHIEVABLE

Making the Change program includes 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.

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 diettian.

15. 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 gettable fall asleep about 10 minutes earlier and have a better-quality sleep.

Boost your bath with a basin bath bomb that contains natural ingredients with relaxing fragrances.

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.

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.

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.
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. Give it bright light and regular watering.

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.

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 tropicals with intriguing shapes and natural colors that strike a soothing balance with the geometrics usually found indoors.
MAKE A FLOAT SHELF DISPLAY FROM A CUTTING BOARD AVAILABLE AT HY-VEE.

2. A REAL HANG-UP
Cut 8 strings into 10-foot sections. This will create a macramé 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 ⅛-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 rope 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.

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

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.

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

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.
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.”

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 StartsRightHereIa.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
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.

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.*

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

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

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.
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.

NAILS AND PAWS
Trim excess fur from paw bottoms and long nails that impede walking. Clip only the nail’s hook part that turns down to avoid injuring the quick, which is the sensitive portion of the nail.

COAT
Enhance cooling by trimming long hair from legs and stomach. Brush regularly to cut down on shedding. Use a bristle brush in most cases but a pin brush on long-haired dogs.

Nose
Pale-nosed dogs that spend a lot of time outdoors may need a dog sunscreen. See a veterinarian if the dog’s nose has cracks, scales 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.

YOU’LL NEED
Regular brushing, Extra gentle, Oatmeal shampoo, Sensitive skin.

Sources:
- AKC.org [experts advice/health/dog-toothpaste-should-be-in-your-canine-medicine-chest]
- AKC.org [experts advice/health/grooming]

3 WAYS TO EASE GROOMING ANXIETY
Start early
Provide lots of praise and affection as well as some treats so your pet associates grooming with good things.

Extreme cases
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 your pet with something for your pet to chew on, try antlers. Antler—and antlers won’t make them sick up to 10 days.

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. Look for a product that lasts a lot longer—how two gags 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

WHAT YOU’LL NEED
Find all your pet grooming supplies at Hy-Vee, including shampoos, brushes, combs and clippers.

Regular dog grooming guide
Grooming is an opportunity to spot comfort and health issues early on—before they become serious.

NOT JUST CLEAN, BUT HEALTHY, TOO!
Grooming has more benefits than just looking good. It can also help keep your pet healthy and happy.

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

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

Purina ONE
SmartBlends
SmartBlends FORMULA

Purina ONE
Healthy Weight
SmartBlends formula is high in protein and contains fewer calories and 25 percent less fat than Purina ONE Lamb & Rice formula.

Purina ONE
Digestive Health
SmartBlends 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 dietary needs of puppies, including more protein and essential nutrients dogs need for growth, including 30 percent more protein.
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.

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

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

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.
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

POWERFUL SYMPTOM RELIEF THIS COLD & FLU SEASON.
It all adds up
Subtract clutter, add comfort. That equals a bedroom offering better rest.

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

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

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

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.

NATURALLY
Stackable Sterilite bins are clear for quick identification of contents.
Moisturizer
Want a fresh, glowing face? Don’t forget to moisturize to soften your skin. It helps keep skin hydrated and camouflages blemishes.

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.

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.

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

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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 cleansers 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.
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 daily. Applied 30 minutes before going outside.

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

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

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

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

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

Which are you?

How to care for the 4 main skin types.

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.

Cleanse: Light moisturization is key as skin can still dry out. Aveeno Clear Complex Moisturizer helps even skin tone and texture.

Moisturize: Light moisturization isn’t an issue, so cleanse oily skin with Derm-E Purifying Daily Detox Scrub to lift away impurities and micro-pollutants.

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.

Natural Sunscreen

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 for light application. Include Freeman’s Sweet Tea + Lemon, which is recommended for daily use.

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. 

3. Cheeks
   A flushed cheek has been 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 browbone, starting at the ear towards the nose.

4. 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. Apply 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.

Source: (This page and opposite) There’s nothing more glamorous and fun about putting on makeup and dressing up than being able to show off your skin. Whether it’s Glowy Beauty or a Full-coverage look, choosing the right products can make the difference in your glow. Right here’s an inside look at how you can choose the right products and use them to enhance your skin’s natural beauty. 

FIVE STEPS TO NATURAL BEAUTY

Once your base has been established through proper skin care, use clean cosmetics for a fresh-faced look.
Supplements made simple. Plus, at-home workouts and tips to prevent high blood pressure.

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102 CHART: TOP 20 ITEMS FOR YOUR PANTRY FROM THE HY-VEE HEALTHMARKET
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120 FIRST IN AID

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 1/2 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. 209 calories, 17g fat, 3g saturated fat, and 1g total sugars per serving. ©/TM™ The J.M. Smucker Company.*
ADD YOUR FAVORITE SUPPLEMENT TO FRUIT OR VEGETABLE SMOOTHIES FOR A POWERFULLY TASTY COMBINATION.

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.

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.

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

PERFORMANCE INSPIRED APEX PRE-WORKOUT
A combination of nutrients that boosts stamina and energy in the gym.

PERFORMANCE INSPIRED EXPLOSIVE PRE-WORKOUT
A blend of amino acids for muscle repair and caffeine from green tea and green coffee bean extract.

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 LATTÉ
Twenty grams of protein with a boost from matcha powder.

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

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

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.

SEASONS | January 2021
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 peas, 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 APEX PRE-WORKOUT
A mix of natural ingredients that help boost energy and focus during workouts.

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

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

PERFORMANCE INSPIRED CREATIVE
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.

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.

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.

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 diseases.

Source: cabcolin.gov/factsheets/ExerciseAndNutrition/Performance- founded Basics.aspx
Source: www.ncbi.nlm.nih.gov/pubmed/30938579

SEASONS | January 2021
### 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.

<table>
<thead>
<tr>
<th>#</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>SIETE GRAIN FREE TORTILLA CHIPS</td>
<td>Enjoy your favorite dips with grain-free, gluten-free, paleo, and vegan tortilla chips. Cassava is a root vegetable native to South America.</td>
</tr>
<tr>
<td>2</td>
<td>WHISPS CHEESE CRISPS</td>
<td>Try on salads or as a gluten-free crouton alternative.</td>
</tr>
<tr>
<td>3</td>
<td>MUIR GLEN ORGANIC PIZZA SAUCE</td>
<td>Knead on cat’s ear as an impromptu pizza night.</td>
</tr>
<tr>
<td>4</td>
<td>BANZA CHICKPEA PASTA</td>
<td>Add delicious nutty flavor to your gluten-free baked goods with almond flour.</td>
</tr>
<tr>
<td>5</td>
<td>FULL CIRCLE ORGANIC ALMOND BUTTER</td>
<td>Satisfy your butter needs with a side of protein and fiber.</td>
</tr>
<tr>
<td>6</td>
<td>TUMARO’S CARB WISE WHOLE WHEAT WRAPS</td>
<td>Enjoy your favorite wraps and burritos with fewer calories and carbs.</td>
</tr>
<tr>
<td>7</td>
<td>FULL CIRCLE ORGANIC VIRGIN COCONUT OIL</td>
<td>Roast with spices for a crispy snack.</td>
</tr>
<tr>
<td>8</td>
<td>FULL CIRCLE CANNED ORGANIC GARBANZO BEANS</td>
<td>Roast with spices for a crispy snack.</td>
</tr>
</tbody>
</table>

**Pro Tip:**

Super Selection

Your HealthMarket has many varieties of snacks, baking ingredients, drinks and more. Talk to a HealthMarket employee if you can’t find a specific product; we can special order items that aren’t currently on the shelves.

—Mirsada Brkic

Hy-Vee HealthMarket Manager

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

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

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

**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 a 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.
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.

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.

**MAKE YOURSELF AT HOME**

**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

**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.**
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. Drop hips to form a straight line from knees to shoulders. Press dumbbells overhead.

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 a straight line from knees to shoulders. Press dumbbells up and slowly lower. Repeat.

3. SIDE PLANK THREAD THE NEEDLE
   Lie on your side. Use left forearm to prop up your body, forming a straight 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. Repeat.

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.

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. Lift right dumbbell toward rib cage. Return it to the floor. Repeat and alternate arms.

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.

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. Repeat.

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.
FOODS THAT PREVENT HIGH BLOOD PRESSURE

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 Hyperension.

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.

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

Source: Heart.org/Health-maps/High-blood-pressure

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.

BANANAS

BEANS/LEGUMES

BEETS

BERRIES

BROCCOLI

NUTS/SEEDS

OATS

LOW-FAT DAIRY

FERMENTED FOODS

Source: Heart.org/Health-maps/High-blood-pressure

SEASONS | January 2021
Beet Salad with Kombucha Vinaigrette

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

Vitamin D: 0%
Calcium: 4%
Iron: 6%
Potassium: 6%

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

Hy-Vee

1. Apple-Cinnamon Overnight Oats
Whisk together 1 (5.3-oz.) container Hy-Vee vanilla Greek yogurt, 1 cup Hy-Vee 2% reduced-fat milk, 1 Tbsp. Hy-Vee Select 100% pure maple syrup and 1 tsp. Hy-Vee ground cinnamon. Add 1 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 1 cup Muniwi whole grain cereal, ½ cup Hy-Vee vanilla Greek yogurt and ½ cup fruit mixture in 4 (12-oz.) glasses. Top with yogurt and Muniwi. 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 blended over all. Roast at 400°F for 20 minutes or until chicken is done (165°F). Serves 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 (15-oz.) container Hy-Vee 32%-less-sodium chicken broth, 1 cup Hy-Vee Short Cuts chopped white onions, 6 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 1 cup Hy-Vee white chicken casserole, 2 tsp. Hy-Vee apple cider vinegar. Stir well. Serve with fresh lime juice. Serves 6.
and is practically indispensable to modern life. But is excess makes a wonderful servant psychologists: digital tech causes that are important to us. touching with the people and entertaining and staying in money and effort to educating, technology offers many necessarily a bad thing. 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.

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: 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

<table>
<thead>
<tr>
<th>Ages</th>
<th>6 HOURS</th>
<th>9 HOURS</th>
<th>7½ HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 6-10</td>
<td>(including nearly 4 hours watching television)</td>
<td>(including nearly 5 hours watching television)</td>
<td>(including nearly 4½ hours watching television)</td>
</tr>
</tbody>
</table>

### RECOMMENDED LIMITS ON SCREEN TIME FOR INFANTS AND TODDLERS

<table>
<thead>
<tr>
<th>Ages</th>
<th>0 HOURS</th>
<th>0½ HOURS</th>
<th>1 HOUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 1-17 mos</td>
<td>(exceptions video-visiting with distant relatives)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ages 18-24 mos</td>
<td>(exceptions high-quality content viewed with adults)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ages 2-5</td>
<td></td>
<td>(limited to quality educational content)</td>
<td></td>
</tr>
</tbody>
</table>

### PROS AND CONSIDERATIONS OF DIGITAL TECHNOLOGY

#### POTENTIAL BENEFITS OF DIGITAL TECH:

- **Research:** This internet is a boundless source of information for everything from college papers to DIY projects.
- **Education:** COVID-19. Tech allows students and teachers the option of distance learning.
- **Language:** Apps offer learners the opportunity to improve their language skills.
- **Coordination:** Exercise controlled devices encourages exercise through eye-hand coordination.

#### 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.

### SOURCES:

- CDC: [National Center for Health Statistics](https://www.cdc.gov/nchs/fastats/sleep.htm)
- Mayo Clinic: [Healthy Lifestyle/Children's Health](https://mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952)
- American Academy of Pediatrics: [Healthy Learning](https://pediatrics.aappublications.org/content/138/5/e20162591)
- The Journal of the American Medical Association: [Measuring Health Care Quality](https://jama.jamanetwork.com/)
- Consumer Reports: [Tech for Home](https://www.consumerreports.org/)
- Pew Research Center: [Digital Life](https://www.pewresearch.org/digital-life/)
- Rasmussen College: [Screen Time Recommendations for Kids](http://rasmussen.edu/degrees/education/blog/screen-time-recommendations-for-kids/)
- National Institutes of Health: [Screen Time](https://www.nih.gov/health-information/wellness/screen-time-children)

### 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 AGE 2. INFANTS AND TODDLERS CANNOT LEARN FROM TRADITIONAL DIGITAL MEDIA AS THEY DO FROM INTERACTIONS WITH CAREGIVERS, THE ACADEMY NOTES.

### MAKE LIFE EASIER WITH THE Aisles Online App

- **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.

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**Should We Be Concerned About Our Screen Time?**

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**Top 5 Reasons to Use the Aisles Online App**

1. **Order Groceries**
   - Avoid crowds by having your groceries delivered or ready for pickup.

2. **Get Meds**
   - Manage your prescriptions and get refills from the Hy-Vee Pharmacy.

3. **Save Money**
   - Access digital deals, weekly sales and coupons—conveniently organized in one location.
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.
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.

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

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
To help ward off strep, stay hydrated and get plenty of vitamin C, an antioxidant that boosts the immune system.

PREVENTION
You can get strep throat multiple times. Prevent the spread of germs by washing hands often and avoid touching your face.

RELIEF
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.
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.

Frescetta Kitchen Fresh Pizza

For people with high pizza standards.

CRUSH YOUR CRAVING

For people with high pizza standards.

Try this Kung Pao Shrimp, p. 67

For people with high pizza standards.

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