

# HyVee<sup>®</sup> Seasons<sup>®</sup>

COZY COMFORTS

september/october



# Experience Better Chicken



For recipes and more, visit [SmartChicken.com](https://www.smartchicken.com).

# SEPT/OCT 2023



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## **GEORGIA VAN GUNDY**

EVP, CHIEF OF STAFF,  
CHIEF CUSTOMER OFFICER

**S**eptember is National Family Meals Month, an opportunity to gather around the table and catch up.

A fun way to do that is to explore different culinary traditions. Try some great foods at Hy-Vee from Hispanic-owned companies (*page 90*). Host a homemade pizza night (*page 28*) or purchase authentic Italian-made products (*page 80*) with the chance to win a Vespa scooter. If time is short, meals go together in a flash with Hy-Vee take-and-bake items (*page 14*).

It is also a time for football, fall color and fun! Try tailgating—at the stadium or at home—with our gameday ideas (*page 38*) and exclusive recipes from Chef Paul Wahlberg (*page 22*). Bring an autumnal touch to your home with Hy-Vee Floral mums and accessories (*page 84*). And hold a memorable Halloween party with sweet treats and fun decorations (*page 72*).

Enjoy the beautiful days of fall!

## **HY-VEE SEASONS IS DIGITAL!**

Hy-Vee Seasons content—  
including back issues—is  
available anytime, anywhere.  
Visit [Hy-Vee.com](https://www.hy-vee.com)



DOWN *F*OR EVERYTHING

*Fritos*

# AISLES

## New & Noteworthy at Hy-Vee

### Hy-Vee Midwest Pork

Hy-Vee Midwest Pork has improved tenderness, juiciness and flavor. Thanks to local pork producers, Hy-Vee has many great cuts, including:

- Bone-in chops
- Boneless chops
- Ribs
- Roasts
- Tenderloins

STOP IN HY-VEE OR VISIT [HY-VEE.COM/SHOP](https://www.hy-vee.com/shop) TO FIND THESE **EXCITING PRODUCTS**.

## Latin Influence

### FILLO'S

This family-run company specializes in Latin staples made with clean, simple ingredients like fresh vegetables and extra virgin olive oil. The initial product line of Cuban-inspired sofrito bean dishes has now expanded to include walking tamales—named one of 2022's best new products by NOSH (Natural, Organic, Sustainable and Healthy).



### Walking Tamales

Take these tasty, nutritious tamales on the go. They're vegan-friendly and ready to eat.

- Strawberry Coconut
- Bean Salsa Habanero
- Bean Salsa Roja
- Bean Salsa Verde



### Beans

Enjoy flavored, ready-to-eat beans that are Non-GMO Project Verified, shelf-stable and vegan friendly.

- Cuban Black Beans Sofrito
- Puerto Rican Pink Beans Sofrito
- Tex-Mex Pinto Sofrito
- Peruvian Lentils Sofrito

# aisles NEW & NOTEWORTHY PRODUCTS AT HY-VEE

## Dips for Dinner

### NIRAMAYA

Featuring classic flavors from the streets of India, Niramaya's dips are plant-based, dairy-free, gluten-free and nutrient-dense. Just heat and eat.



#### Super Greens Saag

Spinach is coupled with several nutritional powerhouse plants for a roasted, earthy flavor.



#### Street Pav Bhaji

A warm, zesty blend of spices with sweet potato, cauliflower and alma, an ancient superfruit.



#### Masala Tomato Sabji

The thick tomato base is whipped with beet juice and reishi mushrooms for a spicy and buttery flavor.



## Bernatello's Foods

### PIZZA YOUR WAY

Specializing in innovative, quality pizza and frozen products, Bernatello's Foods offers a real choice when it comes to pizza, including ultra thin crust Bellatoria and hearty Brew Pub, available in regular, deep dish and stuffed crust.



## Salsa and Seasoning

MAKE MEALS EXTRA DELICIOSO WITH THESE FLAVOR ENHANCERS.



### Cholula

Crafted in Mexico and based on a 100-year-old family recipe handed down through the generations, Cholula products include seasonings and salsas ranging from mild to medium to hot.

### TACO MIX:

- Chili Garlic
  - Original
  - Spicy Chipotle
- ### SALSA:
- Smoky Chipotle
  - Original
  - Salsa Verde



**SportWater**  
Stock up with a convenient six-pack!

## Reinvigorate

### BODYARMOR

BODYARMOR SportWater is the newest addition to this line of premium sports drinks. Made through reverse osmosis, it has electrolytes and an alkaline pH for superior hydration. It is available in individual 1.5-liter bottles or in six-packs of 1-liter bottles.

## Made in Mexico

### GRAN LUCHITO

Experience a taste of Mexico with Gran Luchito's authentic recipes, traditional cooking techniques and fresh, all-natural ingredients.



### Sides & Toppings

Use these slowly simmered bean mixes to complement a main dish or as a delicious layer of flavor for whatever you're preparing.

- Refried Beans with Smoky Chipotle
- Cantina Beans Restaurant Style Black Beans



### Sauces

Choose from a range of flavors—from smoky chipotle to tart tomatillo.

- Crunchy Salsa Macha
- Chipotle Chili Paste
- Red Chipotle Enchilada Sauce
- Green Tomatillo Enchilada Sauce



### Secret Aardvark Trading Co.

Founded in Portland in 2004, Secret Aardvark specializes in sauces and marinades that add heat, depth and unique flavors to practically anything.

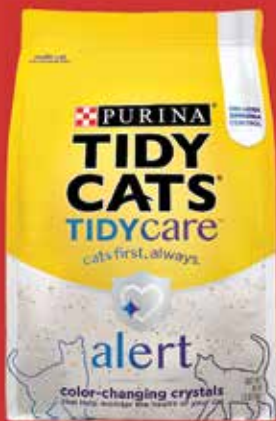
- Aardvark Habanero Hot Sauce
- Serrabanero Green Hot Sauce
- Smoky Aardvark Chipotle-Hab Hot Sauce
- Red Scorpion Fiery Hot Sauce
- Aardvark Reaper Smoked Hot Sauce
- Drunken Jerk Jamaican Marinade
- Drunken Garlic Black Bean Sauce

# aisles NEW & NOTEWORTHY PRODUCTS AT HY-VEE

## Keep it Tidy

### PURINA TIDY CATS

For more than 70 years Tidy Cats has specialized in innovative products to take the fuss and muss out of cleaning up after feline friends. America's number one cat litter is available in a variety of formulations and all-in-one litter box kits.



### Eliminates Odor and Monitors Health

This highly absorbent, non-clumping litter offers long-lasting ammonia control in a lightweight, low-dust formulation. Tidy Care Alert also features color-changing crystals to help monitor a cat's health in real time.



FROM THE BRAND MOST RECOMMENDED BY VETERINARIANS

PURINA TIDY CATS

## Seasonal Scents

### BASIN

These high-quality personal care products are animal cruelty-free and contain no parabens, alcohol or mineral oil.

### Seasonal Bath Bombs

Each season Basin offers special designs for a limited time, such as Sugar Skull or Cauldron Bath Bombs for Halloween.

4.8 to 8 oz.

### Lip Scrub

An organic lip treatment, it refreshes and hydrates lips to leave them silky smooth.

0.71 oz.



### Pumpkin Body Butter

Made with cocoa and Shea butters and rich moisturizing oils, it leaves skin soft and smooth.

4 fl. oz.

### Jack Soap

Basin offers soaps in various scents and shapes, including novelty soaps like Jack Soap.

3.7 oz.





# THE BEST USE THE BEST



OFFICIAL PARTNER OF THE  
NATIONAL FOOTBALL LEAGUE



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# Zero spoon. Zero Sugar\*

## Introducing Chobani® Zero Sugar\* Drinks

**Chobani**  
Zero Sugar\*



**70**  
calories  
OR LESS

Naturally  
delicious

\*Not a low calorie food

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# 101

## Brussels Sprouts

Low-calorie and nutrient-dense, this cruciferous vegetable is easily added to salads, soups and more.

**B**russels sprouts, a member of the cabbage family, are small, leafy green vegetables that grow in tight clusters on a stalk. They are believed to have originated in Belgium in the 16th century, which is where they got their name. Brussels sprouts have a distinctive flavor that is both slightly bitter and nutty. When cooked properly, they are delicious and pair well with a variety of seasonings and sauces. Brussels sprouts are in season from September through February, but typically available year round. They are an excellent source of vitamins C (helps heal wounds) and K (for building bones), as well as folate (produces healthy red blood cells), fiber (regulates blood sugar) and potassium (maintains fluid in cells). They are also high in antioxidants, which can help prevent cell damage in the body.

**BUY** Bright green sprouts with tightly packed leaves and no yellowing or browning indicate optimal freshness.

**STORE** Brussels sprouts keep well in a plastic bag in the refrigerator's crisper drawer for up to a week.

**PREP** Before eating or cooking, trim the stem end and remove any loose or yellowed leaves, then rinse thoroughly under running water.

### WAYS TO ENJOY

#### Raw

Use a mandoline or food processor to thinly slice sprouts and toss with a vinaigrette for a crunchy salad.

#### Roasted

Toss halved sprouts in 2 Tbsp. olive oil, salt and pepper, then roast in a 425°F oven until outside is crispy and fork can pierce soft center.

#### Sautéed

Heat 2 Tbsp. olive oil in a skillet over medium heat. Season halved Brussels sprouts and cook, cut sides down, until caramelized. Stir and cook until tender.

# Cheesy Brussels Sprouts Gratin

**Hands On** 25 minutes

**Total Time** 1 hour 5 minutes plus cooling time

**Serves** 10 (¾ cup each)

**Hy-Vee nonstick cooking spray**

**2 lb. Hy-Vee Short Cuts Brussels sprouts**

**¼ cup Hy-Vee salted butter**

**¼ cup Hy-Vee all-purpose flour**

**3 cups Hy-Vee heavy whipping cream**

**1 (8-oz.) pkg. Soirée Parmesan cheese chunk, shredded**

**4 oz. smoked Swiss cheese chunk, shredded**

**½ tsp. coarsely ground Hy-Vee sea salt Hy-Vee sliced center-cut bacon, crisp-cooked and crumbled; for topping**

**1. PREHEAT** oven to 375°F. Spray a shallow 3-qt. Dutch oven with nonstick spray; add Brussels sprouts. Set aside.

**2. MELT** butter in a medium saucepan over medium heat. Whisk in flour. Cook

and whisk for 1 to 2 minutes until golden brown. Slowly whisk in heavy cream until sauce becomes smooth. Bring to a gentle simmer, whisking constantly. Gently simmer and whisk for 1 to 2 minutes or until sauce coats the back of a spoon. Remove saucepan from heat; whisk in Parmesan cheese, Swiss cheese and salt until smooth.

**3. POUR** cheese sauce over Brussels sprouts in Dutch oven; stir to combine.

**4. BAKE**, uncovered, for 35 to 40 minutes or until Brussels sprouts are tender and cheese sauce is bubbly. Let cool for 10 minutes before serving. Sprinkle with bacon, if desired.

**Per serving:** 440 calories, 38 g fat, 25 g saturated fat, 0 g trans fat, 135 mg cholesterol, 500 mg sodium, 11 g carbohydrates, 4 g fiber, 2 g sugar (0 g added sugar), 14 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 30%, Iron 6%, Potassium 8%



## THE MORE YOU KNOW

This recipe uses a smoky Parmesan and Swiss cheese sauce to infuse the Brussels sprouts with nutty flavor and to create a bubbly, browned crust—an essential feature of a gratin dish.



**SCAN TO SEE**  
Brussels sprouts recipes at [Hy-Vee.com](https://www.hyvee.com)



**TRICK OR  
TREAT?  
DEFINITELY  
TREAT.**



***Reese's***

# DELICIOUS BREAKFASTS START HERE



# BASICS

## How to Make a French Omelette

Elevate your breakfast experience with a classic technique that yields an elegant omelette with a silky exterior and a soft, creamy interior.

### STEP-BY-STEP FRENCH OMELETTE



#### STEP ONE

Whisk together 2 large eggs and a dash of salt until no egg whites remain. Melt  $\frac{1}{2}$  tsp. Hy-Vee salted butter in an 8-in. nonstick skillet over medium-low to medium heat until foamy.



#### STEP TWO

Add eggs to skillet and begin stirring with spatula while vigorously shaking skillet, breaking up curds as they form. Stir 1 to 2 minutes or until custard-like; spread into an even layer.



#### STEP THREE

Sprinkle with  $\frac{1}{4}$  cup finely shredded cheese, if desired. Remove skillet from heat; let stand 30 to 60 seconds or until omelette easily loosens from skillet. Tilt skillet with an underhand grip and gently roll omelette from handle side to within 1 in. of opposite edge. Fold remaining edge up and over to seal omelette shut.



#### STEP FOUR

Roll omelette onto serving plate with seam-side down. To garnish, lightly brush omelette with additional melted butter and sprinkle with chives or parsley, if desired. Serve immediately.

#### FIND IT AT HY-VEE

#### Rock Fry Pans

These durable pans come in a set of two sizes and have a unique nonstick surface that ensures even heat distribution.

2 pk.; 8 in. and 10 in.

29.99



# SOLUTIONS

## Weeknight Meal Planning

Spend time around the dinner table during Family Meals Month with simple, low-prep meals from Hy-Vee.

### MONDAY



**HEAT AND EAT**  
Pop in a preheated oven at 350°F and dinner can be ready in less than an hour!

#### MAIN DISH

##### Spinach & Mushroom Alfredo

No meat, no problem! This creamy fusilli pasta dish is hearty and full of veggies.



#### SIDES

##### Fresh Express Caesar Chopped Salad Kit and Breadsticks with Marinara Sauce

Complete Meatless Monday with Italian-style sides.



#### DESSERT

##### The Father's Table Variety Cheesecake

Everyone gets what they want with 6 different cheesecake flavors.

### TUESDAY



#### MAIN DISH

##### Chicken Lo Mein

Shredded carrots, cabbage and onions are tossed with chicken and soft noodles.



#### SIDES

##### Basket & Bushel Vegetable Stir Fry and Egg Roll/Crab Rangoon Combo Pack

Steamable stir fry veggies pack a healthy punch—just heat in the microwave and eat! Round out the menu with Hy-Chi favorites.



#### DESSERT

##### Bakery Chocolate Chip Cookies

These classic chewy treats are stuffed full of Ghirardelli chocolate chips.

**WELL-ROUNDED**  
Fill out the meal with a Hy-Vee Bakery Fresh bread or dessert.

### WEDNESDAY



#### MAIN DISH

##### Chicken, Vegetable & Noodle Bake

This casserole featuring carrots, celery and corn is topped with buttery bread crumbs.



#### SIDES

##### Oven Baked Beans and Dole Applewood Bacon Chopped Salad Kit

Tie the meal together with smoky-sweet sides and plenty of greens.



#### DESSERT

##### Bakery French Silk Pie

A rich, mousse-like chocolate fills this 10-in. pie topped with whipped cream and chocolate curls.



## pro tip: BULK UP DINNER WITH PRODUCE



“With Hy-Vee’s take-and-bake meals, it’s so convenient because the main entrée is ready to go. Instead of having the mindset of trying to eat healthier and restrict, I like to ask, *How can I add more nutrition to my plate?* Adding more can be

as simple as adding a bag of broccoli or cauliflower florets to pasta, or it could be having a bowl of fresh fruit at the table. Try to add at least one vegetable to each meal—bonus if you can add two vegetables and a fruit. Fresh, frozen and canned veggies

can all be nutritious options. That way, you’re bulking up the meal and even stretching the meal further and getting more vitamins, minerals and fiber to help you feel satiated.”

—Erin Good, RD, LD  
Hy-Vee Corporate Dietitian  
Hy-Vee, Waukee, Iowa

### THURSDAY



#### MAIN DISH

##### Beef Burrito with Queso

Smothered in a creamy queso, these hefty burritos are filled with beef.



#### SIDES

##### Basket & Bushel Vegetable Medley, Tortilla Chips and Fiesta Fresh Salsa

Kitchen-fresh tortilla chips and salsa pair nicely with this meal, and steamble mixed veggies keep everyone full.



#### DESSERT

##### Bakery Cupcakes Variety Pack

Piled high with fluffy white icing, each chocolate or white cupcake is the perfect personal-size serving.

### FRIDAY



#### PORTIONED PERFECTLY

Hy-Vee’s ready-to-heat meals are available in single, couple and family sizes.

#### MAIN DISH

##### Chicken Bacon White Cheddar Mac and Cheese

This comfort dish features a sharp white cheese sauce and hunks of smoky bacon.



#### SIDES

##### Basket & Bushel Brussels Sprouts and Short Cuts Fruit Tray

There’s something for everyone including extra nutrients from in-season Brussels sprouts and a Hy-Vee fruit tray.



#### DESSERT

##### Bakery Scotcheroos

Rice cereal, peanut butter and chocolate unite in this Midwest staple.

## READY-TO-HEAT MEALS AT HY-VEE

### \$6 ITEMS (SERVES 1)

- Baked Ziti
- Beef Burrito with Queso
- Beef Enchilada
- Chicken Bacon White Cheddar Mac and Cheese
- Chicken Enchilada
- Chicken Fajita & Rice
- Chicken Fettuccine Alfredo
- Chicken, Vegetable & Noodle Bake
- Enchilada Pasta
- Goulash
- Spinach & Mushroom Alfredo
- White Cheddar Mac

### \$12 ITEMS (SERVES 2)

- Beef Burrito with Queso
- Beef Enchilada
- Chicken Bacon White Cheddar Mac and Cheese
- Chicken Enchilada
- Chicken Fettuccine Alfredo
- Lasagna
- Meatloaf Dinner
- Salmon Over Rice

### \$20 ITEMS (SERVES 4)

- Baked Ziti
- Beef Burrito with Queso
- Beef Enchilada
- Chicken Enchilada
- Chicken Fettuccine Alfredo
- Chicken Lo Mein
- Chicken, Vegetable & Noodle Bake
- Enchilada Pasta
- Lasagna



SCAN TO SHOP meals on Hy-Vee Aisles Online.

# SAVINGS

## Hy-Vee Plus Premium Membership

Enjoy special discounts, exclusive fuel savings, free Aisles Online delivery and express pickup and other helpful benefits when you sign up for a Hy-Vee Plus Premium Membership. Enroll for just \$99 per year (or \$12.95 per month) at [Hy-Vee.com/plus](https://Hy-Vee.com/plus) to start earning rewards today.

# \$2,000+

**PER YEAR IS HOW MUCH YOU  
COULD SAVE WITH A HY-VEE PLUS  
PREMIUM MEMBERSHIP.\***



SCAN TO SIGN  
UP for a Hy-Vee  
Plus Premium  
Membership.

\*Savings based on redemption of all available exclusive monthly offers.

# H+ MEMBERSHIP BENEFITS

## FREE DELIVERY & EXPRESS PICKUP

Hy-Vee Plus Premium members can take advantage of free,\*\* unlimited standard grocery delivery and express 2-hour pickup services on Aisles Online orders of \$24.95 or more. (For nonmembers, the regular fee is \$9.95

per order.) Based on two deliveries or express pickups per week, this benefit alone can result in more than \$900 in yearly savings—plus the time saved by having Hy-Vee do the shopping for you, whenever you want.

## WHAT MEMBERS ARE SAYING

“Hy-Vee Plus Premium Membership makes my life easier, especially since having a child during the pandemic. When grocery stores were a hot spot to avoid and packing up a newborn to go to the store just wasn’t feasible, I used Aisles Online to order groceries for same-day delivery. It was so convenient to just quickly add the items I needed in the morning and click for them to be delivered in the afternoon.”

—Lauren W.

## SPECIAL OFFERS

Enjoy dozens of members-only deals, discounts and free items that can add up to more than \$950 in yearly savings with redemption of all exclusive offers. Each offer is automatically loaded to every

Hy-Vee Plus Premium member’s Fuel Saver + Perks card. Swiping your card at checkout will apply any qualifying offers to your purchase. Find examples of current offers at [Hy-Vee.com/plus](http://Hy-Vee.com/plus)

## WHAT MEMBERS ARE SAYING

“With the Hy-Vee Plus Premium Membership, you get access to members-only offers every month, and it’s like a special surprise when you open up your email and oh, you’re getting some flowers, or oh, you’re getting a consultation with a dietitian. It’s something surprising, it’s something fun, and I feel like you always look forward to what you’re getting next month.” —Min T.

## FUEL SAVER REWARDS

Hy-Vee Plus Premium members can also participate in the Fuel Saver + Perks program. Earn discounts on fuel by purchasing designated products in stores or online, then redeem the savings at the pump. Hy-Vee Plus members earn additional rewards per gallon with EVERY qualifying in-store or online purchase,\*\* saving as much as \$260 annually.

- Spend \$50, get 10¢ off per gallon
- Spend \$100, get 25¢ off per gallon
- Spend \$200, get 50¢ off per gallon
- Spend \$300, get 75¢ off per gallon
- Spend \$400, get \$1 off per gallon

## WHAT MEMBERS ARE SAYING

“The Hy-Vee Plus Premium Membership was definitely worth it, because I almost saved more than the cost of the membership just at the gas pump if nothing else.” —Kay B.

\*\*Where available. Floral and Pharmacy deliveries excluded.

\*\*\*Purchase restrictions apply. See Fuel Saver + Perks\* terms & conditions for more details.





# BREADED CHICKEN NUGGETS & TENDERS

- ✓ No Antibiotics EVER
- ✓ Pure Air-Chilled
- ✓ Vegetarian Diet
- ✓ Humanely Raised



# LEVEL UP

## Baking Stone Bread

Kick off fall with a fresh loaf of artisan-style bread filled with classic Philly cheesesteak fixings like beef, peppers and onions.



**HY-VEE BAKERY  
ROASTED GARLIC  
SOUR DOUGH BREAD**

+



**Hy-Vee Meat Department  
garlic & herb gourmet  
steak butter**

+



**Hy-Vee Short Cuts  
fajita vegetables**

+



**Gary's QuickSteak frozen  
sliced beef Philly steak**

+



**Hy-Vee finely shredded  
mozzarella &  
provolone cheese**

### ▶ PHILLY CHEESESTEAK PULL-APART BREAD

Preheat oven to 400°F. Melt 1 (0.5-oz.) disk Hy-Vee Meat Department garlic & herb gourmet steak butter in a large nonstick skillet over medium heat. Chop ½ (12-oz.) pkg. Hy-Vee Short Cuts fajita vegetables. Add chopped vegetables and 1 (12-oz.) pkg. Gary's QuickSteak frozen sliced sirloin beef steak with steak seasoning packet. Cook for 3 to 5 minutes or until vegetables begin to brown and meat reaches 165°F, chopping meat into small pieces with spatula. Remove from heat. Cut 1 (24-oz.) Hy-Vee Bakery unsliced roasted garlic sour dough bread loaf diagonally in a 1-in. crosshatched pattern, cutting three-fourths the way through from top to bottom of loaf. Place bread on a heavy foil sheet large enough for wrapping loaf; place in large rimmed baking pan. Separate cut bread sections with your fingers and stuff with ½ (8-oz.) pkg. Hy-Vee finely shredded mozzarella & provolone cheese blend. Spoon vegetable-meat mixture in between the bread pieces, then stuff with remaining ½ (8-oz.) pkg. mozzarella & provolone cheese blend. Bring long sides of foil up and together to loosely cover bread loaf; fold twice to seal. Fold in the sides to seal. Bake for 20 to 30 minutes or until cheese is melted. Open foil; bake for 5 minutes more or until bread top is slightly crisp. Let stand for 5 minutes. To serve, melt remaining 1 (0.5-oz.) disk Hy-Vee Meat Department garlic & herb gourmet steak disk; drizzle over top of stuffed bread loaf. Serves 8.



#### OVEN FRESH

*Hy-Vee's Baking Stone Breads are prepared by hand and baked fresh for the best flavor and texture, and available daily in the Hy-Vee Bakery.*

Get all your family's

# SNACKING

essentials at **HyVee**®



# BODYARMOR

Sports Drink

POTASSIUM-PACKED  
ELECTROLYTES | ANTIOXIDANTS

NO ARTIFICIAL  
SWEETENERS, FLAVORS OR DYES



# CHEF HANGOUT

## Touchdown Tailgate

Wahlburgers co-owner and head chef Paul Wahlberg shares his must-know tips for tailgate success, and how he's passing on his knowledge to aspiring chefs.



### KIDS EAT FREE!

During September, children 12 and under can eat free with the purchase of any adult meal when dining in at Wahlburgers. Offer is valid through September 30, 2023.



## CHEF PAUL SHARES HIS TOP THREE TIPS FOR HOSTING THE BEST TAILGATE TO HELP YOU BE THE PARKING LOT MVP.

**Work Ahead.** Chef Paul recommends prepping most food before the tailgate. “Get chicken and beef marinating, get the burgers ready, and have as much food ready before you leave, because tailgating is a fun experience. You want to spend time enjoying your company,” he says. “Once you get there, prep should be done, so you can cook, plate it, and enjoy time with your friends and family.”

**Keep it Together.** He also advises keeping supplies like spatulas, tongs and other kitchen equipment together in a kit, so the tools are ready to grab and take to the stadium. “Just put the supplies in a tote so you always have them with you,” Chef Paul says. “After the event, clean the tools and return them to the kit. Then the next time you go, you aren’t scrambling around.”

**Make it Special.** Upgrade the menu with Wahlburgers at Home products. And consider options beyond traditional tailgate foods as well. Chef Paul recalls one of the earliest times he did that. “I was cooking for a bunch of my friends when we were younger, and we had gone to a concert in Foxborough,” he says. “A lot of the people there were cooking hamburgers and hot dogs, which I love, but I’m over there with my buddies cooking steak, grilling vegetables, and doing all these different things they had never seen me do.”

## Chef Paul's Sonoran-Style Dog

**Hands On** 1½ hours  
**Total Time** 1½ hours plus cooling time  
**Serves** 8 (1 each)

### HOT DOGS

**1 (12-oz.) pkg. Wahlburgers beef uncured hot dogs**  
**8 slices Wahlburgers hickory smoked uncured bacon**  
**8 Hy-Vee Bakery unsliced brat buns**  
**1 cup Hy-Vee traditional refried beans, warmed**  
**1 cup chopped Roma tomatoes**  
**1 cup chopped white onion**  
**1 avocado, seeded, peeled and diced**  
**2 green jalapeño or Fresno peppers, thinly sliced\***  
**¼ cup Hy-Vee sour cream**  
**1 lime, cut into wedges**

### TOMATILLO SALSA

**1 Tbsp. Hy-Vee canola oil**  
**1 medium white onion, quartered**  
**6 tomatillos, husked, rinsed and halved**  
**2 serrano chile peppers, halved lengthwise and seeded\***  
**2 cloves garlic, peeled**  
**½ (2½-oz.) bunch cilantro**  
**¼ cup fresh lime juice**  
**½ tsp. Hy-Vee salt**

### SRIRACHA-AND-CILANTRO WAHL SAUCE

**½ cup Wahlburgers Chef Paul's Wahl sauce**  
**1½ Tbsp. finely chopped cilantro**  
**1½ tsp. fresh lime juice**  
**¾ tsp. Sriracha**



**1. FOR HOT DOGS**, beginning at one end of each hot dog, wrap 1 slice of bacon around the hot dog in a single layer; tuck in ends of bacon. Refrigerate wrapped hot dogs for 1 hour.

**2. FOR SALSA**, preheat a charcoal or gas grill for direct cooking to medium-high heat (375°F). Place a large cast iron skillet on grill rack; preheat for 5 to 10 minutes. Add oil to hot skillet; add onion. Place tomatillos and serrano chiles, skin sides down, in skillet with onion. Cook for 12 to 14 minutes or until vegetables are slightly charred and blistered, stirring occasionally. Remove vegetables from skillet and cool slightly.

**3. PLACE** tomatillos, chiles and garlic in a food processor. Add cilantro and lime juice. Cover and process until mixture forms a coarse purée. Stir in salt. Set aside 1 cup salsa for serving. Store remaining salsa for another use in a covered container for up to 3 days.

**4. FOR SAUCE**, stir together Wahl sauce,

chopped cilantro, lime juice and Sriracha in a small bowl; set aside.

**5. RETURN** cast iron skillet to grill rack. Cook wrapped hot dogs in skillet for 12 to 14 minutes or until bacon is crisp and hot dogs reach 165°F, turning every 2 to 3 minutes.

**6. TO SERVE** hot dogs, cut each bun from top to bottom, cutting to, but not through, bottom of bun. Slightly open buns; spread inside bottoms with refried beans, then spread with Sriracha-and-cilantro Wahl sauce. Add hot dogs; top with tomatoes, onion, avocado, jalapeño peppers, the reserved 1 cup salsa and sour cream. Serve with lime wedges.

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

**Per serving:** 540 calories, 27 g fat, 8 g saturated fat, 0 g trans fat, 45 mg cholesterol, 990 mg sodium, 57 g carbohydrates, 7 g fiber, 16 g sugar (5 g added sugar), 19 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 30%, Potassium 20%



## BRING THE FLAVORS HOME



**STOCK UP ON A VARIETY OF WAHLBURGERS PRODUCTS AVAILABLE AT HY-VEE, INCLUDING GOURMET BURGER PATTIES, SLIDERS, BACON AND SAUCES. THESE PREMIUM INGREDIENTS ARE THE FIRST STEP TO RESTAURANT-QUALITY MEALS!**



## INSPIRING THE NEXT GENERATION

**"I OWE EVERYTHING TO ALL THE CHEFS AND COOKS I'VE WORKED WITH IN THE PAST. THEY SHOWED ME TECHNIQUES AND SKILLS, AND HOW TO BE A PROFESSIONAL. I HAVE TO PAY THAT FORWARD BECAUSE I WANT TO GET PEOPLE INSPIRED TO DO WHAT I'M DOING."**  
—CHEF PAUL

One of the most rewarding ways Chef Paul found to pass on his knowledge is through cooking. "I love teaching others to cook because I want them to be inspired to have love and passion for whatever they want to do—young and old," he says. "I want to show them the techniques and give them a foundation for cooking skills."

Chef Paul also believes there's joy to be found in food, no matter your

age. "Even if you don't cook professionally, almost everyone cooks at home for themselves or their family," he says. "Because when you think about the simplest times, when you were a kid, you know what your favorite dish was that your mom made, or your dad made, or your grandmother made. And to be able to duplicate that, for yourself or your family, can bring so much joy and help create memories."

# Boston Burger Wrap

**Total Time** 1 hour  
10 minutes

**Serves** 8 (½ each)

- 1½ Tbsp. fresh lime juice, divided**
- 1½ tsp. Hy-Vee canola oil**
- 2 tsp. kosher salt, divided**
- 2 cups three-colored coleslaw cabbage**
- ¼ small red onion, thinly sliced**
- 2 red radishes, cut into matchsticks**
- ¼ cup chopped cilantro**
- 1 small jalapeño pepper, thinly sliced\***
- 1 avocado, seeded and peeled and chopped**
- 1 (1.33-lb.) pkg. Wahlburgers fresh Angus beef gourmet blend patties (4 ct.)**
- 4 tsp. Hy-Vee green-chili hops seasoning**
- 1½ tsp. coarsely ground Hy-Vee black pepper**
- Hy-Vee canola oil cooking spray**
- 4 slices Hy-Vee deli sliced pepper Jack cheese**
- 4 (12-in.) Mission extra grande burrito flour tortillas**
- 8 (5-in.) tostadas**
- ½ (16-oz.) can B&M original baked beans, warmed**
- Wahlburgers Chef Paul's Wahl sauce, for serving**
- Lime wedges, for serving**

**1. WHISK** together 1 Tbsp. lime juice, oil and ¼ tsp. salt in a medium bowl. Add coleslaw cabbage, red onion, radishes, cilantro and jalapeño; toss to coat. Cover and refrigerate.

**2. MASH** avocado with a fork in a small bowl. Stir in tomato, remaining ½ Tbsp. lime juice and ¼ tsp. salt. Cover and refrigerate.

**3. PREHEAT** charcoal or gas grill for direct cooking over high heat (400°F).

**4. SPRINKLE** both sides of beef patties with green-chili hops seasoning, remaining

1½ tsp. kosher salt and black pepper. Flatten burgers to ½-in. thickness with a wide metal spatula. Spray patties with cooking spray. Grill for 4 to 6 minutes or until edges begin to brown, turning halfway through. Top with cheese; grill for 1 to 2 minutes more or until cheese is melted and burgers reach 165°F. Transfer burgers to a tray.

**5. REDUCE** grill heat to medium-high (375°F) for direct cooking. Spray a large cast iron griddle with cooking spray; place on grill rack and preheat.

**6. TO ASSEMBLE** burger wraps, top each flour tortilla with ½ cup coleslaw mixture and spread to a 5-in. circle; top with 1 tostada, ¼ cup baked beans and 1 cheeseburger patty. Spread 3 Tbsp. avocado mixture on top of each burger; top with another tostada.

**7. FOLD** one side edge up to center of tostada. Holding the folded piece down, work clockwise to continue folding the remaining edge of the tortilla to center until the tostada is completely covered (you will have 5 to 6 folds). Turn burger wrap over and place on a tray. Repeat with the remaining topped tortillas.

**8. PLACE** assembled burger wraps, fold side down, on hot griddle. Cook for 2 to 3 minutes or until golden brown, turning halfway through. Serve with Wahl sauce and fresh limes, if desired.

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

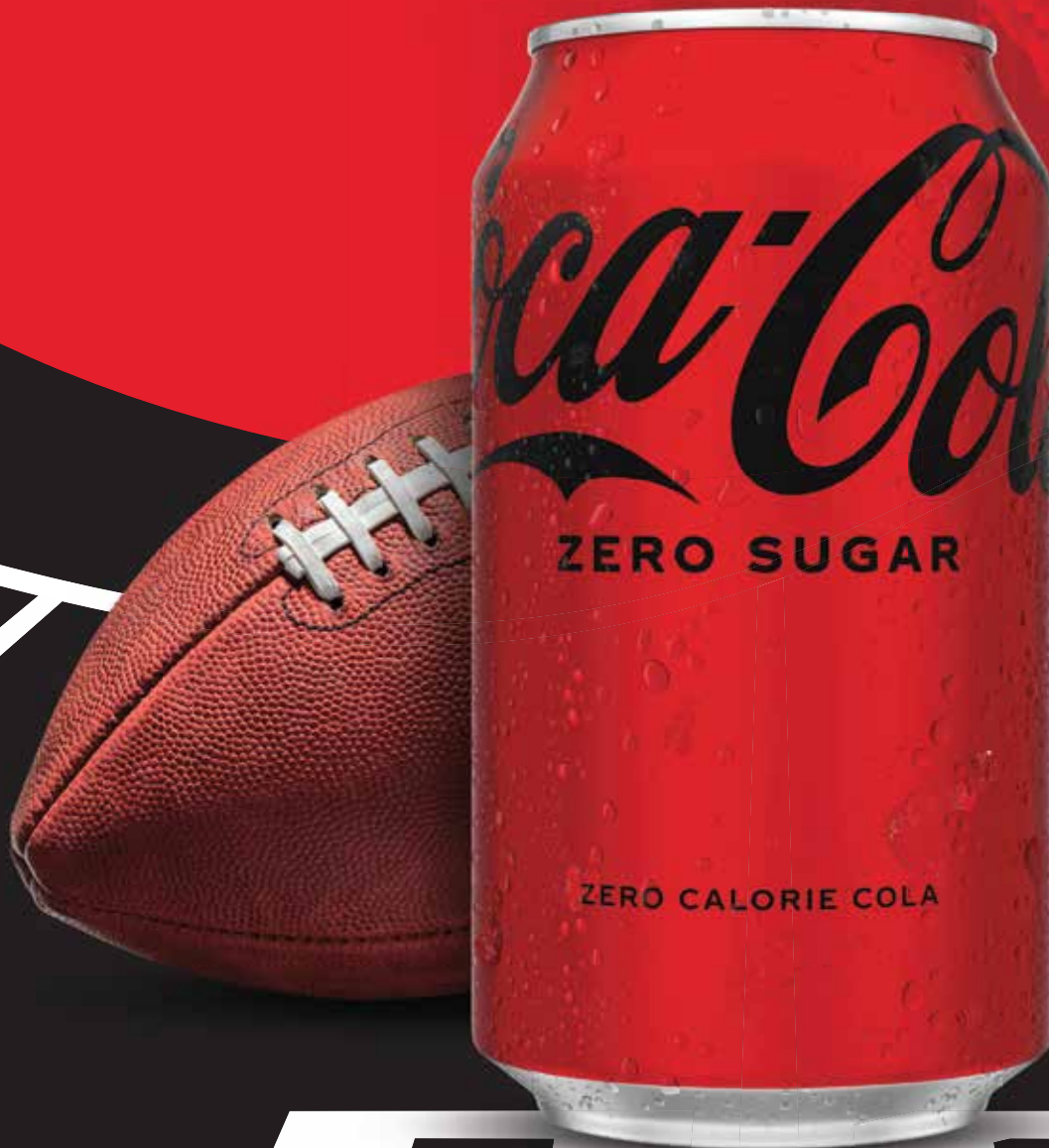
**Per serving:** 540 calories, 29 g fat, 11 g saturated fat, 0 g trans fat, 65 mg cholesterol, 1,300 mg sodium, 47 g carbohydrates, 6 g fiber, 6 g sugar (4 g added sugar), 23 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 20%, Iron 20%, Potassium 6%

**WHAT'S GREAT ABOUT THIS RECIPE IS YOU CAN PREP IT AHEAD, THEN JUST DO THE ASSEMBLY AT THE TAILGATE."**

—CHEF PAUL



# Game day taste you can't beat



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Best **Coke** Ever?

# SEPT/OCT 2023



PIZZA NIGHT! | TAILGATE TIME | SOUPING IT | RAISE A GLASS |  
FALL IN LOVE WITH BAKING | PERSONAL CHARCUTERIE | HALLOWEEN AT HOME



# PIZZA

# NIGHT!

**CRAFT HOMEMADE PIZZAS TOGETHER  
OR ENJOY HY-VEE'S DELICIOUS TO-GO  
OPTIONS TO UNITE YOUR WHOLE  
FAMILY AROUND THE TABLE THIS  
FAMILY MEALS MONTH.**



## National Family Meals Month is an annual campaign

that takes place in September, aimed at encouraging families to eat together and enjoy the benefits of sharing meals. The campaign, led by the Food Marketing Institute Foundation, raises awareness of the importance of family meals and provides resources and inspiration so families can make them a regular part of their routines. Research from the *Journal of Nutrition Education and Behavior* and the National Center on Addiction and Substance Abuse at Columbia University has shown that regular family meals can have numerous benefits, including improving communication and relationships, promoting healthy eating habits and reducing the risk of obesity and other health issues. By taking the time to share meals with loved ones, we can nourish our bodies and our relationships, while creating memories that can last a lifetime.

Sources: [fmi.org/family-meals-movement](http://fmi.org/family-meals-movement), [canr.msu.edu/news/choosing\\_a\\_healthy\\_slice\\_of\\_pizza\\_eatgathergo.org/gather/cooking-as-a-family/](http://canr.msu.edu/news/choosing_a_healthy_slice_of_pizza_eatgathergo.org/gather/cooking-as-a-family/), [ineb.org/article/S1499-4046\(19\)31154-6/fulltext](http://ineb.org/article/S1499-4046(19)31154-6/fulltext), [extension.psu.edu/family-time-in-the-kitchen-builds-relationships-and-skills](http://extension.psu.edu/family-time-in-the-kitchen-builds-relationships-and-skills)

# TIME IN THE KITCHEN

MAKING PIZZA OR OTHER MEALS WITH YOUR FAMILY IS NOT ONLY A FUN AND ENGAGING ACTIVITY, COOKING TOGETHER CAN ALSO PROVIDE NUMEROUS BENEFITS FOR BOTH KIDS AND ADULTS.

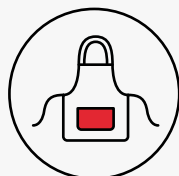


### BETTER BONDING

In today's fast-paced world, it's easy to get caught up in work, school and extracurricular activities, leaving little time for bonding.

Spending time together in the kitchen provides a chance to slow down and enjoy each other's company.

The Penn State University Extension cites it as a great way to begin or continue family traditions and explore family culture, which may encourage continued kitchen participation from children as they become teenagers.



### LIFE SKILLS

Children can learn important skills from cooking to carry throughout their life.

According to the Purdue University Nutrition Education Program, measuring and mixing ingredients are math and science teaching moments, while small muscle skills develop from cooking tasks.

Recipes and nutrition labels offer reading comprehension opportunities, and as children get older they can take on more complex tasks, like chopping veggies or developing topping combos to encourage their culinary creativity and independence.



### HEALTHY HABITS

When making homemade pizza, you can avoid the preservatives and excess salt and sugar

found in store-bought pizzas. An average-size slice of pizza contains around 300 calories, according to the

Michigan State University Extension; however, homemade pizza offers your family control over nutritious ingredients like whole wheat crust, fibrous veggies and lighter cheese. Plus, involving children in the cooking process often leads to a greater willingness to try new foods and flavors.



### KitchenAid Gourmet Rolling Pin

This extra-wide carbon steel rolling pin is nonstick for rolling out wet pizza doughs.

2.5×2.5×22 in.

**10% OFF**



## TABLE RULES

TRY THESE SIMPLE CHANGES TO ENCOURAGE BETTER FAMILY MEALS.

**1**

### NO ELECTRONICS

Make a family pact to turn off the TV and put phones away at dinnertime to better connect and have fewer distractions during the meal.

**2**

### ESTABLISH ROUTINE

Choose a consistent time to host dinner every night, and assign age-appropriate tasks like setting or clearing the table and food prep.

**3**

### CONVERSATION STARTERS

Develop a list of fun prompts to discuss over dinner, like sharing favorite childhood memories or answering a series of "would you rather" scenarios. Check out ideas on page 37 to get you started.

**4**

### ACKNOWLEDGE ACHIEVEMENTS

Use the time together to recognize family members' weekly accomplishments, big and small, and express gratitude for each other's presence.



# BUILD THE PERFECT 'ZA

WITH A LITTLE HELP FROM HY-VEE AND A BIT OF YOUR OWN CREATIVITY, DELICIOUS RESTAURANT-QUALITY PIZZA CAN BE IN YOUR FUTURE. USE THESE ELEMENTS TO GUIDE YOUR NEXT PIZZA ADVENTURE.

## 30-Minute Pizza

Preheat oven to 400°F. Line a large baking sheet or 12-in. pizza pan with parchment paper; set aside. Stir together 1 cup warm water (110°F to 115°F), 1 (¼-oz.) pkg. quick-rise yeast (2¼ tsp.) and 2 tsp. Hy-Vee granulated sugar in a large bowl. Add 2½ cups Hy-Vee all-purpose flour, 2 Tbsp. Gustare Vita olive oil and 1 tsp. Hy-Vee salt; stir until well combined. Turn dough out onto a lightly floured surface; shape dough into a ball. Roll dough out into a 12-in. circle or 13×9-in. rectangle. Transfer dough to prepared baking sheet. Top with desired sauce, cheeses, meats and/or veggies. Bake for 15 to 20 minutes. Makes 1 (12-in.-round or 13×9-in. rectangle) pizza; 8 servings.

**30**  
MINUTES  
OR LESS

## Homemade Red Sauce

Place tomatoes with juices from 2 (28-oz.) cans Gustare Vita whole peeled San Marzano tomatoes in a large bowl. Crush tomatoes into small chunks. Stir in 1 Tbsp. Hy-Vee granulated sugar, 1½ tsp. kosher salt and 1½ tsp. Hy-Vee onion powder until combined. Gently stir in 1 (0.8-oz.) pkg. uncut fresh basil. Cover with plastic wrap; refrigerate for 2 to 24 hours. Remove and discard basil leaves from tomato mixture; set tomato mixture aside. Heat 2 Tbsp. Gustare Vita olive oil in a 4- to 6-qt. Dutch oven over medium heat. Add 6 medium cloves garlic, minced. Cook and stir for 2 to 3 minutes until fragrant. Stir in 2 Tbsp. Hy-Vee unsalted butter until melted. Stir in tomato mixture, ½ cup Hy-Vee vegetable stock and 1 Tbsp. DeLallo classic Italian herb pizza seasoning. Simmer, uncovered, over medium-low heat for 30 to 40 minutes or to desired consistency, stirring occasionally. Use sauce immediately on pizza or pasta, or cool completely. Store in a covered container in refrigerator up to 5 days or freeze up to 1 month. Makes 5½ cups.

**V**  
option  
VEGETARIAN  
DISH

**GF**  
option  
GLUTEN-  
FREE





## ALL TOGETHER NOW

When cooking together as a family, read the recipe before getting started. Discuss how long it will take to prepare, and set out all of the necessary ingredients and safe kitchen tools on a counter that everyone is able to reach.

## TRY AND TOP THIS

Toppings allow you the opportunity to add flavor, texture and visual appeal to your pizza. While traditional favorites like pepperoni or sausage are usually a sure thing, try mixing it up with seasonal or unique combinations to keep it fresh, like these:

- Basil
- Beets
- Kale
- Peppers
- Shallots
- Summer squash
- Sweet potato

## CHEESE, PLEASE!

Hy-Vee's world class artisan cheese selection is curated by Certified Cheese Professionals, who can help you pick the perfect cheese to complement your pizza. Many types of cheese are available at Hy-Vee, including:

- Alpine Cheeses
- Bloomy Rind Cheeses
- Blue Cheeses
- Dutch Cheeses
- Firm Cheeses
- Fresh Cheeses
- Grana Cheeses
- Semi-Soft Cheeses
- Washed Rind Cheeses

### FIND IT AT HY-VEE

#### KitchenAid Measuring Cups/Spoons Set

Dishwasher-safe set of 5 spoons and 4 cups with soft handles make measuring easy.

9 pc.

**10% OFF**



**FIND IT AT HY-VEE**

**Wilton  
Recipe Right  
Pizza Pan**

Nonstick surface spreads heat evenly for crispy, perfectly baked pizza.

12.25-in. dia.

**6.99**

Gluten-Free  
**Greek Pizza**

**Hands On** 10 minutes

**Total Time** 30 minutes

**Serves** 8

**1 cup finely chopped Hy-Vee Kitchen fresh tomato roughy**

**1½ tsp. salt-free Greek seasoning**

**1 (12-oz.) pkg. Against the Grain gluten- and grain-free three cheese gourmet pizza shell**

**1 tsp. refrigerated garlic paste**  
**½ (8-oz.) pkg. fresh mozzarella cheese pearls**

**1 (6-oz.) pkg. Hy-Vee refrigerated fully cooked grilled chicken breast strips**

**½ (11.64-oz.) jar Gustare Vita grilled artichokes, drained and halved crosswise**

**¼ cup Soirée Mediterranean herb feta crumbles, plus additional for garnish**  
**Gluten-free tzatziki with feta dip, for garnish**

**Fresh mint, for garnish**

**Fresh lemon juice, for serving**

**1. PREHEAT** oven to 375°F. Toss together tomato roughy and Greek seasoning in a small bowl; set aside. Place pizza shell into a 12-in. round pizza pan. Brush pizza shell edge to edge with garlic paste.

**2. LAYER** pizza shell with mozzarella cheese pearls, chicken strips, artichokes and ¼ cup feta crumbles. Bake for 15 to 17 minutes or until pizza shell is golden brown and mozzarella cheese is melted.

**3. DRAIN** tomato roughy mixture; discard liquid. Top pizza with tomato roughy mixture. Garnish with dollops of tzatziki dip, additional feta crumbles and mint, if desired. Sprinkle with lemon juice for serving, if desired.

**Per serving:** 260 calories, 14 g fat, 4.5 g saturated fat, 0 g trans fat, 65 mg cholesterol, 550 mg sodium, 20 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 12 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 15%, Iron 0%, Potassium 2%

**30**  
MINUTES  
OR LESS

**GF**  
option  
GLUTEN-FREE

# Bacon Pickle Ranch

## Thin Crust Pizza

**Hands On** 25 minutes

**Total Time** 33 minutes plus standing time

**Serves** 6

### CRUST

**2¼ cups Hy-Vee all-purpose flour, divided**

**1½ tsp. Hy-Vee baking powder**

**1 tsp. quick-rise yeast**

**½ tsp. kosher salt**

**1 cup warm water (120°F to 130°F)**

**2 tsp. Gustare Vita olive oil, divided**

**2 tsp. Italian dill pickle chip juice, divided**

### SAUCE

**1 Tbsp. Hy-Vee unsalted butter**

**1 Tbsp. Hy-Vee all-purpose flour**

**¼ cup Hy-Vee heavy whipping cream**

**2 Tbsp. Hy-Vee chicken stock**

**1 tsp. Hy-Vee ranch salad dressing mix**

### PIZZA

**½ (8-oz.) pkg. Hy-Vee mozzarella cheese chunk, shredded**

**½ (8-oz.) pkg. Hy-Vee shredded gourmet blend triple Cheddar cheese**

**½ cup Italian dill pickle chips, drained**

**3 slices Hy-Vee Hickory House Applewood smoked thick-sliced bacon, partially cooked and cut into ½-in. pieces**

**Fresh dill, for garnish**

**Hy-Vee crushed red pepper, for garnish**

**1. FOR CRUST**, combine 2 cups flour, baking powder, yeast and salt in a large mixing bowl of a stand mixer fitted with a dough hook attachment. Add warm water. Beat on medium-low for 1 minute, adding remaining ¼ cup flour, 1 Tbsp. at a time. Continue beating for 1 minute more or until dough is smooth

and elastic and forms a ball. Cover bowl; let dough rest for 10 minutes.

**2. PLACE** a 13-in. round pizza stone or 14-in. round pizza pan on center rack in oven. Preheat oven to 450°F.

**3. CUT** dough in half. Reserve one portion for another use.\* Shape remaining portion into a ball; roll, from center to edge, on a lightly floured piece of parchment paper into a 13-in. round. Prick dough several times with a fork. Brush with 1 tsp. olive oil and 1 tsp. pickle juice.

**4. PLACE** dough round, paper side up, onto hot pizza stone or pizza pan; remove parchment paper. Brush top with remaining 1 tsp. olive oil and 1 tsp. pickle juice. Bake for 6 to 8 minutes or until center is crisp and edges begin to brown.

**5. FOR SAUCE**, melt butter in a small saucepan over medium-low heat. Whisk in flour. Remove saucepan from heat; slowly whisk in heavy cream, chicken stock and ranch dressing mix; cool slightly.

**6. FOR PIZZA**, remove crust from oven; spread with 6 Tbsp. sauce. Sprinkle with shredded mozzarella and triple Cheddar cheese blend. Top with pickles and bacon pieces. Bake for 6 to 8 minutes or until crust is golden brown and cheeses are melted.

**7. TO SERVE**, drizzle with remaining sauce. Garnish with dill and crushed red pepper, if desired.

**\*TO STORE PIZZA DOUGH:** Wrap unused portion of dough in plastic wrap. Place in a resealable plastic freezer bag; close bag. Store in refrigerator up to 3 days and in freezer up to 2 weeks. To use, if frozen, thaw in refrigerator overnight. Let refrigerated dough stand at room temperature for 30 minutes. Use dough for crust as directed.

**Per serving:** 310 calories, 20 g fat, 11 g saturated fat, 0 g trans fat, 60 mg cholesterol, 620 mg sodium, 22 g carbohydrates, 1 g fiber, 1 g sugar (0 g added sugar), 13 g protein. Daily Values: Vitamin D 0%, Calcium 25%, Iron 6%, Potassium 2%

### KNEAD TO KNOW

Divvy up meal prep tasks based on your children's ages and abilities. Younger children can help with pouring water into flour, mixing and sprinkling toppings. Older children could help roll out dough, grate cheese or stir sauce on the stovetop.



# PIZZA ON THE GRILL

WITH PIZZA GRILLING TOOLS AND ACCESSORIES, TAKING FAMILY DINNER OUTSIDE IS A BREEZE.

## FIND IT AT HY-VEE

### TableCraft Grilled Pizza Set

Grilling pizza is stress-free with heat-conducting ceramic pizza stone, stainless steel pizza peel for burn-free transfers and wheel to cut the finished product.

3 pc.  
**29.99**

### OXO SoftWorks Pizza Wheel

The sharp stainless steel blade easily takes on crust and toppings and is dishwasher-safe for quick cleanup.

1×8×3.5 in.  
**10% OFF**

### KitchenAid Bowl Scraper Set

Dishwasher-safe silicone scrapers help move and shape pizza dough with ease.

2 pc.  
**10% OFF**

### KitchenAid Gourmet Rolling Pin

This extra-wide carbon steel rolling pin is nonstick for rolling out wet pizza doughs.

2.5×2.5×22 in.  
**10% OFF**



SCAN TO SEE more pizza recipes at [Hy-Vee.com](https://www.hy-vee.com)



## SARTORI'S STORY

Italian-American immigrant Paolo Sartori founded his namesake cheese brand in 1939, introducing his Italian heritage to Wisconsin dairy farming. Generations later, the Sartori brand has built meaningful partnerships with family farmers, and its master cheesemakers spend over a decade honing their craft to bring the best product to your table.



## Detroit-Inspired Pan Pizza

**Hands On** 25 minutes

**Total Time** 50 minutes plus resting, rising and cooling time

**Serves** 12

### CRUST

**2½ cups unbleached bread flour**

**1 tsp. quick-rise yeast**

**1 cup warm water (120°F to 130°F)**

**2 tsp. kosher salt, plus additional to taste**

**3 Tbsp. plus 1 tsp. Gustare Vita olive oil, divided**

**2 tsp. DeLallo classic Italian herb pizza seasoning, plus additional for serving**

### PIZZA

**4 oz. Graziano Bros. fully cooked ground Italian sausage**

**30 slices Hy-Vee original pepperoni**

**1 small green pepper, seeded and chopped**

**½ cup chopped white onion**

**1 (8-oz.) pkg. Hy-Vee shredded pizza cheese**

**¼ cup grated Sartori Parmesan cheese**

**1 (11-oz.) pkg. farmer cheese chunk, cut into ½ cubes**

**1 (14-oz.) jar Mutti Napoli sauce for pizza**

**1. FOR CRUST**, combine flour and yeast in a large mixing bowl of a stand mixer fitted with a dough hook attachment. Add warm water; beat on low until shaggy dough forms. Cover and let rest for 10 minutes.

Add 2 tsp. salt; beat on low for 2 to

3 minutes or until dough forms a ball. Shape dough into a ball.

**2. BRUSH** the inside of a large bowl with 1 Tbsp. olive oil. Place dough in bowl; turn to grease surface. Cover with plastic wrap. Let rise in a warm place for 2 hours or until doubled in size.

**3. PLACE** 2 Tbsp. olive oil in a 13×9×2-in. baking pan; tilt pan to coat bottom and sides. Transfer dough to prepared pan. Press dough in bottom to edges of pan. Drizzle with remaining 1 tsp. olive oil; sprinkle with 2 tsp. Italian herb seasoning. Cover with plastic wrap and let rest in warm place for 1 hour. Uncover dough and make small indentations into dough with your fingers.

**4. FOR PIZZA**, preheat oven to 475°F. Layer dough with half each of sausage,

pepperoni, green pepper and onion. Place pizza cheese and Parmesan cheese in a medium bowl; toss to combine.

**5. SPRINKLE** pizza with farmer cheese and pizza cheese mixture. Push about half of the cheese to edges of dough to touch sides of pan. Top with remaining sausage, pepperoni, green pepper and onion. Pour sauce in 3 equal rows lengthwise on top of pizza.

**6. BAKE** pizza for 15 to 20 minutes or until crust is golden brown and edges are crisp. Cool slightly. To serve, cut into 12 pieces. Season to taste with additional salt and Italian herb seasoning.

**Per serving:** 330 calories, 20 g fat, 9 g saturated fat, 0 g trans fat, 50 mg cholesterol, 860 mg sodium, 21 g carbohydrates, 2 g fiber, 2 g sugar (0 g added sugar), 18 g protein. **Daily Values:** Vitamin D 0%, Calcium 35%, Iron 0%, Potassium 4%

# FAST, FRESH INGREDIENTS

For family dinner made quick, pick up high-quality pizza ingredients at Hy-Vee. DeLallo, Mutti and Gustare Vita brand sauces, flour and seasonings cut out the prep work while preserving all the delicious flavor.



## THE DELALLO WAY

Established in 1950 by Italian-American immigrants, DeLallo is committed to carrying on a decades-long tradition of using the finest ingredients in their products to bring the taste of Italy to your table. Find DeLallo products like sauces, pizza flour and seasonings at Hy-Vee.

### FIND IT AT HY-VEE

#### Mutti Original and Napoli Pizza Sauces

Rich, ready-to-use pizza sauces are made with 100% Italian sun-ripened tomatoes and flavored with fresh herbs.

14 oz.  
**20% OFF**

#### Gustare Vita Pizza Sauce

This traditional pizza sauce is a product of Italy sold exclusively at Hy-Vee. Tomatoes are seasoned with garlic, basil and olive oil.

12.5 oz.  
**2.49**

#### DeLallo Organic "00" Flour

Made in Italy with high-quality wheat, this ultra-fine "00" flour is an authentic staple of Italian pizzerias for crispy or chewy crusts.

17.6 oz.  
**10% OFF**

#### DeLallo Pizza Dough Kit

Just add water to this "00" flour and yeast mixture for quick and easy homemade crust, breadsticks and more.

17.6 oz.  
**10% OFF**

#### DeLallo Pizza Seasoning

Mix and match with a 4-in-1 shaker including crushed red pepper, roasted garlic & cheese, classic Italian herb and zesty garlic & onion seasonings.

3.2 oz.  
**10% OFF**

#### DeLallo Pizza Sauce

Packed with vine-ripened California Roma tomatoes, this balanced American pizzeria-style sauce features a savory herb blend.

14 oz.  
**10% OFF**

#### Wilton Recipe Right Pizza Crisper

Easy-release perforated surface circulates heat evenly for a perfectly crisp crust.

14-in. dia.  
**8.88**

# TABLE TALK

DELEGATE A DIFFERENT FAMILY MEMBER TO KICK OFF TABLE TALK EACH NIGHT WITH ONE OF THESE SIMPLE CONVERSATION STARTERS.

## FOODIE FEELINGS

- If you could only eat three foods for the rest of your life, what would they be and why?
- What is the most unique thing you have ever eaten?

## FAMILY FUN

- If you could trade places with your parents for a day, what would you do differently?
- Where would you like to go on a vacation with your family?

## DREAM ON

- What is something you want to learn to do and why?
- If you could invent a holiday, what would it be?

## SCHOOL SMALL TALK

- What is the most interesting thing you have learned in school this week?
- If you could teach any school subject, real or pretend, what would it be?

## GET THE GIGGLES

- Would you rather always have to enter rooms by announcing your name, or always leave rooms with a cartwheel?
- Would you rather swim in a pool of chocolate pudding or strawberry ice cream?

## RECOGNIZING KINDNESS

- What is one way you helped another person today?
- What is the nicest thing a friend has ever done for you?

## GRAB 'N' GO FROZEN PIZZAS

NO TIME TO MAKE PIZZA FROM SCRATCH? PICK UP ONE OF HY-VEE'S EXCLUSIVE FROZEN OPTIONS FOR A QUICK AND DELICIOUS FAMILY MEAL.



### Tonucci

These 12-in. pies come in six delicious flavors and boast a half pound of Wisconsin cheese each.



### Crav'n Flavor

Choose from six varieties of thin crust pizza including four-cheese, three-meat and pepperoni.



# TAILGATE TIME

WHETHER YOU'RE CHEERING ON YOUR FAVORITE TEAM FROM THE PARKING LOT OR THE COMFORT OF HOME, HY-VEE HAS YOU COVERED WITH CROWD-PLEASING RECIPES, HANDY APPLIANCES AND EVEN PORTABLE GEAR TO TAKE FOOD ON THE GO.







**FIND IT AT HY-VEE**

**Crock Pot Cook & Carry Slow Cooker**

Sized for family meals or more, it includes a locking lid with tight seal for transport.

6 qt.

**69.99**

**Chefman Stainless Steel Air Fryer**

One-touch digital control makes it simple to prepare evenly crisp treats like french fries, chicken, fish and more—quickly and with less oil.

8 qt.

**129.99**

**Mud Pie Farmstead Salsa Dip Set**

This 2-pc. set includes a footed stoneware salsa bowl and coordinating serving spoon for scooping.

3.5×6-in. bowl

**24.99**





# Air-Fried Buffalo Chicken-Stuffed Peppers

**Hands On** 25 minutes

**Total Time** 39 minutes

**Serves** 16 (2 each)

**3 cups Hy-Vee Kitchen picked rotisserie chicken**

**1 cup Hy-Vee refrigerated Buffalo chicken dip**

**¼ cup Hy-Vee chunky blue cheese salad dressing**

**2 Tbsp. Hy-Vee Hickory House Big Bad Buffalo wing sauce, plus additional for serving**

**½ (16-oz.) pkg. Basket & Bushel mini sweet peppers, halved and seeded**

**1 cup Hy-Vee shredded mozzarella cheese**

**Green onions, for garnish**

**1. SHRED** chicken into fine shreds, if necessary. Stir together chicken, Buffalo chicken dip, blue cheese dressing and 2 Tbsp. wing sauce in a medium bowl.

**2. PREHEAT** air fryer to 400°F according to manufacturer's directions. Spoon chicken mixture into each of the pepper halves; top with mozzarella cheese.

**3. WORKING** in batches, place stuffed peppers in a single layer in air fryer basket. Air-fry 5 to 7 minutes or until the cheese is melted and bubbly. Garnish stuffed peppers with green onions and serve with additional wing sauce, if desired.

**Per serving:** 130 calories, 9 g fat, 3.5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 440 mg sodium, 2 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 10 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 6%, Iron 0%, Potassium 4%



## FIND IT AT HY-VEE

### Sauer Frau Squeezable Kraut

This convenient, tailgate-ready condiment is sure to please with three flavors of sauerkraut: classic, craft beer mustard and Bavarian with caraway seeds.

17.5 to 18 oz.

**5.49**

### Kansas City Canning Co. Tailgate Essentials

Small batch, artisan-crafted products include tailgate faves like pickled red onions and tangy, sweet and spicy barbecue sauce.

9 to 24 oz.

**25% OFF**

### Koops' Specialty Mustard

Making mustards for more than 125 years, Koops' gluten-free flavors include Dijon, honey, horseradish and Arizona Heat.

12 oz.

**2.28**



## GAME-ON TOPPERS

What's a tailgate party without condiments? Take taste up a notch with old-time favorites that lend their flavor and texture to a variety of grilled meats.



# Biscuits and Gravy Casserole

**Hands On** 25 minutes

**Total Time** 1 hour 25 minutes plus standing time

**Serves** 18

**Hy-Vee nonstick cooking spray**

**1 (16-oz.) pkg. Hy-Vee sweet smoked bacon, chopped**

**1 (28-oz.) pkg. Hy-Vee frozen potatoes O'Brien**

**2 (16-oz.) containers Hy-Vee refrigerated sausage gravy**

**6 Hy-Vee large eggs**

**½ cup Hy-Vee 2% reduced-fat milk**

**2 cups Hy-Vee shredded sharp Cheddar cheese, divided**

**2 (12-oz.) cylinders Hy-Vee Texas Style homestyle biscuits (10 ct. each)**

**Fresh chives, for garnish**

**1. PREHEAT** oven to 350°F. Lightly spray a 13×9-in. baking dish with nonstick spray; set aside.

**2. COOK** bacon in a large nonstick skillet over medium heat for 5 to 6 minutes or until crisp, stirring

## FIND IT AT HY-VEE

### Anchor Hocking 4-pc. Tote Set

Insulated tote, hot/cold pack and glass casserole dish with lid to bake, reheat, serve and store food.

13×9-in.; 3 qt.

**22.99**

frequently. Remove bacon with a slotted spoon; drain on paper towels. Reserve 3 Tbsp. bacon drippings in skillet.

**3. ADD** frozen potatoes to skillet; cook for 8 to 10 minutes or until golden brown, stirring frequently. Transfer potatoes to a large bowl. Add bacon and gravy; stir until combined. Spread mixture evenly in baking dish.

**4. WHISK** together eggs and milk in a medium bowl until well combined; pour egg mixture over potato mixture in baking dish. Top with 1½ cups cheese. Cover with foil; bake for 40 to 45 minutes or until mixture reaches 165°F.

**5. REMOVE** baking dish from oven. Increase oven temperature to 400°F. Cut biscuits in half and arrange in eight rows on top of casserole. Bake, uncovered, for 13 to 15 minutes or until biscuits are cooked through and golden brown. (If necessary, cover with foil after 13 minutes to prevent overbrowning.)

**6. SPRINKLE** remaining ½ cup cheese on top of biscuits. Let stand, uncovered, for 10 minutes. Garnish with chives, if desired.

**Per serving:** 400 calories, 25 g fat, 11 g saturated fat, 0 g trans fat, 120 mg cholesterol, 1,000 mg sodium, 60 g carbohydrates, 1 g fiber, 5 g sugar (3 g added sugar), 18 g protein. **Daily Values:** Vitamin D 0%, Calcium 16%, Iron 6%, Potassium 4%



# MADE FOR A CROWD

Look for these versatile serveware dishes and more from Hy-Vee to help you feed your team.

This tray doubles as a cake stand and dip tray.



**FIND IT AT HY-VEE**

**Mud Pie Reversible Pedestal Chip and Dip Set**

A beaded ceramic server displays muffins, cupcakes, pies and more. Turn it over and the fluted pedestal becomes a dip platter atop an appetizer platter.

11-in. dia.  
**34.99**

**FIND IT AT HY-VEE**

**Mud Pie Veggie Dip Serving Tray and Tongs**

With six sections plus a center spot for dip, there is room for plenty of veggies, which can be easily selected with vintage-style tongs.

15-in. dia.  
**44.99**





FIND IT AT HY-VEE

### Nordic Ware Stadium Baking Pan

Make an open-air stadium cake or bread with this cast aluminum, nonstick bundt pan.

9-cup capacity

**29.99**



FIND IT AT HY-VEE

### Football Themed Paper Goods

Choose from a selection of Football Kickoff tableware, lunch and cocktail napkins, and 7-in. and 9-in. plates.

select varieties

**2/3.00**



## CHEDDAR BAY STADIUM BREAD

Preheat oven to 425°F. Spray a 9-cup Nordic Ware Stadium baking pan with Hy-Vee nonstick cooking spray; set aside. Place 2 packets of biscuit mix from 2 (11.36-oz.) pkg. Hy-Vee Cheddar & herb biscuit mix in a large bowl. Set aside garlic-herb topping packets. Add 1½ cups cold water, 1 cup Hy-Vee shredded Cheddar cheese and ½ cup American pale ale beer to biscuit mix in bowl; stir until just combined. Do not overmix. Spread mixture evenly in prepared baking pan; smooth top. Bake for 18 to 22 minutes or until top is golden brown and toothpick inserted near center of bread comes out clean. Cool for 10 minutes

in baking pan on a wire cooling rack; remove from baking pan. Meanwhile, stir together ½ cup Hy-Vee unsalted butter, melted, and 1 packet garlic-herb topping. Reserve remaining packet for another use. Spoon or brush garlic-herb butter over top and sides of warm bread. To serve, place Hy-Vee refrigerated ranch & dill sour cream dip in a small serving dish; place in center of stadium bread. Arrange halved red radishes, Hy-Vee Short Cuts broccoli and cauliflower florets, Basket & Bushel cherry tomatoes and green bell pepper strips around dip. Garnish with fresh dill, if desired. Serves 14.



## HAWAIIAN-HOT HONEY MINI HAM BALLS

Preheat oven to 350°F. Line 2 large rimmed baking pans with foil; lightly spray foil with Hy-Vee nonstick cooking spray and set aside. Place 2 (8-oz.) pkg. Hy-Vee diced cooked ham, 8 oz. Hy-Vee fresh ground pork and 5 slices Hy-Vee sweet smoked bacon, chopped, in a food processor; cover and process for 30 to 40 seconds or until finely chopped. Transfer mixture to a large bowl. Add ½ cup Hy-Vee plain panko bread crumbs; ¼ cup finely chopped white onion; ¼ cup Hy-Vee 2% reduced-fat milk; 1 Hy-Vee large egg, beaten; ½ tsp. Hy-Vee garlic powder and ¼ tsp. coarsely ground Hy-Vee black pepper to ham mixture. Gently combine, being careful not to overmix. Shape mixture into 1-in. balls. Arrange meatballs in prepared baking pans. Bake for 15 to 20 minutes or until meatballs reach 165°F, shaking pans to turn meatballs and rotating pans halfway through. For glaze, whisk together 1 (12-oz.) bottle Hy-Vee hot honey infused with chilies, 1 cup Hy-Vee no sugar added pineapple 100% juice, ½ cup packed Hy-Vee dark brown sugar, ½ cup Hy-Vee thick & rich tomato ketchup, ¼ cup Hy-Vee less sodium soy sauce and 1 Tbsp. Hy-Vee corn starch in a medium saucepan. Cook over medium heat for 5 to 7 minutes or until reduced by one-third. Transfer meatballs to a 6-qt. slow cooker. Pour glaze over meatballs; gently toss to coat. Add 5 cups Hy-Vee Short Cuts pineapple chunks; gently toss to combine. Cover and cook on LOW for 1 to 2 hours or until the glaze is thick and sticky. Serves 25 (3 each).

## KEEP IT HOT OR COLD

Stanley Quick Flip GO Bottles are spill-proof yet easy to hold in one hand and access with a push-button lid that opens the mouthpiece on top.



### FIND IT AT HY-VEE

#### Stanley GO Bottles

Stainless steel BPA-free containers have double-wall insulation to keep liquids hot for 8 hours, cold for 12 hours or iced for 40 hours.

24 oz.

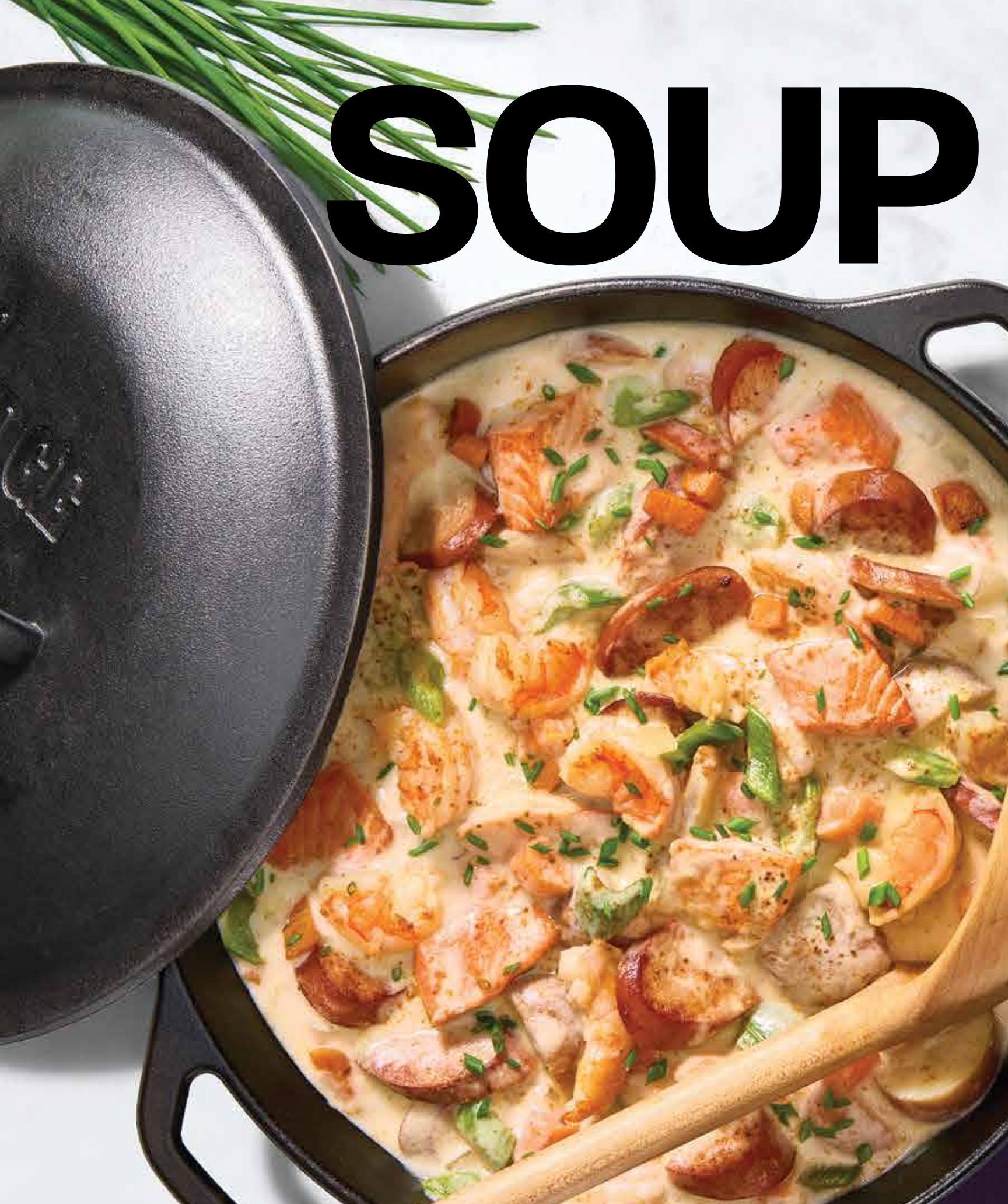
19.99

#### SPIKED CINNAMON ROLL COFFEE CREAMER

Whisk together 2 oz. lowish cream liqueur, 2 oz. vanilla whiskey, 2 oz. Wide Awake Coffee Co. non-dairy Italian sweet crème coffee creamer and ¼ tsp. Hy-Vee ground cinnamon in a 2-cup glass measuring cup. Transfer to a covered bottle; store in refrigerator up to 3 days. To serve, stir creamer mixture into 16 oz. hot-brewed or iced coffee. Sprinkle with additional cinnamon, if desired. Serves 2 (3 oz. each).

10 MINUTES OR LESS

# SOUP





# ING IT

MAKE SIMPLE, EASY SOUP RECIPES THIS FALL USING QUALITY COOKWARE FROM HY-VEE.



## A WISE CHOICE

*Fish Market Alaskan Sockeye Salmon and Fish Market Raw Shrimp at Hy-Vee carry the Responsible Choice seal, meaning they are caught or raised in a responsible manner to ensure a healthy supply of seafood for future generations.*

## 3 REASONS TO SOUP-UP YOUR DIET

### VERSATILE

It's easy to add extra vegetables or protein-rich foods to most recipes. Other swaps, such as whole wheat pasta for regular pasta, can pack in more nutrients. Soup can also be adapted for dietary restrictions, such as using dairy-free cream to make a thick chowder.

### LOW PREP

Plenty of soups are made in just one pot, cutting down on dishes. Other recipes can simmer in the slow cooker during the day with almost no prep, and are ready to serve at dinnertime.

### QUICK AND FILLING

Some soup recipes can be made in 30 minutes or less. Many soups can also be made in a big batch, then divided into individual portions and frozen. Thaw and heat for a fast dinner or lunch.

## Dairy-Free Seafood and Sausage Chowder

**Hands On** 55 minutes

**Total Time** 1 hour 15 minutes

**Serves** 6 (1¾ cups each)

**1 (10.8-oz.) pkg. Hy-Vee frozen fresh steam cauliflower florets, thawed**

**2 cups Silk dairy-free heavy whipping cream alternative**

**2 cups water**

**2 tsp. reduced-sodium roasted chicken bouillon paste**

**7 Tbsp. vegan butter sticks, divided**

**½ (13.5-oz.) pkg. fully-cooked andouille smoked sausage, bias-sliced**

**1 lb. Hy-Vee Fish Market frozen shell-on, EZ peel & deveined raw shrimp (26-30 ct.), thawed, peeled and tails removed**

**2 cups quartered Basket & Bushel petite red potatoes**

**1 cup chopped yellow onions**

**¾ cup bias-sliced celery**

**¾ cup chopped carrots**

**¼ cup Hy-Vee all-purpose flour**

**2 tsp. Old Bay seasoning, plus additional for garnish**

**¼ cup dry white wine**

**1 lb. Hy-Vee Fish Market Alaskan sockeye salmon fillet, ½ to ¾ in. thick, skin removed, and cut into bite-size pieces**  
**Fresh chives, chopped, for garnish**

**1. PLACE** cauliflower and cream alternative in a blender. Cover and blend on high for 30 to 60 seconds or until smooth; set aside.

**2. WHISK** together water and bouillon paste in a small bowl; set aside.

**3. MELT** 1 Tbsp. vegan butter in a 5-qt. Dutch oven over medium-low heat. Add sausage; cook and stir for 4 to 5 minutes or until crisp and golden. Add shrimp and cook for 2 to 3 minutes or until opaque (145°F). Remove sausage and shrimp from Dutch oven; set aside. Scrape out or rinse Dutch oven to remove any brown bits in bottom.

**4. MELT** 2 Tbsp. vegan butter in Dutch oven over medium-low heat. Add potatoes, onions, celery and carrots. Cover and cook for 10 to 12 minutes or until carrots are fork-tender, stirring occasionally.

**5. ADD** remaining 4 Tbsp. vegan butter to vegetables in Dutch oven. Add flour and 2 tsp. seasoning; cook and stir for 1 minute. Remove from heat; stir in cauliflower cream mixture, 1½ cups prepared water-bouillon mixture and wine. Return to heat. Simmer, uncovered, over medium-low heat for 17 to 20 minutes or until potatoes are tender, stirring occasionally.

**6. ADD** salmon and enough of the remaining ½ cup water-bouillon mixture for desired consistency. Cook for 2 to 3 minutes until salmon flakes easily with a fork (145°F). Stir in sausage and shrimp. Garnish with additional seasoning and chives, if desired.

**Per serving:** 690 calories, 52 g fat, 23 g saturated fat, 0 g trans fat, 145 mg cholesterol, 1,180 mg sodium, 20 g carbohydrates, 3 g fiber, 4 g sugar (0 g added sugar), 34 g protein.  
**Daily Values:** Vitamin D 45%, Calcium 122%, Iron 1%, Potassium 740%

# SIMMER AND SERVE

STYLISH DUTCH OVENS CAN GO STRAIGHT FROM STOVE TO TABLE.

Dutch ovens retain and conduct heat evenly—perfect for soups that may need to bubble for awhile—and are also sophisticated, eye-catching serving dishes.

FIND IT AT HY-VEE

## Lodge Dutch Oven

This cast iron Dutch oven conducts heat well in the oven, on the stovetop, on a grill or over a campfire.

5 qt.

49.99

## SLOPPY JOE SOUP

Heat a 5-qt. Dutch oven over medium heat. Add 2 lb. 85% lean ground beef, 1 cup Hy-Vee Short Cuts chopped onions and 1 cup Hy-Vee Short Cuts chopped tricolor bell peppers. Cook for 8 to 10 minutes or until beef is browned (165°F), stirring occasionally to break up crumbles. Drain and discard drippings. Stir in 2 (15-oz.) cans Hy-Vee sloppy joe sauce, 2 (10.5-oz.) cans condensed chicken gumbo soup, 1 (14.5-oz.) can Hy-Vee beef broth and 2 cups water. Bring to boil; reduce heat. Simmer, uncovered, for 6 to 8 minutes or until heated through. Ladle soup into serving bowls. Top with Hy-Vee seeded hamburger buns, cubed and toasted, and Fresh Gourmet Crispy Dillies pickle flavored fried cucumbers. Garnish with fresh dill, if desired. Serves 8 (1½ cups each).

**30**  
MINUTES  
OR LESS

**BLENDING BUTTERNUT SQUASH** and other soup ingredients creates a silky, velvety texture.

# Ginger Apple Butternut Squash Soup

**Hands On** 35 minutes

**Total Time** 1 hour 10 minutes

**Serves** 6 (1 cup each)

**1 Tbsp. Hy-Vee refined coconut oil**

**3 cups Hy-Vee Short Cuts**

butternut squash

**2 cups chopped carrots**

**2 medium Granny Smith apples,**

peeled, cored and chopped

**1 cup chopped yellow onion**

**1 Tbsp. bottled minced garlic**

**3 cups Full Circle Market organic**  
vegetable broth

**1 Tbsp. refrigerated ginger paste**

**1 Tbsp. red curry paste**

**1 tsp. smoked paprika**

**1 tsp. Hy-Vee ground cumin**

**Coconut cream, for garnish**

**Granny Smith apple, cored and cut**  
into matchsticks, for garnish

**Sweet Thai chili-flavored almonds,**  
chopped, for garnish

**Cilantro, for garnish**

**Coarsely ground Hy-Vee black**  
pepper, for garnish

**1. MELT** coconut oil over medium-high heat in a 5-qt. Dutch oven. Add squash, carrots, apples, onion and garlic. Cook for 5 to 7 minutes or until onion is softened, stirring occasionally.

**2. ADD** broth to vegetable mixture. Bring to a boil; reduce heat to medium-low. Cover and simmer for 30 to 35 minutes or until squash and carrots are tender.

**3. STIR** in ginger paste, curry paste, smoked paprika and cumin. Blend mixture using an immersion blender for 2 to 3 minutes or until completely smooth.

**4. TO SERVE,** ladle soup into serving bowls. Drizzle with coconut cream; garnish with apple matchsticks, almonds, cilantro and black pepper, if desired.

Per serving: 140 calories, 3 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 540 mg sodium, 27 g carbohydrates, 5 g fiber, 12 g sugar (1 g added sugar), 2 g protein.  
Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 10%

**V**  
option  
**VEGETARIAN**  
DISH



**BY USING PREMADE SALSA VERDE,** this zesty Southwest soup requires only 20 minutes of prep before adding to a slow cooker.

## Slow-Cooked Chicken Pozole Verde

**Hands On** 20 minutes

**Total Time** 4 hours 50 minutes

**Serves** 8 (1½ cups each)

1½ lb. Hy-Vee fresh 100% natural boneless, skinless chicken breasts

3 cups water

2 cups Hy-Vee 33% less sodium chicken broth

1 (16-oz.) jar salsa verde

1 cup Hy-Vee Short Cuts

chopped white onions

1 cup seeded and chopped

poblano peppers\*

1 cup coarsely chopped cilantro, plus additional for garnish

2 (15.5-oz.) cans Hy-Vee white hominy, drained and rinsed; divided

2 Tbsp. fresh lime juice  
Hy-Vee stone ground restaurant-style tortilla chips, for serving

Red radish slices, for serving

Avocado slices, for serving

Coarsely ground Hy-Vee

black pepper, for serving

Lime wedges, for serving

**1. PLACE** chicken, water, chicken broth, salsa verde, onions and poblano peppers in a 5-qt. slow cooker. Cover and cook on HIGH for 3 to 4 hours or until chicken reaches 165°F.

**2. TRANSFER** chicken to a large cutting board. Shred chicken using 2 forks; set aside.

**3. ADD** 1 cup cilantro and 1 can hominy to cooking liquid in slow cooker. Blend mixture using an immersion blender for 2 to 4 minutes or until completely smooth.

**4. ADD** shredded chicken, remaining 1 can of hominy and lime juice to mixture in slow cooker. Cover and cook on LOW for 30 minutes more or until heated through.

**5. TO SERVE,** ladle soup into serving bowls. Top

with tortilla chips, radishes, avocados and black pepper; garnish with additional cilantro, if desired. Serve with lime wedges, if desired.

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

**Per serving:** 190 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 60 mg cholesterol, 1,000 mg sodium, 18 g carbohydrates, 3 g fiber, 4 g sugar (0 g added sugar), 21 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 8%

## FALL SOUP RECIPES FROM HY-VEE

TRY THESE SEASONAL SOUPS WHEN THE LEAVES TURN:

- Curried Pumpkin Soup
- French Onion Soup in Boule Bowls
- Root Veggies, Millet and Farro Soup
- Beef and Barley with Mushrooms



**SCAN TO SEE** these soup recipes and more from Hy-Vee.

# HEAT AND EAT

**SIMPLE TO USE FOR LOW-INVOLVEMENT COOKING.**

Find a variety of slow cookers from trusted brands like Crock-Pot, Hamilton Beach and Toastmaster at Hy-Vee.



**LITTLE DIPPER**  
*Simply plug in this appliance to turn it on, and it will maintain temperatures of 160° to 170°F, the same heat as the “keep warm” slow cooker setting.*



**FIND IT AT HY-VEE**

**Crock-Pot Slow Cooker with Dipper**

Great for families of four or five, this set of two includes a slow cooker with two temperature settings and a “keep warm” feature, plus an additional food warmer to heat sauces and dips.

5 qt. slow cooker; 16 oz. dipper

**49.99**

# SIMPLE SOUP

## TAKE A SHORTCUT TO SOUP NIGHT.

Hy-Vee has everything you need for an easy, satisfying family meal, including toppers, cozy sides and quick soup mixes from Shore Lunch.

### FIND IT AT HY-VEE

#### Shore Lunch Soup Mixes

Add water and simmer to turn ready-made packets into a rich, delicious meal.

9 to 12 oz.

**4.99**

#### Good Cook Vented Soup Mug

This ceramic bowl includes a vented lid, which releases steam while soup stays hot.

20 oz.

**6.99**

#### Stonewall Kitchen Dipping Oils

Use as a base for salad dressing or dip bread in these spice-flavored oils.

8 oz.

**9.49**

#### Wicked Minis Oyster Crackers

Savory flavor from garlic parmesan, crushed red pepper or garden dill.

6 oz.

**3.49**



## TOP IT OFF

MAKE IT SIMPLE WITH THESE DELICIOUS SOUP MIXES AND A FEW EXTRA INGREDIENTS.

### CHEESY BROCCOLI-VEGETABLE SOUP

Shore Lunch Cheddar broccoli soup mix + water + Birds Eye Steamfresh frozen baby broccoli blend + Hy-Vee shredded sharp Cheddar cheese + Hy-Vee lightly salted crispy onions

### SOUTHWEST CHILI

Shore Lunch homestyle chili with beans mix + water + Hy-Vee tomato paste + Hy-Vee Kitchen picked rotisserie chicken + Hy-Vee Santa Fe style tortilla strips + fresh pico de gallo + cubed avocado

### CREAMY WILD RICE AND MUSHROOM SOUP

Shore Lunch creamy wild rice soup mix + water + frozen garlic & white wine mushrooms, sautéed + Hy-Vee cheese & garlic croutons + Italian parsley

#### FIND IT AT HY-VEE

### Boston Warehouse Souper Mug

These ceramic mugs are microwave- and oven-safe up to 375°F, and include a vented plastic lid.

22 oz.

**6.99**

# RAISE A

# GLASSES



**USING THE RIGHT GLASSWARE CAN ENHANCE THE ENJOYMENT OF A DRINK. LEARN HOW TO PAIR BARWARE AT HY-VEE WITH POPULAR COCKTAILS—OR ONE OF THE RECIPES IN THIS STORY.**





## VODKA BLACKBERRY LEMONADE

Muddle  $\frac{1}{2}$  cup Basket & Bushel blackberries in a cocktail shaker until they release juice and are slightly crushed. Add 2 oz. fresh lemon juice, 2 oz. simple syrup,  $\frac{1}{2}$  oz. vodka, 3 fresh mint leaves and ice cubes. Cover and shake well until chilled. Strain blackberry mixture into 1 (14-oz.) ice-filled glass. Add 2 oz. Boulevard Brewing Co. Quirk blackberry sage hard seltzer. Garnish with blackberries, lemon slice and additional mint leaves, if desired. Serves 1 (7 oz.).

**10**  
MINUTES  
OR LESS

## HIGHBALL GLASS

Ideal for mixed cocktails, a highball glass has a tall stature to maintain a drink's effervescence and accommodate larger ice cubes that won't rapidly dilute a cocktail.

### FIND IT AT HY-VEE

#### Riedel Drink Specific Glassware Highball Glass

Part of a collection created with the help of spirits specialist Zane Harris, Riedel's crystal Highball Glass is dishwasher safe.

2 ct.

**39.99**



# GLASSWARE 101

**GLASSWARE CAN AFFECT HOW WE EXPERIENCE A DRINK BY SIGHT, TOUCH AND SCENT. HERE ARE SOME OF THE MORE POPULAR COCKTAIL GLASSES—AND WHAT TO POUR INTO THEM.**



## NEAT

A neat glass is used to serve a small amount (usually 2 oz.) of a spirit, without a mixer, at room temperature. It is also used for spirits served “up,” in which case the spirit is first shaken or stirred with ice to chill it, then strained and served without ice.

### DRINKS TO SERVE

Whiskey, bourbon, scotch, brandy, tequila, vodka or rum.

## ROCKS

When served “on the rocks,” mixed drinks are poured over ice. A rocks glass, also called a lowball glass or Old Fashioned glass, is slightly taller and wider than a neat glass to accommodate ice.

### DRINKS TO SERVE

Old Fashioned, Mint Julep, Tequila Sunrise, Gin & Tonic, Margarita; plus whiskey, scotch, tequila or gin.



**SCAN TO FIND**  
a drink recipe to serve in a rocks glass.

## NICK & NORA

This small, stemmed glass—named for characters in a popular series of movies from the classic Hollywood era—has a stylish Art Deco design for drinks that are shaken or stirred with ice but served without it.

### DRINKS TO SERVE

Martini, Manhattan; plus liqueurs or sherries.



**SCAN TO FIND**  
a drink recipe to serve in a Nick & Nora glass.

## RIEDEL VIRTUAL TASTING EVENT

Join a free virtual cocktail tasting event, Thursday, Nov. 2, hosted by Riedel. The event will feature bartender and entrepreneur Ryan Maybee, an expert in wine, spirits and mixology who has received national acclaim for his creative cocktails. Ryan will share a recipe for each of the glasses in the following Riedel drink set—Pendergast #2, Fitzgerald, Black Manhattan, Harry's French 75, Ramos Gin Fizz, Espresso Martini—which participants can then make at home as they follow along.



**FIND IT AT HY-VEE**

### Riedel Drink Specific Glassware Experience Set

Includes one of each glass:  
neat, rocks, Nick & Nora,  
highball, fizz and sour.

6-pc. set

**47.99**



**SCAN TO LEARN**  
more about the virtual  
tasting event and get a  
shopping list for the drinks.



## HIGHBALL

A highball is a drink featuring a single spirit and a carbonate mixer. It's usually served in a tall, narrow glass filled with larger ice cubes that melt more slowly and don't dilute the drink.

### DRINKS TO SERVE

Rum & Coke, Rum & Ginger Ale, Gin & Tonic, Scotch & Soda, Vodka Soda, Whiskey Highball, Screwdriver or Vodka Cranberry.



## FIZZ

A fizz glass (sometimes called a Collins glass) is slightly taller and narrower than a highball glass. It has straight, parallel sides to capture the frothy head of foamy cocktails.

Fizzy cocktails made with a spirit, acidic juice and carbonated water are also at home in a fizz glass.

### DRINKS TO SERVE

Gin Sour, Gin Fizz, Daiquiri, Mojito, Tom Collins, Sangria, Long Island Iced Tea or Greyhound.



## SOUR

The stemmed sour glass holds about 7 oz. of drink and features an outward flared lip to deliver a silky smooth balance of flavor from traditional sour cocktails.

### DRINKS TO SERVE

Whiskey Sour, Bourbon Sour or other simple cocktails that are served "up," or chilled.



**SCAN TO FIND**  
a drink recipe  
to serve in a  
sour glass.



## SAZERAC

Muddle 2 sugar cubes and 8 dashes Peychaud's bitters in a mixing glass or 1-cup glass measuring cup for 30 to 60 seconds; set aside. Place a few ice cubes in the mixing glass or measuring cup; stir in 4 oz. rye whiskey; set aside. Pour ½ oz. absinthe into 1 (6-oz.) cocktail glass. Swirl absinthe inside the glass, then pour it into another 6-oz. cocktail glass. Swirl it inside the second glass; discard the absinthe. Strain the rye whiskey mixture into the prepared cocktail glasses. Garnish with lemon peel twists. Serves 2 (3 oz. each).

**10**  
MINUTES  
OR LESS

FIND IT AT HY-VEE

### Riedel Drink Specific Glassware Mixing Glass

Fine crystal mixing glass has a 22.93 oz. capacity, is dishwasher safe and features an integrative measure for perfectly proportioned cocktails.

1 ct.

**64.99**

FIND IT AT HY-VEE

### Riedel Drink Specific Glassware Neat Glass

Designed to be comfortably cradled in hand, its small proportions are tailored to neat drinks and those that are spirit-focused.

2 ct.

**39.99**



**FIND IT AT HY-VEE**

**Riedel Drink Specific  
Glassware Fizz Glass**

With its tall, slender shape and 9.35 oz. capacity, this crystal glass gracefully shepherds foamy cocktails.

2 ct.

**39.99**

**RAMOS  
GIN FIZZ**

Pour 2 oz. Hy-Vee club soda into 1 (11-oz.) highball glass; set aside. Place 1 pasteurized egg white\*, 1½ oz. Rieger's Midwestern dry gin, 1 oz. Hy-Vee heavy whipping cream, ½ oz. simple syrup, ½ oz. fresh lemon juice, ½ oz. fresh lime juice and 1 drop orange flower water in a cocktail shaker. Cover and shake for 30 seconds. Fill cocktail shaker with ice; cover and shake for 30 to 45 seconds. Strain gin mixture into glass with club soda; reserve any remaining gin mixture in cocktail shaker. Let drink in glass stand for 1 minute or until foam layer forms. Add straw to drink, inserting straw down through the center of the foam. Slowly pour in remaining gin mixture next to the straw. This will push the foam up and over the rim of the glass. Remove straw. Garnish with mint, if desired. Serve immediately. Serves 1 (7 oz.).

**\*NOTE:** Consuming unpasteurized, uncooked eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

**10**  
MINUTES  
OR LESS

# FALL IN LOVE WITH BAKING



**PREHEAT THE SEASON WITH COMFORTING BAKED GOODS FIT FOR BREAKFAST, DESSERT OR ANYTIME IN BETWEEN—PLUS ALL THE KITCHEN TOOLS YOU’LL NEED TO PERFECT THEM.**

# RECIPE FOR SUCCESS

Hy-Vee carries sturdy, versatile baking tools from trusted brands beloved by experienced and home bakers alike. Essential for baking precision, these utensils will stand the test of time for all your measuring, whipping, mixing and serving needs.



## FIND IT AT HY-VEE

### OXO SoftWorks Pie Server

The serrated edge of this server makes clean cuts with no extra knives necessary for slices of pie, cake and other baked goods.

10.3×2.5 in.

**9.99**

### OXO SoftWorks Ice Cream Scoop

No need to thaw—this stainless steel scoop with a non-slip grip glides through even the hardest ice cream.

8.25×1.2 in.

**12.99**

### KitchenAid Gourmet Spoon Spatula

Heat resistant up to 500°F and safe for all cookware, this spatula features a flexible silicone head and curved sides for thorough mixing.

11.85×2.36×0.87 in.

**10% OFF**

### KitchenAid Measuring Cups/Spoon Set

This dishwasher-safe set of 5 spoons and 4 cups has soft handles for a stable grip when measuring.

9 pc.

**10% OFF**

### KitchenAid Gourmet Utility Whisk

Durable stainless steel whisk with comfortable ergonomic handle whips, beats and mixes with ease.

2.56×2.56×10.63 in.

**10% OFF**



**EVEN HEAT**  
 For a golden brown top, place this dish in the lower-third of the oven to allow for better circulation of heat.

# Jumbo Cran-Apple Sweet Rolls

**Hands On** 30 minutes

**Total Time** 1½ hours plus thawing, standing, rising and cooling time

**Serves** 12 (1 each)

**1 (48-oz.) pkg. frozen Hy-Vee white bread dough (3 ct.), thawed yet still cool**

**3 cups frozen whole cranberries**

**½ cup Hy-Vee granulated sugar**

**½ cup packed Hy-Vee brown sugar**

**2 Tbsp. orange zest**

**¼ cup fresh orange juice**

**¾ tsp. Hy-Vee salt**

**2 Tbsp. Hy-Vee corn starch**

**2 Tbsp. water**

**10 Tbsp. Hy-Vee unsalted butter, divided**

**3 medium Gala apples, cored, cut in half and cut into ¼-in.-thick slices**

**Hy-Vee all-purpose flour, for dusting**  
**1 recipe Cream Cheese Frosting, see below right.**

**1. PLACE** bread dough in its pkg. in refrigerator for 12 to 18 hours or until thawed.

**2. STIR** together cranberries, granulated sugar, brown sugar, orange zest, orange juice and salt in a medium saucepan. Cook over medium heat for 6 to 7 minutes or until cranberries burst, stirring occasionally.

**3. WHISK** together corn starch and water in a small bowl; stir into cranberry mixture. Cook for 1 to 2 minutes or until slightly thickened, stirring frequently. Remove from heat; stir in 6 Tbsp. chopped butter. Cool completely.

**4. MELT** 3 Tbsp. butter in a large nonstick skillet over medium heat. Add apple slices; cook for 2 to 3 minutes or until slightly softened, stirring occasionally. Remove from skillet; set aside.

**5. REMOVE** bread dough from the refrigerator and transfer to a lightly floured surface 15 minutes before using. Meanwhile, brush a 13×9×3¼-in. glass baking dish with remaining 1 Tbsp. melted butter; set aside.

**6. ROLL** each bread dough loaf into an 18×6-in. slightly oval-shaped rectangle on a lightly floured surface. Gently press apple slices in a single layer on each oval-shaped dough, not overlapping slices. Spread cranberry mixture in an even layer on top of apple slices and almost to the edge of each oval-shaped dough using a silicone spatula.

**7. STARTING** at a short side, roll up each dough into a log. Cut each dough log into 4 rolls using a sharp knife. Arrange rolls in prepared baking dish with cut sides down. Cover with a clean kitchen towel; let rise in a warm place for 1 hour or until rolls reach ½ in. below the rim of the baking dish.

**8. PLACE** 2 oven racks in lower third of oven; place a large rimmed baking pan on lower rack to catch drips. Preheat oven to 350°F.

**9. PLACE** baking dish with rolls on the upper rack; bake for 55 to 60 minutes or until golden brown and internal temperature reaches 185°F to 200°F, rotating baking dish halfway through. Cool slightly in baking dish on a wire rack. Spread rolls with cream cheese frosting\* and serve.

**TO STORE LEFTOVER ROLLS:**

Store covered in the refrigerator up to 2 days. To reheat, place 1 roll on a small microwave-safe plate. Microwave on HIGH for 30 to 40 seconds or until warm.

**Per serving:** 740 calories, 22 g fat, 12 g saturated fat, 0 g trans fat, 55 mg cholesterol, 730 mg sodium, 124 g carbohydrates, 4 g fiber, 68 g sugar (61 g added sugar), 9 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 20%, Potassium 2%



**SCAN TO SEE** the recipe for this cream cheese frosting.\*



# Gluten-Free Chocolate Espresso Pie

**Hands On** 1 hour 25 minutes  
**Total Time** 1 hour 50 minutes  
plus standing & chilling time  
**Serves** 10

## CRUST

**2½ cups Good Graces gluten-free all-purpose flour**  
**1½ Tbsp. Hy-Vee granulated sugar**  
**¾ tsp. Hy-Vee salt**  
**2 Hy-Vee large eggs, beaten; divided**  
**6 Tbsp. cold Hy-Vee vegetable shortening**  
**6 Tbsp. cold Hy-Vee unsalted butter, chopped**  
**3 to 4 Tbsp. ice water**  
**1 Tbsp. Hy-Vee heavy whipping cream**

## FILLING

**½ cup Hy-Vee corn starch**  
**2 Tbsp. Hy-Vee baking cocoa**  
**1½ Tbsp. instant espresso powder, plus additional for garnish**  
**½ tsp. Hy-Vee salt**  
**1 cup Hy-Vee heavy whipping cream**  
**3 Hy-Vee large egg yolks**  
**2 cups Hy-Vee whole milk**  
**1 cup Hy-Vee granulated sugar**  
**1 (3.5-oz.) pkg. Zöet 57% cacao dark chocolate bar, chopped**

**2 Tbsp. Hy-Vee unsalted butter, cubed**  
**1 tsp. Hy-Vee vanilla extract**  
**3 cups frozen gluten-free whipped topping, thawed**  
**Chocolate curls, for garnish**

**1. FOR CRUST**, place flour, sugar and salt in a food processor. Cover and pulse until combined. Add 6 Tbsp. beaten eggs; cover and pulse to combine. Add shortening and chopped butter. Cover and pulse until pieces are size of coarse meal. Drizzle 1 Tbsp. water over flour mixture. Cover and pulse 4 to 5 times. Continue moistening and pulsing flour mixture, adding 1 Tbsp. ice water at a time, until dough holds together.

**2. GATHER** dough and press together to form a ball. Knead ball 10 to 12 times on a floured surface. Divide dough into thirds. Press 2 portions together; flatten into a disk. Flatten remaining third into a disk. Wrap each dough disk with plastic wrap. Refrigerate for 30 minutes or up to 2 days. If chilled for more than 1 hour, let dough stand at room temperature for 15 minutes before using.

**3. PREHEAT** oven to 400°F. Roll larger pastry dough disk, from center to edge, on a lightly floured piece of parchment paper into a 12-in. round. Roll parchment paper and dough around rolling pin. Turn rolling pin so dough is facing pie dish. Gently unroll crust over a deep 9½-in. glass pie dish. Gently remove paper; ease pastry into pie dish. Trim top edge of pastry even with pie dish. If necessary, press together small cracks. If several cracks occur, reroll dough. Prick center and side of pie pastry with a fork several times; refrigerate.

**4. ROLL OUT** remaining smaller pastry disk, from center to edge, on a lightly floured piece of parchment paper into a 12-in. round. Cut about 45 rounds out of dough using a 1½-in.-round cookie cutter.

**5. FOR EGG WASH**, whisk together remaining 2 Tbsp. beaten egg and whipping cream.

Brush top edge of pastry shell with egg mixture. For decorative edge, place small dough rounds on top edge of the pastry shell, centering each round on top and slightly overlapping each other. Slightly bend dough rounds toward inside of pastry shell. Brush rounds with egg mixture.

**6. BAKE** for 20 to 25 minutes or until center is set and dry to the touch, and edge is golden. Cool crust completely in pie dish on a wire rack.

**7. FOR FILLING**, whisk together corn starch, cocoa, 1½ Tbsp. espresso and salt in a medium bowl; whisk in heavy cream and set aside. Place egg yolks into a small bowl; set aside.

**8. WHISK** together milk and sugar in a medium saucepan. Cook over medium heat for 2 to 3 minutes or until sugar is dissolved, whisking continuously. Remove saucepan from heat; whisk in corn starch mixture. Return saucepan to heat; cook for 3 to 4 minutes more or until mixture thickens, whisking continuously.

Slowly whisk about ½ cup thickened corn starch mixture into egg yolks in bowl; whisk egg mixture into chocolate mixture in saucepan. Continue cooking over medium-low heat for 2 to 3 minutes or until slightly more thickened, stirring continuously. Remove saucepan from heat; whisk in chocolate, butter and vanilla. Cool for 8 to 10 minutes or until mixture reaches 136°F to 138°F, whisking often to prevent lumps.

**9. POUR** chocolate mixture into prepared pie crust. Smooth top with an offset spatula. Cover surface with plastic wrap. Let stand at room temperature for 1 hour, then refrigerate for 4 hours or overnight.

**10. TO SERVE**, remove plastic wrap. Starting ½ in. from edge of pie, dollop whipped topping onto center of pie. Garnish with chocolate curls and additional espresso powder, if desired.

**Per serving:** 590 calories, 35 g fat, 20 g saturated fat, 0 g trans fat, 155 mg cholesterol, 370 mg sodium, 56 g carbohydrates, 3 g fiber, 18 g sugar (8 g added sugar), 8 g protein.  
**Daily Values:** Vitamin D 10%, Calcium 15%, Iron 10%, Potassium 2%

**GF**  
option  
**GLUTEN-FREE**

## VISUAL AID

*One advantage of using a glass baking dish is that it allows you to look for light golden browning along sides and bottom to help ensure doneness.*



# A MATCH MADE IN OVEN

**BAKE WITH CONFIDENCE IN PANS AND DISHES** from trusted brands including Wilton, Pyrex and Anchor Hocking. Glass and stainless steel bakeware can withstand extreme temperatures while evenly distributing heat without warping—bake after bake.



**LEAN TOWARD METAL PANS** for baking loose batters like cake or brownies, which will help them brown evenly. For firm doughs, crusts and cobblers, turn to glass bakeware. It's slower to heat and cooks at a moderate rate while allowing you to peek into the pan for doneness.



**FIND IT  
AT HY-VEE**

**Wilton Recipe Right  
24 Cup Mini  
Muffin Pan**

Make minis of your favorite muffins or cupcakes in this nonstick, dishwasher-safe pan.

15.8×10.5×0.8 in.

**9.99**

**Wilton Recipe Right  
Regular 12 Cup  
Muffin Pan**

This classic muffin pan can be used with or without liners, thanks to its nonstick surface.

14.5×10.5×1.3 in.

**6.99**

**Wilton Recipe Right  
Large Loaf Pan**

Fit for sweet or savory breads, this loaf pan has large handles for safe oven removal.

9.25×5.25 in.

**5.99**

**Wilton Recipe Right  
Medium Cookie Pan**

The durable steel construction of this pan helps cookies to bake evenly and won't warp with use.

15.25×10.25 in.

**5.99**

**Anchor Hocking  
Deep Pie Plate**

Get more filling in your pies with this deep dish made of glass so you can easily check for doneness.

9.5 in.

**4.99**

**Pyrex Deep  
Glass Baking Dish  
with Lid**

If you're on dessert duty, this dish acts as both a cooking vessel and a transport with airtight lid.

13×9×3.25 in.

**9.99**





**PASTRY FLOUR**  
*This recipe uses whole wheat pastry flour, which is less processed, has a high fiber content and lends a slightly nutty flavor and dense texture to the muffins.*

# Whole Wheat Pumpkin Cream Cheese Muffins

**Hands On** 30 minutes  
**Total Time** 55 minutes  
**Serves** 12 (1 each)

**MUFFINS**

- Hy-Vee nonstick cooking spray
- 2 cups stone-ground whole wheat pastry flour
- 1½ Tbsp. pumpkin pie spice
- 1 tsp. Hy-Vee baking soda
- ½ tsp. ground cardamom
- ½ tsp. Hy-Vee salt
- 2 Hy-Vee large eggs, beaten
- 1 cup canned Hy-Vee pumpkin
- ½ cup Hy-Vee granulated sugar
- ½ cup packed Hy-Vee brown sugar
- ¼ cup Hy-Vee canola oil
- ¼ cup Hy-Vee whole milk
- 2 tsp. Hy-Vee vanilla extract

**CREAM CHEESE SWIRL**

- 1 (8-oz.) pkg. Hy-Vee cream cheese, softened
  - ¼ cup Hy-Vee granulated sugar
  - 1 Hy-Vee large egg yolk
  - 1 tsp. Hy-Vee vanilla extract
1. **PREHEAT** oven to 350°F. Line a 12-cup (2½-in.) muffin pan with paper baking cups. Lightly spray paper cups with nonstick spray; set aside. For muffin batter, whisk together whole wheat flour, pumpkin pie spice, baking soda, cardamom and salt in a large bowl; set aside.
  2. **WHISK** together eggs, pumpkin, granulated sugar, brown sugar, oil, milk and vanilla in a medium bowl

until combined. Add pumpkin mixture to flour mixture; stir until just combined. Set aside.

3. **FOR CREAM CHEESE SWIRL,** beat cream cheese, granulated sugar, egg yolk and vanilla in a medium bowl with an electric mixer on medium for 2 minutes or until combined. Spoon mixture into a sandwich-size resealable plastic bag. Close bag; snip off ¼ in. from one corner.

4. **FILL** prepared muffin cups one-fourth full with batter. Pipe about ¾ Tbsp. of cream cheese mixture onto center

of batter for each muffin; slightly swirl with a toothpick. Spoon remaining pumpkin batter on top. Pipe remaining cream cheese mixture onto center of each; slightly swirl with a toothpick.

5. **BAKE** for 22 to 25 minutes or until a toothpick inserted near centers comes out clean. Cool in muffin pan for 10 minutes. Remove muffins from pan; cool completely on wire rack. Store covered in refrigerator up to 3 days.

**Per serving:** 290 calories, 12 g fat, 5 g saturated fat, 0 g trans fat, 65 mg cholesterol, 280 mg sodium, 41 g carbohydrates, 3 g fiber, 23 g sugar (22 g added sugar), 5 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%

# Vegan Raspberry Pear Loaf

**Hands On** 35 minutes

**Total Time** 1 hour 40 minutes

**Serves** 14

**Hy-Vee nonstick cooking spray**

**2½ cups Hy-Vee all-purpose flour**

**1 tsp. Hy-Vee baking soda**

**½ tsp. Hy-Vee baking powder**

**½ tsp. Hy-Vee salt**

**2 ripe Bartlett pears, peeled and seeded**

**1 ripe red Anjou pear, peeled and seeded**

**3 Tbsp. fresh lemon juice, divided**

**¾ cup Full Circle Market organic granulated pure cane sugar**

**¼ cup Hy-Vee canola oil**

**¼ cup So Delicious coconutmilk plain dairy-free yogurt**

**2 Tbsp. apple cider vinegar**

**1½ cups Basket & Bushel red raspberries, divided; plus additional for garnish**

**¼ cup Hy-Vee refined coconut oil**

**¾ cup sifted Full Circle Market organic powdered sugar, plus additional for garnish**

**1. PREHEAT** oven to 350°F. Spray a 9×5-in. loaf pan with nonstick spray; set aside. Whisk together flour, baking soda, baking powder and salt in a large bowl; set aside.

**2. CUT UP** Bartlett pears; place in a small food processor. Cover and pulse until mixture is smooth; the mixture should measure about 1¼ cups. Set aside.

**3. CHOP** Anjou pear into ½-in. pieces. Toss together Anjou pear and 1 Tbsp. lemon juice in a small bowl; set aside.

**4. WHISK** together granulated sugar, canola oil, yogurt, vinegar and remaining 2 Tbsp. lemon juice in a medium bowl; stir in Bartlett pear puree. Add pear mixture to flour mixture all at once; stir just until combined. Drain Anjou pear; gently fold in.

**5. SPREAD** half of the batter evenly in prepared loaf pan. Sprinkle with ¾ cup raspberries; gently press a few of the berries into batter. Spread remaining batter over raspberries. Sprinkle top with remaining ¾ cup raspberries; gently press into batter. Gently smooth surface with a silicone spatula.

**6. BAKE** for 55 to 60 minutes or until a toothpick inserted near the center comes out clean. Cool in loaf pan for 15 minutes. Remove from pan; cool completely on wire rack.

**7. FOR FROSTING**, microwave coconut oil in a small microwave-safe bowl on HIGH for 30 to 40 seconds or until melted. Whisk in ¾ cup sifted powdered sugar. Pour glaze into a sandwich-size resealable plastic bag. Close bag and snip off one corner of bag; pipe frosting over top of loaf. Garnish with additional powdered sugar and raspberries, if desired.

**Per serving:** 290 calories, 10 g fat, 4.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 220 mg sodium, 48 g carbohydrates, 3 g fiber, 24 g sugar (20 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%



## TEXTURAL APPEAL

*Both pears and raspberries have a high water content and, in combination with dairy-free yogurt, add moisture to keep this vegan loaf springy while the edges crisp against the metal loaf pan.*



# PERSONAL CHARCUTERIE

**SIMPLE, UNEXPECTED WAYS  
TO ENJOY CHARCUTERIE  
WITHOUT HAVING TO COMMIT  
TO THE ENTIRE BOARD.**

**FIND IT AT HY-VEE**

**Mud Pie Large Round  
White Serving Board**

Natural mango wood and white create a simple, stylish pattern, while the wood handle makes it easy to carry the board.

25.2×20 in.

**54.99**

RECREATE A BOARD IN BITE-SIZE FORM WITH THESE EASY APPETIZERS.

### AGED GOUDA & FIG BITES

Orange fig spread + artisan almond-sesame seed brown rice crackers + sea-salted Marcona almonds + shaved Reypenaer 1-year aged Gouda + thinly sliced green onions + thinly sliced radishes

### ITALIAN PESTO BITES

Gustare Vita basil pesto + Wasa rosemary & sea salt flatbread thins, halved + Culinary Tours Milano salami slices, folded into quarters + Sartori MontAmoré aged Cheddar cheese, crumbled + small fresh basil leaves, for garnish

### PEACH & PROSCIUTTO BITES

Culinary Tours prosciutto slices, cut into fourths + Soirée honey goat cheese + Effie's homemade original oatcake biscuits + thinly sliced Prima peach wedges + Hy-Vee honey, for garnish

### BETTER BOARDS

Hy-Vee carries a selection of imported charcuterie meats and cheeses from countries such as Italy and the Netherlands.



## FIND IT AT HY-VEE

### Reypenaer 1 Year Aged Gouda

This award-winning cheese from the Netherlands has a creamy texture and a fruity, nutty flavor with woody notes.

1 lb.  
**23.99**

### Belgioioso Fresh Mozzarella

These soft, creamy cheeses are made fresh with cow's milk gathered just a few hours before preparing.

1 lb.  
**7.99**

### Columbus Charcuterie Trio

Snack on richly flavored Italian dry salame, zesty Calabrese salame and sharp peppered salame with black peppercorns.

12 oz.  
**11.99**

### Vermont Farmstead Cheddars

These aged Cheddar cheeses are flavored with popular amber ale or IPAs from a Colorado brewer.

7 oz.  
**7.99**

### Parmigiano Reggiano Cheese

Imported from Italy, this cheese can be served grated, shredded or sliced and has a rich, slightly nutty flavor.

1 lb.  
**16.99**

### Culinary Tours Sliced Charcuterie

These dry cured meats provide a taste of Italy with salami, coppa, prosciutto and sweet soppressata.

3 oz.  
**4.99**

### Locatelli Pecorino Romano

This firm Italian cheese is made with sheep's milk and aged for at least 9 months to develop a bold, decadent, nutty flavor.

1 lb.  
**29.99**



## PETITE CHARCUTERIE BOX

TAKE CHARCUTERIE ON-THE-GO. FILL A REPURPOSED CONTAINER, SUCH AS A BAKERY BOX, WITH SNACKABLE GOODIES.

Fill 1 (2-oz.) portion cup with 7 cornichons, drained; set aside. Place about 14 green seedless grapes in the upper-left corner in a 6×6×2½ box. In a clockwise fashion, arrange 7 thin rosemary crisps; 5 fig & pecan seeded crisps; 6 slices Culinary Tours Italian dry salami with black pepper; 1 oz. Ellsworth Cajun Cheddar cheese curds; cornichons; 1 oz. Henning's sharp yellow Cheddar cheese, sliced; 4 Basket & Bushel strawberries, halved; 3 Dare lemon creme filled sandwich cookies; 2 Formaggio applewood prosciutto and fresh mozzarella artisan wraps; 1 oz. Sartori cherrywood smoked Cheddar cheese, sliced; and 1 oz. Henning's apple Cheddar cheese, sliced. Garnish with fresh rosemary and thyme, if desired. Place lid on box. To tote, pack box in an insulated bag or box with an ice pack; serve within 4 hours. Serves 2.

**20**  
MINUTES  
OR LESS

### IN-SEASON GRAPES

Look for seasonal grape varieties at Hy-Vee, such as Cotton Candy, Moon Drops and Gum Drops.

## FIND IT AT HY-VEE



**Dare Cookies Select Varieties**  
Crisp cookies are filled with smooth, sweet lemon or maple creme.  
10.2 to 10.6 oz.  
**3.49**



**Henning's Pumpkin or Apple Cheddar**  
Wisconsin Cheddar is flavored with seasonal pumpkin spice and apples.  
1 lb.  
**9.99**



**Formaggio Artisan Wrap Variety Tray**  
Fresh mozzarella is wrapped in one of three meats, such as prosciutto.  
18 oz.  
**22.99**



**Ellsworth Cheese Curds**  
Made with milk from Midwestern family farms, these creamy curds come in 10 flavors.  
1 lb.  
**6.89**



## HARVEST CHARCUTERIE SANDWICHES

STACK PREMIUM MEATS AND CHEESES WITH HY-VEE BAKERY BREAD TO CREATE AN UPSCALE MEAL.

Stir together 3 Tbsp. Alouette crème de Brie and 1 Tbsp. plus 1 tsp. apple maple bacon jam in a small bowl. Spread 2 (½-in.-thick) slices Hy-Vee Bakery Grains of the Earth bread, toasted, with cheese mixture. Top with provolone cheese from 1 (7-oz.) pkg. Veroni antipasto Italiano (prosciutto Italiano, provolone cheese, salame Milano, salame Calabrese); half of the prosciutto Italiano from pkg.; salame Milano from pkg.; ½ medium Honeycrisp apple, cored and thinly sliced; remaining prosciutto; salame calabrese from pkg.; ¼ cup crumbled Sartori extra-sharp farmhouse Cheddar cheese; ½ cup tightly packed baby arugula and 2 Tbsp. drained and sliced mild Peppadew peppers. Spread 2 Tbsp. Kansas City Canning Co. cider mustard on an additional 2 slices toasted bread; place, mustard side down, on top of sandwiches. To garnish, skewer additional whole Peppadew peppers with sandwich picks and insert into sandwiches, if desired. Serves 4 (½ each).

**20**  
MINUTES  
OR LESS



**FIND IT AT HY-VEE**

### Veroni Platters

Since 1925, Veroni has produced cured meats and cold cuts in a small town in Italy. Try platters with meats and cheeses such as provolone and Calabrese salame.

7 oz.

**11.99**



**FIND IT AT HY-VEE**

### Sartori Cheddar

Combining Italian and Wisconsin heritages, these cheeses range from creamy to extra sharp and rich, with sweet and savory flavor.

5 to 7 oz.

**4.99**



# HALLOWEEN



## ATHOME

HAUNT YOUR HOME WITH HALLOWEEN DECOR FROM HY-VEE. FIND SPOOKY PLATTERS AND SERVING DISHES, PLUS LIVING ROOM DECOR AND SCARY SWEETS TO CELEBRATE THE SEASON.

**FIND IT  
AT HY-VEE**

**Light-Up Witch Hat**

Made to fit adults and kids, this sparkly mesh witch hat includes LED lights that help illuminate the costume.

14.5x12.5 in.

**12.99**

**Halloween Gnome Banner**

Felted gnomes wearing witch hats hold up a canvas banner with the phrase "so spooky."

9x58 in.

**14.99**

**Mini Decorative Pumpkin Set**

This set of 24 stuffed cotton and canvas pumpkins features a variety of fall colors, great for a bowl or tray.

2.5x2 in.

**19.99**

**Multi-Holiday Countdown Block**

Count the days until Halloween, Thanksgiving, Christmas and birthdays with mango wood blocks.

3.5x4 in.

**9.99**

**Pumpkin Stack Decor**

Colorful cotton and canvas stuffed pumpkins feature jack-o'-lantern faces and are topped with a wooden stem.

12x7 in.

**29.99**

**Haunt/Thankful Reverse Pillow**

This decorative corduroy pillow easily transitions to Thanksgiving with "Thankful" printed on the reverse side.

11x35 in.

**24.99**





# FRIGHTFUL FEAST

For most parents, a meal full of candy can sound a bit spooky. Round out your little trick-or-treaters' Halloween experience with a well-balanced spread of on-theme snack and meal solutions.

## FIND IT AT HY-VEE

### Nightmare Before Christmas Slow Cooker

Prepare large batches of food with adjustable heat settings. The oval stoneware insert is dishwasher-safe.

7 qt.

**69.99**

### Nightmare Before Christmas Pyrex Food Storage

Seasonal glass storage containers are freezer-, microwave- and dishwasher-safe. Plastic lids create a tight seal.

4 pc.

**9.99**



SCAN TO SEE  
more spooky  
Halloween  
recipes from  
Hy-Vee.

**SPOOKY SUPPER**

Get the recipe  
for Slow-Cooked  
Lasagna Soup at  
[Hy-Vee.com/recipes](http://Hy-Vee.com/recipes)



**Nightmare Before Christmas  
Pop Ups! Lollipops**

These lollipop toys feature three  
different Nightmare Before Christmas  
characters while covering the candy  
to keep it clean.

3 pk.  
**9.99**

**Frankford Hot Cocoa Bombs**

Drop skull-shape cocoa bombs  
into warm milk and watch the  
Belgian chocolate shell dissolve,  
releasing cocoa powder and  
mini marshmallows.

1.6 oz.  
**2.99**

**Zak! Halloween Hot  
Beverage Tumblers**

Each set of four durable plastic  
tumblers features characters from  
popular Halloween movies, such as  
Nightmare Before Christmas.

16.5 oz.  
**9.99**

**Nightmare Before Christmas  
Zak! Color Change Mugs**

The heat from hot liquids reveals  
a spooky new design behind the  
characters on this ceramic mug.

15 oz.  
**12.99**

# MUD PIE HALLOWEEN

Find a variety of seasonal Mud Pie decorations at Hy-Vee. This lifestyle brand has been producing stunning decor and top-notch ceramics since 1988.

## FIND IT AT HY-VEE

### Triple Pumpkin Platter

Hand-painted stoneware platter with three sections and jack-o'-lantern faces.

8.5×16.5 in.

**29.99**

## FIND IT AT HY-VEE

### Pumpkin Candy Bowl

Hand-painted stoneware candy bowl with a jack-o'-lantern face.

2.25×8.75 in.

**24.99**



## GRAB 'N' GO

Visit the Hy-Vee Bakery for cookies and other sweets to serve on Halloween.



Seasonal Iced Cut-Out Cookies



Chocolate Chip Sandwich Cookies



12-in. Decorated Chocolate Chip Cookie



**GF**  
option  
**GLUTEN-FREE**

## GLUTEN-FREE GHOST MERINGUE CUPCAKES

Preheat oven to 350°F. Line a 12-cup (2½-in.) muffin pan with paper baking cups. Lightly spray paper cups with Hy-Vee nonstick cooking spray; set aside. For cupcakes, beat 1 (14-oz.) pkg. Good Graces gluten-free chocolate cake mix, 1 cup cold water and ½ cup Hy-Vee vegetable oil with an electric hand mixer on medium for 2 minutes. Fill prepared muffin cups three-fourths full with batter. Bake for 18 to 20 minutes or until a toothpick inserted near centers comes out clean. Cool in muffin pan for 10 minutes. Remove cupcakes from pan; cool completely on a wire rack. For meringue, nest a medium heat-safe glass bowl in a large saucepan with 1- to 2-in. of simmering water. The bowl should not touch the water. Add 4 Hy-Vee large egg whites, 1 cup Hy-Vee granulated sugar and ¼ tsp. cream of tartar; whisk for 4 to 6 minutes or until mixture reaches 160°F. Remove bowl from saucepan. Beat mixture with electric mixer on medium-high to high for 6 to 7 minutes or until stiff peaks form (tips stand straight). Beat in 1 tsp. Hy-Vee vanilla extract. Spoon meringue mixture into a pastry bag fitted with a ⅜-in.-round pastry tip. Position pastry bag ¼ in. above center of each cupcake. Using even pressure, begin piping while gradually lifting the pastry bag. Let meringue spread to within ½ in. of cupcake edge. Gently push pastry tip down into first dome and lift up; begin piping again to create a mounded ghost shape. Add 24 eyeball candies and 12 Enjoy Life ricemilk baking morsels for mouths. Store covered in refrigerator up to 1 day. Serves 12 (1 each).



### LIGHTEN UP

If planning a full night of trick-or-treating, bring a shopping bag to hold excess candy and lighten the load for youngsters.

## SQUISHMALLOW STUFFED TOYS

After launching in 2017, Squishmallow won a number of Toy of the Year awards from the Toy Association. The brand now includes more than a thousand collectible characters, ranging in size from 3½-in. clip-ons to large 24-in. stuffies.

### FIND IT AT HY-VEE

#### Squishmallow Treat Pails

Stuffed Squishmallow treat pails feature a deep pocket for candy, soft-but-sturdy carrying handle and embroidered details.

9-in.

**19.99**

# CREEPY CANDY

Serve a spread of slime, gummies and candies for a Halloween party. Or, for trick-or-treaters, pour loose candies into cellophane treat bags.



**FIND IT AT HY-VEE**

## Maud Borup Halloween

Chewy, fruity gummy fangs, fingers, eyeballs and brains are a delightfully spooky treat sure to raise a smile.

7 oz.

**4.99**

**FIND IT AT HY-VEE**

## Boston America Candy Slime

This gooey, oozing slime comes in sour green apple and cherry flavors, and includes a plastic spoon.

3.5 oz.

**1.99**



**HAUNTED  
HOUSES**

Gingerbread panels link together and lock in place for simple, sturdy construction.



**FIND IT AT HY-VEE**

**Bee International Assorted Halloween Gingerbread Kits**

Decorate with popular candies such as Warheads, Tootsie Rolls and Airheads.

26 oz.

**9.99**

# FINDS

## Say Ciao!

Enhance homemade Italian meals with authentic Old World ingredients, available at Hy-Vee.

### FIND IT AT HY-VEE

#### Gustare Vita Red Wine, Balsamic, White Wine Vinegar and Pesto

Upgrade salad dressing or pasta with tangy imported vinegars or pesto made with sweet Genovese basil.

6.7 to 17 oz.

**2.49**

### FIND IT AT HY-VEE

#### Gustare Vita Bread Crumbs, Crostini, Tomato Paste Tube

Add a light, crunchy coating to food with Italian bread crumbs or serve crisp crostini on the side. Tomato paste creates a flavorful, rich base for sauces.

3.5 to 13.4 oz.

**2.49**



SAY  
**CIAO!**

Every time you purchase an authentic Italian product at Hy-Vee, including Gustare Vita items, swipe your Fuel Saver + Perks card at checkout for a chance to win one of 11 Vespa scooters. Valid Sept. 4 - Oct. 1.



[madeinitaly.gov.it](http://madeinitaly.gov.it)

**FIND IT AT HY-VEE**

**Gustare Vita Cacio E Pepe Pasta Sauce**

Coat tender pasta in a creamy Italian sauce flavored with Parmigiano Reggiano cheese and black pepper.

9.8 oz.  
**4.79**

**Gustare Vita Aged Balsamic Vinegar**

Imported from Modena, Italy, this balsamic vinegar's acidity and sweetness is heightened by aging.

8.5 oz.  
**8.49**

**Gustare Vita Original Potato Gnocchi**

Pillowy potato gnocchi cooks in just 3 minutes and includes original, basil and tomato flavors.

16 oz.  
**1.88**

**Gustare Vita Capers and Chopped Garlic**

Enhance the flavor of Italian dishes with ready-to-cook chopped garlic and briny, lemony capers.

3 to 3.5 oz.  
**2.49**



**CLASSIC ITALIAN**  
Exclusive to Hy-Vee, Gustare Vita offers a range of authentic pastas, sauces, frozen desserts and more—all made with imported Italian ingredients.



**ITALIAN WINES AT HY-VEE**

**La Marca Prosecco**

This crisp, bubbly wine has notes of citrus and apple.

**Santa Margherita Pinot Grigio and Chianti**

Sip a clean apple pinot grigio or earthy chianti.

**Ruffino Chianti**

The fruity, medium-body wine has a hint of spice.

**Ecco Domani Pinot Grigio**

Each sip of this wine has floral and tropical notes.

**Risata**

**Moscato d'Asti**  
This sweet dessert wine tastes of stone fruit and citrus.

# halloween it like you mean it

## Haunted Halloween Doors

These chocolate gingerbread haunted Halloween cookies are scary fun to decorate.

Prep Time: 45 minutes

Cook Time: 20 minutes

Total Time: 1 hour 5 minutes (+ 1 hour 5 minutes standing time)

Makes: 18 cookies

### Ingredients:

1-1/4 cups all-purpose flour

1/4 cup unsweetened cocoa powder

1-1/2 tsp ground ginger

1 tsp ground cinnamon

1/2 tsp baking soda

1/4 tsp ground allspice

1/4 tsp ground cloves

1/4 tsp salt

1/3 cup unsalted butter, softened

1/4 cup granulated sugar

2 tbsp packed brown sugar

1 egg yolk

3 tbsp dark (cooking) molasses

1/2 tsp vanilla extract

1 cup M&M'S® Milk Chocolate Candies Ghoul's Mix

Store-bought Halloween-colored icing tubes, such as white, black, green, orange, purple and red

### Instructions:

1. In medium bowl, whisk together flour, cocoa powder, ginger, cinnamon, baking soda, allspice, cloves and salt.
2. In large bowl, using handheld electric mixer, beat together butter, granulated sugar and brown sugar until light and fluffy. Add egg yolk and beat until combined. Beat in molasses and vanilla until smooth.
3. Stir flour mixture into sugar mixture and beat on low speed just until combined. Divide dough in half and wrap each in plastic wrap. Chill in refrigerator for at least 1 hour.
4. Preheat oven to 350°F.
5. Dust work surface with flour. One piece at a time, roll out dough to 1/4-inch thickness.
6. Using 3-inch house-shaped cookie cutter, cut out 18 cookies, rerolling scraps as needed. Using spatula, transfer to parchment paper-lined baking sheets and space cookies at least 2 inches apart.
7. One baking sheet at a time, bake cookies, rotating pan halfway through, for 10 to 15 minutes or until cookies are firm and lightly golden around the edges. Let cool on baking sheet for 2 minutes, then transfer to wire rack to cool completely.
8. Decorate haunted Halloween house cookies as desired with M&M'S® Milk Chocolate Candies Ghoul's Mix and icing.

### Tips:

To make a variety of haunted house shapes, substitute house-shaped cookie cutter with gingerbread house cookie cutter or by cutting freehand 3- to 4-inch house-front shapes as desired.

Alternatively, use your favorite Halloween-themed cookie cutter to cut out different Halloween shapes.

You can also use mini gingerbread house cookie cutters to assemble 3-D haunted houses if preferred.

### Nutrition Facts

Per 1 cookie	Sodium 80mg
Calories 170	Carbohydrate 27g
Fat 6g	Fiber 1g
Saturated Fat 4g	Sugars 18g
Cholesterol 20mg	Protein 2g

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# HAUNTINGLY DELICIOUS

SIP IF YOU DARE



#whatthefanta

# BLOOMS

## Made with Mums

Create a relaxing autumnal vibe in your home with cheerful mums and charming decor items from Hy-Vee Floral.



### FIND IT AT HY-VEE

#### **Birch Leaves Stem with Mustard Spikes**

Add a splash of autumn hues to an arrangement or a wreath with this decorative element.

30 in.

**10.00**

#### **Resin Orange Velvet Pumpkin**

The warm, inviting color and velvety soft texture of these pumpkins are hard to resist.

2.75x3 in.

**6.00**

#### **Khaki Green Corduroy Pumpkin**

The natural tone of this cute accessory item fits neatly into any fall color scheme.

4.5x4.25 in.

**10.00**

#### **Black & White Striped Fabric Pumpkin with Resin Stem**

The bold black and white stripes of these resin-stem pumpkins adds a fun touch.

5x5.5 in.

**15.00**

#### **Small Black Woven Wood Lantern with Glass Hurricane**

Set the scene for true ambience with a black woven wood table lantern, complete with glass hurricane.

7x7 in.

**25.00**

#### **Large Black Woven Wood Lantern with Glass Hurricane**

This larger version of the lantern can stand on its own or pair up attractively with the smaller lantern.

10x8.25 in.

**50.00**

**FIND IT AT HY-VEE**

### Bloomingville Stoneware Vases

Spread these reactive glaze vases around the home or display them as a group and enjoy their complementary shapes and colors.

Set of 8  
**56.00**



**FIND IT AT HY-VEE**

### Orange Chinese Lantern Candle Ring

Complement fall decor with this eye-catching surround—perfect for placing around potted mums and ceramic pots from Hy-Vee Floral.

13.75-in. dia.  
**25.00**

**FIND IT AT HY-VEE**

### Green Eucalyptus Candle Ring

Made of polyester, this light-green eucalyptus ring looks right at home surrounding your favorite potted plant.

10-in. dia.  
**10.00**



## GRAB 'N' GO FLORAL AT HY-VEE



### AUTUMN GARDEN

Sunflowers, mums, roses, eucalyptus and more create a fall color palette.



### SUNNY FALL

Brighten the day with mums, carnations, alstroemeria and greenery.



### FESTIVE FALL

A ribbon-decorated pot shows off its two-tone mum companions.



### MONSTER MASH

This monstrous Halloween planter makes a fall display out of a colorful croton.

**NOW WITH**  
**50% MORE**  
**ELECTROLYTES\***  
**VS GATORADE**  
**THIRST QUENCHER**



\*Per 12 fl oz: Powerade - 240mg (Sodium), 80mg (Potassium); Gatorade Thirst Quencher - 160mg (Sodium), 50mg (Potassium). © 2023 The Coca-Cola



# Pack your pantry for back-to-school



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— IN YOUR OWN KITCHEN —



— 29g —  
PROTEIN  
PER CAN



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**HuVevo**  
EMPLOYEE OWNED

# FOODS THAT

## Promote a Healthy Pregnancy

Incorporate these foods and essential nutrients into your eating plan to benefit both you and your baby.

Proper nutrition has a key role in the healthy development of a fetus. “Folic acid is important to help prevent abnormal development of the spine and brain,” says Dr. Rebecca Shaw, an obstetrician/gynecologist and chair of Des Moines University’s specialty medicine department. “Calcium and vitamin D are important for normal development of the skeletal system in the mother and growing fetus. Iron helps prevent anemia, a common problem in pregnant women.”

Regarding supplements, Dr. Shaw says, “There is no one supplement that fits every person’s situation.” A thorough medical evaluation can help pinpoint deficiencies, which can then be addressed through nutrition and, if recommended by one’s doctor, supplements as well.

Dr. Shaw recommends a balanced diet that includes whole grains, fruits, vegetables, dairy and protein. “Eating foods from each of the major food groups, and also including the recommended vitamins and minerals, will be beneficial for mother and fetus,” she says.

### KEY NUTRIENTS

LOOK TO INCLUDE THE FOLLOWING FOODS IN YOUR DIET TO ENCOURAGE A HEALTHIER PREGNANCY.



#### Folate/Folic Acid

Folate is a B vitamin that helps prevent problems with the brain and spinal cord during development. Folic acid is the synthetic form of folate found in fortified foods and supplements. Sources include: fortified cereal, spinach, beans, asparagus, oranges and peanuts.



#### Calcium

Calcium is needed for strong bones and teeth and also supports the circulatory, muscular and nervous systems. Sources include: fortified cereal or orange juice, cheese, milk, yogurt, salmon, spinach, broccoli and kale.



#### Protein

Protein is critical to a baby’s growth in the womb. Sources include cottage cheese, beef, poultry, fish, lentils, milk, peanut butter and eggs.



#### Iron

Iron is used to make hemoglobin in red blood cells to carry oxygen to various tissues. A pregnant woman needs twice the amount of iron as a nonpregnant woman because her body needs to make more blood to supply the baby with oxygen. Sources include fortified cereal, beef, poultry, spinach and beans.



#### Vitamin D

Vitamin D regulates the amount of calcium and phosphate in the body, which are needed for healthy bones and teeth. Sources include fatty fish, eggs, and milk and juices fortified with vitamin D. The body also makes its own vitamin D when exposed to sunlight in the summer.



#### Iodine

A mineral needed for thyroid hormone production, iodine helps a baby’s nervous system develop. Sources include iodized salt, fish, milk, cheese, yogurt, enriched bread and fortified cereal.



Sources: [mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-nutrition/art-20045082](https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-nutrition/art-20045082)  
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[foodsafety.gov/people-at-risk/pregnant-women](https://www.foodsafety.gov/people-at-risk/pregnant-women)



## WHAT TO AVOID

### Alcohol

There is no “safe” level of alcohol consumption during pregnancy. It can cause miscarriage, premature birth and serious problems for the baby after it’s born.

### Caffeine

Even low maternal caffeine intake may result in smaller birth weight and shorter height in childhood, according to studies cited by the National Institutes of Health. Caffeine is found in coffee, tea, soda, energy drinks and chocolate.

### Certain Fish

Swordfish, king mackerel, orange roughy, tilefish, bigeye tuna and other fish high in mercury should be avoided.

### Deli Items

Ham, chicken and seafood salads may contain Listeria, bacteria which can cause premature birth. Hot dogs, cold cuts and luncheon meats should be heated to 165°F before eating to avoid foodborne illness.

### Raw Foods

Raw eggs, sprouts, meat, seafood and unpasteurized dairy products pose a risk of foodborne illnesses.



## SUPPLEMENTS AT HY-VEE

### Prenatal/Postnatal Multivitamins

Hy-Vee has multivitamins containing essential nutrients such as folic acid and DHA, an omega-3 fatty acid important to infant development. Always talk with your health care provider before starting a supplement regimen.

# HISPANIC FOODS AT HY-VEE

CELEBRATE HISPANIC HERITAGE MONTH, SEPT. 15–OCT. 15, WITH GREAT FOODS AND DRINKS FROM HISPANIC-OWNED COMPANIES.

## MOSQUEDA FOODS

Founded in 1961, the family-owned company operates six restaurants in central Iowa.

## TASTY TACOS

A repeated winner of Best Local Tacos awards, Tasty Tacos is known for homemade Mexican food made with the finest ingredients. The company's motto, "Nada Es Imposible," a driving force for more than 60 years, has led to the introduction of Tasty Tacos hot sauces and taco seasoning.



**HISPANIC HERITAGE MONTH** celebrates the history, culture and contributions of American citizens who trace their family roots to Spain, Mexico, Central and South America, or Spanish-speaking nations of the Caribbean. The monthlong celebration starts Sept. 15, which is Independence Day for Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua—and close to Mexico's (Sept. 16) and Chile's (Sept. 18) anniversaries of independence.



## OLÉ MEXICAN FOODS

Since its founding in 1988, the company has specialized in making the finest tortillas.

## LA BANDERITA

When Veronica Moreno began making tortillas in Atlanta, she used traditional ingredients and techniques from her native Mexico. That same attention to detail continues today in a line of authentic tortillas and more.



**GOYA FOODS INC.**  
The largest Hispanic-owned food company in the U.S. traces its roots back to 1936.

**GOYA**

Since its humble beginnings in Lower Manhattan during the Great Depression, Goya has grown to become the premier source for authentic Latino cuisine. The company now has a diverse product line consisting of more than 2,500 high-quality food products from the Caribbean, Mexico, Spain, and Central and South America. Still, the company follows a family-oriented approach rooted in the culinary heritage of Hispanic culture.

**Firmly connected to the culinary traditions of Hispanic communities around the world. Goya products feature authentic ingredients, robust seasonings and convenient prep.**

**DID YOU KNOW?**

Hy-Vee employs bilingual dietitians, fluent in Spanish and English. If this would be helpful to you, ask a Hy-Vee dietitian how to connect.

**JARRITOS**

This soda brand, founded in Mexico in 1950, specializes in fruit flavors.



Luis R. Fernandez, CEO

**JARRITOS**

Company founder Don Francisco “El Güero” Hill was an accomplished chemist who liked to tinker with formulations. Eventually, he hit upon a fruit-flavored soda, which caught on in Mexico. Jarritos began exporting to the U.S. in 1988 and quickly became a top-selling Mexican product in the Hispanic market.

Today, Jarritos offers a Mexican cola and nearly a dozen fruit flavors including lime, grapefruit, mandarin and passion fruit.

**Trivia: The name Jarritos means “little jugs” in Spanish and is a reference to the clay jugs in which fruit-flavored aguas frescas were originally served.**



**GRAIN-FREE**  
Siete's grain-free tortilla chips come in flavors such as nacho, sea salt, ranch and lime.

**SIETE FAMILY FOODS**

Their mission is to offer foods that everyone can enjoy, regardless of dietary needs or restrictions.

**SIETE**

The Siete story began in 2014 with the Garza family's journey to health. Ever since the creation of their first product, a grain-free tortilla made from almond flour, they have been using better-for-you ingredients to create foods inspired by their Mexican heritage. The company's goal—to create foods that don't sacrifice health, flavor or texture—has most recently led to the introduction of tortilla chips that satisfy a variety of tastes and dietary requirements such as dairy-free or salt-free.

**JUANITA'S FOODS**

This family-run company has been bringing the flavors of Mexico to the U.S. since 1946.

**JUANITA'S**

For generations, Juanita's has shared Mexican traditions, culture and food through a range of Mexican-inspired products including hominy, soups and meat sauces.



**SPANGLISH ASADERO**

This Southern California family business specializes in traditional and new flavorings.

**SPANGLISH ASADERO**

Managed and operated by brother and sister Victor and Claudia Franco, Spanglish Asadero prides itself on introducing bold, unique spices, seasonings and rubs that are deep in color and vibrant in flavor.





# COZY UP TO IRRESISTIBLE FLAVOR

Find your new comfort food favorite.



## Mouthwatering meals to feel good about

Enjoy your favorite flavors straight from your freezer.



# MEAL MAKEOVER

## Apple Pie

No sugar? No problem. Enjoy this classic fall staple, which relies heavily on the natural sweetness of apples from Hy-Vee.

## No-Added-Sugar Apple Pie

**Hands On** 50 minutes

**Total Time** 1 hour 50 minutes plus chilling and cooling time

**Serves** 8

### PASTRY

2½ cups Hy-Vee all-purpose flour  
1 tsp. Hy-Vee salt  
½ cup Hy-Vee vegetable shortening  
5 Tbsp. cold Hy-Vee unsalted butter, chopped  
6 to 10 Tbsp. ice water

### FILLING

¾ cup packed Swerve brown sugar replacement  
3 Tbsp. Hy-Vee all-purpose flour  
1 tsp. apple pie spice  
¼ tsp. Hy-Vee salt  
4 medium Granny Smith apples, peeled, cored and cut into ½-in.-thick slices (about 5 cups)  
3 medium Pink Lady apples, peeled, cored and cut into ½-in.-thick slices (about 4 cups)  
2 tsp. fresh lemon juice  
1 Tbsp. cold Hy-Vee unsalted butter, chopped  
No-added-sugar vanilla ice cream, for serving

**1. FOR PASTRY**, whisk together flour and salt in a large bowl. Cut in shortening and butter using a pastry blender until pieces are pea-size.

**2. DRIZZLE** 1 Tbsp. ice water over flour mixture; gently toss with a fork. Repeat with additional ice water, 1 Tbsp. at a time, until all of the flour mixture is moistened. Gather dough and gently press together. Divide dough in half; shape into 2 balls.

Flatten each into ½-in.-thick disk. Wrap each in plastic wrap. Refrigerate for 30 minutes or up to 2 days.

**3. IF CHILLED** for more than 1 hour, let pastry dough disks stand at room temperature for 15 minutes. Roll one disk, from center to edge, on a lightly floured surface into a 12½-in. round. Transfer pastry to a deep 9½-in. glass pie dish. Trim pastry ½ in. beyond the edge of pie dish; refrigerate.

**4. PREHEAT** oven to 375°F. For filling, stir together brown sugar replacement, flour, apple pie spice and salt in a large bowl. Add Granny Smith and Pink Lady apples, and lemon juice; toss to coat.

**5. ROLL OUT** remaining pastry disk, from center to edge, on a lightly floured surface into a 12-in. round. Fill pastry shell with apple mixture; sprinkle with chopped butter. Place the 12-in. pastry round on filling. Trim top pastry 1 in. beyond edge of pie dish. Fold top

pastry under bottom pastry edge. Press together to seal; crimp edge as desired. Cut several ¾-in. slits in top pastry.

**6. BAKE** for 55 to 60 minutes or until apples are tender and pastry is golden brown. If necessary, cover edges with foil during the last 15 minutes of baking to prevent overbrowning. Cool on wire rack before serving. Serve with ice cream, if desired.

**Per serving:** 360 calories, 19 g fat, 8 g saturated fat, 0 g trans fat, 20 mg cholesterol, 330 mg sodium, 61 g carbohydrates, 4 g fiber, 10 g sugar (0 g added sugar), 4 g protein. **Daily Values:** Vitamin D 0%, Calcium 0%, Iron 10%, Potassium 4%

### APPLE OF MY PIE

Using a combination of firm, tart Granny Smith and crisp, sweet-tart Pink Lady apples balances the sweetness in this pie and helps vary the texture of each bite.





Hy-Vee complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Hy-Vee does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

**Hy-Vee provides:**

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

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

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

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-874-3972.

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30  
minutes  
or less

20  
minutes  
or less

10  
minutes  
or less

GF  
option

V  
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30 MINUTES  
OR LESS

20 MINUTES  
OR LESS

10 MINUTES  
OR LESS

GLUTEN  
FREE

VEGETARIAN  
DISH

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**D** DUKE CANNON STOCK #002 SUPPLY CO.®





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SHOT  
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OFF  
PER GALLON

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GROCERIES.**

**YOU GET  
BACK TO  
THE GAME.**



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