MVP
PATRICK MAHOMES

Prices good September 1-30, 2019
Hand-trimmed and crafted with integrity, our new Sweet Heat Chicken is made with 100% premium breast meat. No artificial colors, fillers or MSG. Just real ingredients from trusted family farms.

Now available in your Deli.

FLAVOR-PACKED WINGS

Savory deep-marinated Hy-Vee chicken wings cook up moist and delicious, with flavor evenly dispersed throughout the meat. Pick up a variety at the full-service meat case for your tailgate and other game-day get-togethers. Whether you bake them in the oven, grill them, deep-fry or air-fry, these wings are sure to win everyone over!

BARBECUE

Savory, savory eats go with football! Hy-Vee has what you need, whether you tailgate or gather in front of a screen.

HICKORY HOUSE PULLED PORK

Smoky pulled pork is ready to pile onto buns and top with BBQ sauce.

CULINARY TOURS SAUCES

Go global with sauces! Try spicy Brazilian BBQ, kicky Middle Eastern Harissa or lemony Greek.

HICKORY HOUSE RIBS

Pork ribs are slow-hickory-smoked to perfection with a special rub.

FLAVORS AVAILABLE!

Garlic Parmesan
Tried-and-true savory combo.

Cilantro Lime
Vibrant herb and citrus flavor.

Buffalo
Chicken with a spicy kick.

Mesquite
Classic smoky taste.

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

NOW TRENDING

BARBECUE

Savory, savory eats go with football! Hy-Vee has what you need, whether you tailgate or gather in front of a screen.

HICKORY HOUSE PULLED PORK

Smoky pulled pork is ready to pile onto buns and top with BBQ sauce.

CULINARY TOURS SAUCES

Go global with sauces! Try spicy Brazilian BBQ, kicky Middle Eastern Harissa or lemony Greek.

HICKORY HOUSE RIBS

Pork ribs are slow-hickory-smoked to perfection with a special rub.
**GUSTARE VITA: CLASSIC ITALIAN!**

It’s National Family Meals Month! Gather family around authentic Italian food—with minimal prep. Gustare Vita pastas, sauces, oils and other products are imported from Italy and are available only at Hy-Vee. Make mealtime easy!

**FREEZER**

**Raised & Rooted Nuggets**

New easy plant-based nuggets pack 9 g protein and 5 g fiber per serving, and they have 33 percent less saturated fat than white-meat chicken nuggets.

**BAKERY**

**Pumpkin Muffins**

This month enjoy pumpkin in a muffin. Moist, rich and baked fresh daily in the Hy-Vee Bakery.

**MEAT**

**Awesome Burgers**

New at Hy-Vee: Plant-Based Awesome Burgers look, taste and sizzle on the grill like beef. Loaded with protein and fiber, with no cholesterol or trans fats. Available now—jumbo seedless grapes from Columbine Vineyards in California. Crisp and sweet—a tasty addition to cheese trays.

**PRODUCE**

**Columbine Grapes**

Available now—jumbo seedless grapes from Columbine Vineyards in California. Crisp and sweet—a tasty addition to cheese trays.

**PANTRY**

**Tailgate Snacks**

Take a variety of crunchy munchies and sweet treats to satisfy everyone’s cravings, including chips with fun new flavors (chili peppers and dill pickle, anyone?).

**BEAUTY**

Now in stores: Craft beer in Bröö shampoo and conditioner nourishes and strengthens hair.

---

**pro tip:** BREW FOR SHINE

“Minerals and protein in the barley component of beer are nutrients that make Bröö shampoo and conditioner one of a kind and a smart decision for your hair-care routine.”

—Courtney Detmer

Beauty & Basin Manager

Hy-Vee, Urbandale, Iowa

---

**EVERYTHING TAILGATE**

BROWSE THE AISLES OF YOUR LOCAL HY-VEE FOR THESE MUST-HAVE ITEMS FOR TAILGATE GATHERINGS.

1. **MAMMOTH ROVER COLLEGIATE** stainless steel drinking cup
2. **JAYMAC SPORTS** bottle hugger
3. **WEBER** 2-piece grill tool set
4. **GAME DAY** melamine serving bowl
5. **GAME TIME** plastic drink cup
6. **SIMPLISAFE** all-purpose lighter
7. **WEBER** 22” kettle charcoal grill
8. **WEBER** 1.5-qt. slow cooker
9. **GAME DAY** melamine platter
10. **MAMMOTH ROVER COLLEGIATE** stainless steel drinking cup
11. **QUAD COLLEGIATE** folding chair
12. **HOT HANDS** hand or toe warmers
13. **TAILGATING** kitchen towels
14. **REFEREE SHIRT** plastic tray

---

**smart food Popcorn**

Light, air-popped with real Cheddar cheese.

---

**Keebler Fudge Stripes**

Shortbread cookies with rich fudgy chocolate stripes.

---

**Planters Mixed Nuts**

Lightly salted peanuts, almonds, cashews, macadamia & pecans.

---

**Lay’s Florida Hot Dill Pickle**

Savory chips pack heat with a hint of tangy dill pickle. "Chili peppers and dill pickle, anyone?"
Highlight special occasions with jaw-dropping custom cakes from Hy-Vee. Have a crazy idea? Hy-Vee’s talented cake designers make bringing your vision to life, well, a piece of cake!

Just walk in or schedule a time to meet and discuss what you’d like. This Grill Cake (pictured), crafted by Hy-Vee cake designer Stephanie Dillon, is just one of the incredible creations that are possible when you purchase a custom cake from Hy-Vee. See photos below; and visit Cake This! at HSTV.com to watch and learn today!

Fantastic Cakes: See how Hy-Vee cake designer Stephanie Dillon crafted this over-the-top grill cake.

DESSERT BY DESIGN

For the grill kettle, a 12-in. layer cake is rounded at the corners, then frosted with buttercream. Fondant covers the cake, which will be turned upside down for placement of fondant grill grids.

Hamburgers and other foods are made from fondant, then airbrushed with food coloring. Flames are cut from gum paste (similar to fondant) and airbrushed for a realistic look.

Fondant covers Rice Krispies Treats sheets to form the oven mitt and ribs. Food color mixed with strawberry creates BBQ sauce.

Highlight special occasions with jaw-dropping custom cakes from Hy-Vee. Have a crazy idea? Hy-Vee’s talented cake designers make bringing your vision to life, well, a piece of cake!

Just walk in or schedule a time to meet and discuss what you’d like. This Grill Cake (pictured), crafted by Hy-Vee cake designer Stephanie Dillon, is just one of the incredible creations that are possible when you purchase a custom cake from Hy-Vee. See photos below; and visit Cake This! at HSTV.com to watch and learn today!
NEW!

THICKEST
RICHEST

BEST EVER
TOMATO KETCHUP

*COMpared to Hunt’s® TRADITIONAL KETCHUP
©2019 CONAGRA BRANDS, INC. ALL RIGHTS RESERVED.

Score tasty
tailgate eats and
quick, delicious
weeknight meals.

10 GO BIG OR GO HOME
24 POUR IN THE FLAVOR
33 101-APPLES
36 SIMPLE FAMILY MEALS
UNDER 30 MINUTES
46 SMART DEALS FOR
FAMILY MEALS
52 GRAB-AND-GO
BREAKFASTS
58 CANDY CARNIVAL
64 NO-FAIL FISH DINNERS
Fall and football go together. Make the next game memorable with a tailgate party—at the stadium or in your backyard!

Go Big OR GO HOME

1. Tailgate Bucket
   These huge wings and seasoned potato wedges are ready to serve at your tailgate party.

2. Pulled Pork
   Save time with fully cooked ready-to-eat pulled pork.

3. Veggie Tray
   Ramp up the menu with fresh vegetables—peas, carrots, peppers, broccoli, cauliflower, grape tomatoes—and a flavorful dip.

4. Chicken Wings
   Choose boneless, Buffalo, BBQ, General Tso’s, Honey Roasted Garlic, Honey Mustard or a combination.

5. Fruit Tray
   Pick from an assortment of strawberries, pineapple, watermelon, honeydew, cantaloupe and grapes—along with a dipping sauce.

6. Dips and Chips
   Tailor offerings to suit tastes from a mild and creamy dip to a spicy salsa.

7. Cookie Cake
   Cap off your tailgate with a jumbo, frosted football-theme cookie.

Cookies & Cream Dips
   Put a new spin on Hy-Vee Bakery cookies with our 3 delicious dip recipes. See the recipe video on HSTV.

Watch and learn at HSTV.com today!

Headed to the big game? A last-minute stop at Hy-Vee can round out the menu with these on-the-go foods.

Put a cardboard six-pack drink holder to work as a caddy for forks, spoons, knives and napkins.
GEAR UP FOR GAME DAY

1. Consider Venue
   Convenience and portability are key when you’re tailgating at the stadium, less so if you host at home.
2. Plan the Menu
   In addition to portability, consider guest preferences. Have vegetable and fruit options available for nonmeat-eaters.
3. Make It Easy
   Brews and divided platters keep foods separate. Disposable serving items simplify cleanup.
4. Decorate
   Incorporate team colors and football-theme decorations.
5. Have Dessert
   Top off a tailgate party or save sweets for after the game.

HOW TO BE THE MVP

Serve tasty food and unique drinks in team-color tableware and let everyone revel in team spirit.

A Guide to Tailgate Grilling

To experience the thrill of the grill, follow these tips:

- Build the easy way—\\n  with newspaper, charcoal and a chimney starter.
- Get the grill hot, simple green, then wip with oil before grilling.
- To the game.
  Banks up coals to separate direct heat for grilling from indirect heat for warming.

Midwest Tailgate Traditions

ILLINOIS

Progame fans fest with local brews and bar-b-que loads for kids. Fans form an “Illini Wall” to cheer them as they enter the stadium.

MINNESOTA

Fans just matching band, bottle of Tabasco sauce to form a tunnel of maroon and gold for players to walk through.

IOWA


NEBRASKA

Ladies dress with players and marching band warming up before heading into stadium. Tailgating spills over to neighborhood bars.

WISCONSIN

Cheerleaders feed fans food, live music, and games, tailgaters compete to be “tailgate of the game” on online contest.

KANSAS STATE

Tours of the Hall of Athletics; shuttle to Appetite, a six-block stretch of bars for pregame festivities.

SOUTH DAKOTA

Coyote Tailgate Nation features fan-friendly environment, including “Coyote Tailgate Zone.”

MISSOURI

Fans gather hours before the game for a Tiger Walk to cheer players and coaches heading into stadium.

STAND-UP ROUTINE

Hot dogs. People are gonna love digging into this chili. Easy to serve, easy to eat!

5 Touchdown Toppers

A chili dog is only partially dressed. Top it with one of these pairings:

1. SOUR CREAM + CHIVES
2. DILL PICKLE + MUSTARD
3. BELL PEPPER + RED ONION
4. CHEESE + JALAPEÑOS
5. COLESLAW + HOT SAUCE

Tailgate Chili Dogs

Hands On 20 minutes
Total Time 3 hours (LOW) or 6 hours (HIGH) plus 20 minutes
Serves 24

1. Mix 2 lbs. can Hy-Vee black beans, drained and rinsed.
2. 1 lbs. can Hy-Vee kidney beans, drained and rinsed.
3. 1 lbs. can Hy-Vee cannellini beans, drained and rinsed.
4. 1 lbs. can black beans.
5. 1 lbs. can Hy-Vee tomato sauce
6. Oregon white-wine, red-wine, or cabernet.

In a 5-qt. slow cooker. Cover and cook on LOW heat for 6 hours or on HIGH heat for 3 hours or

5 to 7 hours.

1. COMBINE
   24 jumbo beef franks
   1 Tbsp. minced garlic
   1 (1-oz.) packet Hy-Vee chili seasoning
   1 (15-oz.) can fire-roasted diced tomatoes
   1 (15-oz.) can Hy-Vee tomato sauce
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee cannellini beans,
   1 (15-oz.) can Hy-Vee kidney beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Vee black beans,
   1 (15-oz.) can Hy-Ve...
GLAD-HANDERS

Start with Hy-Vee brats and preformed burgers and patties—miss them on the grill, then go to town with toppings, condiments and your choice of Hy-Vee Bakery buns. Try these winning lineups.

COWBOY CHICKEN PATTY
Top this bacon-, jalapeño- and cheese-stuffed delicacy with guacamole, jalapeño slices and pepper Jack cheese, then place it on a mayo-slathered wheat bun.

BEER BRATWURST
Put a beer bratwurst together with a whole hot dog bun, then top with stone-ground mustard and shredded red cabbage.

FRESH GROUND TURKEY PATTY
Place this 93-percent-lean patty on a pretzel bun along with pico de gallo, avocado slices and arugula.

GOURMET MUSHROOM STEAKHOUSE BURGER
Add Swiss cheese, mushrooms, caramelized onions and grilled red bell peppers to a gourmet, mushroom steakhouse burger and a wheat bun.

SKINLESS BACON-CHEDDAR BRATWURST
Slide a cooked brat into a wheat hot dog bun and add bacon crumbles, shredded Cheddar cheese, chopped red onion and Italian parsley.

PINEAPPLE BRAT PATTY
Serve this fresh pineapple bratwurst burger with grilled pineapple slices, barbecue sauce, lettuce, red onion and a mayo-dressed wheat bun.

BOCA ALL-AMERICAN FLAME-BROILED VEGGIE BURGER
Add veggies, fresh mesclun leaves, roasted red pepper slices and pesto; serve on a pretzel bun.

SEASON'S PREP TIP:
DRESS FOR SUCCESS

Get creative and go international with condiments. Tunisian harissa, Chinese hoisin sauce, Korean gochujang, Highland Gochujang and Greek tzatziki are great condiments to add flavor. Try the condiments on your favorite tailgating food to add a new twist.

Tuna tartare is a great dish to serve at a tailgating party. Mix tuna with mayonnaise, lime juice, cilantro and green onions. It’s a versatile condiment that can be served on rice, tortillas or wraps.

—Alex Strauss
Chef
Hy-Vee, West Des Moines, Iowa
5 SNAP-PY SNACKS

from General Mills

When time is short, these make-and-take snacks can help you high-tail it to the tailgate party.

Pull-Apart Spinach Rolls
Preheat oven to 350°F. Line a baking sheet with parchment paper. Unwrap crescent roll dough, separate into wedges and place on work surface. Cut each dough section in half lengthwise. Place a rounded teaspoon of spinach-artichoke dip on the wide end of each dough section and roll up. Arrange rolled dough pieces on parchment paper into the shape of a football. Bake for 30 to 35 minutes or until golden brown.

Crescent roll with parchment paper. Unwrap 30 to 35 minutes or until golden brown. Cut each dough section in half with parchment paper. Unwrap "Pull-Apart from General Mills. When time is short, these make-and-take snacks can help you high-tail it to the tailgate party.

Pizza Roll Nachos
Preheat oven to 425°F. Line a rimmed baking pan with parchment paper; set aside. Place 12 taco shells in a large reusable plastic bag; seal and crush with a rolling pin into coarse crumbs. Drop 3 or 4 meatballs at a time into the bag and roll to lightly coat with crushed chips. Arrange coated meatballs on prepared pan. Bake for 10 to 12 minutes or until done (165°F). Sprinkle with additional taco seasoning mix, if desired. Serve with salsa, if desired. Serves 24.

Cheese-Stuffed Taco Meatballs
For each, press 1 cube of ground beef, egg, taco shell crumbs and "Cheese" stuffed taco meatballs. Combine 2½ oz. Hatch red pepper cheese, ⅓ cup Hy-Vee cheddar cheese, divided, ½ tsp. smoked paprika, ⅔ cup Hy-Vee shredded mozzarella cheese, divided, and ⅓ cup Hy-Vee sliced ripe olives, chopped green bell pepper, divided. In a large resealable plastic bag; seal and crush with a rolling pin into coarse crumbs. Place 3 or 4 meatballs at a time into the bag and roll to lightly coat with crushed chips. Arrange coated meatballs on prepared pan. Bake for 10 to 12 minutes or until done (165°F). Sprinkle with additional taco seasoning mix, if desired. Serve with salsa, if desired. Serves 24.

Pizza Roll Nachos
Preheat oven to 425°F. Line a rimmed baking pan with parchment paper; set aside. Place 12 taco shells in a large reusable plastic bag; seal and crush with a rolling pin into coarse crumbs. Drop 3 or 4 meatballs at a time into the bag and roll to lightly coat with crushed chips. Arrange coated meatballs on prepared pan. Bake for 10 to 12 minutes or until done (165°F). Sprinkle with additional taco seasoning mix, if desired. Serve with salsa, if desired. Serves 24.

Cheese-Stuffed Taco Meatballs
For each, press 1 cube of ground beef, egg, taco shell crumbs and "Cheese" stuffed taco meatballs. Combine 2½ oz. Hatch red pepper cheese, ⅓ cup Hy-Vee cheddar cheese, divided, ½ tsp. smoked paprika, ⅔ cup Hy-Vee shredded mozzarella cheese, divided, and ⅓ cup Hy-Vee sliced ripe olives, chopped green bell pepper, divided. In a large resealable plastic bag; seal and crush with a rolling pin into coarse crumbs. Place 3 or 4 meatballs at a time into the bag and roll to lightly coat with crushed chips. Arrange coated meatballs on prepared pan. Bake for 10 to 12 minutes or until done (165°F). Sprinkle with additional taco seasoning mix, if desired. Serve with salsa, if desired. Serves 24.

Pizza Roll Nachos
Preheat oven to 425°F. Line a rimmed baking pan with parchment paper; set aside. Place 12 taco shells in a large reusable plastic bag; seal and crush with a rolling pin into coarse crumbs. Drop 3 or 4 meatballs at a time into the bag and roll to lightly coat with crushed chips. Arrange coated meatballs on prepared pan. Bake for 10 to 12 minutes or until done (165°F). Sprinkle with additional taco seasoning mix, if desired. Serve with salsa, if desired. Serves 24.

Cheese-Stuffed Taco Meatballs
For each, press 1 cube of ground beef, egg, taco shell crumbs and "Cheese" stuffed taco meatballs. Combine 2½ oz. Hatch red pepper cheese, ⅓ cup Hy-Vee cheddar cheese, divided, ½ tsp. smoked paprika, ⅔ cup Hy-Vee shredded mozzarella cheese, divided, and ⅓ cup Hy-Vee sliced ripe olives, chopped green bell pepper, divided. In a large resealable plastic bag; seal and crush with a rolling pin into coarse crumbs. Place 3 or 4 meatballs at a time into the bag and roll to lightly coat with crushed chips. Arrange coated meatballs on prepared pan. Bake for 10 to 12 minutes or until done (165°F). Sprinkle with additional taco seasoning mix, if desired. Serve with salsa, if desired. Serves 24.

Pizza Roll Nachos
Preheat oven to 425°F. Line a rimmed baking pan with parchment paper; set aside. Place 12 taco shells in a large reusable plastic bag; seal and crush with a rolling pin into coarse crumbs. Drop 3 or 4 meatballs at a time into the bag and roll to lightly coat with crushed chips. Arrange coated meatballs on prepared pan. Bake for 10 to 12 minutes or until done (165°F). Sprinkle with additional taco seasoning mix, if desired. Serve with salsa, if desired. Serves 24.

Cheese-Stuffed Taco Meatballs
For each, press 1 cube of ground beef, egg, taco shell crumbs and "Cheese" stuffed taco meatballs. Combine 2½ oz. Hatch red pepper cheese, ⅓ cup Hy-Vee cheddar cheese, divided, ½ tsp. smoked paprika, ⅔ cup Hy-Vee shredded mozzarella cheese, divided, and ⅓ cup Hy-Vee sliced ripe olives, chopped green bell pepper, divided. In a large resealable plastic bag; seal and crush with a rolling pin into coarse crumbs. Place 3 or 4 meatballs at a time into the bag and roll to lightly coat with crushed chips. Arrange coated meatballs on prepared pan. Bake for 10 to 12 minutes or until done (165°F). Sprinkle with additional taco seasoning mix, if desired. Serve with salsa, if desired. Serves 24.

Pizza Roll Nachos
Preheat oven to 425°F. Line a rimmed baking pan with parchment paper; set aside. Place 12 taco shells in a large reusable plastic bag; seal and crush with a rolling pin into coarse crumbs. Drop 3 or 4 meatballs at a time into the bag and roll to lightly coat with crushed chips. Arrange coated meatballs on prepared pan. Bake for 10 to 12 minutes or until done (165°F). Sprinkle with additional taco seasoning mix, if desired. Serve with salsa, if desired. Serves 24.

Cheese-Stuffed Taco Meatballs
For each, press 1 cube of ground beef, egg, taco shell crumbs and "Cheese" stuffed taco meatballs. Combine 2½ oz. Hatch red pepper cheese, ⅓ cup Hy-Vee cheddar cheese, divided, ½ tsp. smoked paprika, ⅔ cup Hy-Vee shredded mozzarella cheese, divided, and ⅓ cup Hy-Vee sliced ripe olives, chopped green bell pepper, divided. In a large resealable plastic bag; seal and crush with a rolling pin into coarse crumbs. Place 3 or 4 meatballs at a time into the bag and roll to lightly coat with crushed chips. Arrange coated meatballs on prepared pan. Bake for 10 to 12 minutes or until done (165°F). Sprinkle with additional taco seasoning mix, if desired. Serve with salsa, if desired. Serves 24.

Pizza Roll Nachos
Preheat oven to 425°F. Line a rimmed baking pan with parchment paper; set aside. Place 12 taco shells in a large reusable plastic bag; seal and crush with a rolling pin into coarse crumbs. Drop 3 or 4 meatballs at a time into the bag and roll to lightly coat with crushed chips. Arrange coated meatballs on prepared pan. Bake for 10 to 12 minutes or until done (165°F). Sprinkle with additional taco seasoning mix, if desired. Serve with salsa, if desired. Serves 24.
blood Mary shots
Combine 1 Tbsp. coarse kosher salt and 1½ tsp. smoked paprika in a shallow dish. Rub lime wedge(s) along rims or sides of 9 (2-oz.) shot glasses and immediately dip into salt mixture; set aside. Combine 12 oz. chilled Zing Zang Bloody Mary mix and 6 oz. Absolut Peppar vodka in a pitcher. Serve in prepared shot glasses. Garnish with celery sticks, if desired. Serves 9 (2 oz. each).

iced coffee

erb ron

These specialty drinks will make a tailgate party one to remember. They’re easy to make in advance—and they travel well. Take them to the big game (or to someone’s house). Now, that’s a visiting team worth rooting for!
Prepare brownie mix according to package directions, then customize one of 10 ways.

1. Cookies and cream chocolate bars + nonpareils
2. Caramel popcorn + melted dark chocolate
3. Hy-Vee tropical fruit trail mix
4. Hy-Vee flake coconut + Hy-Vee sweetened condensed milk + toasted Hy-Vee sliced almonds + melted dark chocolate
5. Hy-Vee chocolate chip cookie dough + mini M&Ms
6. Hy-Vee dry-roasted peanuts + Hy-Vee tiny twists pretzels + melted Hy-Vee caramels
7. Hy-Vee cherry pie filling + Hy-Vee powdered sugar
8. Refrigerated chocolate fudge + Hy-Vee apricot preserves + chopped Hy-Vee dried apricots
9. Fresh raspberries + pistachios + sea salt flakes
10. Hy-Vee mini marshmallows + 2% milk chocolate bar + Hy-Vee honey graham

Find complete recipes at hy-vee.com/recipes-ideas
POUR IN THE FLAVOR

Get crafty with your recipes. From little smokies to ribs and cookies, beer adds remarkable flavor. Discover easy ways to pair brews with bites.

GUINNESS STOUT

The roasted barley flavor of rich, creamy Guinness stout intensifies during cooking.

GUINNESS STOUT BEER USED 25 SEASONS | hy-vee.com

HUNGRY FOR MORE?
Get a glass, get crafty. Enemies of boredom

Little Smokies

**HANDS ON: 10 minutes**
**Total Time: 2 hours 10 minutes (HIGH) or 4 hours (LOW)**
**Serves: 20**

2 (13-oz. each) pkg. Hy-Vee beef little smokies
1 (12-oz.) bottle Guinness stout
1 (10-oz.) can Hy-Vee Mild diced tomatoes & green chiles, drained
1 cup Hy-Vee Hickory House Whiskey Kicker BBQ sauce
1/2 (16-oz.) container Hy-Vee Wisconsin cheese soup
1 cup Hy-Vee Short Cuts chopped red onions
2 serrano peppers, seeded and chopped*
1 Tbsp. refrigerated minced garlic
1/2 tsp. Hy-Vee black pepper

1. **COMBINE** little smokies, beer, tomatoes, BBQ sauce, cheese soup, red onions, serrano peppers, garlic and black pepper in a 1 1/2-qt. slow cooker.
2. **COVER** and cook on HIGH heat for 2 hours or on LOW heat for 4 hours.

Serve immediately or keep warm for up to 2 hours. Serve with wooden picks.

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

Per serving: 130 calories, 9 g fat, 3 g saturated fat, 0 g trans fat, 15 mg cholesterol, 530 mg sodium, 11 g carbohydrates, 0 g fiber, 7 g sugar (6 g added sugar), 6 g protein.

Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%
Preheat oven to 375°F. Cook 2 cups Hy-Vee cellentani pasta according to package directions, except substitute 1 cup pilsner for 1 cup water. Drain pasta; keep warm.

Meanwhile, melt 1 Tbsp. Hy-Vee unsalted butter in an ovenproof skillet. Add 1 (1-lb.) pkg. ground Italian sausage; cook until browned. Stir in 3 Tbsp. Hy-Vee all-purpose flour. Stir in 1 cup Hy-Vee Short Cuts chopped white onions and 1 cup Hy-Vee Short Cuts chopped tricolor peppers; cook and stir 2 minutes. Add 2½ cups Hy-Vee whole milk and ¼ cup pilsner. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Add 1 (8-oz.) pkg. cubed Hy-Vee plain cream cheese, 1 (8-oz.) pkg. Hy-Vee shredded mac & cheese blend, 1 drained (4-oz.) jar diced pimientos and ½ tsp. Hy-Vee crushed red pepper. Stir in pasta. Top with ¼ cup Hy-Vee Italian-seasoned whole wheat bread crumbs. Bake 12 minutes or until crumbs are golden. Garnish with sliced green onions, if desired. Serves 8.

Lager & Bacon Glazed Almonds

Preheat oven to 350°F. Line a baking sheet with foil. Spray foil with Hy-Vee nonstick cooking spray; set aside. Combine ¾ cup packed Hy-Vee brown sugar, ½ cup Samuel Adam’s Boston Lager, ¼ cup agave nectar, 5 slices coarsely chopped hickory-smoked thick-cut peppered bacon, 2 tsp. kosher salt, 1 tsp. smoked paprika and dash Hy-Vee cayenne pepper in a medium saucepan. Bring mixture to boiling. Boil for 15 minutes or until mixture reaches a syrup-like consistency, stirring often. Stir in 3 cups whole raw almonds and ½ cup Hy-Vee sliced almonds. Cook for 2 minutes more. Spread almond mixture on prepared baking sheet. Bake for 15 minutes. Cool on a wire rack and break into bite-size pieces. Serves 15.

IPA-Braised Baby Back Ribs

Twenty-caramel malt flavor adds depth to sweet and salty oven-roasted nuts.

IPA-Braised Baby Back Ribs

Hands On: 10 minutes
Total Time: 2 hours 50 minutes
Serves: 4
1 (2- to 3-lb.) pkg. pork loin baby back ribs
½ cup Kansas City-style BBQ rub
1 (12-oz.) bottle Bell’s Two Hearted Ale, divided
1 shallot, chopped
3 cloves garlic, crushed
1 Tbsp. Hy-Vee soy sauce
1 (3-in.) cinnamon stick
Thyme sprigs, for garnish

1. PREHEAT oven to 225°F. Generously apply rub to all sides of rib rack.
2. COMBINE 1 cup beer, shallot, garlic, soy sauce and cinnamon stick in a shallow roasting pan. Place ribs, bone sides down, in pan. Cover pan with foil.
3. Bake ribs for 2½ hours or until very tender (180°F). Remove from oven; carefully drain fat from roasting pan.
4. PREHEAT broiler. Whisk together barbecue sauce, turmeric and remaining ½ cup beer. Brush the ribs with some of the sauce and broil 3 to 5 minutes or until golden brown and a crust has formed. Let stand for 5 minutes before serving. Garnish with thyme sprigs, if desired. Serve with remaining sauce.

Per serving:
600 calories, 39 g fat, 14 g saturated fat, 0 g trans fat, 130 mg cholesterol, 1,450 mg sodium, 20 g carbohydrates, 1 g fiber, 13 g sugar (0 g added sugar), 38 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 20%.
Chocolate-Porter Cookies

Hands On | 1 hour
Total Time 1½ hours plus chilling time
Makes 36 cookies

1 cup Hy-Vee heavy cream
2 Hy-Vee large eggs
½ tsp. Hy-Vee salt
1 tsp. Hy-Vee baking powder
1 cup packed Hy-Vee brown sugar
1 cup Hy-Vee unsalted butter, softened
1 cup Deschutes Black Butte porter
1½ cups Hy-Vee all-purpose flour
¼ cup Hy-Vee baking cocoa
Kosher salt, for garnish
1 cup Hy-Vee dried apricots, chopped;
1 cup Hy-Vee pecan pieces, divided
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Vee apricot nectar
2 cups Hy-Ve...
MAKE ANY NIGHT A FLAVOR FIESTA

SPICED TO ADD VARIETY TO YOUR LIFE.

TRY TURKEY SAUSAGE FROM SAUSAGE EXPERTS
Conquer your morning with a cup of goodness

101
APPLES

Crisp, juicy apples hit every taste bud, whether you enjoy tart, tangy, sweet, spicy-sweet or something in between.

Good for you and full of antioxidants, a medium-size apple supplies about 17 percent of recommended daily fiber in just 95 calories.

BUY
Look for firm, bright-color apples with smooth skin free of bruises and blemishes. Gently press fruit to ensure it’s not soft or easily dented.

STORE
For crispest fruit, keep apples in the coldest part of the refrigerator. Do not store with other produce—apples will absorb odors from pungent produce.

WASH
Before eating, scrub apples under running water to remove dirt and bacteria. A Journal of Agricultural and Food Chemistry study shows a 1% solution of baking soda and water also to be effective.

WAYS TO USE

fresh
Eat apples fresh out of hand. Or core them and slice into wedges. Use apple slices to round out a snack tray, which brings can act as a palate-cleansing counterpoint to cheese. Or dip them in yogurt for a healthful snack.

baked
What’s more American than apple pie (even though apples were introduced to North America)? The fact is, apples are a baker’s delight—for pies, cakes, strudels, crisps, crumbles and more.

PRO TIP: LEMON AID

When cut open, apples will brown, caused by polyphenol oxidase enzymes, which are at high levels in certain varieties. You can slow down the browning of apples by placing them in a solution containing citric acid, such as lemon juice or lemon-lime soda.

—Dan Elston
 Produce Manager
 Hy-Vee, Madison, Wisconsin

Sources:
hsph.harvard.edu/nutritionsource/food-features/apples/
pubs.acs.org/doi/full/10.1021/acs.jafc.7b03118

EAT THE PEEL! IT HAS FIBER AND FLAVONOIDS, LINKED TO MANY HEALTH BENEFITS, INCLUDING FIGHTING CHRONIC DISEASES.

Conquer your morning with a cup of goodness

© 2019 Keurig Green Mountain, Inc.
SLOW-COOKING MORE THAN ONE VARIETY OF APPLES IN A SWEETENED CIDER SAUCE LENDS DEPTH AND FULL-FLEGGED APPLE FLAVOR TO THIS TRADITIONAL DESSERT.

Slow-Cooker Apple Crisp

Hands On: 20 minutes
Total Time: 4 hours (HIGH), 20 minutes plus cooling time
Serves: 10

¾ cup packed Hy-Vee brown sugar, divided
1 cup Hy-Vee apple cider
2 tbsp. fresh lemon juice
¾ tsp. Hy-Vee ground cinnamon, divided
2 Granny Smith apples
2 Gala apples
2 Honeycrisp apples
6 Tbsp. Hy-Vee salted butter, cubed; divided
⅓ cup Hy-Vee all-purpose flour
⅓ cup Hy-Vee old-fashioned oats
2 Tbsp. Hy-Vee granulated sugar
⅓ cup chopped Hy-Vee pecans
Hy-Vee We All Scream vanilla ice cream, for serving
Hy-Vee caramel-flavored syrup, for serving

1. COMBINE ½ cup brown sugar, apple cider, lemon juice and ½ tsp. cinnamon in a large bowl. Peel, core and slice apples. Add apples to cider mixture; toss to coat. Transfer apple mixture to a 4-qt. slow cooker. Dot with 4 Tbsp. butter. Cover and cook on HIGH heat for 3 to 4 hours or on LOW heat for 6 to 8 hours. Cool, uncovered, on a wire rack for 1 hour.

2. MEANWHILE, for topping, combine flour, oats, remaining ¼ cup brown sugar, granulated sugar and remaining ¼ tsp. cinnamon in a medium bowl. Add remaining 2 Tbsp. butter. Using hands, work the butter into the flour mixture until crumbly. Toss in pecans. Transfer topping to a large skillet. Cook on medium-low heat until lightly toasted, stirring occasionally.

3. SPRINKLE topping on apples while they cool. Serve with ice cream; drizzle with caramel-flavored syrup.

Per serving: 250 calories, 10 g fat, 4.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 60 mg sodium, 43 g carbohydrates, 4 g fiber, 12 g sugar

Daily Values: 0% Vitamin D, 2% Calcium, 6% Iron, 4% Potassium

Toasting the topping in a skillet is easy. After a few minutes it turns into a crisp, crumbly mixture, perfectly suited for warm, juicy apples.

TRY IT THIS WAY

Toasting the topping

Toasting the topping is a walk in the park. After a few minutes it turns into a crispy, crumbly mixture, perfectly suited for warm, juicy apples.

LOOK FOR TOP-BRAND SLOW COOKERS, LIKE HAMILTON BEACH, AT HY-VEE.
SIMPLE FAMILY MEALS UNDER 30 MINUTES

Make family dinners a top priority—the more often you gather, the better. Shop at Hy-Vee for fresh ready-to-go ingredients that complement time-saving cooking techniques. Then savor dinner along with meaningful conversations at the table.
Cashew Chicken Stir-Fry

Total Time 25 minutes Serves 4
⅛ tsp. Hy-Vee crushed red pepper
½ tsp. sesame oil
1 tsp. Hy-Vee cornstarch
⅓ cup hoisin sauce
½ cup Hy-Vee 33%-less-sodium chicken broth, divided

1. COMBINE broth, hoisin sauce, ginger, cornstarch, and ⅛ tsp. crushed red pepper in a small bowl; set aside.

2. HEAT 1 Tbsp. canola oil to hot wok. Add remaining 1 Tbsp. canola oil to hot wok. Stir-fry chicken in hot oil for 4 to 5 minutes or until no longer pink (165°F). Keep warm.

3. ROAST 1 cup Hy-Vee salted roasted cashews for 5 minutes or until crisp-tender; remove from wok and keep warm.

4. BRUSH remaining ⅛ tsp. crushed red pepper, plus additional, on chicken and vegetables; stir-fry to coat. Return chicken from wok. Brush salmon with ⅛ cup teriyaki sauce.

Per serving: 430 calories, 23 g protein, 19 g fat (4 g saturated fat), 1 g fiber, 5 g added sugar, 20 g carbohydrates, 4 g resveratrol, 0 g iron, 95 mg cholesterol, 770 mg sodium, 0 g trans fat, 4 g fiber, 590 mg potassium.

Stir-Fry Cashew Chicken

⅛ tsp. Hy-Vee crushed red pepper
½ tsp. sesame oil
1 tsp. Hy-Vee cornstarch
⅓ cup hoisin sauce
½ cup Hy-Vee 33%-less-sodium chicken broth, divided

1. COMBINE broth, hoisin sauce, ginger, cornstarch, and ⅛ tsp. crushed red pepper in a small bowl; set aside.

2. HEAT 1 Tbsp. canola oil to hot wok. Add remaining 1 Tbsp. canola oil to hot wok. Stir-fry chicken in hot oil for 4 to 5 minutes or until no longer pink (165°F). Keep warm.

3. ROAST 1 cup Hy-Vee salted roasted cashews for 5 minutes or until crisp-tender; remove from wok and keep warm.

4. BRUSH remaining ⅛ tsp. crushed red pepper, plus additional, on chicken and vegetables; stir-fry to coat. Return chicken from wok. Brush salmon with ⅛ cup teriyaki sauce.

Per serving: 430 calories, 23 g protein, 19 g fat (4 g saturated fat), 1 g fiber, 5 g added sugar, 20 g carbohydrates, 4 g resveratrol, 0 g iron, 95 mg cholesterol, 770 mg sodium, 0 g trans fat, 4 g fiber, 590 mg potassium.

Family Tradition Starts Here

These mouth-watering ingredients and cooking tips help keep family dinner traditions going. Look for kitchen-tested 30-minute recipes—stir-fries, sheet-pan meals, micro-quick shortcuts, one-pan dinners and more at hy-vee.com/recipes-ideas. Also, check out Hy-Vee’s site for other meal ideas.

Cashew Chicken Stir-Fry

12 oz. Hy-Vee Short Cuts stir-fry vegetable blend
1 Tbsp. canola oil, divided
⅛ tsp. crushed red pepper, plus additional for garnish

1. COMBINE broth, hoisin sauce, ginger, cornstarch, and ⅛ tsp. crushed red pepper in a small bowl; set aside.

2. HEAT 1 Tbsp. canola oil to hot wok. Add remaining 1 Tbsp. canola oil to hot wok. Stir-fry chicken in hot oil for 4 to 5 minutes or until no longer pink (165°F).

3. ROAST 1 cup Hy-Vee salted roasted cashews for 5 minutes or until crisp-tender; remove from wok and keep warm.

4. BRUSH remaining ⅛ tsp. crushed red pepper, plus additional, on chicken and vegetables; stir-fry to coat. Return chicken from wok. Brush salmon with ⅛ cup teriyaki sauce.

Per serving: 430 calories, 23 g protein, 19 g fat (4 g saturated fat), 1 g fiber, 5 g added sugar, 20 g carbohydrates, 4 g resveratrol, 0 g iron, 95 mg cholesterol, 770 mg sodium, 0 g trans fat, 4 g fiber, 590 mg potassium.

Dinner Made Easier

If you have a quick meal and a recipe that requires only one pan, pot or dish, check out the Done in One series on HSTV.com.

Watch and learn at HSTV.com today!
**Mexican-Stuffed Sweet Potatoes**

Total Time: 29 minutes

Serves: 2

**Ingredients:**
- Hy-Vee chili powder, for garnish
- Cilantro sprigs, for garnish
- Lime wedges, for serving

**Directions:**
1. **SCRUB** sweet potatoes; pat dry. Pierce all over with a fork. Place potatoes on a microwave-safe plate. Microwave on HIGH for 7 to 9 minutes, turning halfway, and rotating potatoes every 30 seconds. If potatoes are not fork-tender, continue microwaving and turning halfway through.
2. **REMOVE** sweet potatoes from microwave and let cool for 10 minutes. Meanwhile, heat protein blend in microwave-safe bowl. Cover; keep warm. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes.
3. **CUT** potatoes lengthwise, keeping them intact. Fingerprint together to squeeze and open centers. Fluff flesh with a fork and mound slightly. Spoon protein blend into each potato. Top with desired toppings. Sprinkle with chili powder and garnish with cilantro, if desired. Serve with lime wedges.

**Nutritional Information:**
- **Per serving:**
  - calories 410
  - total fat 19 g
  - saturated fat 2 g
  - trans fat 0 g
  - cholesterol 0 mg
  - sodium 550 mg
  - total carbohydrates 57 g
  - fiber 20 g
  - sugars 8 g
  - protein 24 g
  - added sugar 1 g
  - potassium 20%

**LEsson:**
- **MICROWAVING:** Shares off an hour of baking time. Pierce sweet potato skins all over to allow baking time. Pierce potatoes from lengthwise, keeping skin and eyes. When working with jalapeños, wear protective gloves.

---

**Skillet Farro & Chicken**

Total Time: 30 minutes

Serves: 4

**Ingredients:**
- 3 Tbsp. Hy-Vee all-purpose flour
- 1 Tbsp. Hy-Vee chili powder
- 2 Tbsp. chopped fresh thyme
- 7 to 9 minutes, turning halfway through.
- 1 ½ cups Hy-Vee 33%-less-sodium chicken broth
- 1 Tbsp. Gustare Vita olive oil
- 1 (0.8-oz.) pkg. Full Circle Bella mushrooms, sliced
- 1 (0-oz.) pkg. sliced baby bella mushrooms
- 1 (8-oz.) pkg. Fontina shredded cheese
- 2 Tbsp. chopped fresh cilantro
- 3 Tbsp. 2% reduced-fat milk
- 1 (10.5-oz.) pkg. Hy-Vee frozen Mexican-Stuffed sweet potatoes
- 1 ½ tsp. minced garlic
- 1 cup Hy-Vee short cuts 33%-less-sodium chicken broth
- 10-minute Italian sauce
- 1 (8-oz.) pkg. sliced baby bella mushrooms
- 1 Tbsp. Hy-Vee all-purpose flour
- 1 (0-oz.) pkg. Fontina cheese, shredded
- 1 ½ cups Hy-Vee short cuts chicken bread, shredded
- 3 Tbsp. chopped fresh cilantro
- 2 Tbsp. chopped fresh thyme
- 10 minutes. Drain, if necessary. Cover; keep warm. Bring to boiling; reduce heat. Simmer, covered, for 1 minute. Garnish with additional thyme, if desired.

**Nutritional Information:**
- **Per serving:**
  - calories 660
  - total fat 31 g
  - saturated fat 0 g
  - trans fat 0 g
  - cholesterol 110 mg
  - sodium 310 mg
  - total carbohydrates 57 g
  - fiber 8 g
  - sugar 6 g
  - protein 41 g

**LEsson:**
- **WHOLE GRAINS:** Many whole grains, such as the precooked farro in this recipe, add heartiness to dishes in just minutes. Make this meatless dinner by omitting the chicken and increasing the farro amount to 12 oz.
Make Family Meal Time A Priority

- Set a consistent time for dinner and encourage the whole family to share in food preparation and clean up.
- Encourage kids to help in the kitchen, assigning simple tasks like setting the table or rinsing vegetables.
- While at the table, turn off the television, computer, and any other devices that distract.
- Make family talk fun by engaging kids in topics that interest them. Set good examples for eye contact and listening skills, and allow kids to express their opinions.

Hy-Vee Italian Beef Fettuccine

Total Time 28 minutes
Serves 4

8 oz. dry Hy-Vee fettuccine
2 cups loosely packed fresh baby spinach
1 lb. Hy-Vee Angus Reserve boneless beef petite-tender steaks, ¾ in. thick
Hy-Vee Mediterranean sea salt and coarse-ground black pepper
1 Tbsp. Gustare Vita garlic-flavored olive oil
1¼ cups Gustare Vita vodka pasta sauce
Hy-Vee shredded Parmesan cheese, for garnish

Minutes: 11
1. MEANWHILE, pat steaks dry with paper towels. Season both sides of steaks with salt and pepper.
Hearty garlic-flavored olive oil in a large nonstick skillet over medium-high heat. Add steaks; cook for 5 to 6 minutes or until medium-rare (130°F), turning once halfway through.

Minutes: 12
2. TRANSFER steaks to a cutting board. Loosely cover with foil and let rest for 3 minutes. Meanwhile, wipe skillet clean. Toss together sauce, pasta and spinach; add to skillet and heat through.

Minutes: 13
3. COMBINE remaining ingredients; add to skillet and heat through. To serve, divide pasta mixture among four plates. Cut steaks across the grain into thin strips and arrange on top. Garnish with Parmesan cheese, if desired.

Per serving:
450 calories, 15 g fat, 3 g saturated fat, 1 g trans fat, 35 mg cholesterol, 570 mg sodium, 46 g carbohydrates, 3 g fiber, 5 g sugar (0 g added sugar), 30 g protein.

Daily Values: 6% Vitamin D, 4% Calcium, 30% Iron, 6% Potassium

LESSON: SAUTÉING
Quickly brown beef in a small amount of fat over moderately high heat to enhance flavor.

NO-PREP DINNERS for days you don’t have time to cook.

1. Hy-Vee Pizza
Swing by and pick up a Take & Bake pizza in various sizes and flavors. Take one home, bake it and serve it fresh out of the oven.

2. Hy-Vee Chinese Dinner
Check out Chinese meal deals at your local Hy-Vee. Entrée choices include chicken, beef, pork, seafood, fried rice or lo mein or vegetables. Dine-in or take-out.

3. Hy-Vee Chicken Dinner
Take advantage of a complete delicious home-cooked meal. Pair a bucket of fried chicken with favorite sides from the Hy-Vee Kitchen.

4. Hy-Vee Market Grille
Bring the whole family for a relaxing sit-down dinner. Hy-Vee Market Grille has a fresh menu full of choices, including best-in-town burgers, steaks, Cheesecake Factory Bakery® desserts and more.

Kids Eat Free All September in honor of National Family Meals Month! Get a free kids’ meal with the purchase of an adult entrée.
WIN A TRIP TO ITALY!

EXCLUSIVELY AT Hy-Vee

DURING THE ENTIRE MONTH OF SEPTEMBER, ENTER FOR A CHANCE TO WIN every time you purchase a Gustare Vita™ product AND swipe your Hy-Vee Fuel Saver + Perks® card.

Turn the page for super-inexpensive meals using the wide variety of That’s Smart! products.

Smart Deals
FOR FAMILY MEALS
THAT’S SMART! PRODUCTS OFFER ESSENTIALS AT LOW PRICES—SAVINGS THAT MAKE SENSE! LOOK FOR THE BRIGHT GREEN LOGO ON MORE THAN 200 ITEMS THROUGHOUT THE STORE.

Shop Smart
The selection of That’s Smart! products meets shoppers’ daily-life needs. Items span all grocery-list categories: go-to ingredients for cooking and baking, seasonings and sauces, coffee, eggs and dairy products. Paper products, sandwich and trash bags and pet supplies are also available. With such a wide selection, savings add up.

Save Smart
That’s Smart! products are available at low prices—as much as 30 percent less than national brands. Because the brand has the same consistent quality and large variety of pantry and refrigerator staples, it makes sense to fill your grocery cart.

Fruits & Vegetables
Many varieties of frozen, fresh and canned as well as juices

Pantry Items
Jams, jellies, fudge, sugar, pickles, crackers, cookies, peanut butter, coffee, rice and pasta

Eggs & Dairy
Shredded cheese, eggs, cottage cheese and milk (wholes, 2%, 1%, skim)

Sweet Treats
Cookies, ice cream, chocolate sauce and canned frostings and pie fillings

Pet Food
Balanced-nutrition dog food and cat food, cat litter, birdseed

Laundry Items
Bleach, fabric softener sheets

Paper Products
Paper towels, napkins, paper plates, toilet paper, facial tissue, aluminum foil

One-Stop Shop
For Value
**One-Pot Spaghetti and Meatballs**

**Hands On:** 30 minutes  
**Total Time:** 30 minutes  
**Serves:** 6

1. **ADD**
   - That's Smart! large eggs and 4 oz. grated Parmesan cheese, 6 Tbsp. water
   - 1 (30 oz.) can That's Smart! chicken broth
   - 3 Tbsp. Hy-Vee frozen Italian-style meatballs

2. **STIR**
   - 1 (16-oz.) pkg. That's Smart! dry egg noodles
   - 1½ cups water

3. **GARNISH**
   - Fresh basil leaves, for garnish

Serves 6.

Costs include all ingredients and are approximate.

---

**Corn & Egg Frittata**

Preheat broiler to 425°F. That's Smart! pure corn oil in a 10-in. broilerproof skillet over medium-high heat. Add 1 cup That's Smart! frozen whole kernel golden corn, I seeded and chopped jalapeño pepper and 1 Tbsp. That's Smart! chili powder. Cook for 5 minutes, stirring occasionally. Combine 10 lightly beaten large eggs and 4 oz. grated Hy-Vee pepper Jack cheese, pour over corn mixture in skillet. Cook over medium-low heat for 5 minutes or until top is just set. Top with 1 Tbsp. (14.5-oz.) can That's Smart! diced tomatoes, desserted, additional cooked corn, and ¼ cup sliced green onions. Serves 5.

---

**Veggie Alfredo Pasta**

Cook 1 (12-oz.) pkg. That's Smart! extra-wide noodles in a pot according to pkg. directions, adding 1 (12-oz.) pkg. That's Smart! frozen California mix with broccoli, cauliflower & carrots and 1 (12-oz.) pkg. That's Smart! frozen sweet peas during the last 5 minutes of cooking. Drain keep warm. For sauce, combine 1 cup That's Smart! 2% reduced-fat milk, ¼ cup That's Smart! original pancake syrup. Place 2 cups That's Smart! 2% reduced-fat milk in a medium bowl. Add 1 Tbsp. crushed banana slices and 2 Tbsp. That's Smart! golden brown sugar to equal 1 cup. Peel and slice 2 medium bananas. Add 1 Tbsp. banana slices to each of six serving dishes. Top each with a portion of fl-bf. tub of thawed Hy-Vee frozen whipped topping, some of the pudding and some banana slices. Repeat layers. Garnish with 8-oz. tub of that's Smart! 2% reduced-fat milk and That's Smart! ground cinnamon. Serves 6.

---

**Peach Pancakes**

While together 2 cups. That's Smart! complete pancake & waffle mix and 1 Tbsp. That's Smart! ground cinnamon. Stir in 1 cup That's Smart! 2% reduced-fat milk and 1 cup That's Smart! homestyle applesauce. Spray a griddle or heavy skillet with that's Smart! nonstick cooking spray; preheat over medium heat. Add ½ cup batter to hot griddle for each pancake. Cook for 1½ to 2 minutes on each side or until golden. Some pancakes topped with 1 Tbsp. (16-oz.) can That's Smart! sliced peaches in light syrup, drained, and That's Smart! original pancake syrup. Serves 3 (3 pancakes each).

---

**Banana Pudding**

Place 2 cups That's Smart! 2% reduced-fat milk in a medium bowl. Add 1 (3.4-oz.) box Hy-Vee instant vanilla pudding & pie filling. Whisk for 2 to 3 minutes or until thickened. Chill 1 hour. That's Smart! banana wafers to each of six serving dishes. Top each with a portion of fl-bf. tub of thawed Hy-Vee frozen whipped topping, some of the pudding and some banana slices. Repeat layers. Garnish with 8-oz. tub of that's Smart! 2% reduced-fat milk and That's Smart! ground cinnamon. Serves 6.

---

**Nutritional Information**

<table>
<thead>
<tr>
<th>Vitamin D</th>
<th>Calcium</th>
<th>Fiber</th>
<th>Protein</th>
<th>Carbohydrates</th>
<th>Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>6%</td>
<td>15%</td>
<td>75 g</td>
<td>11 g</td>
<td>2%</td>
<td>2%</td>
</tr>
</tbody>
</table>

---

**Costs**

- **$2.15 per serving**
- **$1.44 per serving**
- **$1.13 per serving**
- **$1.07 per serving**
- **$0.95 per serving**
Broccoli Chicken & Rice Casserole

Hands On: 5 minutes  
Total Time: 45 minutes  
Serves: 8

- Hy-Vee nonstick cooking spray
- 6 Tbsp. Hy-Vee unsalted butter
- 1 large yellow onion, chopped
- 3 stalks celery, sliced
- 2 cups That’s Smart! frozen broccoli, thawed and drained
- 1 (10.5-oz.) can That’s Smart! cream of chicken soup
- 2 cups Hy-Vee shredded sharp Cheddar cheese
- 2 cups hot cooked That’s Smart! instant white rice
- 2 cups shredded Hy-Vee rotisserie chicken

1. PREHEAT oven to 350°F. Spray a 2-qt. baking dish with nonstick spray; set aside.


Per serving: 370 calories, 22 g fat, 12 g saturated fat, 70 mg cholesterol, 560 mg sodium, 28 g carbohydrates, 2 g fiber, 3 g sugar (0 g added sugar), 16 g protein. Daily Values: Vitamin D 6%, Calcium 20%, Iron 10%, Potassium 4%

A good swap for broccoli: That’s Smart! Mixed Vegetables (frozen carrots, corn, peas, green beans & lima beans).

$3.14 per serving (approximate)

Look for additional That’s Smart! recipes at Hy-Vee.com/recipes-ideas

SEASONS | September 2019

50
Easy Egg & Cheese Scramble

Microwave 2 Hy-Vee Smart Bites baby blonde potatoes on HIGH for 2½ minutes or until tender. Cool; cut into quarters. Heat 1 Tbsp. Gustare Vita olive oil in a nonstick skillet over medium heat. Add potatoes and 8 Hy-Vee Short Cuts julienne bell pepper strips; cook until potatoes are golden. Transfer to a 1-pt. Mason jar. Whisk together 2 Hy-Vee large eggs and 2 Tbsp. Hy-Vee 2% reduced-fat milk; add to same skillet. Cook until eggs are cooked through, stirring occasionally. Add eggs to jar. Top with 2 Tbsp. Hy-Vee shredded Cheddar cheese. Cover and refrigerate until ready to eat. Just before serving, remove lid from jar and microwave on HIGH for 1 minute. Serves 1.

Cereal & Yogurt Parfait

Layer in a 1-pt. mason jar: 1 (5.3-oz.) container Hy-Vee Greek vanilla yogurt, 1 cut-up Hy-Vee Short Cuts mandarin orange and ¼ cup fresh blueberries. Cover and refrigerate overnight. Just before serving, top with 1 Tbsp. Hy-Vee sliced almonds and ½ cup berry vanilla puff s cereal. Serves 1.

Apple & Granola Overnight Oats

Combine ½ cup Hy-Vee 2% reduced-fat milk, 1 cup Hy-Vee quick-cooking oats and 1 tsp. Hy-Vee ground cinnamon in a 1-pt. Mason jar. Cover and refrigerate 8 hours or overnight. Just before serving, add 2 Tbsp. Hy-Vee dried cranberries, 1 tsp chopped Granny Smith apple and ½ cup granola. If desired, drizzle with Hy-Vee Select 100% pure maple syrup. Serves 1.
No-Nut Nana Toast
Toast a slice of wholesome oatmeal bread. Spread with a mix of 1 Tbsp. sunflower nut butter and ½ tsp. Hy-Vee baking cocoa. Top with banana slices. Sprinkle with shelled hempseeds.

Strawberry-Pistachio Toast
Toast a slice of Hy-Vee Bakery 10-grain bread. Spread with 1 Tbsp. Hy-Vee light cream cheese spread. Top with sliced Hy-Vee Short Cuts strawberries and sprinkle with pistachios. Drizzle with Hy-Vee honey.

Tomato 'n' Bacon Toast
Toast a slice of Hy-Vee Bakery whole wheat bread. Spread with 1 Tbsp. Hy-Vee part-skim ricotta cheese. Top with halved grape tomatoes and crumbled crisp-cooked Hy-Vee bacon. Sprinkle with Hy-Vee black pepper.

Avocado Egg Toast
Toast a slice of Hy-Vee Bakery whole grain bread. Spread with 1 Tbsp. red pepper hummus; top with avocado slices and chopped Hy-Vee Short Cuts hard-boiled egg. Sprinkle with Hy-Vee salt and black pepper, to taste.
FOR YOUR PAWS ONLY

NEW!

LIMITED BATCH!

NEW!

MADE WITH RICE GROWN IN THE U.S.

DISCOVER

AH! MAZING

IN EVERY BITE

Hershey's Snack Size Candy:
select varieties
9.17 to 11.6 oz.
3.69

HAND OUT HALLOWEEN FAVES

FILL YOUR TRICK-OR-TREAT BOWL WITH KIT KAT® AND REESE'S CANDY.
CANDY CARNIVAL

Hit the candy aisle for everything gummy, chewy, crunchy and creamy. Then craft wild, wacky creations! You want candy? Hy-Vee’s can’t be beat!

candy蝴蝶结

将可重复密封的杯子与小块糖果放入其中，然后用衣夹夹紧。将熔化的巧克力挤到衣夹上，然后将糖果粘在巧克力上。这里使用了KitKat棒、Airheads Extreme Bites、Twizzlers Candy Straws、KitKat White Chocolate Minis、M&M’s、Hy-Vee sour neon bars、Hy-Vee spice drops、Hy-Vee Starburst fruit chews。

candy棒甜品

将棉花糖花生浸入融化的深色或白色巧克力滴片中。然后在你想要的地方撒上。这里使用了Hy-Vee Circus Peanuts、M&M’s Minis、Hy-Vee sour neon bars、Hy-Vee spice drops、Hy-Vee Starburst fruit chews。

candy杯子顶

新鲜的Hy-Vee面包店纸杯蛋糕是你的糖果画布！海龟：Hy-Vee Peach Ring、Reese’s Peanut Butter Cup、糖果眼睛、Hy-Vee Gum Drops、绿色 SOUR PATCH KIDS。猴子：Reese’s Peanut Butter Cup、Chewy Spree candy、Milk Duds、巧克力滴片（用于绘制微笑和鼻孔）。
candy apple
Insert a craft stick through an apple core, then dip apple into melted caramel. Roll the gooey treat in your favorite candies. Used here: Gala apple, Hy-Vee caramels, Andes mints, Life Savers Gummies, Rainbow Nerds, Hy-Vee candy corn, Skittles, Reese’s Peanut Butter Cups.

chill out
Cool off with this sugary frozen concoction! Fill ice pop molds with gummy bears and pour Hy-Vee Lemon Lime soda into mold. Insert craft stick and freeze 4 to 6 hours or until solid.

popcorn rocks
Get the party popping. Pour melted white chocolate over popcorn in a large bowl, then sprinkle in one package of popping candy and toss to evenly coat. Used here: Hy-Vee white air-popped popcorn, white chocolate melting wafers, AfterShocks popping candy.

fun in the sun
Add food coloring to canned frosting and spread on Rice Krispies Treats to create sunny scenes. Used here: canned frosting, blue or green food coloring, Teddy Grahams, Life Savers Gummies, Sixlets round chocolate candies, cookie sprinkles, Airheads Xtremes sour candies, blue nonpareil sprinkles.

candy kabobs
Use a wooden skewer to stack your favorite candies to enjoy all at once. Wipe skewer with a wet cloth if it becomes sticky while stacking. Avoid giving kabobs with hard candies to small children.
Celebrate today with your favorite Hostess® snacks!

BRAND new
JUST FOR YOU

BRING IT HOME TODAY!
**NO-FAIL FISH DINNERS**

Fresh fish is a snap to cook, no matter how skilled you are in the kitchen. Reel in a few tricks and techniques that work great for weeknight meals.

---

### Grilled Whiskey Salmon Salad

**Hands On:** 16 minutes  
**Total Time:** 36 minutes plus marinating time  
**Serves:** 4

- **NO-FAIL SALMON DINNERS**
- **TECHNIQUE:** GRILLING

Create slightly sweet smoked salmon by adding cedar wood chips to the grill. Note that this recipe calls for marinating the salmon, which adds flavor and gives it a nice, firm texture.

**Ingredients:**
- 4 (6-oz.) salmon fillets
- ¼ red onion, thinly sliced
- 1 Tbsp. Gustare Vita olive oil
- 1 head romaine lettuce, halved
- 1 Tbsp. Hy-Vee Dijon mustard
- ¼ cup Hy-Vee apple cider vinegar
- 2 tsp. packed Hy-Vee brown sugar
- 1 Tbsp. chopped fresh dill, plus additional for garnish
- ¼ cup Finagrens Irish whiskey
- 4 (6-oz.) salmon fillets
- ½ tsp. kosher salt
- ½ tsp. Hy-Vee black pepper

**Instructions:**
1. **PATE** salmon dry. Place salmon in a large resealable plastic bag. Combine ¼ cup sugar, 1 Tbsp. dill, brown sugar, 1 tsp. lemon zest and salt; pour over salmon. Seal bag. Marinate in refrigerator for 1 to 3 hours.
2. **DRAIN** salmon: Discard marinade. Grill salmon 5 to 6 minutes or until fish flakes with a fork (145°F), turning once halfway through. Brush romaine with olive oil; grill alongside salmon during the last 3 minutes, turning occasionally. Cut romaine into bite-size pieces; toss with red onion, tomato, squash and mushrooms; toss with olive oil and season with salt and pepper.
3. **BAKE** for 20 minutes. Remove pan from oven. Top with cherry tomatoes.
4. **PREHEAT** broiler on high. Place pan under broiler. Broil for 5 minutes or until fish flakes easily when tested with a fork (145°F) and tomatoes are roasted. Garnish with additional chives, if desired.

---

### Oven-Baked Herb- and Lemon-Crusted Cod

**Hands On:** 15 minutes  
**Total Time:** 38 minutes  
**Serves:** 4

**Ingredients:**
- 4 (6-oz. each) frozen cod fillets, thawed
- ½ cup Hy-Vee unsalted butter, melted
- 1 cup Hy-Vee plain bread crumbs
- 1 Tbsp. finely chopped Italian parsley
- 1 tsp. lemon zest
- 1 tsp. finely chopped fresh thyme
- ½ tsp. chopped fresh chives, plus additional for garnish
- ½ tsp. reconstituted minced garlic
- 2 tsp. Hy-Vee Short Cuts zucchini and summer squash coins
- 1 cup sliced cremini mushrooms
- 1 Tbsp. Gustare Vita olive oil
- 1 tsp. salt
- 1 Tbsp. Hy-Vee black pepper
- 1 cup cherry tomatoes
- Lemon slices, for garnish

**Instructions:**
1. **PREHEAT** oven to 325°F. Line a 15×10-in. baking pan with parchment paper; set aside.
2. **PAT** fish dry with paper towels. Combine butter, bread crumbs, parsley, lemon zest, thyme, 1 tsp. chives and garlic in a small bowl. Divide bread crumbs mixture among fillets, spreading evenly on top of fish. Place fish in prepared pan. Add summer squash and mushrooms; toss with olive oil and season with salt and pepper.
3. **BAKE** for 20 minutes. Remove pan from oven. Top with cherry tomatoes.
4. **PREHEAT** broiler, if desired, or pan under broiler. Broil for 5 minutes or until fish flakes easily when tested with a fork (145°F) and tomatoes are roasted. Garnish with additional chives, if desired.

---

### Atlantic salmon

Largest and most succulent of all Pacific salmon species, Atlantic salmon is farmed-raised. Verlasso comes from the waters of the Patagonia region near Chile.

**TECHNIQUE:** BAKE + BROIL

Position oven rack under broiler and the salmon will be no farther than 4 in. from heat source. This creates an attractive brown top, yet keeps the fish from overcooking.

**Atlantic salmon**
- Farm-raised. Verlasso comes from the waters of the Patagonia region near Chile.
- Bright red flesh, soft texture and rich flavor.

---

### Verlasso Atlantic

- High quality for unique flavor, deep red color and extra-firm texture.
- Broil, steam or grill on a cedar plank.
- Fresh herbs and citrus bring out its rich taste.

---

**Brasil Bay sockeye**
- Highly prized for its unique flavor, deep red color and extra-firm texture.
- Broil, steam or grill on a cedar plank.
- Fresh herbs and citrus bring out its rich taste.

---

**Mount cook king**
- Largest and most succulent of all Pacific salmon species.
- Bright red flesh, soft texture and rich flavor.
- Grill, bake or broil.

---

**Technique:** GRILLING

Create slightly sweet smoked salmon by adding cedar wood chips to the grill. Note that this recipe calls for marinating the salmon, which adds flavor and gives it a nice, firm texture.

---

**Ingredients:**
- 4 (6-oz.) salmon fillets
- ¼ cup Hy-Vee canola oil, divided
- ¼ cup Hy-Vee white wine
- 1 Tbsp. chopped fresh dill, plus additional for garnish
- ½ cup Hy-Vee white wine
- 1 Tbsp. Hy-Vee apple cider vinegar
- ¼ cup Hy-Vee olive oil
- 1 tsp. Hy-Vee black pepper

**Instructions:**
1. **PAT** salmon dry. Place salmon in a large resealable plastic bag. Combine ⅓ cup sugar, 2 tsp. lemon zest and salt; pour over salmon. Seal bag. Marinate in refrigerator for 1 to 3 hours.
2. **Bake** for 20 minutes. Remove pan from oven. Top with cherry tomatoes.
3. **BAKE** for 20 minutes. Remove pan from oven. Top with cherry tomatoes.
4. **PREHEAT** broiler on high. Place pan under broiler. Broil for 5 minutes or until fish flakes easily when tested with a fork (145°F) and tomatoes are roasted. Garnish with additional chives, if desired.

---

**Atlantic salmon**
- Farm-raised. Verlasso comes from the waters of the Patagonia region near Chile.
- Bright red flesh, soft texture and rich flavor.
- Broil, steam or grill on a cedar plank.
- Fresh herbs and citrus bring out its rich taste.

---

**Brasil Bay sockeye**
- Highly prized for its unique flavor, deep red color and extra-firm texture.
- Broil, steam or grill on a cedar plank.
- Fresh herbs and citrus bring out its rich taste.

---

**Mount Cook King**
- Largest and most succulent of all Pacific salmon species.
- Bright red flesh, soft texture and rich flavor.
- Grill, bake or broil.

---

**Technique:** BAKE + BROIL

Position oven rack under broiler and the salmon will be no farther than 4 in. from heat source. This creates an attractive brown top, yet keeps the fish from overcooking.

---

**Atlantic salmon**
- Farm-raised. Verlasso comes from the waters of the Patagonia region near Chile.
- Bright red flesh, soft texture and rich flavor.
- Broil, steam or grill on a cedar plank.
- Fresh herbs and citrus bring out its rich taste.

---

**Brasil Bay sockeye**
- Highly prized for its unique flavor, deep red color and extra-firm texture.
- Broil, steam or grill on a cedar plank.
- Fresh herbs and citrus bring out its rich taste.

---

**Mount Cook King**
- Largest and most succulent of all Pacific salmon species.
- Bright red flesh, soft texture and rich flavor.
- Grill, bake or broil.
Pan-Seared Tilapia Tacos

Method:

**METHODS FOR COOKING FISH**

**DECIDING HOW TO COOK YOUR FISH SHOULD DEPEND ON TWO FACTORS: THE THICKNESS OF THE FISH AND THE TASTE YOU’RE TRYING TO ACHIEVE.**

**WHITEFISH**

- Use a heavy cast-iron skillet. Heat and, most importantly, do not turn fish until it naturally releases from the pan.

**BAKING**

- Works well for flat fish like salmon, trout, halibut, or sea bass.

**BAUTING**

- Works well for fish like salmon or trout. Season with Adobo seasoning, paprika and cumin. Rub mixture all over fish. Bake on a sheet pan.

**STEWING**

- Works well for fish like salmon or trout. Simmer fish in a seasoned liquid on the stove top.

**POACHING**

- Works well for fish like salmon or trout. Poach fish over simmering liquid on the stove top or enclose in parchment and steam on a sheet pan.

**SAUTÉING**

- Works well for fish like salmon or trout. Gently cook fish in a seasoned liquid on the stove top.

**ROASTING/BAKING**

- Works well for fish like salmon or trout. Bake fish on a sheet pan.

**GRILLING**

- Works well for fish like salmon or trout. Grill fish on a sheet pan.

**30-SECOND TIP**

- Try salmon or tuna without falling apart.

**TECHNIQUE**

**PAN-SEARING**

To prevent fish from sticking, use a heavy cast-iron skillet. Heat the skillet before adding oil and, most importantly, do not turn fish until it naturally releases from the pan.

**DIPS**

**Seafood Dips**

Hy-Vee partners with reliable organizations to bring you quality, sustainable seafood.

**REPRESENTATIVE CHOICE**

Hy-Vee is the largest supplier of seafood in the Midwest. The Responsible Choice label identifies seafood that is fished or farmed in ways that minimize environmental impact.

**FAIR TRADE**

Hy-Vee partners with Fair Trade USA, a nonprofit organization and the leading certifier of Fair Trade products in North America, because we believe in the importance of taking care of fisherwomen and fisherwomen communities. The Fair Trade Certified label recognizes first-rate seafood companies for their commitment to sourcing ethical seafood.
DOUBLE CHOCOLATE CEREAL BARS

INGREDIENTS:
- 2 Cups Milk Marshmallows
- 7 Tbsp Unsalted Butter
- 1 Tbsp Ghirardelli
- 1/4 tsp Vanilla Extract
- 1/2 tsp Salt
- 3/4 cup Granola Cluster Cereal
- 1/3 cup Ghirardelli 60% Dark Chocolate Chips
- Cooking Spray

DIRECTIONS:
1. Line a 9x13-inch baking pan with cooking paper. Grease the paper with cooking spray.
2. Place milk marshmallows and uncut butter in a microwave safe bowl. Microwave on High for 1 minute.
3. Add Ghirardelli and vanilla extract to the bowl. Stir until the Ghirardelli is melted.
4. Spread the mixture into the prepared baking pan. Grease the paper with cooking spray and add salt.
5. Cut into squares and serve.

For more baking recipes, visit www.ghirardelli.com
Meet Kansas City star quarterback Patrick Mahomes, get on track for school and decorate for fall.

72 MVP PATRICK MAHOMES
82 IS SCHOOL SOLUTIONS
86 TOTALLY MODERN MUMS
If Mahomes makes success look easy, it’s because he’s learned from the greats—Derek Jeter, Alex Rodriguez, LaTroy Hawkins. As a kid Mahomes accompanied his father, Pat, a Major League pitcher, to the clubhouses where he watched and caught fly balls during practices.

“I learned how much hard work they had to put in to be great,” Mahomes says. “I saw guys who were at the top of their game, doing everything they dreamed of, still working as hard as they did just to get there.”

The shy kid from Whitehouse, Texas, showed athletic talent early—tossing a little blue football around the backyard with friends. Today, he’s known for football, but that wasn’t always the case.
Mahomes was a multi-sport athlete. “Actually, baseball and basketball were probably my main two sports growing up, and I didn’t really start playing football until seventh grade. Then I went to high school and really fell in love with it,” Mahomes says. At one point he almost quit the football team. He wasn’t getting to play the position he wanted (quarterback) and his dad, Pat, pressed him to think again about baseball where he could excel. “I decided I really wanted to play football. I wanted to try the quarterback thing out,” Mahomes says.

After Mahomes graduated high school, the Detroit Tigers drafted him as a late pick. “I told them I was going to play football and … that I wasn’t going to come,” he says. Mahomes committed to Texas Tech, where he thrived under Coach Kliff Kingsbury’s “Air Raid” system. As a junior, Mahomes led the country in yards per game, passing yards, total offense and total touchdowns.

Sensing he might be pro-ready, Mahomes left Texas Tech a year earlier than planned. “I felt there was a good chance that I could get drafted pretty high. I wanted to get out there and follow my dream.” The Chiefs selected him in 2017 with the 10th overall pick.

When Chiefs quarterback Alex Smith was traded to the Washington Redskins in 2018, Mahomes won the starting role. He displayed unmatched arm strength and a unique creativity on the field. Last season the Chiefs finished 12-4 after making their second AFC Championship appearance. During the season, Mahomes threw for more than 5,000 yards and 50 touchdowns. He was named to the 2018 Pro Bowl and is the first Kansas City player to win the league’s MVP. “I was just being myself and didn’t worry about how it’s been done before,” Mahomes says.

Confident and ready, Mahomes plans to build on that performance this season. “The main goal is to win football games and win the Super Bowl,” he says. To get there he’ll draw on all the values he’s absorbed by playing sports: accountability, responsibility, and just that competition. That’s the stuff that’s been ingrained in me my whole life. And it’s helped me become the type of person I am today.”
Q. WHAT WAS YOUR CHILDHOOD LIKE?
A. IT WAS A GOOD ONE. I GREW UP IN A BASEBALL FAMILY, SO I SPENT A LOT OF TIME IN THE CLUBHOUSES, GOING TO ALL THE BASEBALL GAMES. I WAS ALWAYS PLAYING SPORTS, ALWAYS COMPETING IN EVERYTHING.

Q. WHAT IS YOUR PERSONALITY LIKE AS A KID?
A. I HAD FUN WHEN I PLAYED SPORTS, BUT OTHER THAN THAT I WAS A PRETTY SHY KID, HONESTLY.

Q. IS THAT HOW YOU DESCRIBE YOURSELF TODAY?
A. I THINK I’VE OPENED UP A LITTLE MORE, JUST BEING AROUND MORE PEOPLE, BEING INTRODUCED TO MORE PEOPLE. I REALIZED THAT I CAN BE MYSELF, AS WHO I AM, AND HOPESFULLY IT WORKS OUT.

Q. HOW HAS YOUR LIFE CHANGED SINCE BEING NAMED THE NFL’S MOST VALUABLE PLAYER?
A. I’M RECOGNIZED MORE. WHEN WE GO AROUND THE COUNTRY, IT’S DEFINITELY BEEN DIFFERENT; GOING OUT THERE AND EVERYBODY SEEING YOU AND DRUMS TAKING. OTHER THAN THAT, REALLY, IT’S THE SAME THINGS I’VE DONE LAST YEAR. I WORK OUT, PLAY GOLF AND SPEND TIME WITH MY FAMILY.

Q. YOU WERE TEAMMATES WITH FORMER CHIEFS QUARTERBACK ALEX SMITH IN 2016. WHAT WAS YOUR RELATIONSHIP WITH HIM LIKE?
A. ALEX IS A PRO’S PRO. HE’S A GOOD DUDE IN GENERAL. WHEN I WATCHED HIM AND SAT WITH HIM IN THE MEDIA ROOM, I LEARNED A LOT ABOUT HOW TO BE A PROFESSIONAL QUARTERBACK AND HOW TO HAVE A BLUEPRINT FOR A SEASON.

Q. YOU HAVE A CHARITY FOUNDATION CALLED 15 AND THE MAHOMIES. WHY IS THAT A SPECIAL CAUSE FOR YOU?
A. SEEING KIDS WHO DIDN’T HAVE THE CLEATS, THE SHOES, THE GLOVES OR WHATEVER WAS NEEDED TO PLAY SPORTS, I WANTED TO GIVE BACK.

Q. WHAT ARE YOUR PLANS AFTER FOOTBALL?
A. I DON’T KNOW. HOPEFULLY, I’LL BE PLAYING FOOTBALL FOR A LONG TIME, AND I’D LIKE TO KEEP MY PATH OPEN. I WAS A BUSINESS MAJOR, SO MAYBE SOMETHING IN BUSINESS.

Q. WHAT’S YOUR FAVORITE MOVIE OR TELEVISION SHOW YOU’VE SEEN LATELY?
A. I WAS A BIG FAN OF GAME OF THRONES. BUT IT’S OVER NOW, AND I HAVEN’T FOUND SOMETHING NEW YET.

Q. FAVORITE MUSICAL ARTIST?
A. J. COLE

Q. How does the Chiefs fan base stand out from other football fan bases?
A. IT’S THE PASSION AND LOYALTY THEY HAVE FOR THE CHIEFS. IN GOOD TIMES AND BAD TIMES, FANS PACK THE STADIUM, THEY’RE AS LOUD AS EVER.

Q. HOW IMPORTANT IS LEGACY TO YOU?
A. I WANT TO BE REMEMBERED AS SOMEONE WHO HAS SUCCESS AND DID EVERYTHING THE RIGHT WAY.

Q. WHAT DOES THE “RIGHT WAY” MEAN TO YOU?
A. NOT UNDERHITING. NOT TRYING TO CHEAT TO GET WHERE YOU WANT TO BE. JUST GOING OUT THERE AND BEING WHO YOU ARE.
Find a variety of Patrick Mahomes-related apparel at Hy-Vee.

Dress to Impress

HY-VEE MVP

Last spring, Hy-Vee and Patrick Mahomes announced a 3-year endorsement deal, which Mahomes says was a natural decision. “When I met the people and realized how hard they work and how great they are—I understand why it’s such a successful company. And living in the Midwest, it was easy for me to agree to a partnership with them,” Mahomes says. “Hy-Vee tries to have the best products and value, and those values align with my brand.”

Patrick Mahomes makes sure kids in the Kansas City area who are in need receive support and some of the same opportunities to thrive that he enjoyed. This year he established his 15 and the Mahomies Foundation to support 15 youth initiatives involving athletics, after-school programs, classroom supplies, health and wellness programs and more. “It’s centered around kids from underserved communities who are in the hospital with chronic illnesses,” Mahomes says. “I want to make sure that I give the kids the opportunities...to live the best lives they possibly can.” Visit www.15andthemahomies.org

CRUNCH TIME THROUGH PATRICK’S CHARITY—15 AND THE MAHOMIES FOUNDATION—KANSAS CITY’S MVP NOW GRACES THE BOXES OF A NEW CEREAL SOLD EXCLUSIVELY AT HY-VEE—MAHOMES MAGIC CRUNCH. THIS LIMITED-EDITION COLLECTOR’S BOX IS EXPECTED TO RAISE $25,000 FOR UNDERSERVED CHILDREN IN THE KANSAS CITY AREA. LOOK FOR MAHOMES MAGIC CRUNCH AT SELECT HY-VEE STORES.
PICK UP A PUNCH OF PROTEIN

SHARE A Coke. ON THE 50 YARD LINE
Check out these helpful tips to make sure your kid has the best year ever. It’s as easy as A-B-C.

1. Stay hydrated
Keep kids hydrated and safe from germ-packed water fountains by using sturdy, lightweight refillable bottles.

2. REMEMBER LOCKER COMBOS
Use a permanent marker to write a locker combination on the inside of a colorful silicone bracelet.

3. After-School Snacks
Fill labeled containers with healthy snacks, such as cheese, fruit, veggies and crackers—then stash in the fridge or pantry for easy reach.

4. TREATS
To celebrate a birthday or take a turn volunteering for after-school activities, let Hy-Vee Bakery provide treats. Check with your school for which products and ingredients are allowed.

5. FRESHEN GYM SHOES
Send your kid with a pack of scented dryer sheets to stuff in gym shoes between uses.

6. PREP BREAKFAST
Portion smoothie ingredients, frozen waffles, bagels and other breakfast items for kids to grab and make in minutes.

7. SCHEDULES AT HAND
Keep track of sports and music practices, dance lessons and other after-school activities with an expandable file-folder box and manila folders tabbed by subject.
12. RISE & SHINE
Place an alarm (phone or clock) in a space away from the bedroom, requiring kids to get up and move to turn it off.

13. GROCERY PICKUP
NO TIME TO SHOP?
ORDER GROCERIES ON HY-VEE.COM, THEN STOP FOR PICKUP BETWEEN ACTIVITIES.

14. Emergency kit
Assemble mini emergency kits for middle school and high school students. Include deodorant, body spray, floss, mints, stain remover, a few dollars and other essentials.

15. TREAT A TEACHER
Thank a hardworking teacher for taking care of your kiddos by gifting them a Hy-Vee gift card, which can be redeemed at the store, the Market grille, in-store coffee shops and more.

8. Hy-Vee Short Cuts
Fill lunch boxes with ready-to-eat fruits & veggies for quick and simple health boosts.

9. Dress to music
Create a morning playlist of your kids’ favorite songs—lasting long enough to get ready. Kids will know by the time the last song plays that it’s time to get going.

10. Homework station
Appoint a designated time and space for homework. Supply the spot with a basket of pencils, markers, calculator and other school supplies.

11. IMPORTANT PAPERS
PLACE A FOLDER IN YOUR CHILD’S BACKPACK TO HOLD NOTES TO AND FROM TEACHERS AND ACTIVITY REMINDERS.
TOTALLY MODERN MUMS

Fall’s favorite blooms show off rich, earthy color, just right for DIY decorating.

Caring for Mums

In the Garden  Chrysanthemums are simple to grow in a sunny location with good drainage. Spread slow-release fertilizer around plants and water weekly.

In a Container  Potted mums have slow-release fertilizer in the soil mix. All you need to do is water plants a couple times a week. Left on their own for a few days, place a saucer beneath pots with water for plants to access.

Pruning  Potted mums do not need pruning, but mums in the garden can become unwieldy if not trimmed back. Shear foliage by a third in late spring and again no later than early July to shape a tight habit that will stand upright.

Overwintering  Mums are only marginally hardy in the Midwest; a tough winter might kill them. Most are planted as annuals. To overwinter, store potted mums in an attached garage. Water sparingly—just enough so they don’t dry out—and let plants go dormant. In spring, trim off tops and wait for new growth.

Design Tips  Large potted mums are strong focal points, while groups of small plants in odd numbers are pleasing touches. In the garden, mums can serve as a backdrop for summer annuals before stealing the show in fall.

ADD EXTRA VISUAL APPEAL TO AUTUMN DISPLAYS WITH INDOOR PLANTS FROM HY-VEE.

STEP 1: Soak the base of an Oasis floral foam wreath in water.

STEP 2: Snip off clusters of flowers, leaving ¾-in. stems.

STEP 3: Insert flower clusters in florist foam. Fill gaps with individual flowers, also with ¾-in. stems, to cover the foam.
STEP 1: Cut four equal lengths of jute. For a 32-in. hanger, cut four lengths, each 88 in. plus the width of the pot.

STEP 2: Gather the lengths, fold in half and tie a knot to create a hanging loop. Tug on each strand to secure the knot.

STEP 3: Hang the loop from a hook. A few inches from the loop, tie two strands in a knot. Repeat for 4 knots, all the same distance from the top.

STEP 4: Using one strand from two adjacent knots, tie another knot a few inches lower than the first set. Repeat for 4 knots, all at the same level. Tie third set of knots. Finally, gather strands, tie a large knot, leaving a long tail.

STEP 5: Place pot in the hanger, adjusting knots as necessary to fit the pot.

HANG ´EM HIGH
This wall is a textural backdrop for colorful mums. Swap plastic pots for stylish glazed ceramic pots and fashion handmade jute hangers to showcase the plants.

HANG ´EM HIGH
This wall is a textural backdrop for colorful mums. Swap plastic pots for stylish glazed ceramic pots and fashion handmade jute hangers to showcase the plants.

SIMPLE WHITE POTS
DRAW ATTENTION TO THE MUMS, RATHER THAN COMPETE FOR ATTENTION.
Tweak your beauty routine, exercise post-baby and eat greens for brain health.

92 SIMPLE WAYS TO IMPROVE HEALTH
98 DIETITIAN Q&A: BRAIN FOOD
102 FOODS THAT FIGHT BELLY FAT
108 WORKING OUT POST-BABY
114 10-MINUTE BEAUTY

Steam in the bag. Ready in eight minutes. (Now that’s a smart idea.)

exclusively at Hy-Vee.
HEALTHY LIVING CAN BE UNCOMPLICATED. APPLY THESE SIMPLE SOLUTIONS TO YOUR DAILY LIFE AND FEEL STRONGER.

Even small changes in daily routines can improve your health. Eating more fruits and vegetables or getting more exercise, for example, can become routine once you put your goals into action. Persistence is key. A study in the European Journal of Social Psychology found that, on average, it takes 66 days for a behavior to become automatic. The best news: You can start right now!

NUTRITION
Food affects how we think and feel. Vitamins, minerals, antioxidants and fiber provide energy and nourish and protect the brain. Chat with a Hy-Vee dietitian about changing unhealthy eating habits.
SIMPLE WAYS
• Nutrient-dense foods provide a high level of nutrients for the calories they contain. Examples: dark leafy greens, berries, lean meats and whole grains.
• Sugars and processed foods lead to sluggishness and weight gain and leave cells vulnerable to damage.
• A nutritious breakfast every morning boosts energy and curbs cravings.

HYDRATE
The human body is made of up to 60 percent water. The brain and heart are 73 percent water, and lungs are about 83 percent water.

According to the Centers for Disease Control and Prevention, plain water intake is lower in younger children, adolescents and older adults. Water aids digestion and regularity, transports nutrients to muscles and lubricates joints. Recommended: 11 to 16 eight-ounce glasses a day, depending on age, exercise and climate.
SIMPLE WAYS
• Drink a glass of water before each meal.
• Drink a glass upon waking.
• Add healthy flavor boosters like citrus.

CHECKUPS
Regular screenings and tests help detect health-related issues early, increasing the likelihood of successful treatment. Visit with your care provider to monitor any risks or changes regarding health. Ask your local Hy-Vee about screening options in your area.
A study in JAMA found that those who regularly slept fewer than six hours per night were more likely to be overweight than those who regularly slept eight hours per night.

A study in JAMA found that those who regularly slept fewer than six hours per night were more likely to be overweight than those who regularly slept eight hours per night.

**AVOID STRESS**

Stress can lead to irritability, overeating and reduced energy levels. Chronic stress increases risks for high blood pressure, heart disease, obesity, depression and diabetes.

**SIMPLE WAYS**

- Count your breaths by practicing deep breathing.
- Go for a walk.
- Take a minute to stretch.

**SLEEP**

Adequate sleep (seven to nine hours per night) improves memory, repairs muscle fibers and aids in immune function. In children and young adults, growth hormones are released during deep sleep.

**SIMPLE WAYS**

- Keep bedroom cool, calm and dark.
- Consistency is key. Try to go to bed at the same time every night.
- Avoid technology before bedtime.

**EXERCISE**

Physical activity wards off diseases and aids in fat loss. Kids who have a healthy relationship with exercise are more likely to develop healthy habits as they age, and being fit at midlife may help prevent heart disease and stroke. Aim for 150 minutes of moderate-intensity exercise per week for adults and 60 minutes a day for kids.

**SIMPLE WAYS**

- Resistance training twice a week lessens the effects of sarcopenia, the natural age-related loss of muscle mass.
- Work movement into daily routines: walking during lunch and running errands.
- Join a club or exercise class like Orangetheory Fitness and introduce kids to Hy-Vee KidsFit, an online resource for exercise and nutrition.

**SOCIALIZE**

Maintain close relationships and forge social connections to increase happiness and longevity. Isolation may disrupt sleep, reduce sense of well-being and increase blood pressure and stress.

**SIMPLE WAYS**

- Schedule a weekly meal or get-together with friends and family.
- Volunteer in the community.
- Join a club.

**GET CREATIVE**

Activities like coloring, drawing and writing promote fine motor skills and lessen feelings of anxiety while increasing sense of self-worth. Middle-age and elderly adults who participate in arts and crafts activities are less likely to develop cognitive disorders.

**SIMPLE WAYS**

- Write in a daily journal.
- Draw, sketch or paint.
- Design an add-on to your home, such as a new deck or patio.

**HEAD OUTSIDE**

According to the U.S. Environmental Protection Agency, Americans spend, on average, 90 percent of their time indoors. Vitamin D, a bone-strengthening nutrient that aids in immune function, is gained primarily through sun exposure. In addition, spending time in nature may protect against depression, diabetes, obesity, ADHD, cardiovascular disease and some cancers.

**SIMPLE WAYS**

- Take kids to parks.
- Spend a weekend camping.
- Explore nearby trails.

**KNOW YOUR STORY**

If hereditary factors exist for high blood pressure, cancer, heart disease or other chronic conditions, take steps early to mitigate or avoid potential disorders. Talk to relatives about medical conditions in the family to better understand your risks.

Where Snack Time and Play Time Meet

Nibblers™ & Little Nibblers™
Cheese Snacks

- Low sugar, high protein
- Fun way to snack and play
- No need to prep
- Portable, pre-portioned pouches

Cozy up with a mug of me-time
Q: Which foods are considered brain foods?
A: Foods high in vitamin B6, such as beans and fatty fish, support cognitive health and are linked to lower risks for Alzheimer’s disease and dementia. Calcium, magnesium and phosphorus in dairy, green vegetables and poultry contribute to nerve function. For specific foods, see “10 Brain Foods,” right.

Q: Which foods harm brain function?
A: Sugary drinks and too much refined sugar in general, which can lead to type 2 diabetes and increase risks for Alzheimer’s disease. Also avoid trans fats (which are high in vegetable oils), shortening, some stick margarines, coffee creamers and processed snacks and sweets like packaged crackers, cookies, pies and cakes.

Q: How does food reach the brain?
A: Vitamins, minerals and other nutrients travel from the stomach to the intestines where they are absorbed through the intestinal lining and transported to the bloodstream. From there, nutrients must cross small blood vessels and other filters to reach the brain.

Q: What other dietary tactics protect the brain?
A: Limit alcohol. Chronic alcohol use can shrink the brain and cause it to function improperly. Also limit the use of artificial sweeteners that contain aspartame. Health experts recommend no more than 50 mg of aspartame per 2.2 lb. body weight per day. Even 25 mg aspartame per 2.2 lb. can cause irritable mood and depression, according to a study published in Research in Nursing & Health in 2014.

10 BRAIN FOODS

1. ASPARAGUS contains folate, which contributes to learning and problem-solving.
2. AVOCADOS are a source of omega-3 fatty acids, which support the nervous system.
3. BANANAS have magnesium, which promotes nerve and muscle function.
4. BROCCOLI contains calcium, required for the brain to process nerve signals.
5. GARBANZO BEANS are a good source of vitamin B6, needed for learning, reasoning and other cognitive functions.
6. LEAN POULTRY contains phosphorus, a mineral involved in nerve signals.
7. LOW-FAT MILK & YOGURT provide calcium to help the brain process nerve signals.
8. NUTS contain magnesium, important for nerves and muscles to function properly.
9. SPINACH is an excellent source of folate, which fosters cognition.
10. TUNA, SALMON, and other fatty fish contain vitamin B6, which promotes cognition.

“DON’T FORGET TO STAY HYDRATED. DEHYDRATION CAN LEAD TO MIGRAINES AND FATIGUE, WHICH COUNTERBALANCES THE BENEFITS OF BRAIN FOODS.”
—JULIE McMILLIN HY-VEE ASSISTANT VICE PRESIDENT RETAIL DIETETICS


Healthy fats
Not all fats are bad. Unsaturated fats are needed to build the sheaths surrounding nerves and for proper brain function overall. Unsaturated fats (liquid at room temperature), available mainly in avocados, plant-based oils, nuts (especially walnuts), flaxseeds and fatty fish (such as salmon and mackerel), are linked to brain health. Saturated fats (meat, whole milk, cheese) are solid at room temperature and should be limited to less than 10 percent of daily calorie intake.
Federal regulations prohibit the use of hormones. Excludes beef.

NO By-Products • NO Added Hormones* • NO Artificial Flavors

* Federal regulations prohibit the use of hormones. Excludes beef.

Fuel the wag.
with Recipes They’ll Love

Get 15% off all Nature’s Recipe® pet products
FOCUS ON LEAN PROTEIN, SOLUBLE FIBER AND HEALTHY FATS TO BATTLE THE MIDSECTION BULGE.

As women reach menopause and estrogen levels decrease, body fat distribution changes—more fat is stored in the abdomen and less in other areas.

LEAN PROTEIN
What it does: Studies suggest that a slight shift to more protein and fewer carbohydrates might reduce abdominal fat.
FOODS: Chicken breast, eggs, fish (cod, halibut, mackerel, salmon, trout, tuna), legumes (black beans, garbanzo beans, kidney beans), low-fat or nonfat dairy (milk, yogurt)

SOLUBLE FIBER
What it does: It speeds digestion and enhances nutrient absorption. Researchers at Wake Forest Baptist Medical Center link it to decreased visceral fat.
FOODS: Apples (fresh), bananas, barley, beans, Brussels sprouts, chicory, lentils, oats, oranges, pears (fresh), potatoes

MONounsaturated Fats
What they do: They might help reduce visceral fat, according to Rush University in Chicago. Limit total fat to no more than 30 percent of total calories, and avoid trans fats.
FOODS: Avocados, nuts, plant-based oils (canola, olive, peanut, sesame, sunflower), seeds (pumpkin, sesame, sunflower)

PROBIOTICS
What they do: It is thought that certain species of Lactobacillus inhibit absorption of dietary fat. The British Journal of Nutrition reports lowered abdominal fat in study subjects who drank milk fermented with Lactobacillus gasseri.
FOODS: Yogurt (low-fat, low-sugar) containing strains of Lactobacillus gasseri

CATECHINS
FOODS: Green tea

APPLE CIDER VINEGAR
What it does: Research that associates acetic acid in apple cider vinegar to reduction in belly fat has sparked interest. Studies are limited, and health experts suggest that those who want to try it consume it in small diluted doses, such as in a vinaigrette, because the acidity can damage tooth enamel.
FOODS: Apple cider vinegar

FOODS THAT FIGHT BULLY FAT

FOODS: Green tea

pro tip:
CONTROL PORTIONS

“Overeating can cause weight gain, and many people hold extra weight in their reductions. Smaller plates and eating high-fiber foods first will fill you up and decrease the likelihood to reach for seconds.” —Melissa Jaeger, RD, LD
Registered Dietitian
Hy-Vee, Savage, Minnesota

As the waistline grows, so do the risks for heart disease, cancer, type 2 diabetes and dementia. Belly fat is made up of subcutaneous fat—the pinchable kind right beneath the skin—and visceral fat deep in the abdomen, cushioning organs. Belly fat, especially visceral fat, differs from fat in other areas of the body. If there’s too much of it, it can disrupt blood pressure, cholesterol and hormone balances. A waist circumference, measured at the navel level, of 35 inches or more is considered a sign of excessive visceral fat in women. For men, a 40-inch measurement indicates too much. Exercise and a diet that focuses on the following foods and nutrients can help fight belly fat.

FOODS WITH PROBIOTICS

As women reach menopause and estrogen levels decrease, body fat distribution changes—more fat is stored in the abdomen and less in other areas.

FOODS: Chicken breast, eggs, fish (cod, halibut, mackerel, salmon, trout, tuna), legumes (black beans, garbanzo beans, kidney beans), low-fat or nonfat dairy (milk, yogurt)

SOLUBLE FIBER
What it does: It speeds digestion and enhances nutrient absorption. Researchers at Wake Forest Baptist Medical Center link it to decreased visceral fat.
FOODS: Apples (fresh), bananas, barley, beans, Brussels sprouts, chicory, lentils, oats, oranges, pears (fresh), potatoes

MONounsaturated Fats
What they do: They might help reduce visceral fat, according to Rush University in Chicago. Limit total fat to no more than 30 percent of total calories, and avoid trans fats.
FOODS: Avocados, nuts, plant-based oils (canola, olive, peanut, sesame, sunflower), seeds (pumpkin, sesame, sunflower)

CATECHINS
FOODS: Green tea

APPLE CIDER VINEGAR
What it does: Research that associates acetic acid in apple cider vinegar to reduction in belly fat has sparked interest. Studies are limited, and health experts suggest that those who want to try it consume it in small diluted doses, such as in a vinaigrette, because the acidity can damage tooth enamel.
FOODS: Apple cider vinegar

As women reach menopause and estrogen levels decrease, body fat distribution changes—more fat is stored in the abdomen and less in other areas. As the waistline grows, so do the risks for heart disease, cancer, type 2 diabetes and dementia. Belly fat is made up of subcutaneous fat—the pinchable kind right beneath the skin—and visceral fat deep in the abdomen, cushioning organs. Belly fat, especially visceral fat, differs from fat in other areas of the body. If there’s too much of it, it can disrupt blood pressure, cholesterol and hormone balances. A waist circumference, measured at the navel level, of 35 inches or more is considered a sign of excessive visceral fat in women. For men, a 40-inch measurement indicates too much. Exercise and a diet that focuses on the following foods and nutrients can help fight belly fat.

FOODS WITH PROBIOTICS

As women reach menopause and estrogen levels decrease, body fat distribution changes—more fat is stored in the abdomen and less in other areas. As the waistline grows, so do the risks for heart disease, cancer, type 2 diabetes and dementia. Belly fat is made up of subcutaneous fat—the pinchable kind right beneath the skin—and visceral fat deep in the abdomen, cushioning organs. Belly fat, especially visceral fat, differs from fat in other areas of the body. If there’s too much of it, it can disrupt blood pressure, cholesterol and hormone balances. A waist circumference, measured at the navel level, of 35 inches or more is considered a sign of excessive visceral fat in women. For men, a 40-inch measurement indicates too much. Exercise and a diet that focuses on the following foods and nutrients can help fight belly fat.

FOODS WITH PROBIOTICS

As women reach menopause and estrogen levels decrease, body fat distribution changes—more fat is stored in the abdomen and less in other areas. As the waistline grows, so do the risks for heart disease, cancer, type 2 diabetes and dementia. Belly fat is made up of subcutaneous fat—the pinchable kind right beneath the skin—and visceral fat deep in the abdomen, cushioning organs. Belly fat, especially visceral fat, differs from fat in other areas of the body. If there’s too much of it, it can disrupt blood pressure, cholesterol and hormone balances. A waist circumference, measured at the navel level, of 35 inches or more is considered a sign of excessive visceral fat in women. For men, a 40-inch measurement indicates too much. Exercise and a diet that focuses on the following foods and nutrients can help fight belly fat.

FOODS WITH PROBIOTICS

As women reach menopause and estrogen levels decrease, body fat distribution changes—more fat is stored in the abdomen and less in other areas. As the waistline grows, so do the risks for heart disease, cancer, type 2 diabetes and dementia. Belly fat is made up of subcutaneous fat—the pinchable kind right beneath the skin—and visceral fat deep in the abdomen, cushioning organs. Belly fat, especially visceral fat, differs from fat in other areas of the body. If there’s too much of it, it can disrupt blood pressure, cholesterol and hormone balances. A waist circumference, measured at the navel level, of 35 inches or more is considered a sign of excessive visceral fat in women. For men, a 40-inch measurement indicates too much. Exercise and a diet that focuses on the following foods and nutrients can help fight belly fat.

FOODS WITH PROBIOTICS

As women reach menopause and estrogen levels decrease, body fat distribution changes—more fat is stored in the abdomen and less in other areas. As the waistline grows, so do the risks for heart disease, cancer, type 2 diabetes and dementia. Belly fat is made up of subcutaneous fat—the pinchable kind right beneath the skin—and visceral fat deep in the abdomen, cushioning organs. Belly fat, especially visceral fat, differs from fat in other areas of the body. If there’s too much of it, it can disrupt blood pressure, cholesterol and hormone balances. A waist circumference, measured at the navel level, of 35 inches or more is considered a sign of excessive visceral fat in women. For men, a 40-inch measurement indicates too much. Exercise and a diet that focuses on the following foods and nutrients can help fight belly fat.

FOODS WITH PROBIOTICS

As women reach menopause and estrogen levels decrease, body fat distribution changes—more fat is stored in the abdomen and less in other areas. As the waistline grows, so do the risks for heart disease, cancer, type 2 diabetes and dementia. Belly fat is made up of subcutaneous fat—the pinchable kind right beneath the skin—and visceral fat deep in the abdomen, cushioning organs. Belly fat, especially visceral fat, differs from fat in other areas of the body. If there’s too much of it, it can disrupt blood pressure, cholesterol and hormone balances. A waist circumference, measured at the navel level, of 35 inches or more is considered a sign of excessive visceral fat in women. For men, a 40-inch measurement indicates too much. Exercise and a diet that focuses on the following foods and nutrients can help fight belly fat.

FOODS WITH PROBIOTICS

As women reach menopause and estrogen levels decrease, body fat distribution changes—more fat is stored in the abdomen and less in other areas. As the waistline grows, so do the risks for heart disease, cancer, type 2 diabetes and dementia. Belly fat is made up of subcutaneous fat—the pinchable kind right beneath the skin—and visceral fat deep in the abdomen, cushioning organs. Belly fat, especially visceral fat, differs from fat in other areas of the body. If there’s too much of it, it can disrupt blood pressure, cholesterol and hormone balances. A waist circumference, measured at the navel level, of 35 inches or more is considered a sign of excessive visceral fat in women. For men, a 40-inch measurement indicates too much. Exercise and a diet that focuses on the following foods and nutrients can help fight belly fat.
Ahi Tuna Niçoise Salad

**Hands On** 20 minutes

**Serves** 2

- **¼ cup plus 2 Tbsp. Gustare Vita olive oil, divided**
- **2 Tbsp. Hy-Vee apple cider vinegar**
- **1 tsp. Hy-Vee Dijon mustard**
- **1 tsp. minced garlic**
- **½ tsp. Hy-Vee Mediterranean sea salt, plus additional to season tuna**
- **½ tsp. Hy-Vee black pepper, plus additional to season tuna**
- **2 (4-oz.) Ahi tuna steaks, cut 1¼ in. thick**
- **4 cups mixed salad greens**
- **⅔ cup fresh green beans, trimmed and steamed**
- **⅔ cup Hy-Vee Smart Bites baby blonde potatoes, halved and steamed**
- **⅔ cup yellow and red cherry tomatoes, halved**
- **2 Hy-Vee Short Cuts hard-boiled eggs, quartered**
- **2 Tbsp. Hy-Vee Greek Kalamata pitted black olives**

**Instructions**

1. **WHISK** together ¼ cup olive oil, vinegar, Dijon mustard, garlic, ½ tsp. salt and ½ tsp. pepper in a small bowl; set salad dressing aside.

2. **PAT** tuna dry with paper towels. Season with salt and pepper. Heat remaining 2 Tbsp. oil in a medium nonstick skillet over medium-high heat. Add tuna to skillet; cook for 1 to 2 minutes on each side or until desired doneness. Remove from skillet and slice.

3. **ARRANGE** salad greens, green beans, potatoes, tomatoes, eggs and olives on two serving plates. Top with tuna. Serve with dressing.

**Per serving:**

- 670 calories
- 48 g fat
- 7 g saturated fat
- 0 g trans fat
- 230 mg cholesterol
- 760 mg sodium
- 21 g carbohydrates
- 6 g fiber
- 6 g sugar (0 g added sugar)
- 39 g protein

**Daily Values:**

- Vitamin D 6%
- Calcium 10%
- Iron 20%
- Potassium 15%

This salad is just as flavorful using salmon (fully cooked) instead of the tuna.

**SMART SWAP**

This label is just as flavorful using salmon (fully cooked) instead of the tuna.

**TUNA COOKS IN LESS THAN 5 MINUTES!**

**belly busters**

**TRY THESE EASY-FIX COMBINATIONS TO MANAGE YOUR WAISTLINE.**

**1. Berry Citrus Green Tea**

Pour 6 cups boiling water over 3 Hy-Vee green tea bags in a 2-qt. measuring cup; cover and brew 5 minutes. Discard tea bags. While in 2 Tbsp. agave nectar and 2 Tbsp. fresh lime juice. Combine 2 cups Hy-Vee Short Cuts mixed berries and 1 cup fresh orange juice in a blender. Cover; blend until smooth. Strain mixture; add to tea mixture. Cover; chill 2 hours. Stir in 1 cup Hy-Vee Short Cuts mixed berries. Serve in ice-filled glasses with lime wedges. Serves 8.

**2. Roasted Brussels Sprouts & Apples**


**3. Pears & Yogurt**

Spoon Hy-Vee low-fat vanilla yogurt onto fresh pear slices. Sprinkle with Hy-Vee ground cinnamon and top with Hy-Vee slivered almonds, Hy-Vee pecan pieces or Hy-Vee lightly salted cashews, crushed.

**4. Savory Macadamia Nuts**

Preheat oven to 350°F. Line a large rimmed baking pan with parchment paper. Toss together 2 cups macadamia nuts, 1 Tbsp. Gustare Vita olive oil, 1 Tbsp. fresh rosemary and 1 tsp. Hy-Vee salt in a large bowl. Spread nuts on prepared baking pan. Bake 10 minutes or until nuts are lightly toasted, stirring once halfway through. Cool in pan on a wire rack before serving. Serves 16 (2 Tbsp. each).

**5. Skillet Orange Chicken Breasts**

Halve 2 (8-oz.) boneless, skinless chicken breast halves. Pound each piece to ¼-in. thickness. Sprinkle with ¼ tsp. each Hy-Vee garlic salt, Hy-Vee ground cumin and Hy-Vee black pepper. Sear chicken in 1 Tbsp. Gustare Vita olive oil in a skillet. Add ½ cup fresh orange juice. Cover; simmer 2 to 4 minutes or until done (165°F). Remove chicken. Combine ¼ cup fresh orange juice and 1 Tbsp. Hy-Vee cornstarch; add to skillet. Cook and stir 2 minutes. Serve over chicken. Serve 4.
Specialty recipes your pet will love.
WORKING OUT

Post-Baby

EXERCISE AFTER DELIVERY CAN IMPROVE PHYSICAL AND MENTAL HEALTH WHILE GETTING YOU BACK INTO A FITNESS ROUTINE.

The Basics

Pregnancy and birth are incredible moments in a woman’s life, even though the body has gone through stress and discomfort over the course of nine months. Resuming or starting light exercise post-pregnancy may alleviate some of the physical and mental stressors by strengthening weakened core muscles, boosting energy, relieving back pain and lowering stress levels. Before getting back into the swing of exercise, it’s important to listen to your doctor and your body. “Generally, women can get back to exercise within a few weeks of birth when they have had an uncomplicated pregnancy and delivery,” says Alex Dickinson, MD, ObGyn Physician at Unity Point. “Women who have Cesarean sections need a full six weeks to recover, and incisions need to be evaluated by a physician prior to any intense workouts. We suggest starting with light workouts for a short period of time, then increase the amount of time spent and intensity.”

WHAT TO KNOW

• Remember that your weight gain was a slow process over nine months, and healthy weight loss takes time. Aim to lose no more than one to two pounds a week, focusing on rebuilding strength and staying healthy.
• At your first post-pregnancy check-up, make sure you’re cleared for exercise before you begin a workout routine.
• C-section moms and moms who faced complications during pregnancy or childbirth require extra recovery time and may need to modify core workouts while their body heals.
• Nursing moms need more calories to produce enough milk. The National Institute of Child Health and Human Development recommends moderately active nursing moms need 2,000–2,200 calories per day, and active nursing moms require 2,200–2,400.
• Start with low-impact workouts and moderate-intensity exercise, such as walking for 30 to 60 minutes three to six days a week. It’s common to become sedentary while recovering from delivery, and overdoing it with tight and/or weak muscles and joints can lead to injury.
• Practice Kegel exercises (see page 110) to strengthen pelvic floor muscles, which weaken during pregnancy and childbirth. Also perform exercises that strengthen core muscles, glutes and hip flexors, which can pull on the lower back in the absence of core strength.
• Get your doctor’s go-ahead before starting any workout program. After you’re clear to exercise, let your doctor know which workouts you plan to do and how often.

Sources:
acefitness.org/education-and-resources/lifestyle/blog/3329/my-body-after-baby
ACE
acefitness.org/education-and-resources/lifestyle/blog/6638/postpartum-health
ACE
acewebcontent.azureedge.net/cp/pdfs/CertifiedNews/DecJan10Cert.pdf
ACE
ncbi.nlm.nih.gov/pmc/articles/PMC2650435/
NCBI
account.allinahealth.org/library/content/0/6579
Allina Health
ACOG

“Exercising postpartum has several benefits, including help with decreased energy and fatigue, preventing postpartum depression and helping strengthen muscles stretched out during pregnancy and delivery.”
—ALEX DICKINSON, MD, OB/GYN

healthy movement

Regular exercise has been shown to improve maternal cardiovascular fitness in lactating women without affecting milk production or composition or infant growth.

TOP MOM

OPT FOR LOW-IMPACT EXERCISES THAT ARE EASY ON JOINTS AND WORK ABDOMINAL AND LOWER-BACK MUSCLES.

Exercising around or with your children can lead to a healthy association with fitness. Start early and exercise often.

Exercising after delivery can improve physical and mental health while getting you back into a fitness routine.
PERFORM EACH MOVE FOR 3 SETS OF 20–30 SECONDS. REST 1 MINUTE BETWEEN SETS AND 1 MINUTE BETWEEN EXERCISES. STOP EXERCISING IF YOU FEEL PAIN OR DISCOMFORT.

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

2 Supine March
Lie on your back, knees bent and feet flat on the floor. Brace your core and raise one leg parallel to the floor, maintaining 90-degree bend at the knee. Return to starting position and alternate legs.

3 Plank
Starting with knees and forearms on floor, lift your torso off the floor while maintaining flat back and straight legs. Do not allow hips to dip.

4 Bird Dog
From hands and knees, engage core and maintain a flat back. Simultaneously extend the left leg and right arm until both are parallel to the floor. Return to starting position in a controlled motion. Repeat, lifting right leg and left arm.

5 Cat / Cow
On hands and knees, wrists below shoulders and knees below hips, draw belly toward spine and arch your back while lowering chin toward chest; hold for 5 seconds. Slowly drop belly toward floor while lifting chin and chest and moving shoulder blades inward; hold for 5 seconds.

6 Superman
Lie facedown with arms and legs fully extended. Simultaneously lift both arms and legs off the floor, keeping spine stable and aligned with head and neck. Slowly return to starting position.

Mom Moves
Learn how to perform more moves like these on Momentum at HSTV.com

low-impact movements

These moves focus on abdominal, back, hip and pelvic floor muscles, which may have weakened during pregnancy.

KEGELS
Tighten your pelvic floor muscles, holding contractions several seconds, then release.

HEEL SLIDES
Lie on your back, knees bent and feet flat on the floor. Slowly extend right leg, then slowly slide right heel back to starting position, aligning with opposite foot. Alternate.

THIGH LIFTS
Lie on your side with head resting on bent arm. Slowly lift your top leg to 45 degrees from the floor. Lower to starting position. Repeat with opposite leg.

PELVIC TILT
Lie on your back, knees bent and feet flat on the floor. Exhale, contract abdominal muscles and press lower back to floor and allow lower back to resume its natural arch.

WATCH AND LEARN AT HSTV.COM TODAY!

Mom Moves
Learn how to perform more moves like these on Momentum at HSTV.com

Warm up at least 10 minutes by stretching lower back, pelvis and thighs. Finish your workout with a 5-minute cooldown walk.

Mom Moves
Learn how to perform more moves like these on Momentum at HSTV.com

Step Mother
When pushing a stroller, retract shoulder blades with chest lifted to avoid hunching. Lift abs and keep wrists in a neutral position on the push bar.

EXERCISING AFTER BIRTH IS ASSOCIATED WITH DECREASED INCIDENCE OF POSTPARTUM DEPRESSION, WHICH AFFECTS 1 IN 9 AMERICAN WOMEN.

Sources:

acefitness.org/education-and-resources/lifestyle/blog/3329/my-body-after-baby
acefitness.org/fitness-certifications/ace-answers/exam-preparation-blog/3664/considerations-for-training-the-pre-and-postnatal-client

EXERCISING AFTER BIRTH IS ASSOCIATED WITH DECREASED INCIDENCE OF POSTPARTUM DEPRESSION, WHICH AFFECTS 1 IN 9 AMERICAN WOMEN.
A WHOLE NEW FRESH IS IN STORE.

JOE FRESH | HyVee.

Fresh produce. Fresh dairy. And now, Fresh fashion. Joe Fresh apparel is now available in select Hy-Vee stores near you. With casual clothing for the whole family, Joe Fresh has all the essentials you need to keep your wardrobe as fresh as your groceries.
Minute Beauty

ARE YOU TIME-STARVED IN THE MORNING? HERE ARE THE BEST PRODUCTS AND TIPS FOR GETTING HEALTHIER SKIN, PLUS A 10-MINUTE MAKEUP ROUTINE. SHOP AT HY-VEE FOR THE BEAUTY BRANDS YOU LOVE.

Rinse brush bristles after each use to ward off buildup.

It takes about a minute to wash your face in the morning if you’ve removed makeup and cleansed the night before. Wet your face with warm water, apply cleanser using circular motions for 20-30 seconds, rinse and dry with a clean cloth. No-rinse cleansers take even less time. Finish with moisturizer and sun protection, as needed.

1 GARNIER SKINACTIVE MICELLAR CLEANSING WATER

Molecules in micellar cleansing water pull dirt, oil and makeup from the skin, leaving skin fresh and clean—no rinse required!

2 CLEARASIL ACNE CONTROL TREATMENT CREAM

Benzoyl peroxide eliminates acne-causing bacteria and reduces flare-ups. Apply to clean skin. Follow with an oil-free moisturizer to prevent dry skin.

3 AMAZING SHINE APRICOT CAPSULES

Each capsule contains jasmine-scented oil with 5 mg of vitamin E and apricot to soften skin, fight wrinkles and shrink scars.

4 ANDALOU NATURALS BEAUTIFUL DAY CREAM

Apply to face and neck to hydrate and soothe sensitive or dry skin.

5 OLAY TOTAL EFFECTS CLEANSING WHIP

Remove dirt and grime for a deep clean and enhance moisturizer absorption.

6 ECOTOOLS FACIAL CLEANSING BRUSH

Super soft bristles deep clean pores and exfoliate.

7 BEAUTYTRIM PERSONAL HAIR TRIMMER

Dual blade system makes it easy to trim delicate areas around lips or brow line. Pack in your purse while traveling.
Put your best face forward even when time isn’t on your side. Start with no more than seven key products—keep them handy and near your bathroom sink. To fly through your morning routine, stay focused and use a timer. With a little practice you can master this routine in about 10 minutes.

1. COVER
Dot concealer to the back of your hand and apply a small amount to cover blemishes or under-eye shadows. Follow with foundation. Less is more when it comes to fast and even coverage; use as little makeup as possible. Apply with clean fingers, a makeup sponge or the application provided. Product Suggestion: Maybelline Fit Me Concealer, BareMinerals Instant Age Rewind Foundation, Neutrogena SkinClearing Concealer, BareSkin Liquid Foundation, L’Oreal True Match Concealer

2. EYE SHADOW
Save time and use only one, max of two, neutral shades, to add natural-looking dimension to your eyes. Product Suggestion: Smashbox 24 Hour Shadow Primer, bareMinerals Gen Nude Rose Eyeshadow Palette, Stila Glitter & Glow Liquid Eye Shadow

3. MASCARA + LINER
Brush on mascara to help eyes appear bigger and more awake—for days you’ve overslept. Liquid liner looks professional, but save it for when you aren’t cramped on time. Product Suggestion: CoverGirl Katy Kat Eyeliner, CoverGirl Super Thick Lash Mascara

4. BLUSH
Add a healthy glow to your face with blush. It’s easy to apply. Smile to find the apples of your cheeks and brush on a light application. Product Suggestion: bareMinerals Gen Nude Pink Me Up Powder Blush

5. BROWS
Full brows add dimension to your face and look healthy and youthful. Use a tinted brow gel for quick all-over application, or touch up sparse areas with a brow pencil. Product Suggestion: Billion Dollar Brows Universal Brow Pencil & Brow Gel

6. LIPS
Lipsticks and glosses can be applied now and go with you for touch-ups. Choose a favorite shade that goes with any palette or neutral choice for no-fuss application. Product Suggestion: CoverGirl SRS Enchantress Blush, L’Oreal Le Matte, Super Stay Matte Inks (tube and brush) Stila Stay All Day Lip Sticks, Neutrogena Moisturizing Smooth Color Sticks

7. SET ALL DAY
A ten-second spray of setting spray evenly across your finished face is all you need to keep your makeup in place all day long. Product Suggestion: e.l.f. Dewy Setting Mist, Smashbox Primer Water

10-minute makeup

Put your best face forward even when time isn’t on your side. Start with no more than seven key products—keep them handy and near your bathroom sink. To fly through your morning routine, stay focused and use a timer. With a little practice you can master this routine in about 10 minutes.

1. COVER
Dot concealer to the back of your hand and apply a small amount to cover blemishes or under-eye shadows. Follow with foundation. Less is more when it comes to fast and even coverage; use as little makeup as possible. Apply with clean fingers, a makeup sponge or the application provided. Product Suggestion: Maybelline Fit Me Concealer, BareMinerals Instant Age Rewind Foundation, Neutrogena SkinClearing Concealer, BareSkin Liquid Foundation, L’Oreal True Match Concealer

2. EYE SHADOW
Save time and use only one, max of two, neutral shades, to add natural-looking dimension to your eyes. Product Suggestion: Smashbox 24 Hour Shadow Primer, bareMinerals Gen Nude Rose Eyeshadow Palette, Stila Glitter & Glow Liquid Eye Shadow

3. MASCARA + LINER
Brush on mascara to help eyes appear bigger and more awake—for days you’ve overslept. Liquid liner looks professional, but save it for when you aren’t cramped on time. Product Suggestion: CoverGirl Katy Kat Eyeliner, CoverGirl Super Thick Lash Mascara

4. BLUSH
Add a healthy glow to your face with blush. It’s easy to apply. Smile to find the apples of your cheeks and brush on a light application. Product Suggestion: bareMinerals Gen Nude Pink Me Up Powder Blush

5. BROWS
Full brows add dimension to your face and look healthy and youthful. Use a tinted brow gel for quick all-over application, or touch up sparse areas with a brow pencil. Product Suggestion: Billion Dollar Brows Universal Brow Pencil & Brow Gel

6. LIPS
Lipsticks and glosses can be applied now and go with you for touch-ups. Choose a favorite shade that goes with any palette or neutral choice for no-fuss application. Product Suggestion: CoverGirl SRS Enchantress Blush, L’Oreal Le Matte, Super Stay Matte Inks (tube and brush) Stila Stay All Day Lip Sticks, Neutrogena Moisturizing Smooth Color Sticks

7. SET ALL DAY
A ten-second spray of setting spray evenly across your finished face is all you need to keep your makeup in place all day long. Product Suggestion: e.l.f. Dewy Setting Mist, Smashbox Primer Water
A NEW TWIST ON TACO NIGHT!
GREEN GIANT+ORTEGA=OLÉ!

Put a twist on taco night with our easy taco bake that’s ready to pop in the oven in just 10 minutes. Deliciously crisp Green Giant® Veggie Tots on top make it easy to sneak in some extra veggies!

**INGREDIENTS**
- 1/4 pounds ground beef
- 1 package Ortega® Taco Seasoning
- 1 cup chopped tomato
- 1 cup Green Giant® Whole Kernel Sweet Corn drained
- 1/4 cup sliced pitted ripe olives (optional)
- 1 cup shredded Mexican blend cheese
- 1 14-ounce package Green Giant® Cauliflower Veggie Tots
- 1 (16-ounce) bottle Ortega® Taco Sauce

**INSTRUCTIONS**

*Step 1:* Preheat oven to 425°F. Brown ground beef in large skillet and drain. Stir in Ortega® Taco Seasoning and 1/4 cup water and simmer 10 minutes.
*Step 2:* Turn ground beef mixture into 9-inch baking dish. Top with tomato, corn, olives then cheese. Evenly arrange Green Giant® Cauliflower Veggie Tots over mixture.
*Step 3:* Bake 20 minutes or until bubbling and tets are golden brown.
*Step 4:* Garnish with additional tomato, olives, cheese and green onion if desired.
*Step 5:* Drizzle with Ortega® Taco Sauce before serving.

Prep Time 10 min / Total Time 20 min / Servings 4

Visit Greengiant.com for more delicious recipes!

---

DELICIOUS ANY WAY YOU SLICE IT
A GLUTEN-FREE PIZZA THAT ACTUALLY TASTES LIKE PIZZA

Freschetta Gluten Free Pizza: select varieties 16.97 to 18 oz. 6.99

---

Edwards Creme Pie: select varieties 23.5 to 36 oz. 4.99

---

© 2019 Schwan’s Consumer Brands, Inc. All rights reserved.
### GET THE GOODS

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Size/Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crystal Farms Beef or Chicken</td>
<td>2.99</td>
<td>24 oz. or 24 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jimmy Dean Ham Baked/Smoked</td>
<td>2.99</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crystal Farms Pork or Ham</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breaded Chicken</td>
<td>2.99</td>
<td>16 oz. or 16 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fast Track Frozen Beef or Chicken</td>
<td>2.99</td>
<td>24 oz. or 24 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Griller</td>
<td>2.99</td>
<td>23.9 oz. or 23.9 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Meat</td>
<td>2.99</td>
<td>12 oz. or 12 oz.</td>
</tr>
<tr>
<td>Select varieties</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## FRIDAY, SEPTEMBER 6:
4 P.M. TO 7 P.M.
SATURDAY, SEPTEMBER 7:
11 A.M. TO 2 P.M.

<table>
<thead>
<tr>
<th>Meat</th>
<th>Seafood</th>
<th>Hickory House</th>
<th>Italian</th>
<th>Chinese</th>
<th>Bakery</th>
<th>Grocery</th>
<th>Frozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat District Burgers</td>
<td>Cod Steamer Meal</td>
<td>Boneless Wings</td>
<td>Calzones</td>
<td>NORI Sushi Crispy &amp; Crunchy Rolls</td>
<td>Pumpkin Bread</td>
<td>Mondelez Oreos</td>
<td>Tyson Air-Fried Chicken</td>
</tr>
</tbody>
</table>

## FRIDAY, SEPTEMBER 13:
4 P.M. TO 7 P.M.
SATURDAY, SEPTEMBER 14:
11 A.M. TO 2 P.M.

<table>
<thead>
<tr>
<th>Meat</th>
<th>Seafood</th>
<th>Hickory House</th>
<th>Italian</th>
<th>Chinese</th>
<th>Bakery</th>
<th>Grocery</th>
<th>Frozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>True Boneless Chicken Breasts &amp; Smithfield Eckrich Sausage</td>
<td>Fresh Stebel Fish Atlantic Salmon</td>
<td>Pulled Pork</td>
<td>Garlic Cheesebread &amp; Medium Pizza</td>
<td>Heat &amp; Eat Chinese Entrée</td>
<td>Pumpkin Bars</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## FRIDAY, SEPTEMBER 20:
4 P.M. TO 7 P.M.
SATURDAY, SEPTEMBER 21:
11 A.M. TO 2 P.M.

<table>
<thead>
<tr>
<th>Meat</th>
<th>Seafood</th>
<th>Hickory House</th>
<th>Italian</th>
<th>Chinese</th>
<th>Bakery</th>
<th>Grocery</th>
<th>Frozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gourmet Chicken Griller Patties</td>
<td>Shrimp Steamer Meals for Fajitas</td>
<td>Jennie-O Rotisserie Turkey Breast</td>
<td>Chicken Fettuccine Alfredo</td>
<td>Walnut Shrimp Entrée</td>
<td>Breakfast Bar Coffee Cake</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## FRIDAY, SEPTEMBER 27:
4 P.M. TO 7 P.M.
SATURDAY, SEPTEMBER 28:
11 A.M. TO 2 P.M.

<table>
<thead>
<tr>
<th>Meat</th>
<th>Seafood</th>
<th>Hickory House</th>
<th>Italian</th>
<th>Chinese</th>
<th>Bakery</th>
<th>Grocery</th>
<th>Frozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>West Coast IPA LTO Brats</td>
<td>Cheating Gourmet Shrimp Entrées</td>
<td>Boneless Wings</td>
<td>Single-Topping Medium Pizza Italian</td>
<td>Asian Dips and Wonton Chips</td>
<td>Pumpkin Muffins</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**Samples**

**EXPLORE OUR FLAVORS**

Taste your way through Hy-Vee every Friday and Saturday through the month of September.

- **Meat**: West Coast IPA LTO Brats, Cheating Gourmet Shrimp Entrées, Jennie-O Rotisserie Turkey Breast
- **Seafood**: Shrimp Steamer Meals for Fajitas, Cheating Gourmet Shrimp Entrées, Hickory House Boneless Wings
- **Hickory House**: Boneless Wings, Jennie-O Rotisserie Turkey Breast, Hickory House Boneless Wings
- **Italian**: Chicken Fettuccine Alfredo, Walnut Shrimp Entrée, Asian Dips and Wonton Chips
- **Chinese**: Heat & Eat Chinese Entrée, Asian Dips and Wonton Chips, Heat & Eat Chinese Entrée
- **Bakery**: Breakfast Bar Coffee Cake, Pumpkin Bars, Pumpkin Muffins
- **Frozen**: Tyson Air-Fried Chicken, Tyson Air-Fried Chicken, Nestlé Outsiders Pizza

---

**Rice Krispies Treats, made with…**

© ™ & © 2019 Kellogg NA Co.
GET A FLU SHOT

20¢ OFF PER GALLON

NO APPOINTMENT NECESSARY.
HIGH DOSE AND QUADRIVALENT AVAILABLE.

FUEL SAVER OFFER AVAILABLE TO ALL FLU SHOT RECIPIENTS.
SEE PHARMACY OR HY-VEE.COM FOR DETAILS. RESTRICTIONS APPLY.