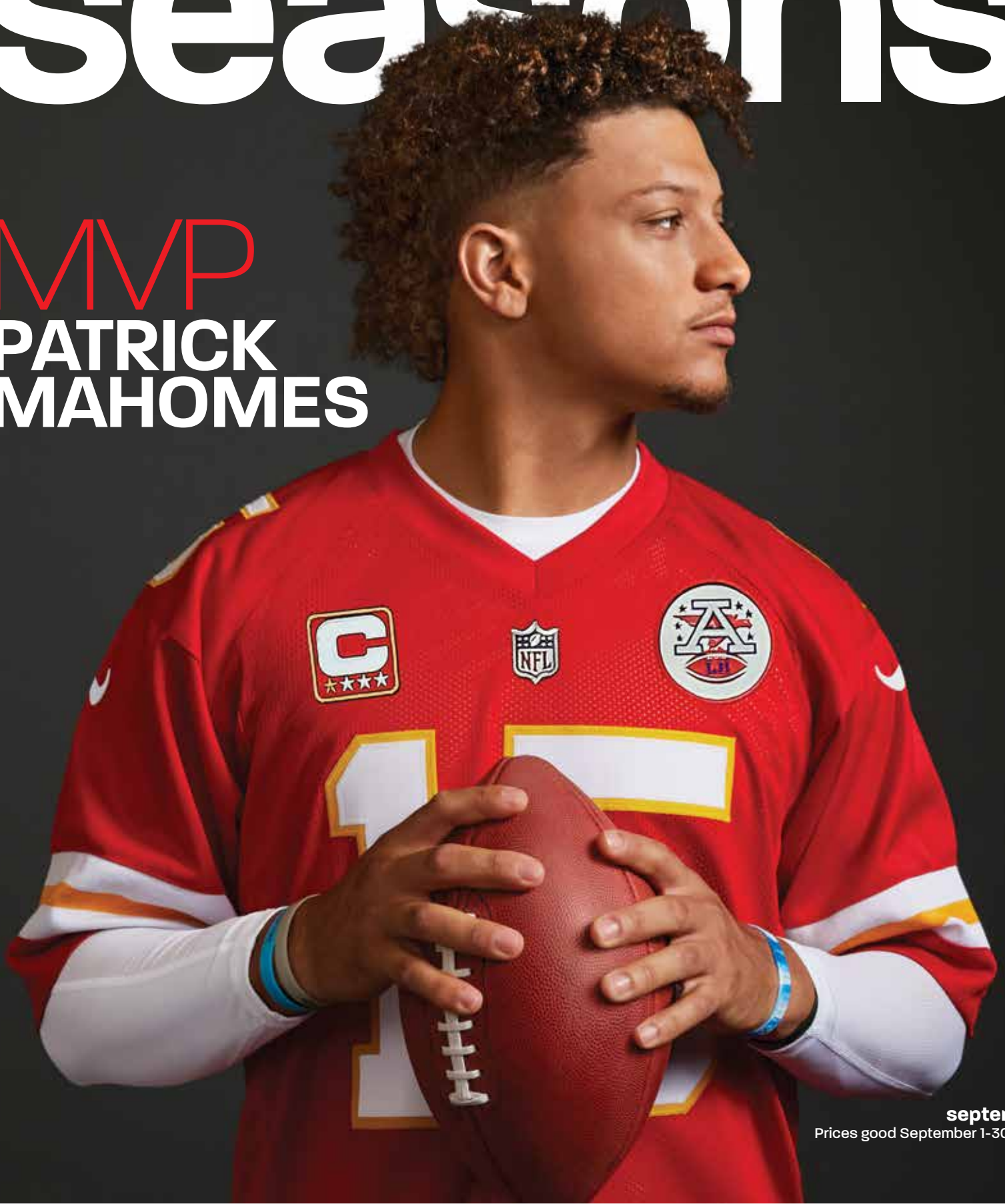


Hy-Vee® seasons

FOOD | LIFE | HEALTH

MVP
PATRICK
MAHOMES



september
Prices good September 1-30, 2019

NEW DI LUSO® Sweet Heat Chicken



Hand-trimmed and crafted with integrity, our new Sweet Heat Chicken is made with 100% premium breast meat.

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DELI COMPANY

Di Lusso Premium Thin
Sliced Sweet Heat Chicken
8.99 lb.

SERVING
SUGGESTION

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SEPTEMBER 2019 food



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Take care of yourself even when time is limited.



DONNA TWEETEN
EXECUTIVE VICE PRESIDENT,
CHIEF MARKETING OFFICER,
CHIEF CUSTOMER OFFICER

September is here. Ready to get your game on? We hope this issue of *Hy-Vee Seasons* stokes your excitement for all things football! See what Kansas City Chiefs quarterback and NFL MVP Patrick Mahomes is up to, *page 72*. Score recipes for tailgating, plus ready-made football-watching eats to pick up at Hy-Vee, *page 10*.

For quick (30 minutes, tops) dinner ideas, head to *page 36*, then learn how to save money on meal staples with That's Smart!-label foods, *page 46*.

Mums are filling Hy-Vee garden centers—see beautiful ways to decorate with them, *page 86*. Find guides to manage busy back-to-school schedules on *page 82*, and for staying healthy, *page 92*.

Enjoy the flavors of fall, beginning now!

FOLLOW US...



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ALWAYS BE CELEBRATING



OFFICIAL SOFT DRINK OF THE NATIONAL FOOTBALL LEAGUE

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aisles

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

THIS MONTH:
4 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.



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!



now trending

BARBECUE

Saucy, 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.



brand highlight

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!



Delizioso! Gustare Vita tasting oil, pesto and pasta sauce.



4 ON THE FLOOR

STOP IN AT HY-VEE TO CHECK OUT THE LATEST AND GREATEST PRODUCTS FROM VARIOUS DEPARTMENTS.

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.

FREEZER
Raised & Rooted Nuggets



New! Tasty 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.

PRODUCE
Columbine Grapes



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



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 | GAME TIME paper napkins 7 | SIMPLY DONE all-purpose lighter 8 | WEBER 22-in. kettle charcoal grill 9 | TOASTMASTER 1.5-qt. slow cooker 10 | GAME TIME melamine platter 11 | QUAD COLLEGIATE folding chair 12 | HOT HANDS hand or toe warmers 13 | TAILGATING kitchen towels 14 | REFEREE SHIRT plastic tray

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?).



Lay's Flamin' Hot Dill Pickle Spicy chips pack heat with a hint of tangy dill pickle.



Planters Mixed Nuts Lightly salted peanuts, almonds, cashews, hazelnuts & pecans.



Smartfood Popcorn Light, air-popped with real Cheddar cheese.



Keebler Fudge Stripes Shortbread cookies with rich fudgy chocolate stripes.

BEAUTY



pro tip:
BREW FOR SHINE

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

—Courtney Dettmer
Beauty & Basin Manager
Hy-Vee, Urbandale, Iowa



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

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



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

takes
the
cake

DESSERT BY DESIGN

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

(and edible) creations that are possible when you purchase a custom cake from Hy-Vee. See photos *below*, and visit *Cake This!* at *HSTV.com*



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.



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**BEST
 EVER**
 TOMATO KETCHUP



NEW!



Hunt's BEST EVER
 Tomato Ketchup
 38 oz.
 2.49

*COMPARED TO HUNT'S® TRADITIONAL KETCHUP

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food



**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
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Go Big OR GO HOME

FALL AND FOOTBALL GO TOGETHER. MAKE THE NEXT GAME MEMORABLE WITH A TAILGATE PARTY—AT THE STADIUM OR IN YOUR BACKYARD!



try
this

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

7

HY-VEE HANDOFFS

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

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 Tsao, 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.

Hy-Vee
seasons 

Watch and learn
at HSTV.com today!



HOW TO BE THE MVP

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

GEAR UP FOR GAME DAY

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



HOME TEAM SPIRIT

Show your support for your favorite college team. Hy-Vee has a great selection of college sports apparel and accessories for your state.



Quality team apparel for gameday.



Drink bottles keep cold drinks cold, hot drinks hot.



A lightweight cooler makes transport easier.



Portable folding chairs are comfy and convenient.



Keep hands warm—even when holding a cold one.



Snuggle in the stands under a warm throw blanket.



A Guide to Tailgate Grilling

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

Don't skimp on charcoal. Keep the coals burning throughout grilling.

Start fire the easy way—with newspapers, charcoal and a chimney starter.

Clean is keen. Get the grill hot, scrape clean, then wipe with oil before grilling.

In the zone. Bank up coals to separate direct heat for grilling from indirect heat for warming.

Midwest Tailgate Traditions

ILLINOIS
Pregame fan fest with local bands and bouncy houses for kids; fans form an "Illini Walk" to cheer players as they enter the stadium.

MINNESOTA
Fans join marching band, booster clubs and mascot to form a tunnel of maroon and gold for players to walk through.

IOWA
Family-friendly activities and marching band performance, plus all-you-can-eat-and-drink buffet in Hawkeye Village.

NEBRASKA
Unity Walk with players and marching band warms up before heading to stadium; tailgating spills over to neighborhood bars.

WISCONSIN
Badger Bash features food, live music, and games; tailgaters compete to be "tailgate of the game" on video scoreboard.

KANSAS STATE
Tours of the Hall of Athletics; shuttles to Aggieville, a six-block stretch of bars for pregame festivities.

SOUTH DAKOTA
Coyote Tailgate Nation features fan-friendly environment, including Yippin' Yotes Kid Zone.

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

STAND-UP ROUTINE
Hot dog! People are gonna like 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 (HIGH) or 6 hours (LOW) plus 20 minutes
Serves 24

- 1 (15-oz.) can Hy-Vee black beans, drained and rinsed
- 1 (15-oz.) can Hy-Vee kidney beans, drained and rinsed
- 1 (15-oz.) can Hy-Vee cannellini beans, drained and rinsed
- 1 (15-oz.) can baked beans
- 1 (15-oz.) can Hy-Vee tomato sauce
- 1 (14.5-oz.) can fire-roasted diced tomatoes
- 1 (15.25-oz.) can That's Smart! whole kernel golden corn, drained
- 1 (.5-lb.) container Hy-Vee Short Cuts chopped red onions
- 1 (.5-lb.) container Hy-Vee Short Cuts chopped tricolor peppers
- 1 (1-oz.) packet Hy-Vee chili seasoning
- 1 Tbsp. minced garlic
- 2 tsp. Hy-Vee Worcestershire sauce
- 24 jumbo beef franks
- 24 Hy-Vee Bakery hot dog buns
- Desired toppings: Hy-Vee sour cream, bottled hot sauce, sliced green onions, sliced jalapeño pepper, chopped avocado and/or shredded Colby Jack cheese

1. COMBINE beans, tomato sauce, diced tomatoes, corn, red onions, tricolor peppers, chili seasoning, garlic and Worcestershire sauce in a 5-qt. slow cooker. Cover and cook on HIGH heat for 3 hours or on LOW heat for 6 hours.

2. MEANWHILE, preheat a charcoal or gas grill for direct cooking over medium heat. Grill hot dogs for 7 to 9 minutes or until heated through, turning occasionally. Add hot dogs to slow cooker. Serve in buns topped with chili and desired toppings.

Per serving: 400 calories, 17 g fat, 6 g saturated fat, 0 g trans fat, 35 mg cholesterol, 1,090 mg sodium, 49 g carbohydrates, 3 g fiber, 81 g sugar (0 g added sugar), 16 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 6%

GLAD-HANDERS

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



↑
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.



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

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



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

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



Lightly coat the insides of buns with butter, then toast on the grill for 10 seconds or until golden brown.

↓
PINEAPPLE BRAT PATTY
Serve this fresh pineapple bratwurst burger with grilled pineapple slices, barbecue sauce, lettuce, red onion and a Hy-Waiian bun.



→
COWGIRL BACON-WRAPPED CHICKEN GRILLER
Serve on a Hy-Waiian bun with green bell pepper slices, Italian parsley and mayo.



↑
PURE BEEF BURGER
Pair this 100-percent-pure, 93-percent-lean ground beef patty with a pretzel bun, Cheddar cheese, tomato, pickles, mustard and ketchup.



←
BOCA ALL-AMERICAN FLAME-BROILED VEGGIE BURGER
Add spinach, fresh mozzarella cheese, roasted red pepper slices and pesto; serve on a pretzel bun.



pro tip: DRESS FOR SUCCESS

Get creative and go international with condiments. Tunisian harissa, Chinese hoisin sauce, Korean gochujang, Italian pesto and Greek tzatziki are great condiments to taste the world from the comfort of your favorite tailgating party. Don't be afraid to mix your favorite condiments to come up with something delicious and unique. Two of my favorites are Sriracha mixed with ranch; and mayonnaise mixed with barbecue sauce."

—Alex Strauss
Chef
Hy-Vee, West Des Moines, Iowa

←
WAHLBURGER
Enjoy a Wahlburger—available in the Hy-Vee Meat Department and made with the same signature blend of beef found in Wahlburgers restaurants—topped with tomato, lettuce and American cheese and served on a wheat bun.



wahlburgers

5 SNAP-PY SNACKS

from General Mills

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

Pull-Apart Spinach Rolls

Preheat oven to 375°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. Cut **string cheese** into football “laces” and place on top of rolls. Bake 5 minutes more or until cheese starts to melt. Serves 16 (2 rolls each).



2 (8-oz. each) containers refrigerated Pillsbury crescent rolls

+

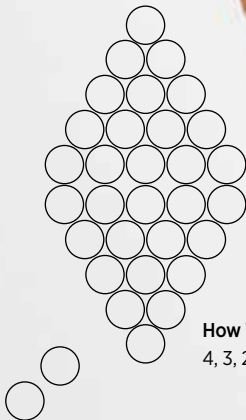


1 (10-oz.) container Hy-Vee spinach-artichoke dip

+



6 sticks Hy-Vee mozzarella string cheese



How To Build Football Shape: Place 2 rows of 5 each in the center, surround by rows of 4, 3, 2 and 1 rolls. Fill gaps with remaining 2 rolls.

See How It's Done
Our videos outline how to make football pull-apart spinach rolls and pizza roll nachos.



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



1 (12.2-oz.) box peanut butter Chex cereal, divided

+



1½ cups Hy-Vee powdered sugar

+



1½ cups Hy-Vee semisweet chocolate chips

+



½ cup Hy-Vee salted butter

+



1 cup mini M&M's

Peanut Butter-Chocolate Chow

Place **powdered sugar** in a large resealable plastic bag; set aside. Place **chocolate chips** and **butter** in a small microwave-safe bowl. Microwave on HIGH at 30-second intervals until melted, stirring as needed. Place 6 cups **cereal** in a large bowl. Pour chocolate mixture over cereal, stirring until well-coated. Spoon cereal mixture into powdered sugar-filled bag. Seal bag and shake until all cereal is coated with powdered sugar. Transfer to a large bowl. Toss in remaining 2 cups **cereal** and **mini M&M's**. Serves 32 (¼ cup each).



1 (71-oz.) box Old El Paso Stand 'n Stuff taco shells, divided

+



2 Tbsp. plus 1 tsp. Old El Paso taco seasoning mix

+



1 Hy-Vee large egg

+



1 (1-lb.) pkg. 85%-lean ground beef

+



2½ oz. Hatch pepper cheese, cut into 24 (½-in.) cubes

Cheese-Stuffed Taco Meatballs

Preheat oven to 425°F. Line a rimmed baking pan with parchment paper; set aside. Place 3 **taco shells** in a large resealable plastic bag; seal and crush with a rolling pin into fine crumbs. Combine **ground beef**, **egg**, **taco shell crumbs** and **taco seasoning** mix in a medium bowl. Scoop mixture into 1-in. balls. For each, press 1 cube of **cheese** into the center; press meat around cheese to seal, then roll into a smooth ball. Place remaining 12 taco shells in same resealable 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.



2½ cups original flavor Bugles

+



½ tsp. Hy-Vee garlic powder

+



½ tsp. smoked paprika

+



½ tsp. Hy-Vee black pepper

+



½ cup Hy-Vee all-purpose flour

+



2 Hy-Vee large eggs, lightly beaten

+



1 medium white onion, cut into ¼-in. rings

Crispy Air-Fried Onion Rings

Preheat air-fryer to 375°F. Place **Bugles**, **garlic powder**, **smoked paprika** and **pepper** in a food processor. Cover and process until finely ground. Transfer mixture to a shallow bowl. Place **flour** in another shallow bowl and beaten **eggs** in a third shallow bowl. Dip onion rings, one at a time, into flour then immediately into beaten eggs and then into Bugles mixture, coating well. For a thicker coating, repeat dipping process. Place onion rings in single layer on air-fryer basket. Air-fry 3 to 5 minutes or until crispy. Repeat with remaining onion rings. Serves 4.



1 (24.8-oz.) bag Totino's triple pepperoni pizza rolls

+



½ cup Hy-Vee pizza sauce, warmed; divided

+



½ cup Hy-Vee sliced ripe olives, divided

+



½ cup Hy-Vee Short Cuts chopped green bell peppers, divided

+



1 cup Hy-Vee shredded mozzarella cheese, divided

Pizza Roll Nachos

Preheat oven to 425°F. Line a baking pan with parchment paper. Spread **pizza rolls** in a single layer on prepared baking sheet. Bake for 10 to 12 minutes or until crispy. Push half the pizza rolls toward the center of the pan until touching. Spoon half the **pizza sauce** on pizza rolls. Sprinkle with half of the **olives**, **bell peppers** and **cheese**. Pile remaining pizza rolls on top. Spoon remaining pizza sauce on pizza rolls. Sprinkle with remaining olives, bell peppers and cheese. Bake for 2 to 3 minutes or until cheese is melted. Serves 8.



STADIUM SUPERSTARS

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!

spiked berry lemonade

Place 2 cups Hy-Vee Short Cuts mixed berry blend in a pitcher; muddle using a wooden spoon. Add 4 cups Hy-Vee lemonade, 1½ cups Row vodka and 1 lemon, sliced. Serve immediately or cover and refrigerate up to 24 hours. Serve in ice-filled glasses. Garnish with additional berries and lemon slices, if desired. Serves 6 (8 oz. each).

Short
CUTS



bloody 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).

MAKE AHEAD
Chill Bloody Mary mix in an airtight container up to two days; add vodka before serving.

pitcher tequila mojitos

Combine 1 cup fresh mint leaves and ½ cup Hy-Vee granulated sugar in a pitcher. Using a wooden spoon or muddler, muddle mixture to release oils from mint leaves. Squeeze juice from wedges of 3 limes into pitcher; add wedges and 1 cup Altos silver tequila. Continue muddling and stirring until sugar dissolves. Cover and refrigerate at least 2 hours or up to 24 hours. To serve, gently stir in 3 cups Hy-Vee club soda. Serve in ice-filled glasses. Garnish with additional mint, if desired. Serves 4 (8 oz. each).



iced coffee and rum

Combine 16 oz. brewed espresso, cooled; 2 oz. simple syrup; 4 oz. Cross Keys rum; and 4 oz. Irish cream liqueur in a pitcher. Serve in ice-filled glasses. Serves 4 (6 oz. each).



apple cider sangrias

Combine 1 (750-ml.) bottle Barefoot pinot grigio, 2 cups Hy-Vee 100% apple cider and 1 cup E&J brandy in a pitcher. Add 1 cored and sliced Honeycrisp apple, 1 cored and sliced Granny Smith apple and 1 navel orange, cut into wedges. Cover and refrigerate at least 2 hours or up to 24 hours. To serve, add 2 (12.7-oz.) bottles ginger beer; stir gently. Serve in ice-filled glasses. Garnish with cinnamon sticks, if desired. Serves 12 (6 oz. each).



8 Sideline Sips

Caps off to some real smile openers: Hy-Vee has an impressive collection of craft beers and boutique wines.

BEERS

1. SIERRA NEVADA HAZY LITTLE THING IPA
2. TOPPLING GOLIATH PSEUDO SUE PALE ALE
3. FIRESTONE WALKER MIND HAZE IPA
4. ODELL BREWING CO. MOUNTAIN STANDARD IPA

WINES

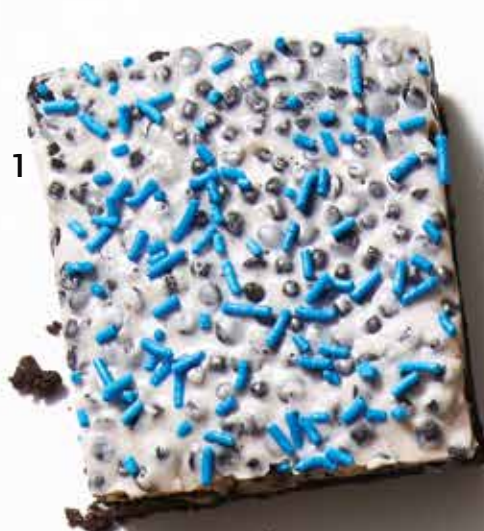
5. HOUSE WINE RED WINE BLEND
6. DARK HORSE PINOT GRIGIO
7. CUPCAKE SAUVIGNON BLANC
8. BAREFOOT ROSÉ

Tailgate Hacks

Did you forget your bottle opener? Our video shows how to open a beer bottle without one.



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



10

Betty Crocker BROWNIE BLITZES

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&M's
- 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 cheesecake filling + Hy-Vee apricot preserves + chopped Hy-Vee dried apricots
- 9 Fresh raspberries + pistachios + sea salt flakes
- 10 Hy-Vee mini marshmallows + Zöet milk chocolate bar + Hy-Vee honey graham

Find complete recipes at hy-vee.com/recipes-ideas

— ENTER TO — GEAR UP FOR GAME DAY

Register

at WeAreTailgateNation.com/Register

SCAN

the Tailgate Nation logo or participating logos

UNLOCK

chances to win the Ultimate Tailgate Party, games, gift cards and more!



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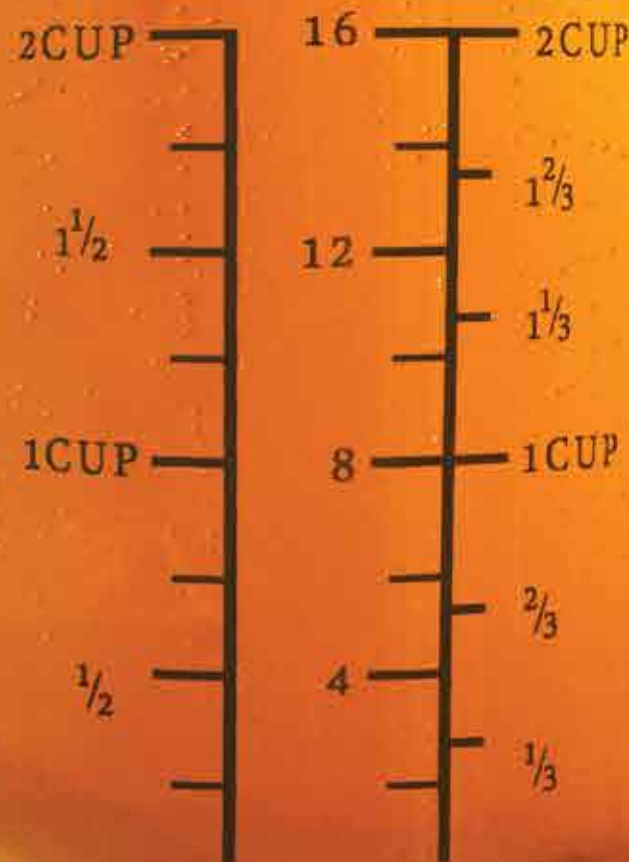
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POUR IN THE FLAVOR

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



BEER
USED

GUINNESS STOUT

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

BBQ Stout 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%



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.



BEER
USED

**SAMUEL ADAMS
BOSTON LAGER**
Toasty, caramel
malt flavor adds
depth to sweet
and salty oven-
roasted nuts.



Pilsner & Pimiento Mac 'n' Cheese

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.



BEER
USED

**PILSNER
URQUELL**

Crisp, refreshing
and fruity pilsner
stands up well
to pasta, mild
cheeses, sausage
and pimientos.



BEER
USED

BELL'S TWO HEARTED ALE
Bright and bracing IPAs
cut richness and perk up
flavors of braised meats.

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
¼ 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
½ cup That's Smart! hickory barbeque sauce
1 tsp. ground turmeric
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 barbeque sauce, turmeric and remaining ½ cup beer. Brush 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, 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%

Source: [sciencedirect.com/science/article/pii/S1878450X16300427](https://www.sciencedirect.com/science/article/pii/S1878450X16300427)



Does Alcohol Cook Out?

Not all alcohol cooks out of food. The amount remaining depends on cooking method, duration and the amount of alcohol in the recipe. One study showed as much as 2.62 percent alcohol remaining in recipes using beer.

Oktoberfest In September?

Originally held entirely in October, the festival celebrating beer, food and German culture eventually grew to include a swath of September. Revelers said “Prost!” (that’s German for “Cheers!”) to being outdoors in the warmer temperatures of September.



BEER
USED

DESCHUTES BLACK BUTTE PORTER

Enhance rich desserts with chocolate, coffee and burnt sugar flavor.

Apricot & Pecan Chocolate-Porter Cookies

Hands On 1 hour

Total Time 1½ hours plus chilling time
Makes 36 cookies

1 cup Deschutes Black Butte porter
1 cup Hy-Vee unsalted butter, softened
1 cup packed Hy-Vee brown sugar
¾ cup plus 2 Tbsp. Hy-Vee granulated sugar
1 tsp. Hy-Vee baking powder
½ tsp. Hy-Vee salt
2 Hy-Vee large eggs
2 Tbsp. Hy-Vee heavy cream
2 tsp. Hy-Vee vanilla extract

¼ cup Hy-Vee baking cocoa
2 cups Hy-Vee all-purpose flour
1 cup Hy-Vee pecan pieces, divided
1 cup Hy-Vee dried apricots, chopped; divided
½ cup chocolate chunks
Kosher salt, for garnish

1. SIMMER porter over low heat in a saucepan for 20 minutes or until reduced to ½ cup. Cool for 20 minutes.

2. PLACE butter in a large bowl. Beat with an electric mixer on medium for 30 seconds. Add brown sugar, granulated sugar, baking powder and salt. Beat in eggs, cream, vanilla

and cooled porter. Beat in baking cocoa and as much flour as you can with the mixer. Stir in remaining flour, ¾ cup of the pecans, ¾ cup of the apricots and the chocolate chunks. Cover; refrigerate 1 hour.

3. PREHEAT oven to 350°F. Shape dough into 1½-in. balls; gently roll in remaining pecans and apricots. Place balls 2 in. apart on ungreased cookie sheets. Bake 10 to 12 minutes or until edges are set. Cool on a wire rack. Sprinkle with kosher salt, if desired.

Per cookie: 160 calories, 9 g fat, 4 g saturated fat, 0 g trans fat, 25 mg cholesterol, 55 mg sodium, 20 g carbohydrates, 1 g fiber, 11 g sugar (8 g added sugar), 2 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%

KNOW YOUR CRAFT BEERS

ALE: An ancient brewing style with faster fermentation that results in fruity, spicy, herbal or flowery notes. Ales are traditionally more flavorful and fuller bodied than lagers.

Pale Ale



American pale ale is milder, less bitter and less alcohol by volume (ABV) than IPA.

Best uses:

- Braised pork, creamy potato soup
- Pair with cheese

India Pale Ale



Popular styles: bitter West Coast, juicy and hazy New England, roasty black IPA.

Best uses:

- Baby-back ribs, barbecue baked beans
- Pair with blue cheese

Wheat Beer



Belgium with coriander and orange peel, German with aromas of banana and clove.

Best uses:

- Seafood, chicken
- Pair with Mexican and Indian food

Porter



Dark and full-bodied, made from dark-roasted malts; originated in England.

Best uses:

- Beef, lamb, venison
- Pair with roasted or grilled meats

Stout



Pronounced porter with bitter hops and roasty black malts.

Best uses:

- Pot roast, soups, stews
- Pair with hearty Irish cheeses, salty foods

LAGER: A slower brewing process that can take weeks or months. The longer fermentation leads to a crisper and cleaner taste with less of the subtle flavor notes of ale.

Pilsner



A light-bodied lager in German, Czech and American styles.

Best uses:

- Beer bread, beer-battered onion rings
- Pair with salad, chicken

Amber Lager



A medium-bodied lager featuring both malt and hops for caramel flavor.

Best uses:

- Cajun shrimp, beef stew
- Pair with salad, mild cheeses, dessert

California Common



Effervescent and slightly fruity; lager yeast fermented like ale; AKA steam beer.

Best uses:

- Beer-braised pork
- Pair with pork loin or Feta cheese

Dunkel



Dark lager, typically amber to dark reddish brown, with smooth, malty flavor.

Best uses:

- Roasted root vegetables and pork dishes
- Pair with sausages

Doppelbock



Stronger version of bock beer, originally made by monks in Germany.

Best uses:

- Barbecue sauce
- Pair with pork, ham or bold cheeses



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Conquer your morning with a cup of goodness



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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 bruising 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.



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

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



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.

sauced

Cook several apple varieties in a small amount of apple cider. Sweeten with brown sugar and add desired amount of cinnamon. Cook until apples are tender. Cool, then blend or process until smooth.

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

LOOK FOR
TOP-BRAND SLOW
COOKERS, LIKE
HAMILTON BEACH,
AT HY-VEE.

SLOW-COOKING MORE
THAN ONE VARIETY OF
APPLES IN A SWEETENED
CIDER SAUCE LENDS
**DEPTH AND FULL-
FLEDGED 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
¼ cup Hy-Vee apple cider
2 tsp. fresh lemon juice
¾ tsp. Hy-Vee ground cinnamon, divided
3 Granny Smith apples
2 Gala apples
2 Honeycrisp apples
6 Tbsp. Hy-Vee salted butter, cubed; divided
½ cup Hy-Vee all-purpose flour
½ cup Hy-Vee old-fashioned oats
2 Tbsp. Hy-Vee granulated sugar
½ 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, 33 g sugar (19 g added sugar), 2 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4%

**try
this**

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



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SIMPLE FAMILY MEALS UNDER



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.



Hy-Vee is proud to be a recognized leader in National Family Meals Month, a nationwide event designed to promote significant benefits of regular family meals. This month, gather your family and reap the rewards of time around the table. With an array of products and services, Hy-Vee fits easy meal prep into busy schedules. Try our simple meals or visit hy-vee.com/familymeals for more ideas.

Benefits of Eating Together

- Studies show that kids from elementary to high school age who eat meals with their families four or more times a week earn better test scores and are more likely to succeed in school.
- Making meals allows you to control portions and eat more healthfully.
- Pairing nutritious food with lively conversation shapes family values and prepares kids for the future.

3X

per week

KIDS AND TEENS WHO SHARE FAMILY DINNERS AT LEAST THIS OFTEN WILL HAVE BETTER RELATIONSHIPS WITH THEIR PARENTS.

**time
saver**

Take advantage of Hy-Vee Short Cuts prewashed and precut produce.



30
minutes
or less

Cashew Chicken Stir-Fry

Total Time 23 minutes
Serves 4

½ cup Hy-Vee 33%-less-sodium chicken broth
½ cup hoisin sauce
1½ tsp. grated fresh ginger
1 tsp. Hy-Vee cornstarch
½ tsp. sesame oil
½ tsp. Hy-Vee crushed red pepper, plus additional for garnish

12 oz. Hy-Vee Short Cuts stir-fry vegetable blend
1 (10-oz.) pkg. Hy-Vee Steam Quick frozen whole grain brown rice
2 Tbsp. Hy-Vee canola oil, divided
1 (1-lb.) pkg. Hy-Vee boneless, skinless chicken breast tenders, cut into ¾-in. pieces
1 cup Hy-Vee salted roasted cashews



Minutes: 5
1. COMBINE broth, hoisin sauce, ginger, cornstarch, sesame oil and ½ tsp. crushed red pepper in a small bowl; set aside. If necessary, cut large stir-fry vegetables in half; set aside. Heat brown rice according to package directions; cover and keep warm.



Minutes: 13
2. HEAT 1 Tbsp. canola oil in a wok or large skillet over medium-high heat. Stir-fry vegetables in hot oil for 2 to 3 minutes or until crisp-tender; remove from the wok. Add remaining 1 Tbsp. canola oil to hot wok. Stir-fry chicken in hot oil for 4 to 5 minutes or until chicken is no longer pink (165°F).



Minutes: 5
3. RETURN vegetables to the wok. Stir in cashews; push stir-fry to edge of wok. Stir broth mixture; add to center of wok. Cook and stir until thickened and bubbly. Stir to coat all ingredients with sauce. Cook and stir 1 to 2 minutes more or until heated through. Serve over rice. Garnish with additional crushed red pepper, if desired.

Per serving: 590 calories, 28 g fat, 4.5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 770 mg sodium, 52 g carbohydrates, 4 g fiber, 10 g sugar (0 g added sugar), 34 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 15%, Potassium 8%

Family Tradition Starts Here

Time-saving ingredients and cooking techniques 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.

LESSON: STIR-FRYING

Heat oil at least 2 minutes to very hot. Stir-fry in batches to brown quickly rather than steam.

LESSON:

SHEET-PAN COOKING

An oven-roasted dinner on a single sheet pan means minimal fuss and cleanup. Evenly high heat enhances flavor and texture.

30
minutes
or less

Teriyaki Salmon with Roasted Pineapple & Veggies

Hands On 10 minutes

Total Time 24 minutes

Serves 4

Hy-Vee nonstick cooking spray

8-oz. Hy-Vee Short Cuts garlic-lemon

asparagus, cut into 3-in. pieces

2 large carrots, peeled and cut diagonally into ¼-in. slices

1 Tbsp. Gustare Vita olive oil

½ (1-lb.) container Hy-Vee Short Cuts

pineapple chunks, cut into ½-in. wedges

4 (5-oz.) salmon fillets, ¾ to 1 in. thick

½ cup Culinary Tours sesame teriyaki sauce, divided

Toasted sesame seeds, for garnish

Roasted lemon half, for garnish



Minutes: 2

1. PREHEAT oven to 425°F. Spray a 15×9×2-in. sheet pan with nonstick spray; set aside.



Minutes: 5

2. TOSS asparagus and carrots with oil; add to one section on prepared pan. Add a row of pineapple. Pat salmon dry with paper towels. Arrange salmon on pan alongside pineapple. Brush salmon with ¼ cup teriyaki sauce.



Minutes: 14

3. ROAST for 10 to 14 minutes or until salmon flakes easily with a fork (145°F) and vegetables are crisp-tender, stirring pineapple and vegetables halfway through.



Minutes: 3

4. BRUSH remaining ¼ cup teriyaki sauce on salmon, pineapple and vegetables. Sprinkle sesame seeds on salmon, if desired. Serve with roasted lemon half, if desired.

Per serving: 430 calories, 23 g fat, 5 g saturated fat, 0 g trans fat, 80 mg cholesterol, 450 mg sodium, 25 g carbohydrates, 3 g fiber, 20 g sugar (12 g added sugar), 31 g protein. **Daily Values:** Vitamin D 80%, Calcium 4%, Iron 10%, Potassium 15%

Dinner Made Easier

If you love 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!



LESSON: MICROWAVING
Shave off an hour of baking time. Pierce sweet potato skins all over to allow steam to escape, then microwave.

try this

To serve 4 in 30 minutes, double recipe. Microwave sweet potatoes ahead and reheat them before adding filler and toppers.

30
minutes
or less

Mexican- Stuffed Sweet Potatoes

Total Time 29 minutes
Serves 2

2 (10- to 12-oz.) sweet potatoes
1 (10.5-oz.) pkg. Hy-Vee frozen Santa Fe-style protein blend
Desired toppers: Hy-Vee light sour cream, diced avocado, chopped fresh cilantro or sliced jalapeño peppers*

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

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



Minutes: 12

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 and rotating potatoes halfway through. If potatoes are not fork-tender, continue microwaving and turning every 30 seconds.



Minutes: 12

2. REMOVE sweet potatoes from microwave and let cool for 10 minutes. Meanwhile, heat protein blend in microwave according to package directions.



Minutes: 5

3. CUT potatoes lengthwise, keeping them intact. Pinch sides together to squeeze and open centers. Fluff flesh with a fork and mound slightly. Spoon protein blend into each potato. Top with desired toppers. Sprinkle with chili powder and garnish with cilantro, if desired. Serve with lime wedges.

Per serving:
420 calories,
2 g fat,
0 g saturated fat,
0 g trans fat,
0 mg cholesterol,
240 mg sodium,
89 g carbohydrates,
20 g fiber,
20 g sugar
(1 g added sugar),
15 g protein.
Daily Values:
Vitamin D 0%,
Calcium 15%,
Iron 30%,
Potassium 40%

Skillet Farro & Chicken

30
minutes
or less

Total Time 30 minutes
Serves 4

2½ cups Hy-Vee 33%-less-sodium chicken broth
1 (8.8-oz.) pkg. Full Circle 10-minute Italian farro
1 Tbsp. Gustare Vita olive oil
¾ cup Hy-Vee Short Cuts chopped red bell peppers
1 (8-oz.) pkg. sliced baby bella mushrooms
1½ tsp. refrigerated minced garlic
2 Tbsp. chopped fresh thyme, plus additional for garnish
1½ cups Hy-Vee 2% reduced-fat milk
1 Tbsp. Hy-Vee all-purpose flour
1 (8-oz.) pkg. Fontina cheese, shredded
1 (8-oz.) pkg. Hy-Vee rotisserie chicken breast, shredded



Minutes: 10

1. COMBINE chicken broth and farro in a 3-qt. saucepan. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.



Minutes: 12

2. HEAT heat olive oil in a large skillet over medium heat. Add red peppers; cook and stir for 2 minutes. Add mushrooms and garlic; cook for 5 to 7 minutes or until mushrooms begin to soften. Stir in 2 Tbsp. thyme.



Minutes: 5

3. REMOVE farro from heat; cover and let stand for 5 minutes. Drain, if necessary. Cover; keep warm. Combine milk and flour; add to mushroom mixture in skillet. Bring to boiling; reduce heat. Simmer for 1 minute. Add cheese; cook and stir until melted.



Minutes: 3

4. ADD cooked farro and chicken to the mushroom mixture. Cook for 1 to 2 minutes or until heated through. Garnish with additional thyme, if desired.

Per serving:
660 calories,
31 g fat,
15 g saturated fat,
0 g trans fat,
110 mg cholesterol,
1,030 mg sodium,
57 g carbohydrates,
6 g fiber, 8 g sugar
(0 g added sugar),
41 g protein.
Daily Values:
Vitamin D 10%,
Calcium 35%,
Iron 20%,
Potassium 15%

LESSON: WHOLE GRAINS

Many whole grains, such as the precooked farro in this recipe, add heartiness to dishes in just minutes.



smart swap

Make this a meatless dinner by omitting the chicken and increasing sliced mushrooms to 12 oz.

30
minutes
or less

Italian Beef Fettuccine

Total Time 28 minutes
Serves 4

8 oz. dry Hy-Vee fettuccini
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: 12

1. COOK pasta according to package directions. Drain well. Add spinach to hot pasta and toss until spinach is slightly wilted. Transfer to a large serving bowl; keep warm.



Minutes: 11

2. MEANWHILE, pat steaks dry with paper towels. Season both sides of steaks with salt and pepper. Heat 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: 5

3. 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. 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: Vitamin D 6%,
Calcium 4%, Iron 30%,
Potassium 6%

Make Family Meal Time A Priority

•Set a consistent time for dinner and encourage the whole family to share in food preparation and cleanup.

•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 table 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.

try
this

For another meal, sauté boneless, skinless chicken breasts instead of steak. If you prefer some heat, toss in a few crushed red pepper flakes.

LESSON: SAUTÉING

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



4 NO-PREP DINNERS

for days you don't have time to cook.



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.

1



Two-entrée
Asian meals include
choice of two entrées,
steamed or fried
rice, egg roll or crab
rangoon and fortune
cookie.

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.

2

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.

3



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.

4



Kids Eat Free
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in honor of
National
Family Meals
Month! Get
a free kids'
meal with the
purchase of an
adult entrée.

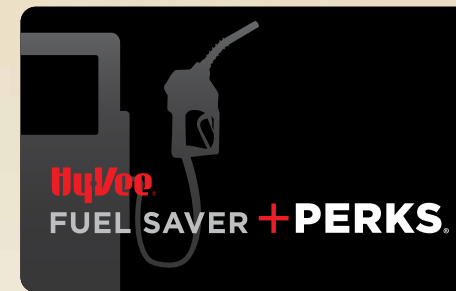
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for super-inexpensive
meals using the wide
variety of That's Smart!
products.

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.

ONE-STOP SHOP FOR VALUE



FRUITS & VEGETABLES
Many varieties of frozen, fresh and canned as well as juices



PANTRY ITEMS
Jams, jellies, flour, sugar, pickles, crackers, cookies, peanut butter, coffee, rice and pasta



EGGS & DAIRY
Sliced cheese, eggs, cottage cheese and milk (whole, 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

30
minutes
or less

One-Pot Spaghetti and Meatballs

Hands On 15 minutes
Total Time 30 minutes
Serves 6

- 1 Tbsp. That's Smart! Italian seasoning
- 1 tsp. That's Smart! onion powder
- 2 (14.5-oz. each) cans That's Smart! diced tomatoes
- 1 (24-oz.) can That's Smart! traditional pasta sauce
- 1 (14.5-oz.) can That's Smart! chicken broth
- 1½ cups water
- 1 (14-oz.) pkg. Hy-Vee frozen Italian-style meatballs
- 1 (16-oz.) pkg. That's Smart! dry spaghetti
- Fresh basil leaves, for garnish

1. ADD Italian seasoning, onion powder, diced tomatoes, pasta sauce, chicken broth and water to a large stockpot or Dutch oven. Cook over medium-high heat until heated through. Stir in frozen meatballs. Cover and bring mixture to a simmer.

2. STIR in dry spaghetti. Simmer, covered, for 15 to 18 minutes more or until pasta reaches al dente and meatballs reach an internal temperature of 165°F, stirring occasionally.

3. GARNISH with basil leaves, if desired.

Per serving: 510 calories, 15 g fat, 4.5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 1,320 mg sodium, 75 g carbohydrates, 6 g fiber, 11 g sugar (2 g added sugar), 22 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 20%, Potassium 15%

\$2.15
per serving
approximate

Italian
Seasoning

Onion
Powder

Diced
Tomatoes

Pasta
Sauce

Chicken
Broth

Spaghetti

Pure Corn
Oil

Eggs

Diced Tomatoes

Golden Corn
Cut

Chili
Powder

\$1.44
per serving
approximate

Corn & Egg Frittata

Preheat broiler. Heat 2 Tbsp. That's Smart! pure corn oil in a 10-in. broilerproof skillet over medium-high heat. Add 1¼ cups That's Smart! frozen whole kernel golden corn, 1 seeded and chopped jalapeño pepper and 1 tsp. That's Smart! chili powder. Cook for 5 minutes, stirring occasionally. Combine 10 lightly beaten That's Smart! 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 sides are set. Place skillet under broiler 4 in. from heat. Broil for 2 to 3 minutes or until top is just set. Top with ½ (14.5-oz.) can That's Smart! diced tomatoes, drained; additional cooked corn; and ¼ cup sliced green onions. Serves 5.

Cinnamon
Pancake & Waffle Mix

2% Reduced-Fat Milk

Unsweetened Applesauce
Sliced Peaches

Original Syrup

\$1.07
per serving
approximate

Peach Pancakes

Whisk together 2 cups That's Smart! complete pancake & waffle mix and ¼ tsp. That's Smart! ground cinnamon. Stir in 1 cup That's Smart! 2% reduced-fat milk and ½ cup That's Smart! homestyle applesauce. Spray a griddle or heavy skillet with Hy-Vee nonstick cooking spray; preheat over medium heat. Add

¼ cup batter to hot griddle for each pancake. Cook for 1 to 2 minutes on each side or until golden. Serve pancakes topped with 1 (15-oz.) can That's Smart! sliced peaches in light syrup, drained, and That's Smart! original pancake syrup. Serves 3 (3 pancakes each).

Costs include all ingredients and are approximate.

Extra-Wide Egg
Noodles

California Mix

Sweet Peas

Cottage
Cheese

2% Reduced-Fat Milk

\$1.13
per serving
approximate

Veggie Alfredo Pasta

Cook ½ (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, ½ cup That's

Smart! small curd 4% milkfat cottage cheese, 4 tsp. That's Smart! all-purpose flour and ¼ tsp. That's Smart! garlic powder in blender. Cover and blend until smooth; transfer to same pot. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Stir in ½ cup Hy-Vee grated Parmesan cheese, noodles and vegetables. Season to taste. Serves 4.

Vanilla Wafers

Bananas

2% Reduced-Fat Milk

\$.95
per serving
approximate

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 1 to 2 minutes or until thickened. Crush enough That's Smart! vanilla wafers to equal 1 cup. Peel and slice 2 medium That's Smart! bananas. Add 1 Tbsp. crushed wafers to each of six serving dishes. Top

each with a portion of 8-oz. tub of thawed Hy-Vee frozen whipped topping, some of the pudding and some banana slices. Repeat layers. Garnish with whole vanilla wafers and additional banana slices, if desired. Serve immediately or cover and chill up to 8 hours. Serves 6.

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 cup That's Smart! 2% reduced-fat milk

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. Melt butter in a large skillet over medium heat.

Cook onion and celery in butter until softened. Add broccoli; cook until crisp-tender. Stir in milk, soup, cheese, rice and chicken. Cook and stir until cheese is melted. Pour into prepared dish. Bake 30 minutes or until hot and bubbly. Cool slightly before serving.

Per serving: 370 calories, 22 g fat, 12 g saturated fat, 0 g trans 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

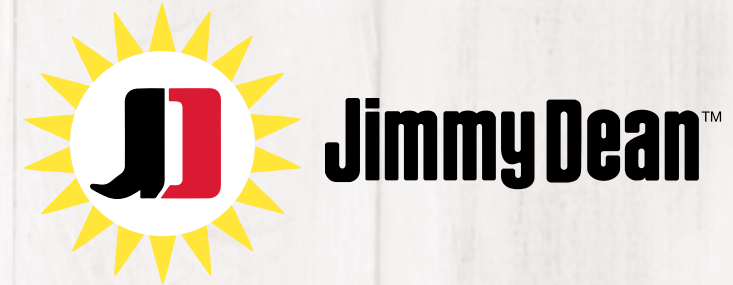
Look for additional That's Smart! recipes at Hy-Vee.com/recipes-ideas

2% Reduced-Fat Milk

Cream of Chicken Soup

Broccoli Cuts

Instant White Rice



HAVE A DELIGHTFUL morning

Jimmy Dean Delights Breakfast Bowls: select varieties 7 to 9 oz. 2/6.00

Jimmy Dean Delights Sandwiches, Eggwich or Frittatas: select varieties 12 to 22.8 oz. 5.99



GRAB-AND-GO BREAKFASTS

Start the day for kids with a simple breakfast that provides protein and essential nutrients. Fill a jar the night before, put a new spin on toast or grab an energy bar—it's all easy.



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 puffs cereal. Serves 1.



A smart breakfast calls for simple ingredients like already-peeled Hy-Vee Short Cuts mandarin oranges.



ADD HY-VEE CHOPPED HAM TO THE SCRAMBLED EGG MIXTURE FOR A PROTEIN BOOST.



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.



Apple & Granola Overnight Oats

Combine ⅔ cup Hy-Vee 2% reduced-fat milk, ½ cup Hy-Vee quick-cooking oats and ⅛ 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, ½ cup chopped Granny Smith apple and ¼ cup granola. If desired, drizzle with Hy-Vee Select 100% pure maple syrup. Serves 1.



pro tip: WHY EAT BREAKFAST?

“Kids who eat breakfast have better brain function and are more attentive in the classroom, according to the Academy of Nutrition and Dietetics. When teenagers have to be at school super early, give them a snack bag of whole grain cereal and thermos of milk. Even a banana, string cheese and low-sugar granola bar are a good grab-and-go breakfast, covering three basic food groups.”

—Deana Preble
Registered Dietitian
Hy-Vee, Madison, Wisconsin

BREAKFAST ON THE RUN

Even in a rush, you can give kids a good breakfast before they're out the door. Hy-Vee dietitian Deana Preble shares these tips:

STOCK THE KITCHEN Have healthy items such as eggs, oatmeal and bananas on hand. Whole grain bars with fewer than 10 grams of sugar are one option when kids are in a hurry.

ROTATE MEALS Try an egg-based breakfast on Monday, fruit and yogurt on Tuesday, etc. Change things up, like a whole grain waffle as a PB&J sandwich.

PREP AHEAD Cut up fruit, prep overnight oatmeal or fix a batch of egg muffins the evening before.

MAKE IT BALANCED Include as many food groups as you can with good amounts of protein, carbs and fiber. Protein—eggs, yogurt, milk or lean meats. Carbohydrates—whole grain breads, muffins, fruits and veggies. Fiber—whole grains, cereals and nuts.



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.



Annie's Gluten Free Granola Bars

- 8 or more grams whole grains per bar
- 3 grams fiber and 7 grams sugar per bar
- No high-fructose corn syrup or artificial flavors



Quaker Kids Organic Whole Grain Bars

- 11 to 12 grams whole grains per bar
- 2 grams fiber and only 5 grams sugar per bar
- No high-fructose corn syrup or artificial flavors



Clif Kid ZBar Protein

- 5 grams protein, 2 grams fiber and 8 grams sugar per bar
- Made with organic oats and gluten-free
- No high-fructose corn syrup or artificial flavors



Kind Bars

- Made with nuts, fruits, honey, seeds and spices
- 6 grams protein, 5 grams sugar and 3 grams fiber per bar
- Gluten-free



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KIT KAT® AND REESE'S CANDY.



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



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 butterflies

Fill resealable bags with bite-size candy, then clamp centers with clothespins. Pipe melted chocolate onto clothespin and attach candy to melted chocolate. Used here: Kit Kat bars, Airheads Xtremes Bites, Twizzlers Candy Straws, Kit Kat White Chocolate Minis, M&M's, Hy-Vee sour neon bars, Hy-Vee spice drops, Hy-Vee Starburst fruit chews.



dirt and worms

Layer pudding from Hy-Vee chocolate pudding cups, crushed Hy-Vee Dunksters fudge-filled cookies, Hershey's S'mores Crunchers, thawed Hy-Vee frozen whipped topping, and Hy-Vee Gummies Sour Neon Worms in 9-oz. plastic cups. Serve immediately or store in refrigerator.

big-top dippers

Dip marshmallow peanuts into melted dark or white chocolate melting wafers. Then sprinkle on whatever you crave. Used here: Hy-Vee Circus Peanuts, M&M's Minis, crushed Hy-Vee dry-roasted peanuts.



candy cupcake toppers

Fresh Hy-Vee Bakery cupcakes are your candy canvas! Turtle: Hy-Vee Peach Ring, Reese's Peanut Butter Cup, candy eyes, Hy-Vee Gum Drops, green Sour Patch Kids. Monkey: Reese's Peanut Butter Cup, Chewy Spree candy, Milk Duds, chocolate melting wafers (for piping on smile and nostrils).





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 gummi 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.

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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.

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.



Grilled Whiskey Salmon Salad

Hands On 16 minutes
Total Time 16 minutes plus marinating time
Serves 4

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

1 tomato, chopped
½ cup candied pecans
Lemon slices, for garnish

1. PAT salmon dry. Place salmon in a large resealable plastic bag. Combine ¼ cup canola oil, whiskey, 1 Tbsp. dill, brown sugar, lemon zest and salt; pour over salmon. Seal bag. Marinate in refrigerator for 1 to 3 hours.

2. PREHEAT a charcoal or gas grill with greased grill rack for direct cooking over medium heat. Whisk together vinegar and mustard. Slowly add remaining ¼ cup canola oil, whisking constantly; set aside.

3. 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, dressing and pecans. Serve with salmon. Garnish with lemon slices and dill, if desired.

Per serving: 660 calories, 50 g fat, 7 g saturated fat, 0 g trans fat, 95 mg cholesterol, 360 mg sodium, 14 g carbohydrates, 4 g fiber, 8 g sugar (2 g added sugar), 37 g protein. **Daily Values:** Vitamin D 100%, Calcium 6%, Iron 10%, Potassium 25%

Oven-Baked Herb- and Lemon-Crusted Cod

Hands On 15 minutes
Total Time 38 minutes
Serves 4

4 (6-oz. each) frozen cod fillets, thawed
¼ cup Hy-Vee unsalted butter, melted
1 cup Hy-Vee plain bread crumbs
1 Tbsp. finely chopped Italian parsley
2 tsp. lemon zest
1 tsp. finely chopped fresh thyme
1 tsp. chopped fresh chives, plus additional for garnish
½ tsp. refrigerated minced garlic
2 cups Hy-Vee Short Cuts zucchini and summer squash coins
1 cup sliced cremini mushrooms
1 Tbsp. Gustare Vita olive oil
½ tsp. kosher salt
½ tsp. Hy-Vee black pepper
1 cup cherry tomatoes

1. PREHEAT oven to 375°F. Line a 15×10×1-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 crumb 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 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.

Per serving: 370 calories, 17 g fat, 8 g saturated fat, 0 g trans fat, 110 mg cholesterol, 960 mg sodium, 23 g carbohydrates, 2 g fiber, 4 g sugar (0 g added sugar), 31 g protein. **Daily Values:** Vitamin D 6%, Calcium 6%, Iron 10%, Potassium 15%

TECHNIQUE: BAKE + BROIL

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



SALMON VARIETIES

LOOK FOR THESE TYPES OF FARM-RAISED AND WILD SALMON AT YOUR LOCAL HY-VEE ALL YEAR ROUND.

Atlantic salmon is farm-raised; Verlasso comes from the waters of the Patagonia region near Chile.

Pacific Salmon—These wild species are caught in their natural habitats. Bristol Bay Sockeye comes from Alaska and Mount Cook King comes from New Zealand.



VERLASSO ATLANTIC

- Deep orange to pinkish flesh, meaty texture and mild flavor
- Raised in waters near the Patagonia region
- Contains more fat than wild salmon
- Grill, roast or broil; pair with herbs



BRISTOL BAY SOCKEYE

- Highly praised 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.



MOUNT COOK KING

- Largest and most succulent of all Pacific salmon species.
- Bright red flesh, soft texture and rich flavor.
- Pan-sear, grill, bake or broil

METHODS FOR COOKING FISH

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

GRILLING

- Works well for thick cuts; fish will be sturdy enough to flip over without falling apart.
- Try salmon or tuna steaks or 1-in.-thick cod, halibut or sea bass fillets.

SAUTÉING

- Works well for thin cuts; fish will become crispy while cooking quickly in a small amount of fat.
- Try flounder, sole, tilapia and trout; all about ¼ in. thick.

ROASTING/BAKING

- Works well for fish of any thickness; add a flavorful crust to protect delicate fish.
- Try cod, halibut, red snapper, salmon, sole or sea bass.

POACHING

- Works well for mild, tender fish as well as meaty, rich-tasting fish. Gently cook fish in seasoned liquid on the stove top.
- Try red snapper, sole, halibut, salmon or trout.

STEAMING

- Works well for any fish that lends itself to poaching. Cook over simmering liquid on the stove top or enclose in parchment and oven-steam on a sheet pan.
- Try red snapper, sole, halibut, salmon or trout.

30 minutes or less

Pan-Seared Tilapia Tacos

Total Time 25 minutes
Serves 4 (3 tacos each)

- 4 (6-oz.) tilapia or other white fish fillets, thawed if frozen
1 Tbsp. Adobo all-purpose seasoning
1 tsp. smoked paprika
¼ tsp. Hy-Vee ground cumin
1 Tbsp. Hy-Vee canola oil
1 cup water
¼ cup Hy-Vee distilled white vinegar
1 tsp. coriander seeds
¼ tsp. Hy-Vee black peppercorns
2 radishes, trimmed and thinly sliced
1 small carrot, peeled and thinly sliced
1 jalapeño pepper, sliced*
12 Hy-Vee street taco flour tortillas, warmed
1 cup Hy-Vee coleslaw salad mix
1 avocado, peeled, seeded and chopped
½ cup Hy-Vee salsa, for serving
Fresh cilantro, for garnish

1. **PAT** fish dry. Combine Adobo seasoning, paprika and cumin. Rub mixture all over fish.

2. **HEAT** oil in a 10-in. skillet over medium heat. Cook fish in batches for 2 to 4 minutes or just until fish flakes, turning to brown evenly. Remove fish with a slotted spoon and drain on paper towels.

3. **MEANWHILE**, combine water, vinegar, coriander seed and peppercorns in saucepan. Bring to boiling. Remove from heat. Stir in radishes, carrot and jalapeño pepper. Let stand 5 minutes; drain, discarding whole spices.

4. **CUT** fish into bite-size pieces. Fill tortillas with fish, coleslaw mix, avocado and pickled veggies. Serve with salsa. Garnish with cilantro, if desired.

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

Per serving: 510 calories, 19 g fat, 5 g saturated fat, 0 g trans fat, 85 mg cholesterol, 1,900 mg sodium, 49 g carbohydrates, 5 g fiber, 3 g sugar (0 g added sugar), 42 g protein.
Daily Values: Vitamin D 25%, Calcium 10%, Iron 20%, Potassium 20%

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.

HY-VEE FRESH SEAFOOD DIPS

Live up a party with seafood dips that are super delicious and super easy. Pick them up at your local Hy-Vee.

A. SMOKED WHITEFISH

Lemon and herbs bring out smoky flavor of mild, tender whitefish.

B. CAJUN CRAB

Dip with a delicious spicy kick, featuring imitation crab and Cajun seasoning.

C. MOCK CRAB CHEESE BALL

Crab-rangoon-style dip of cream cheese and imitation crab.

D. SMOKED SALMON

Creamy combo of Atlantic salmon enhanced with garlic and herbs.

HY-VEE SEAFOOD STANDARDS

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



RESPONSIBLE 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.



Hy-Vee's Responsible Choice program is supported by FishWise, an organization that promotes the health of ocean ecosystems through environmentally and socially responsible business practices.



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 fishermen and their communities. The Fair Trade Certified label recognizes first-rate seafood companies for their commitment to sourcing ethical seafood.



FIND THESE FINE GHIRARDELLI PRODUCTS
AND MORE
AT YOUR LOCAL HY-VEE STORE!



DOUBLE CHOCOLATE CEREAL BARS

INGREDIENTS :

2	Cups Mini Marshmallows	3 cup	Granola Cluster Cereal
2 Tbs	Unsalted Butter	½ cup	Ghirardelli 60% Bittersweet
1 Tbs	Ghirardelli		Chocolate Chips
	Unsweetened Cocoa		Cooking Spray
1/4 tsp	Vanilla Extract		
1/8 tsp	Salt		

DIRECTIONS :

Combine first 5 ingredients in a microwave safe bowl and microwave on high for 1 minute. Remove bowl and stir with large rubber spatula coated with cooking spray until smooth. Stir in cereal. Stir in chocolate chips.

Coat a ¼ cup dry measuring cup with cooking spray. Lightly pack measuring cup with cereal mixture. Drop onto a parchment paper lined baking pan. Freeze 8 minutes or until firm and serve.

For more tempting recipes, visit www.ghirardelli.com

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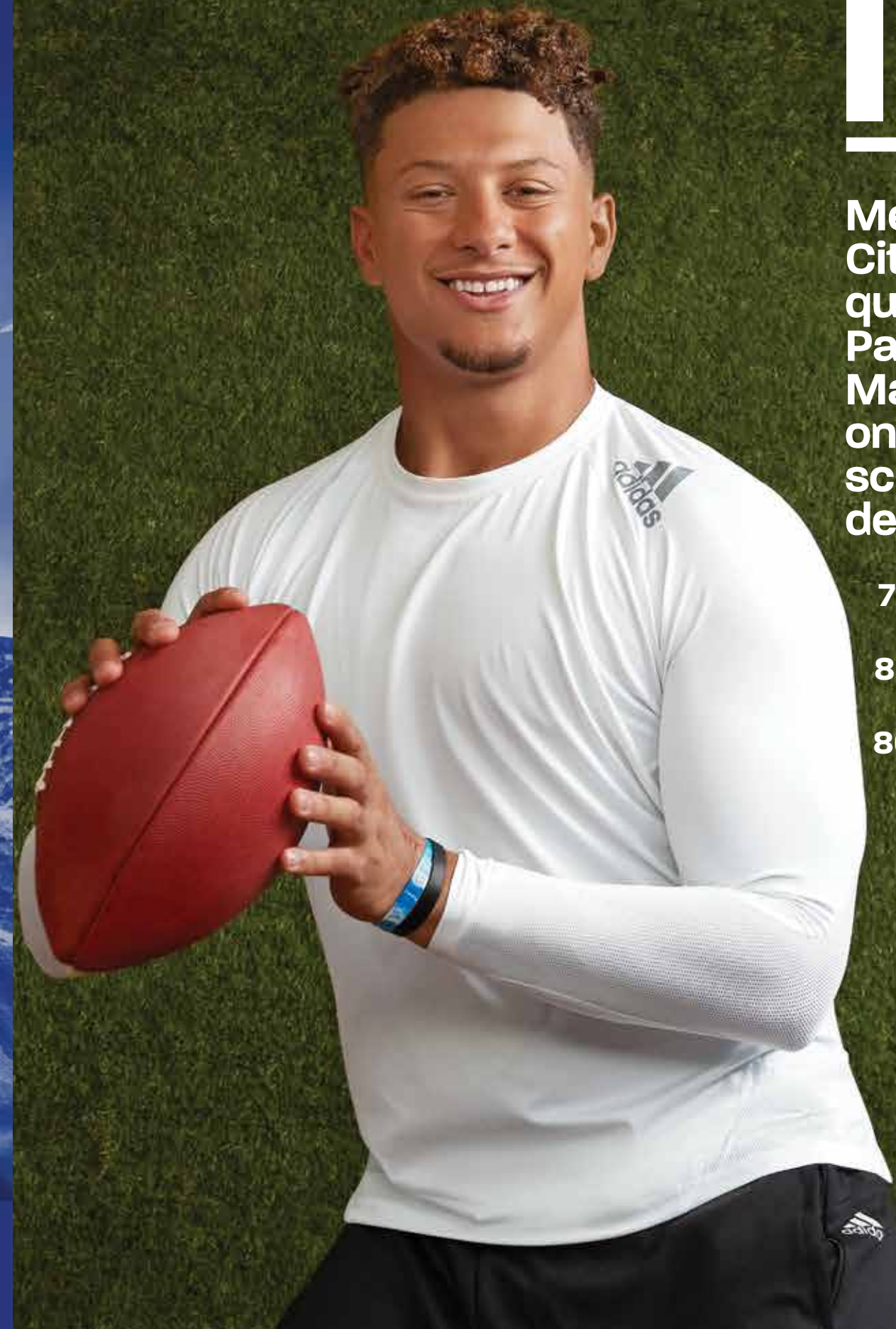
life

**Meet Kansas
City star
quarterback
Patrick
Mahomes, get
on track for
school and
decorate for fall.**

72 MVP PATRICK
MAHOMES

82 15 SCHOOL
SOLUTIONS

86 TOTALLY MODERN
MUMS





MVP

PATRICK MAHOMES

THE CHIEFS' ELECTRIFYING GUNSLINGER IS BREAKING THE MOLD FOR PROFESSIONAL QUARTERBACKS. SIDE-ARM, OFF-HAND AND NO-LOOK PASSES HIGHLIGHTED HIS 2018 BREAKOUT SEASON. AT 23, HE'S NOT JUST THE NEXT BIG THING—HE'S THE LEAGUE'S MOST VALUABLE PLAYER.

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.”



PHOTO Peter Aiken/Getty Images (this page), Peter G. Aiken/Getty Images (opposite)

**ON MAKING
PLAYS “I DON’T
TRY TO HAVE THE
BIG PLAY EVERY
SINGLE TIME. I
FIND A HAPPY
MEDIUM. BUT
I ALSO TAKE
WHAT’S THERE.”**

PATRICK MAHOMES

OUT of the pocket

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 was 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'd 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, be who I am, and hopefully 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 double-taking. Other than that, really, I do the same things I've done last year. I work out, play golf and spend time with my family.

Q. Was winning MVP, this soon, a goal you set for yourself?

A. The only goal I really set for myself is that I wanted to win football games and win the Super Bowl. I knew if I did what the coaches told me and worked hard, we would have a chance

to be really good. And we were! We fell short of my ultimate goal of winning the Super Bowl, but we won a lot of football games.

Q. Kliff Kingsbury, who now coaches the Arizona Cardinals, recruited you to Texas Tech. What did you learn from him?

A. Just about how to play and find the green grass, and become a better quarterback. I had just started playing quarterback and was kind of raw. He taught me how to refine my skills and at the same time let me do the same stuff that got me there.

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 ton 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 very, very long time! 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

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 dark 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 undercutting. Not trying to cheat to get where you want to be. Just going out there and being who you are.

MAHOMES' BIO

AGE: 23

HEIGHT/WEIGHT: 6'3" / 230 lbs.

HIGH SCHOOL: Whitehouse (Whitehouse, TX)

COLLEGE: Texas Tech

NFL EXPERIENCE: 3 years

CHIEFS 2018 PASSING TDS 50

PASSING YARDS 5,097

COMPLETIONS 383

COMPLETION PERCENTAGE 66%

RUSHING TDS 2

RUSHING YARDS 272

ADDITIONAL ACCOLADES
• 2018 PRO BOWL
• 2018 NFL MVP



Dress to Impress

Find a variety of Patrick Mahomes-related apparel at Hy-Vee.

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.”



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.

PHOTO Jamie Squire/Getty Images (in uniform), Rich Fury/Getty Images (ESPYS)



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



Patrick Mahomes with Rams quarterback Jared Goff at the ESPYS, after accepting the award for Best Game. Mahomes also won Best NFL Player.

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POWER THRU

School Days



15 SCHOOL SOLUTIONS

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.



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.

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.



TOTALLY MODERN MUMS

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



HANG IT UP: CALL ATTENTION TO A PLANTER OF MUMS.

COMBINE WHITE GLAZED POTS AND WOVEN BASKETS FOR TEXTURE AND STYLE.

PUMPKINS AND GOURDS ARE NATURAL COMPANIONS FOR MUMS.



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

MUM PARTY DISPLAY

Greet guests with the unexpected, such as this festive mum wreath. It's fun to make and is a real conversation starter.



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



STEP 2: Snip off clusters of flowers, leaving $\frac{3}{4}$ -in. stems.



STEP 3: Insert flower clusters in floral foam. Fill gaps with individual flowers, also with $\frac{3}{4}$ -in. stems, to cover the foam.

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.



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 COMPLETE FOR ATTENTION.



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.



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health

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

SIMPLE WAYS TO Improve Health

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!



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At Any Age

1 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.

2 HYDRATE

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.

3 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.

fact

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.



4 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

- Counter stress by practicing deep breathing.
- Go for a walk.
- Take a minute to stretch.

lesson

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.

fact

Regular exercise improves sleep quality, but exercising before bed can make falling asleep difficult.

5 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.

6 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.

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7 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.

9 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.

10 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.

fact

According to the CDC, most people have a family health history of at least one chronic disease.

tip

If you're at genetic risk for a disorder, healthy lifestyle choices like proper nutrition, exercise and quitting smoking may increase your odds of staying healthy.

8 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.



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dietitian Q&A

BRAIN FOOD

Which foods should you eat for a healthy brain?
Hy-Vee Dietitian Julie McMillin shares advice.



Julie McMillin, RD, LD
Assistant Vice President,
Retail Dietetics

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.



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“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.



Best lunch, period.



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



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FOODS THAT FIGHT

Belly Fat

FOCUS ON LEAN PROTEIN, SOLUBLE FIBER AND HEALTHY FATS TO BATTLE THE MIDSECTION BULGE.

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.

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



pro tip: CONTROL PORTIONS

“Overeating can cause weight gain, and many people hold extra weight in their midsections. 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

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)

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

What they do: Studies in both *The Journal of Nutrition* and the *Journal of Functional Foods* describe visceral fat loss in survey subjects who drank green tea beverages. Fat loss was attributed to antioxidant catechins in the tea.

FOODS: Green tea

SOLUBLE FIBER

What it does: It slows digestion and enhances nutrient absorption. Researchers at Wake Forest Baptist Medical Center link it to decreased visceral fat.

FOODS: Apples (flesh), bananas, barley, beans, Brussels sprouts, chia seeds, lentils, oats, oranges, pears (flesh), potatoes

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*

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

90 ABOUT PERCENT OF BODY FAT IS SUBCUTANEOUS—PINCHABLE FAT JUST BENEATH THE SKIN. VISCERAL FAT IS WITHIN THE ABDOMINAL CAVITY AND IS NOT PINCHABLE.

Ahi Tuna Niçoise Salad

20 minutes or less



Hands On 20 minutes
Serves 2

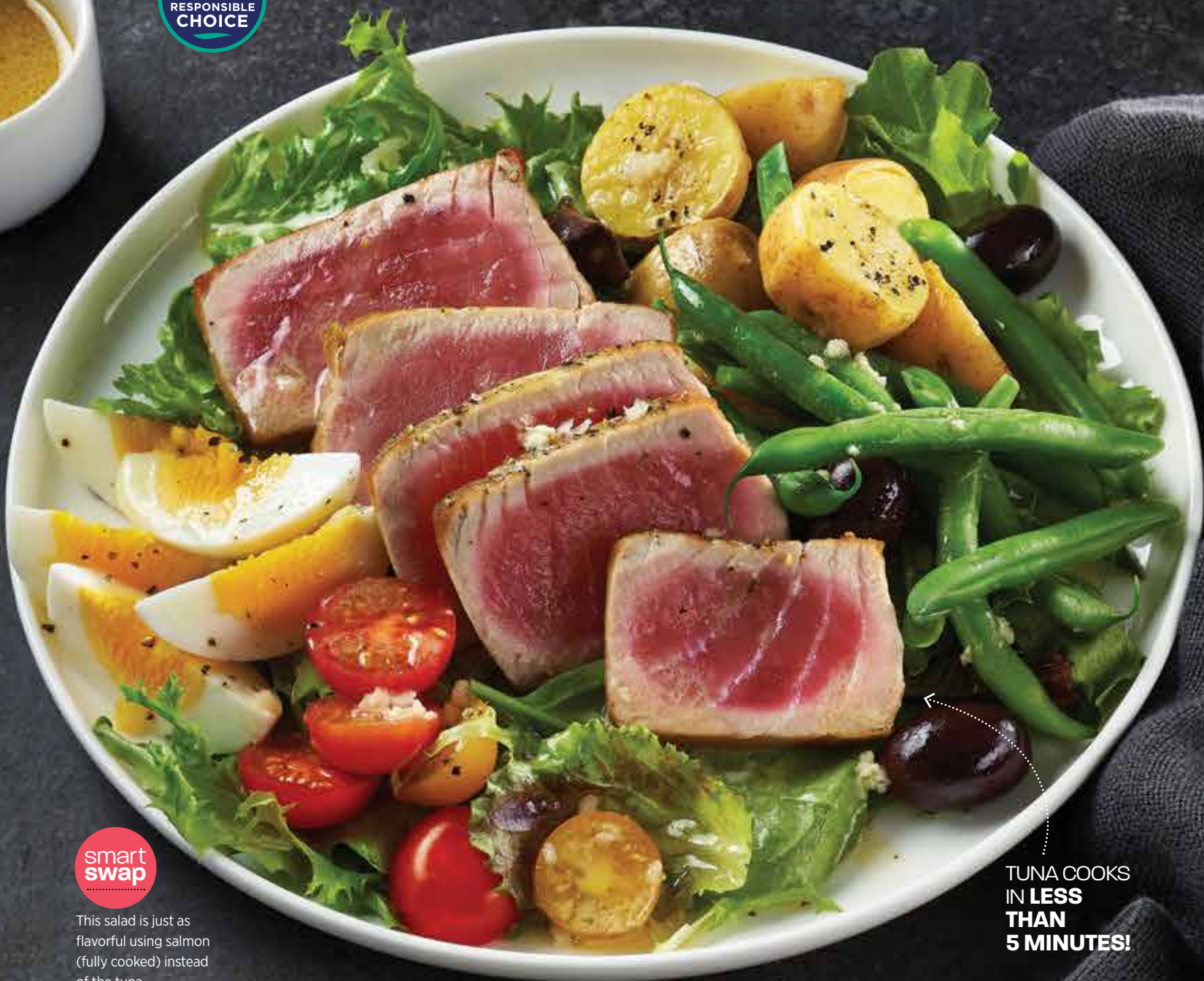
¼ cup plus 2 Tbsp. Gustare Vita olive oil, divided
2 Tbsp. Hy-Vee apple cider vinegar
1 tsp. Hy-Vee Dijon mustard
1 tsp. minced garlic
½ tsp. Hy-Vee Mediterranean sea salt, plus additional to season tuna
½ tsp. Hy-Vee black pepper, plus additional to season tuna

2 (4-oz.) Ahi tuna steaks, cut 1¼ in. thick
4 cups mixed salad greens
¾ cup fresh green beans, trimmed and steamed
¾ cup Hy-Vee Smart Bites baby blonde potatoes, halved and steamed
¾ 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

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%



TUNA COOKS IN LESS THAN 5 MINUTES!

smart swap

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



5 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. Whisk 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

Preheat oven to 425°F. Line a large rimmed baking pan with foil. Combine 3 Tbsp. Gustare Vita olive oil, 3 Tbsp. Hy-Vee apple cider vinegar, 1 Tbsp. Hy-Vee stone-ground mustard, 2 tsp. Hy-Vee honey, ¼ tsp. Hy-Vee garlic powder, ¼ tsp. Hy-Vee salt and ½ tsp. Hy-Vee black pepper in a medium bowl. Toss mixture with 1 (1-lb.) container Hy-Vee Short Cuts Brussels sprouts. Spread on prepared baking sheet; bake 15 minutes. Add 2 cored and sliced Braeburn apples and ¼ cup Hy-Vee pecan halves. Bake 5 minutes more. Serves 6.

❖ 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, 2 Tbsp. fresh rosemary and/or thyme leaves and ½ 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 ½-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 ¾ 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 tsp. Hy-Vee cornstarch; add to skillet. Cook and stir 2 minutes. Serve over chicken. Serves 4.

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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 postpartum 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.

"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, OBGYN



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.

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moves for mom

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



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

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 arms. 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. Inhale and allow lower back to resume its natural arch.

ALTERNATE ARMS WHEN HOLDING A BABY.

LONG PERIODS OF TIME HOLDING A BABY IN ONE ARM OR AGAINST ONE HIP CAN LEAD TO MUSCLE IMBALANCES.

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
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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.



smart swap

Cut time over the sink with a no-rinse makeup remover.

face it

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.

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 applicator provided. **Product Suggestion:** Maybelline Fit Me Concealer, Maybelline Instant Age Rewind Foundation, Neutrogena SkinClearing Concealer, BareSkin Liquid Foundation, L'Oreal True Match Crayon Concealer



Apply base layer with a makeup sponge for a naturally smooth finish.

Smashbox shadow primer is sweat and humidity resistant to protect shadow from creasing.



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



6 LIPS

Lipsticks and glosses can be applied now and go with you for touch-ups. Choose a favorite goes-with-anything pale or neutral choice for no-fuss application. **Product Suggestion:** CoverGirl 365 Enchantress Blush, L'Oreal Le Matte, Super Stay Matte Ink (tube and brush), Stila Stay All Day Liquid Lip Stick, Neutrogena MoistureSmooth Color Stick



3 MASCARA + LINER

Brush on mascara to help eyes appear bigger and more awake—perfect for days you've overslept. Liquid liner looks professional, but save it for when you aren't crunched 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 and Brow Gel



7 SET ALL DAY

A ten-second spritz 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



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A NEW TWIST ON TACO NIGHT!

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Taco Bake with Green Giant® Veggie Tots

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

- 1½ pounds ground beef
- 1 package **Ortega® Taco Seasoning**
- 1 cup chopped tomato
- 1 cup **Green Giant® Whole Kernel Sweet Corn** drained
- ½ 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 ¾ cup water and simmer 10 minutes.
- **Step 2:** Turn ground beef mixture into 2-quart 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 tots 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 mins / TOTAL TIME 40 mins / SERVINGS 6



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Ghirardelli Hot Cocoa: select varieties 8 ct. **3.99**



Ghirardelli Stand Up Bag: select varieties 4.1 to 5.32 oz. **2/8.00**



Ghirardelli Candy Bar: select varieties 3.17 or 3.5 oz. **2/5.00**



Ghirardelli Baking Chips: select varieties 10 to 12 oz. **2/6.00**



Hershey's Candy: select varieties 25.8 to 41.3 oz. **10.99**



Hershey's Candy: select varieties 43.28 to 68.8 oz. **15.99**



Hershey's Candy: select varieties 19.5 to 20.1 oz. **6.59**



Duncan Hines Wilderness Pie Filling: select varieties 20 or 21 oz. **2.99**

other



Energizer 123 Lithium Battery: select varieties 2 ct. **7.99**



Energizer Hearing Aid Batteries: select varieties 8 ct. **8.99**



Dove Men+Care Shampoo, Conditioner, Body Wash, Suave Deodorant or Axe Body Spray: select varieties 2.7 to 13.5 oz. **4.49**



Axe Body Wash, Antiperspirant, Deodorant, Shampoo or Conditioner: select varieties 2.7 or 12 to 16 fl. oz. **3.88**



Suave Shampoo, Conditioner, Body Wash or Deodorant: select varieties 2.6 to 30 oz. **1.99**



Suave Shampoo, Conditioner, Body Wash or Deodorant: select varieties 4.3 to 28 oz. **2.99**



Pup-Peroni Dog Treats: select varieties 20 or 25 oz. **9.96**



Milk-Bone Wonder Bones Dog Treats: select varieties 18.8 oz. **7.99**



Milk-Bone Dog Snacks: select varieties 5.6 to 24 oz. **2.99**



Kibbles 'n Bits Dog Food: select varieties 16 or 17.6 lb. **10.63**

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30
minutes
or less
**30 MINUTES
OR LESS**

20
minutes
or less
**20 MINUTES
OR LESS**

10
minutes
or less
**10 MINUTES
OR LESS**

GF
option
**GLUTEN
FREE**

V
option
**VEGETARIAN
DISH**

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Get Energized for Back to School

Here are **three healthy snack ideas** for growing kids!



Banana Energy Bites



Dole Kids with Almond Toast



Nutty Banana Berry Roll-Up



*Rice Krispies Treats,
made with...*



#SoMuchToLove

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samples

EXPLORE OUR FLAVORS

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



NORI Sushi Crispy & Crunchy Rolls



Pumpkin Bars

Pumpkin Bread

FRIDAY, SEPTEMBER 6:

4 P.M. TO 7 P.M.

SATURDAY, SEPTEMBER 7:

11 A.M. TO 2 P.M.

Meat: Meat District Burgers

Seafood: Cod Steamer Meal

Hickory House: Boneless Wings

Italian: Calzones

Chinese: NORI Sushi Crispy & Crunchy Rolls

Bakery: Pumpkin Bread

Grocery: Mondelez Oreos

Frozen: Tyson Air-Fried Chicken

FRIDAY, SEPTEMBER 13:

4 P.M. TO 7 P.M.

SATURDAY, SEPTEMBER 14:

11 A.M. TO 2 P.M.

Meat: True Boneless Chicken Breasts & Smithfield Eckrich Sausage

Seafood: Fresh Rebel Fish Atlantic Salmon

Hickory House: Pulled Pork

Italian: Garlic Cheesecake & Medium Pizza

Chinese: Heat & Eat Chinese Entrée

Bakery: Pumpkin Bars

Frozen: Nestle Outsiders Pizza

FRIDAY, SEPTEMBER 20:

4 P.M. TO 7 P.M.

SATURDAY, SEPTEMBER 21:

11 A.M. TO 2 P.M.

Meat: Gourmet Chicken

Griller Patties

Seafood: Shrimp Steamer

Meals for Fajitas

Hickory House:

Jennie-O Rotisserie

Turkey Breast

Italian: Chicken Fettuccini Alfredo

Chinese: Walnut Shrimp Entrée

Bakery: Breakfast Bar Coffee Cake

FRIDAY, SEPTEMBER 27:

4 P.M. TO 7 P.M.

SATURDAY, SEPTEMBER 28:

11 A.M. TO 2 P.M.

Meat: West Coast IPA LTO Brats

Seafood: Cheating Gourmet Shrimp Entrées

Hickory House: Boneless Wings

Italian: Single-Topping Medium Pizza

Chinese: Asian Dips and Wonton Chips

Bakery: Pumpkin Muffins

Frozen: Hormel Skippy Minis



Boneless Wings



GET A FLU SHOT GET



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