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Seasons®



may

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SWEET SPOT



NEW!

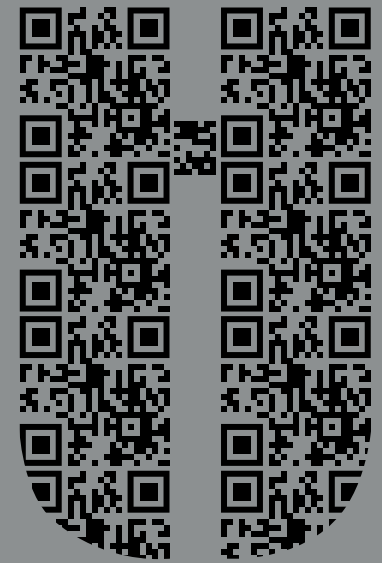
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FREE V's Chocolate with \$50 Floral Order*

Chocolate Almonds 8 oz., Chocolate Toffee Bites 6 oz., Caramel Pretzel Bites 6 oz. or Mint Meltaways 8 oz. Limit 1.



BUY 1, GET 1 FREE Marinated Chicken Breasts*

6 oz.
Limit 1.



\$10 OFF \$30 DSW in-store purchase*

Check your Hy-Vee Plus email for your promo code. Restrictions apply. Limit 1 per transaction.



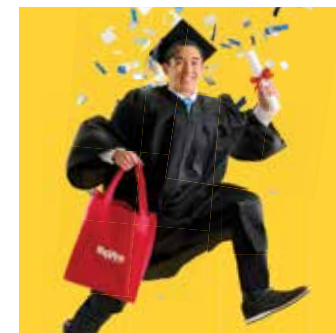
MAY 2022

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DONNA TWEETEN
EXECUTIVE VICE PRESIDENT,
CHIEF OF STAFF,
PRESIDENT HY-VEE
MARKETING AND MEDIA

W

armer weather, longer days and flowers starting to bloom—all signs that it's time to uncover the barbecue. We've put together recipes and tips to select, prep and grill your favorite cuts of meat, *page 10*. If it's time for a new grill, read about the benefits of different kinds and find your perfect match, *page 78*.

May events include graduations. Honor the grad with the best bash ever—even if you think you're out of time, *page 74*.

And who could forget the favorite day of mothers everywhere? Find the right gift for Mom, *page 86*, and learn how to display the gorgeous plants that thrive so well this month, *page 92*.

Soak in the beautiful days of May!

HY-VEE SEASONS IS DIGITAL!



Scan the QR code to enjoy *Hy-Vee Seasons Digital Edition*, a free, highly interactive online version of *Hy-Vee Seasons* magazine. We look forward to connecting with you!

*Offer available only to Hy-Vee Plus Premium members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires May 31, 2022. Void where prohibited. Not available in all states.

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

now trending

READY-MADE SIDES

Custom order or grab packaged options from the Hy-Vee Kitchen.



CREAMY COLESLAW

A tangy blend of cabbage and carrots tossed in coleslaw salad dressing.



BACON RANCH POTATO SALAD

Baby red potatoes, chopped bacon and onion in ranch dressing sauce.



BROCCOLI SUPREME

A mix of broccoli florets, raisins, sunflower seeds, bacon and sweet creamy dressing.



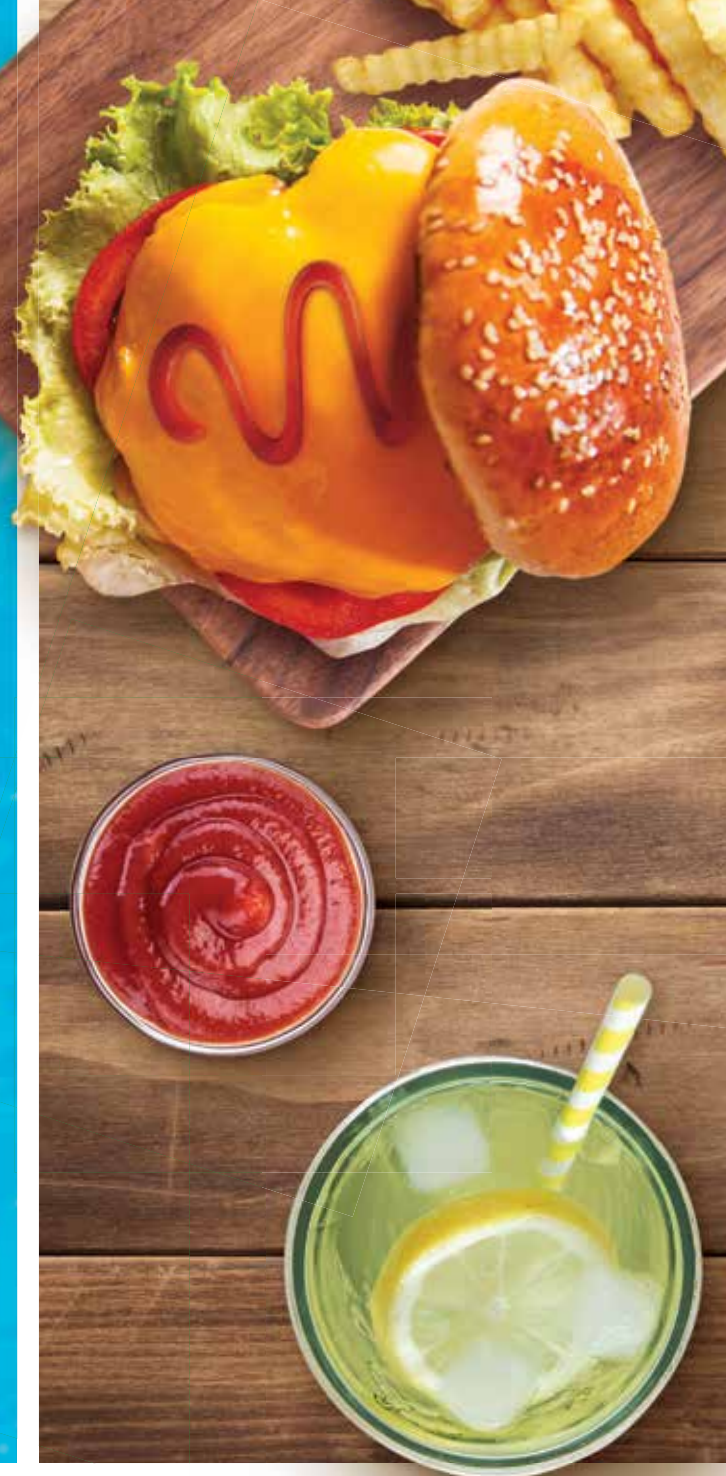
RAINBOW ROTINI

Multicolor pasta, peppers, carrots, onions, cheese and Italian dressing.



Summer's ON!

Take home the *classics* that bring you back.



BRING ON THE BRATS

Be the grill master of every barbecue or summer weeknight dinner with the smoky deliciousness of classic or specialty skinless and patty brats from Hy-Vee. Pick from flavors such as apple & brown sugar maple,

bacon Cheddar, chipotle, green onion, jalapeño Cheddar and fresh pineapple. And stock up on sides, fixings and buns, too. No matter the preference, Hy-Vee has a brat for everyone!





brand highlight

HY-VEE TRUE GRASS-FED BEEF

Look for the Hy-Vee True label on beef products for 100% grass-fed and all natural meat with no added hormones or antibiotics. Taste the difference of True at your next cookout.

donut of the month

STRAWBERRY S'MORES CAKE DONUT

Get s'more flavor with a strawberry donut, graham cracker crumbs, marshmallows and chocolate curls.



NOW AT HY-VEE!

CHECK OUT THESE NEW, NOTEWORTHY OR SEASONAL PRODUCTS AT HY-VEE.

PRODUCE

Basket & Bushel Berries



Picked at the peak of freshness, Basket & Bushel berries are juicy and delicious for summertime snacking.

HY-VEE KITCHEN

Baked Ziti



Enjoy the savory flavors of ziti noodles, marinara sauce, mozzarella cheese and Italian sausage with this take-and-bake dish.

DAIRY

Milton Creamery Cheese



Celebrate American Cheese Month with Milton Creamery cheeses. Try Prairie Breeze or tomato garlic Cheddar, available at Hy-Vee.

CATERING

Brunch Charcuterie Board



Brunch never looked—or tasted—so good. Get a breakfast-style charcuterie board from Hy-Vee with pastries, fruits and assorted meats and cheeses.

check it out!

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takes
the
cake

MARGARITA CAKE

Cake Designer: Bryant M.
Location: Rochester, MN

This colorful cake has everything you'd need for a great fiesta. To get a unique cake for any party, stop by or make an appointment with the cake decorators at Hy-Vee.



Green buttercream is piped on the cake and smoothed with an icing tool to create pinstripes.



An orange fondant shell is filled with buttercream and crumbled cookie "taco meat," and wafer paper "lettuce and cheese."



Thin triangles of soft tan fondant are folded to look like chips and airbrushed to give them a tortilla color.



A sugar-rimmed glass is wedged into the cake. Clear gel with yellow food coloring is piped to drip down the cake.

CAKE
this!

Shop the best cake decorating products.



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REFRESH SUMMER

LIMITED TIME ONLY



Explore the variety of Starbucks® Cold Brew Coffee Concentrates to find one that's perfectly yours.

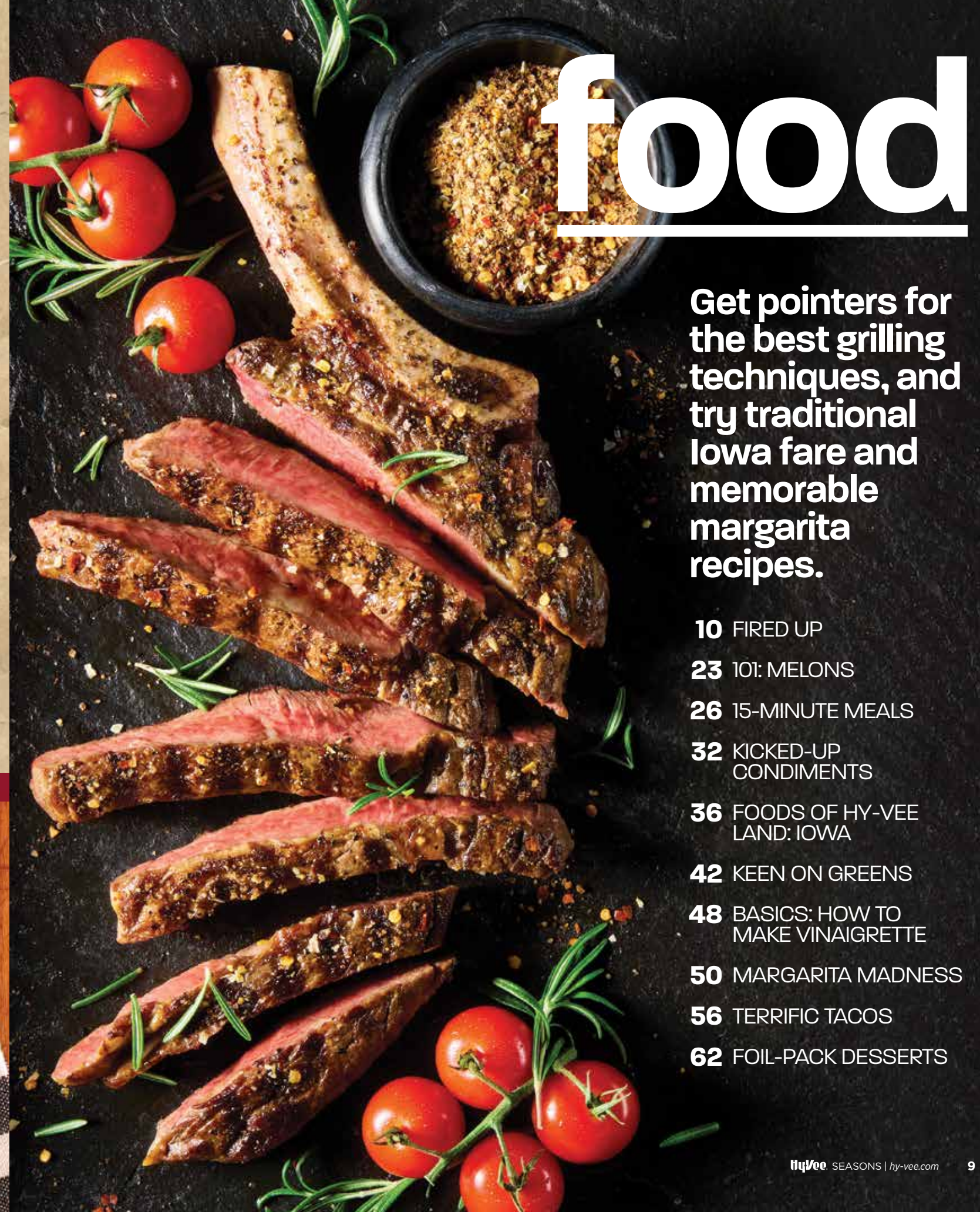
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Johnsonville Sausage Strips BETTER THAN BACON.



(There. We Said It.)

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food

Get pointers for the best grilling techniques, and try traditional Iowa fare and memorable margarita recipes.

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FIRED

YOUR NEXT COOKOUT WILL BE A KNOCKOUT WITH THESE GRILLING TIPS, RECIPES AND, OF COURSE, THE FINE SELECTION AND HELPFUL SERVICE FROM THE CERTIFIED MEAT AND SEAFOOD EXPERTS AT HY-VEE.

3 REASONS TO BUY MEAT AND SEAFOOD AT HY-VEE

1. SERVICE: Hy-Vee's highly trained staff can recommend the best cut for your needs and provide prepping and cooking advice. Experts in the Meat and Seafood Departments can also cut proteins to your specifications and steam fresh seafood for you.

2. SELECTION: Find everything you need to make a meal in one department. Alongside a wide selection of beef, seafood, poultry and pork, pick up the rubs, seasonings and side dishes to complement the main dish. Hy-Vee also offers seasoned and marinated proteins, plus ready-to-cook brats, burgers and Hy-Vee Famous Chicken Grillers.

3. QUALITY: Hy-Vee takes steps to ensure only the best products reach your plate. True beef, chicken and pork are raised on Midwest family farms with no antibiotics or added hormones. Additionally, Hy-Vee is one of the only grocery stores to employ its own U.S. Department of Commerce lot inspector, who guarantees seafood freshness and flavor.



“We're a complete meal solution and I think customers appreciate that we're not just the center of the plate, we're the whole plate. We have the grilling sides and a lot of our signature sides that can go with that protein, whether it's on the grill or in the oven. You can find a complete meal solution right in the meat department.”

—Jason Pride
Hy-Vee Vice President,
Meat and Seafood

The Best Beef

Hy-Vee goes the extra mile but never leaves the Midwest for its best-in-class Reserve beef that is raised on family farms and ranches. The beef is corn-fed, resulting in more marbling for better taste, tenderness and juiciness. Plus, Hy-Vee hand-picks all of its cattle—only an average of 6 out of 100 cattle meet Hy-Vee's strict specifications for Hy-Vee Choice Reserve. Hy-Vee also offers True beef, which is vegetarian-fed and pasture-raised with no antibiotics and no added hormones.

SEASONING Add flavor to roasts and steaks by applying a rub—dry or paste—of herbs and spices before cooking.



Ask the experts in the Hy-Vee Meat Department for suggestions on the best cuts for your needs. Hy-Vee Reserve Beef is available in 3 tiers:

Hy-Vee PRIME RESERVE

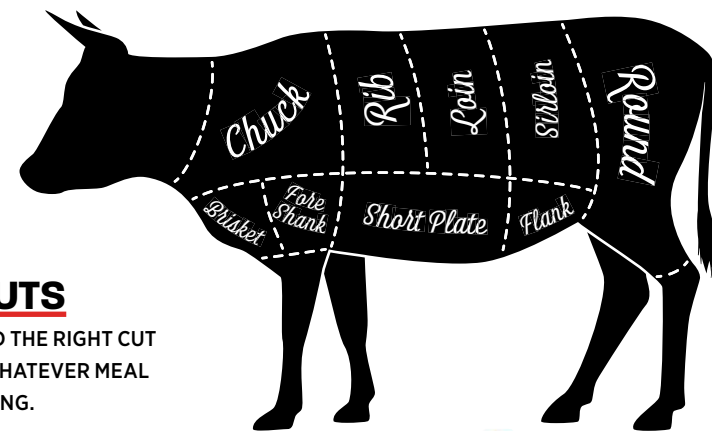
The best of the best! Hy-Vee Prime Reserve is a cut above the rest, with less than 10% of beef deemed good enough to earn the Prime Reserve label.

Hy-Vee CHOICE RESERVE

Hand-picked cuts that meet the highest standards for tenderness and flavor. Less than 10% of USDA Choice-graded beef is good enough for Hy-Vee Choice Reserve.











Hy-Vee ANGUS RESERVE

100% quality beef for juicy, naturally aged flavor at a budget-friendly price.



KNOW YOUR CUTS

AT HY-VEE, FIND THE RIGHT CUT OF BEEF FOR WHATEVER MEAL YOU'RE PLANNING.

 <p>CHUCK STEAK Firm texture; rich, beefy flavor; marinate before grilling.</p>	 <p>RIBEYE Includes flavorful steaks for grilling; ideal for smoking or oven-roasting.</p>	 <p>COWBOY RIBEYE Well marbled, juicy, flavorful cut perfect for grilling.</p>	 <p>T-BONE T-shape bone, from the loin; divides New York strip and filet mignon.</p>	 <p>TENDERLOIN Buttery, lean and the most tender; filet mignon is cut from the center.</p>
 <p>NEW YORK STRIP Well-marbled cut from the loin; also known as Kansas City steak.</p>	 <p>SIRLOIN Flavorful, lean; best when marinated before grilling.</p>	 <p>ROUND Lean, less tender cut; use for roasts, marinated steaks or ground beef.</p>	 <p>BRISKET Less tender cut; ideal for slow cooking in stews or on the barbecue.</p>	 <p>FLANK Lean, flavorful; best when marinated or thinly sliced for stir-fries.</p>

BEEF TIPS FROM THE PROS

Selecting Steak

- For best flavor, look for well-marbled cuts and rich pink color.
- For leaner options, choose sirloin or round.
- Add more flavor to lean cuts with a marinade or rub.

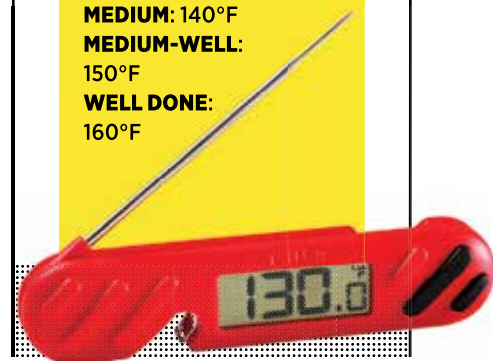
Preparing & Grilling

- Remove from fridge and season steak 30 minutes before grilling.
- Sear one side for 60% of cooking time, the other for the remainder.
- Flip steak once, using tongs (forks pierce meat and release juices).

TAKE YOUR TEMPERATURE

To gauge doneness, insert an instant-read thermometer into the side of the cut until it reaches the center. Meat will continue to cook up to 10 degrees after it is removed from heat.

RARE: 125°F
MEDIUM-RARE: 130°F
MEDIUM: 140°F
MEDIUM-WELL: 150°F
WELL DONE: 160°F



T-Bone Steaks with Bourbon Compound Butter

Hands On 50 minutes

Total Time 1 hour
20 minutes plus marinating and standing time

Serves 4

- ¼ cup finely chopped shallot
- 1½ tsp. plus 2 Tbsp. bourbon, divided
- ¼ cup Hy-Vee salted butter, softened
- 1½ tsp. finely chopped Italian parsley, plus additional for garnish
- ¼ tsp. plus 1 Tbsp. Hy-Vee Dijon mustard, divided
- 1¼ tsp. Hy-Vee less sodium Worcestershire sauce, divided
- 2 (1-lb.) Hy-Vee Angus Reserve T-bone steaks, 1¼ to 1½ in. thick
- 2½ Tbsp. Hy-Vee less sodium soy sauce
- 2 Tbsp. packed Hy-Vee brown sugar
- 1½ Tbsp. Hy-Vee vegetable oil
- 1 Tbsp. Gustare Vita balsamic vinegar
- 12 Hy-Vee Smart Bite strawberry red potatoes
- Hy-Vee nonstick cooking spray
- ½ tsp. kosher salt, divided
- ¼ tsp. coarsely ground Hy-Vee black pepper
- ¼ cup Soirée grated Parmesan cheese

- 1. COMBINE** shallot and 1½ tsp. bourbon in small bowl. Use a fork to stir in softened butter, 1½ tsp. parsley, ¼ tsp. Dijon mustard and ¼ tsp. Worcestershire sauce until well combined. Shape butter mixture into a log using plastic wrap. Wrap tightly and refrigerate 30 minutes or until firm.
- 2. PLACE** steaks in a large resealable plastic bag. Combine soy sauce, brown sugar, remaining 2 Tbsp. bourbon, vegetable oil, remaining 1 Tbsp. mustard, balsamic vinegar and remaining 1½ tsp. Worcestershire sauce. Pour over steaks in bag; close bag. Turn bag to evenly coat

steaks with marinade; refrigerate 6 to 8 hours, turning bag occasionally. Remove steaks from marinade; discard marinade. Let stand at room temperature 30 minutes.

3. PREHEAT a charcoal or gas grill for indirect cooking over medium-high heat (375°F). Cut a thin lengthwise slice off one side of each potato. Place a potato, cut side down, on a cutting board between 2 chopsticks. Slice the potato perpendicular to the chopsticks, making cuts about ¼ in. apart and stopping just before the chopsticks (about three-quarters of the way through the potato). Repeat slicing remaining potatoes. Place potatoes on a microwave-safe plate and microwave on HIGH 3 minutes.

4. SPRAY potatoes with nonstick spray. Cut a 16×16-in. sheet of heavy foil. Place potatoes on foil and fold up sides to form a bowl. Top with half of bourbon butter and ¼ tsp. kosher salt; set aside. Season steaks with remaining ¼ tsp. salt and pepper.

5. GRILL potatoes and steaks 12 to 15 minutes or until potatoes are crisp around the edges and steaks reach 130°F for medium-rare doneness, turning steaks halfway through. Remove potatoes and steaks from grill. Sprinkle potatoes with Parmesan cheese. Loosely cover potatoes and steaks with foil; let stand 5 minutes.

6. TOP steaks with slices of remaining bourbon butter. Serve with potatoes and garnish with additional parsley, if desired.

Per serving: 670 calories, 34 g fat, 15 g saturated fat, 1 g trans fat, 165 mg cholesterol, 1,220 mg sodium, 30 g carbohydrates, 2 g fiber, 9 g sugar (includes 7 g added sugar), 56 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 30%, Potassium 30%

MARINATING TIP

“Most foods need about 30 minutes to two hours of marinating. Any longer than that could change the meat’s composition,” says Hy-Vee Executive Chef Abigail Newberry of Lee’s Summit, Missouri. She explains that some marinades contain an enzyme that can cause meat to be mushy if overmarinated; others can make food tough.



Winning Chicken

HY-VEE'S JUST BARE CHICKEN IS RAISED HUMANELY ON FAMILY FARMS WITH NO ANTIBIOTICS OR ADDED HORMONES OR STEROIDS AND FED AN OPTIMAL DIET OF VEGETABLES AND GRAINS.



ROTISSERIE CHICKEN: A REAL TIME-SAVER

WHEN GRILLING ISN'T AN OPTION, HY-VEE'S ROTISSERIE CHICKEN IS PERFECTLY ROASTED AND IT'S READY FOR A MEAL WHEN YOU ARE. PLUS, IT HAS A DELICIOUS HOME-COOKED TASTE YOU CAN DEPEND ON.



Wine-Infused Chicken

Learn an easy way to add flavor and moisture to your bird.



Watch and learn at Seasons.Hy-Vee.com



CHICKEN TIPS FROM THE PROS

Selecting Chicken

- Fresh chicken should be plump and the flesh should "give" a little when poked, then return to normal.
- Look for a pinkish color, not gray.
- Avoid chicken with torn skin or excess liquid in the package.

Preparing & Grilling

- Marinate chicken a few hours before grilling for a different flavor profile.
- Cook with grill lid down for even heating and smokier taste.
- Remove from grill, cover with foil and let rest for 5 to 10 minutes.

Cooking Temperature

Grill chicken to an internal temperature of 165°F. Insert a meat thermometer into the thickest portion without touching bone.



It's all about choice when it comes to **chicken** at Hy-Vee. In addition to humanely raised Just Bare: **Hy-Vee's seasoned chicken** takes care of prep work with marinated or seasoned chicken in cilantro lime, Italian, Buffalo, tomato basil, honey teriyaki, lemon pepper and butter garlic flavors. **Hy-Vee True chicken** is a moist, delicious, all-natural chicken with less than 6 percent retained water. It's raised cage-free, without artificial ingredients, preservatives or antibiotics. **Smart Chicken** is air-chilled for better flavor, texture and quality. **Hy-Vee 100% All Natural Fresh Chicken** is minimally processed, with no artificial ingredients or added hormones or steroids.

KNOW YOUR CUTS

IN ADDITION TO WHOLE CHICKEN, FIND THESE POPULAR SELECTIONS AT HY-VEE.



BREAST Lean white meat from underside of chicken.



WING White meat; includes a drumette (drumstick-shape) and a flat (meat layered by two bones).



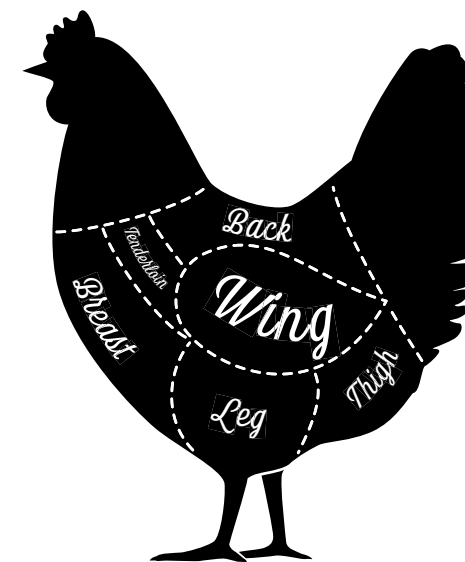
LEG Darker, higher-fat meat is juicy and flavorful; also called a leg quarter.



THIGH Dark meat from the top portion of the leg.



DRUMSTICK Dark meat from the bottom portion of the leg; extra fat makes it great for smoking and barbecuing.



Grilled Rosé-Can Chicken with Spicy Tomatillo Salsa

Hands On 1 hour

Total Time 2 hours 30 minutes plus standing time

Serves 6

1 lemon, plus lemon slices for garnish

1 lime, plus lime wedges for garnish

1 orange, plus orange wedges for garnish

2½ tsp. coarsely ground Hy-Vee black pepper, divided, plus additional for garnish

2 tsp. kosher salt, divided

1 (3½- to 4-lb.) Hy-Vee True fresh whole chicken fryer without giblets

2 Tbsp. Hy-Vee vegetable oil, divided

½ (250-ml) can rosé wine

3 tomatillos

1 garlic bulb

1 medium poblano pepper*

1 medium jalapeño pepper*

1 small white onion, peeled and halved lengthwise

1 small red onion, peeled and halved lengthwise

½ cup finely chopped fresh cilantro, plus additional cilantro for garnish

1. PREHEAT a charcoal or gas grill with two grilling zones: direct grilling over high heat (400°F) and indirect grilling over medium-high heat (375°F).

2. FOR RUB, zest 1 lemon, 1 lime and 1 orange. Then cut citrus fruits in half; set aside. Combine zests from citrus, 2 tsp. black pepper and 1 tsp. salt in small bowl. Rub

chicken with 1 Tbsp. vegetable oil and citrus mixture. Tie legs together with kitchen string.

3. PLACE the wine can in the skillet, open side up. Place chicken, cavity side down, onto the can so the chicken is sitting upright. Place the skillet on a grill rack over indirect heat. Grill 1 hour 15 minutes to 1 hour 30 minutes or until chicken reaches 165°F in the breast.

4. FOR TOMATILLO SALSA, remove the husk from the tomatillos. Cut off ½ in. from top of garlic bulb to expose ends of cloves; remove loose papery outer layers. Toss the tomatillos, garlic, poblano and jalapeño peppers, and white and red onion halves

with remaining 1 Tbsp. vegetable oil and ½ tsp. salt in large bowl to coat.

5. GRILL vegetables and citrus halves on grill rack over direct heat 10 to 12 minutes or until charred and vegetables are fork tender, turning occasionally. Remove from grill. Remove garlic cloves from paper husks by squeezing bottom of bulb; chop and transfer to a medium bowl. Stem, seed and coarsely chop poblano and jalapeño peppers; coarsely chop tomatillos and onions. Add chopped vegetables and ½ cup cilantro to bowl with garlic. Squeeze juice from citrus halves in bowl; stir to combine.

6. CAREFULLY remove chicken from grill; let rest 10 minutes.

Carefully remove chicken from rosé can using clean oven mitts or kitchen towel; discard rosé can and wine. Season chicken with remaining ½ tsp. black pepper and ½ tsp. salt; serve with grilled tomatillo salsa. Garnish with lemon slices, lime and orange wedges and additional cilantro, if desired.

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

Per serving: 690 calories, 45 g fat, 13 g saturated fat, 0 g trans fat, 200 mg cholesterol, 830 mg sodium, 13 g carbohydrates, 2 g fiber, 6 g sugar (includes 0 g added sugar), 51 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 4%

Premium Pork

Find the best pork at Hy-Vee.

Midwest Pork is top-quality pork raised on more than 400 farms throughout Hy-Vee's 8-state region. Cuts are selected, hand-trimmed and locally packaged for superior taste and tenderness.

True Pork is raised on family farms and fed a vegetarian diet with no beef or poultry byproducts.

Duroc Pork is a premium pork featuring exceptional marbling with rich and robust flavor. Similar to True products, it is all natural, vegetarian-fed and raised crate-free and with no added hormones or antibiotics.

KNOW YOUR CUTS

LEARN ABOUT SOME POPULAR CUTS OF PORK AND THE BEST WAY TO COOK THEM.



LOIN CHOPS
Cut near center of loin; T-shape bone divides loin meat and tenderloin muscle; grill, broil or oven-roast.



TENDERLOIN
Lean, boneless roast; one of the most tender cuts of pork; grill, oven-roast, sauté, skewer or stir-fry.



BONELESS TOP LOIN CHOP
Loin chops or rib chops with bone removed; grill or cut into strips and stir-fry.



RIB CHOP Cut from rib section of loin with more fat than loin chops; less prone to drying out; grill, broil or oven-roast.



BONELESS BUTTERFLY CHOP Cut from center of loin with two halves like a book; grill, pan-fry or oven-roast.

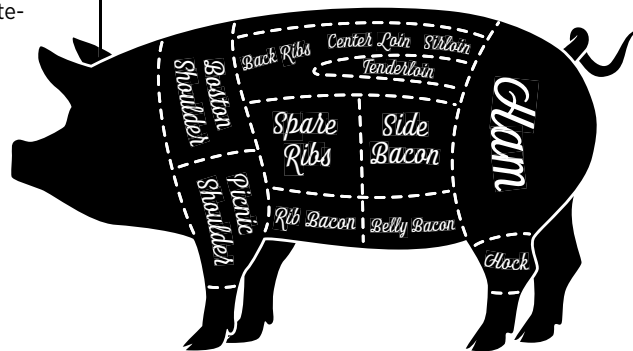
PORK TIPS FROM THE PROS

Selecting Pork

- Choose pork that is pinkish-red.
- For more flavor, look for pork with marbling or small flecks of white fat.

Preparing & Grilling

- Coat grill with vegetable oil to avoid sticking, then grill over medium heat, turning once.
- If basting, apply during the last few minutes of grilling to avoid burning.
- Use a digital thermometer to gauge doneness.



Blue Cheese-Stuffed Buffalo Pork Chops

Hands On 30 minutes

Total Time 54 minutes plus chilling and standing time

Serves 4

- ½ (8-oz.) pkg. Hy-Vee cream cheese, softened
- 2 Tbsp. plus ½ cup Frank's RedHot original hot sauce, divided
- 2 Tbsp. Hy-Vee ranch salad dressing
- 2 cloves garlic, minced
- ¼ tsp. Hy-Vee crushed red pepper
- ¾ cup finely chopped green onions, divided
- ½ cup Soirée blue cheese crumbles, divided
- ½ cup Hy-Vee shredded mozzarella cheese
- 4 (1- to 1¼-lb.) bone-in loin or rib pork chops, 1½ to 1¾ in. thick
- 1 tsp. coarsely ground Hy-Vee black pepper
- Hy-Vee nonstick cooking spray
- ¼ cup Hy-Vee unsalted butter

1. COMBINE cream cheese, 2 Tbsp. hot sauce, ranch dressing, garlic and crushed red pepper in a medium bowl. Add ½ cup green onions, ¼ cup blue cheese and mozzarella cheese. Mix until well combined.

2. MAKE a pocket in each pork chop by cutting horizontally from fat side to almost bone or opposite side using a paring knife. Stuff cheese mixture into pockets. Refrigerate chops 30 minutes.

3. PREHEAT a charcoal or gas grill with two grilling zones: Direct grilling over high heat (400°F) and indirect grilling over medium heat (350°F).

4. SEASON chops with black pepper; spray with nonstick spray. Place stuffed chops over direct heat. Grill 8 minutes, turning halfway through. Place chops on a sheet of heavy foil and move to indirect heat. Grill 14 to 16 minutes or until pork reaches 165°F, turning halfway through. Transfer chops to a platter. Loosely cover with foil and let rest 5 minutes.

5. FOR SAUCE, heat remaining ½ cup hot sauce and butter in a small saucepan over medium-low heat until butter is melted. Serve over pork chops. Top with remaining ¼ cup blue cheese crumbles and remaining ¼ cup chopped green onions.

Per serving: 840 calories, 58 g fat, 23 g saturated fat, 1 g trans fat, 280 mg cholesterol, 1,540 mg sodium, 7 g carbohydrates, 1 g fiber, 3 g sugar (includes 0 g added sugar), 72 g protein. **Daily Values:** Vitamin D 10%, Calcium 25%, Iron 10%, Potassium 15%



LODGE CAST IRON SKILLET

THIS TRUSTY PAN HAS A LOT OF USES ON THE GRILL. ROAST OR CHAR VEGETABLES, COOK DELICATE FISH, KEEP DRUMSTICKS FROM STICKING TO THE GRILL OR SEAR PORK CHOPS TO PRESERVE MOISTURE AND TENDERNESS.

SHIP TO HOME
Lodge 10" Cast Iron Skillet



HSTV.com
STREAM. SHOP. SMILE.



PORK SAFETY Today's cuts of pork are lean, so it's important not to overcook them. Use a meat thermometer to ensure pork cuts reach an internal cooking temperature of 145°F and ground pork reaches 160°F, with three minutes rest time.

Superior Seafood

The Hy-Vee Meat and Seafood Departments has an unbeatable selection of seafood—all raised in a responsible manner.

One example: **Bristol Bay Sockeye Salmon**, harvested in the pristine waters of Bristol Bay, Alaska. This wild sockeye salmon has distinctively rich flavor, firm texture and deep red flesh that stays bright when cooked.

Value-added service is a Hy-Vee trademark. “If you want shrimp to take home tonight but don’t want to prepare it, we’ll steam that for you—or crab legs or lobster tails or whatever you choose,” says Hy-Vee Vice President of Meat and Seafood Jason Pride.



SEAFOOD TO SELECT AT HY-VEE



TYPES OF FISH

- **Catfish:** mildly sweet with moist, dense texture; bake, broil, fry or sauté.
- **Cod:** firm, flaky, moist and sweet, cod adapts to most cooking methods; sauté, bake, grill or fry.
- **Halibut:** sweet-tasting and lean, it has thick, meaty flesh; bake, broil or grill.
- **Salmon:** King and sockeye have high-fat, deep, rich flesh; coho has a delicate flesh.
- **Tilapia:** mild and sweet-tasting, it has a slightly firm, flaky texture; bake, broil, sauté or fry fillets.



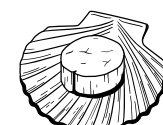
SHRIMP

Available raw or cooked, shrimp takes on more flavor from marinades and smoke from the grill; when grilling, use a skewer or grill basket.



LOBSTER

Choose from whole cooked American lobster, cold water lobster tail or spiny lobster tails; grill on a plank over medium heat.



SCALLOPS

Select from fresh sea scallops or previously frozen bay scallops; grill over medium heat on a skewer or directly on the grill, using tongs to turn halfway through.



CRAB

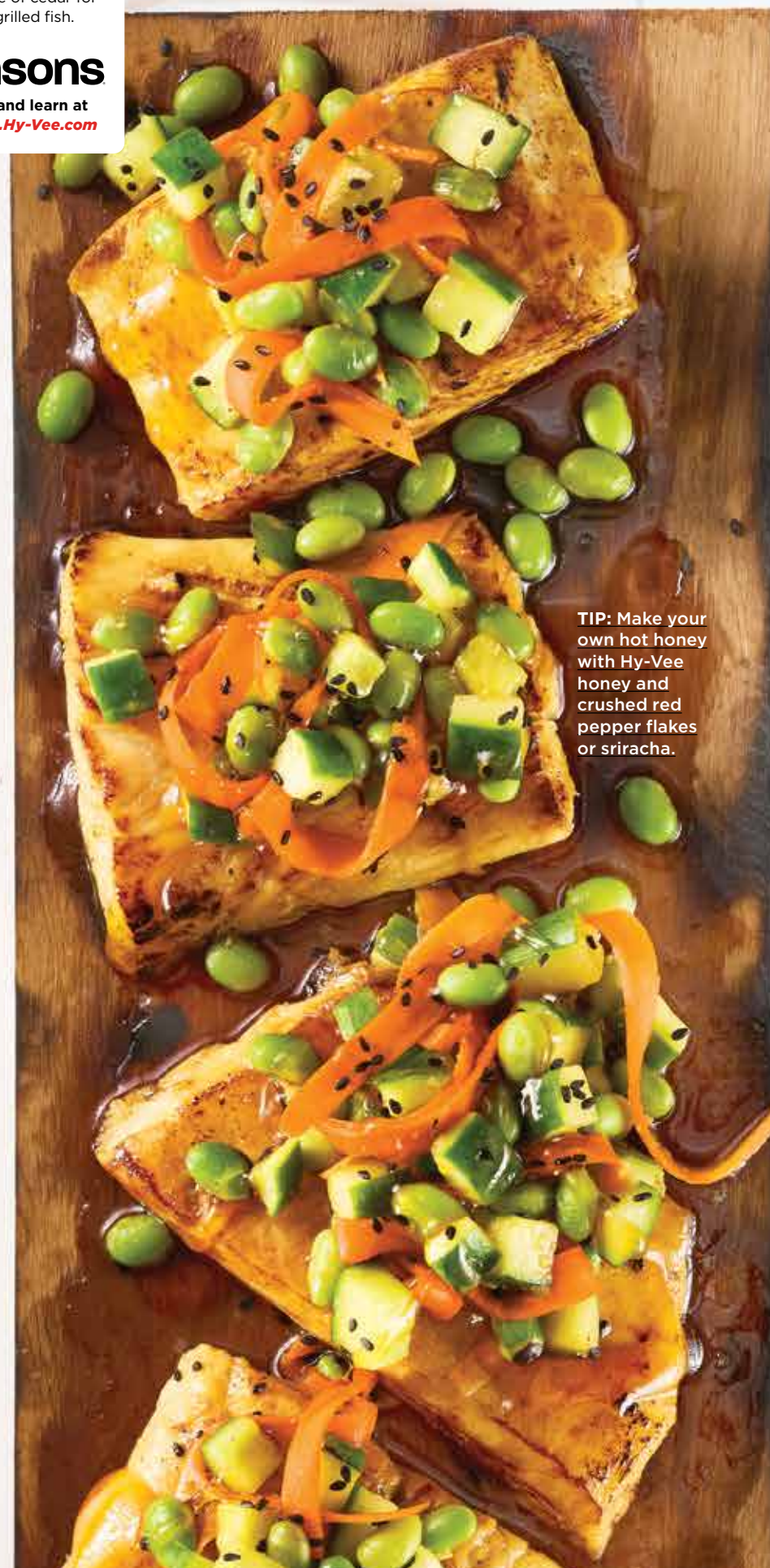
Choose from Alaska Snow, Alaska King or Dungeness crab legs; grill on medium-high direct heat.

Flavorful Planks

See how easy it is to use a piece of cedar for perfectly grilled fish.

Hy-Vee
seasons

Watch and learn at
Seasons.Hy-Vee.com



TIP: Make your own hot honey with Hy-Vee honey and crushed red pepper flakes or sriracha.

Hot Honey and Miso-Glazed Halibut

Hands On 40 minutes

Total Time 50 minutes plus cedar plank soaking and marinating time

Serves 4

- 1 (15×5-in.) cedar grilling plank
- 2 Tbsp. white miso paste
- 2 Tbsp. hot water
- 4 Tbsp. Mike’s hot honey, divided, plus additional for garnish
- 2 Tbsp. seasoned rice vinegar
- 1 Tbsp. peeled and grated gingerroot
- 1 Tbsp. Hy-Vee maple syrup
- 1 Tbsp. Hy-Vee toasted sesame oil
- 1 tsp. lemon zest
- 2 tsp. lemon juice
- 1 tsp. peeled and sliced garlic
- 4 (5- to 6-oz.) Fish Market fresh skinless halibut or cod fillets, ½ in. thick
- ½ cup coarsely chopped English cucumber
- ¼ cup frozen shelled edamame, thawed
- 1 small carrot, peeled and cut into ribbons
- Black sesame seeds, for garnish

1. **COVER** cedar plank in water; soak 2 hours or overnight.

2. **WHISK** together miso and hot water until combined. Whisk in 2 Tbsp. hot honey, rice vinegar, gingerroot, maple syrup, sesame oil, lemon zest and juice, and garlic.

3. **RESERVE** 2 Tbsp. miso marinade for vegetables. Place fish fillets in large resealable plastic bag. Pour remaining miso marinade over fish; seal bag. Turn bag to evenly coat fish with miso mixture. Marinate in refrigerator 30 minutes.

4. **COMBINE** chopped cucumber, edamame and carrot ribbons in small bowl. Toss with 2 Tbsp. reserved marinade to coat; set aside.

5. **PREHEAT** a charcoal or gas grill for direct cooking over medium heat (350°F). Place soaked plank on hot grill 5 minutes or until lightly smoking, turning halfway through.

6. **REMOVE** fish from marinade; discard miso marinade in bag. Place fish fillets on cedar plank. Grill 10 to 12 minutes or until fish flakes easily with a fork (145°F).

7. **TO SERVE**, drizzle halibut with remaining 2 Tbsp. hot honey. Top with cucumber mixture. Garnish with black sesame seeds, if desired.

Per serving: 270 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 70 mg cholesterol, 380 mg sodium, 27 g carbohydrates, 2 g fiber, 23 g sugar (includes 20 g added sugar), 29 g protein. Daily Values: Vitamin D 35%, Calcium 2%, Iron 6%, Potassium 15%

RESPONSIBLE CHOICE SEAFOOD

Hy-Vee seafood bearing the Responsible Choice symbol is caught or farmed responsibly, ensuring production can be maintained or increased for generations to come

without jeopardizing affected ecosystems. Furthermore, Hy-Vee’s seafood sourcing is third-party verified by FishWise, a sustainable seafood consultancy that promotes the health of ocean ecosystems.

WE’RE HERE TO HELP

ASK THE CERTIFIED EXPERTS
IN THE HY-VEE SEAFOOD
DEPARTMENT FOR SUGGESTIONS
ON WHAT SEAFOODS TO TRY.



Ready to Grill

HY-VEE MAKES MEALTIMES A SNAP WITH ITEMS THAT ARE PREPPED AND READY TO BE BARBECUED.

THESE GRILLERS ARE THRILLERS For a smoky flavor, place cheese-stuffed, bacon-wrapped Hy-Vee Famous Chicken Grillers directly on the grill grate and cook over medium heat.

KABOBS AT THE READY Make prep work easy with Hy-Vee premade kabobs, available in a variety of medleys and marinades.

READY-TO-GRILL SPECIALTY ITEMS

AWESOME TASTE AWAITS IN THE MEAT CASE AT HY-VEE!



HY-VEE FAMOUS CHICKEN GRILLERS

- **Apple Smoked Gouda:** apple, smoked Gouda
- **Bacon Cheddar:** bacon, Cheddar cheese
- **Boursin:** Boursin cheese
- **Buffalo Bacon Bleu:** Buffalo-style bacon, bleu cheese
- **Caprese:** mozzarella, tomato, basil
- **Cheetos Flamin' Hot Jalapeño Popper:** Flamin' Hot Cheetos
- **Cheetos Ham & Cheese:** smoked ham, crushed Cheetos
- **Cowboy:** jalapeños, hot pepper cheese
- **Cowgirl:** green peppers, Monterey Jack cheese
- **Ham & Cheese:** ham, Cheddar cheese
- **Hawaiian:** ham, pineapple
- **Pizza:** mozzarella, Canadian-style bacon, pepperoni
- **Santa Fe:** black bean salsa, cream cheese, pepper Jack cheese, Southwest spices
- **Spinach & Ricotta:** spinach, ricotta, Parmesan
- **Three Cheese:** hot pepper, Cheddar and American/Swiss



HY-VEE GOURMET STEAKHOUSE BURGERS

- Bacon Cheddar • Burger Mignon • French Onion
- Jalapeño Pepper Jack • Mushroom Swiss • Southwest



HY-VEE BRATS & BRATWURST BURGERS

- Apple & Brown Sugar Maple Pork
- Bacon Cheddar (brat or burger)
- Beer (brat or burger)
- Jalapeño Cheddar (brat or burger)
- Fresh Pineapple (brat or burger)
- Fresh Pork (brat or burger)
- Fresh Cheddar
- Green Onion Pork



SEAFOOD STEAKS

- Ahi tuna • Swordfish
- Yellowfin Ahi tuna



“It's important to season your grill grate every time you use the grill. Brush off excess food, then coat with vegetable or canola oil. Wipe off any excess with a paper towel. Place it back onto the grill and crank up to high heat for 15 to 20 minutes or until the oil starts to smoke. The grate should be dark in color.”

—Abigayle Newberry
Hy-Vee Executive Chef
Lee's Summit, MO

ALL YOU NEED FOR
**FLAVORFUL
 FUN**
 IN
 THE
SUN



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101 MELONS

May is the start of melon season! Learn all about these juicy fruits, and a savory new way to enjoy them.

Hydrating melons fall into two categories: Cucurbitaceae (gourds) and muskmelons. Watermelons are in the gourd family while honeydew and cantaloupe classify as muskmelons. They all have soft, juicy fruit with sweet, perfumy flavor, but their appearance varies widely. Watermelon rinds range from bright to deep green, and they have a crunchy, reddish-pink interior. Honeydew's smooth, pale green rind almost matches its soft, honey-flavored fruit. Cantaloupe has a fibrous, light orange fruit. Melons are low in calories and contain vitamins A and C, which promote a healthy immune system—making them a delicious and healthy snack.

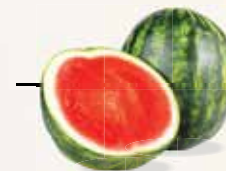
BUY A juicy, ripe melon will feel heavy and firm. Sniff melons to determine peak freshness: Ripe melons should have an intense musky aroma near the stem.

STORE Whole melons can be stored in the refrigerator for up to a week, and cut melons for up to five days. Sliced melon will stay fresh longer when refrigerated in a perforated plastic bag at 41°F or below.

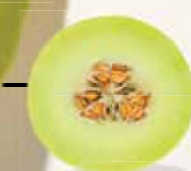
PREP Before cutting, wash the exterior and gently scrub away any dirt. Melons can be sliced into wedges, cut into cubes or made into spheres using a melon baller.



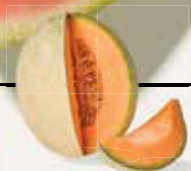
MELONS AT HY-VEE



Watermelon
BUY: whole seedless, personal and presliced Hy-Vee Short Cuts.
TRY: raw, blended or pickled.



Honeydew
BUY: whole, Golden honeydew and cubed Hy-Vee Short Cuts.
TRY: mixed into fruit salad or frozen as melon pops.



Cantaloupe
BUY: whole, Athena cantaloupe and cubed Hy-Vee Short Cuts.
TRY: paired with prosciutto and grilled.

Try these melon varieties at Hy-Vee, in season from May to September.

Source: mayoclinichealthsystem.org/hometown-health/speaking-of-health/melons-pack-a-nutritional-punch



Mixed Melon, Cucumber and Feta Salad

Total Time 30 minutes
Serves 6 (2/3 cup each)

- 1/2 cup white balsamic vinegar
- 2 Tbsp. Hy-Vee honey
- 1 shallot, thinly sliced
- 1/4 cup fresh mint leaves, plus additional for garnish
- 1/2 small cantaloupe, seeded, peeled and sliced
- 2 cups Hy-Vee Short Cuts watermelon
- 5 mini cucumbers, cut into ribbons
- 1 (8-oz.) pkg. Soirée traditional feta chunk cheese, cubed
- Pink or black peppercorns, crushed, for garnish

1. WHISK together vinegar and honey in small bowl until combined. Add shallot and 1/4 cup mint; gently stir to combine. Let stand 5 minutes.

2. COMBINE cantaloupe, watermelon, cucumber ribbons and feta on a large platter. Remove shallot from dressing; arrange shallot slices on top. Drizzle with dressing. Garnish with peppercorns and additional mint, if desired.

Per serving: 160 calories, 6 g fat, 3.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 530 mg sodium, 20 g carbohydrates, 1 g fiber, 16 g sugar (6 g added sugar), 8 g protein. **Daily Values:** Vitamin D 0%, Calcium 8%, Iron 6%, Potassium 4%

smart swap

For milder, slightly less salty flavor, try goat cheese in place of feta; it complements the honey and melon.

MADE ENTIRELY FROM chickpeas

— ANOTHER BARILLA PASTA TO LOVE —



FIND IT IN THE PASTA AISLE



A SIGN OF LOVE



MINUTE MEALS

PREP AND COOK HEARTY DISHES IN LESS TIME THAN IT TAKES TO DECIDE ON A RESTAURANT.

Honey-Sesame Noodles and Pork

Total Time 15 minutes
Serves 6

- 1 1/4 cups hot water
- 1/2 cup tahini
- 1/3 cup Hy-Vee less sodium soy sauce
- 1/4 cup unseasoned rice vinegar
- 1/4 cup Hy-Vee toasted sesame oil
- 1/4 cup Hy-Vee honey
- 1 1/2 Tbsp. refrigerated garlic paste
- 2 tsp. refrigerated ginger paste
- 2 tsp. chili oil

- 1 (10-oz.) pkg. 3-minute authentic Chinese noodles
- 1 Tbsp. Hy-Vee vegetable oil
- 2 cups Hy-Vee Market Grille shredded dry pulled pork
- 1 (6-oz.) pkg. Basket & Bushel snow peas
- 4 green onions, cut into 1-in. pieces
- Thinly sliced radishes, for garnish
- Toasted sesame seeds, for garnish



7 minutes

1. BRING 2 qt. hot tap water to a boil in large saucepan. Whisk together 1 1/4 cups water, tahini, soy sauce, vinegar, sesame oil, honey, garlic paste, ginger paste and chili oil in medium bowl until combined.



4 minutes

2. COOK noodles in boiling water 3 minutes. Drain noodles and rinse.



4 minutes

3. HEAT vegetable oil in large skillet over medium-high heat. Add pork, snow peas and green onions; stir-fry 1 minute. Add sauce mixture. Bring to a boil. Add cooked noodles; toss to coat. Garnish with radishes and sesame seeds, if desired.

Per serving:
530 calories,
29 g fat,
4.5 g saturated fat,
0 g trans fat,
20 mg cholesterol,
840 mg sodium,
57 g carbohydrates,
2 g fiber, 14 g sugar
(12 g added sugar),
17 g protein.
Daily Values:
Vitamin D 0%,
Calcium 6%,
Iron 20%,
Potassium 4%

TIME-SAVER
Skip chopping and mincing fresh ingredients by using refrigerated tubes of fresh ginger and garlic pastes; find them in the produce section.



Lemon-Garlic Tuna Scampi

Total Time 15 minutes
Serves 4

1-lb. Fish Market fresh ahi tuna steaks, ½ in. thick
3 Tbsp. Gustare Vita olive oil, divided
¾ tsp. Hy-Vee salt
½ tsp. Hy-Vee black pepper
½ (16-oz.) pkg. Hy-Vee angel hair pasta
6 Tbsp. Hy-Vee salted butter, chopped

1 Tbsp. bottled minced garlic
¾ cup water
1 Tbsp. lemon zest
2 Tbsp. fresh lemon juice
½ tsp. Hy-Vee crushed red pepper
1 Tbsp. chopped Italian parsley
½ cup Soirée shaved Parmesan cheese



6 minutes
1. **BRING** 2 qt. hot tap water to a boil in large saucepan. Brush tuna with 1 Tbsp. olive oil. Sprinkle with salt and black pepper.



6 minutes
2. **COOK** pasta in boiling water 3 minutes. Drain pasta; set aside.

3. **MEANWHILE**, heat remaining 2 Tbsp. olive oil in large skillet over medium-high heat. Cook tuna 4 to 6 minutes until it reaches 145°F, turning halfway through. Remove from skillet. Cut into bite-size pieces.



3 minutes
4. **MELT** butter in same skillet over medium heat. Stir in garlic; cook 30 seconds. Stir in water, lemon zest and juice and crushed red pepper. Simmer 1 minute. Add cooked pasta, tuna and parsley to skillet; toss to coat. Sprinkle with cheese before serving.

Per serving: 690 calories, 37 g fat, 17 g saturated fat, 0.5 g trans fat, 115 mg cholesterol, 990 mg sodium, 45 g carbohydrates, 3 g fiber, 2 g sugar (0 g added sugar), 44 g protein. Daily Values: Vitamin D 10%, Calcium 25%, Iron 15%, Potassium 15%

TIME-SAVER
Using fresh tuna can speed up a meal because it only requires a quick sear on each side. Cooking it for only a few minutes allows it to retain moisture.

Vegan Southwest Stuffed Potatoes

Total Time 15 minutes
Serves 4

2 (12- to 14-oz.) russet potatoes
1 Tbsp. Hy-Vee vegetable oil
¾ cup Hy-Vee frozen golden cut corn
½ cup Hy-Vee Short Cuts chopped red bell peppers
½ cup Hy-Vee Short Cuts chopped red onions
1 tsp. bottled minced garlic
1 (15-oz.) can seasoned recipe black beans, undrained
½ tsp. Tajín Clásico seasoning, divided, plus additional for garnish
½ tsp. Hy-Vee ground cumin
½ cup dairy-free Cheddar-style shreds
Vegan sour cream, for serving
Fresh cilantro, for garnish



8 minutes
1. **PIERCE** each potato several times with fork. Microwave on HIGH 8 to 10 minutes or until fork tender, turning halfway through.

2. **MEANWHILE**, heat oil in large skillet over medium heat. Add frozen corn and bell peppers. Cook 2 minutes, stirring occasionally. Stir in onions and garlic.



3 minutes
3. **ADD** undrained black beans, 1 tsp. Tajín seasoning and cumin to skillet. Cook over medium-high heat 2 minutes.



4 minutes
4. **SPLIT** potatoes in half lengthwise. Sprinkle cut sides with remaining ½ tsp. Tajín seasoning. Gently mash seasoning into potato with fork.

5. **SPRINKLE** potato halves with Cheddar-style shreds. Top with bean mixture. Serve with vegan sour cream; garnish with additional Tajín seasoning and cilantro, if desired.

Per serving: 340 calories, 8 g fat, 15 g saturated fat, 0 g trans fat, 0 mg cholesterol, 800 mg sodium, 57 g carbohydrates, 2 g fiber, 6 g sugar (0 g added sugar), 11 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 20%, Potassium 25%

TIME-SAVER
Add many flavors at once with Tajín seasoning, a Mexican spice blend with dried chile peppers, tangy dehydrated lime juice and sea salt.

Speedy Spuds
See how quickly this spicy Southwestern meal comes together with prepped Hy-Vee ingredients.

Hy-Vee
seasons
Watch and learn at
Seasons.Hy-Vee.com

Chicken with Peanut-Coconut Curry

Total Time 15 minutes
Serves 4

- 2 cups Hy-Vee instant long grain white rice
- 1 Tbsp. Hy-Vee vegetable oil
- 1 medium yellow onion, halved and sliced
- 3 Tbsp. red curry paste
- 2 tsp. bottled minced garlic
- 1 (13.5-oz.) can Hy-Vee coconut milk
- ¼ cup Hy-Vee chicken broth
- 3 Tbsp. Hy-Vee crunchy peanut butter
- 2 tsp. Hy-Vee less sodium soy sauce
- 2 cups Hy-Vee Kitchen picked rotisserie chicken
- 1 cup tightly packed Full Circle Market organic baby spinach
- ½ cup chopped Hy-Vee lightly salted dry roasted peanuts
- Fresno chile*, seeded and sliced, for garnish
- Lime wedges, for serving



6 minutes
1. PREPARE rice in microwave according to pkg. directions. Heat oil in large skillet over medium-high heat. Add onion and stir-fry 1 minute.



4 minutes
3. STIR in spinach; cook until wilted. Spoon rice into serving bowls. Top with chicken curry and peanuts. Garnish with Fresno chile; serve with lime wedges, if desired.



5 minutes
2. ADD curry paste and garlic to skillet. Cook 30 seconds or until fragrant. Stir in coconut milk, chicken broth, peanut butter and soy sauce. Bring to a boil, stirring constantly. Add chicken; heat through.

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

Per serving: 520 calories, 31 g fat, 11 g saturated fat, 0 g trans fat, 40 mg cholesterol, 760 mg sodium, 45 g carbohydrates, 4 g fiber, 3 g sugar (1 g added sugar), 18 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 10%



TIME-SAVER
Easy instant rice and tender rotisserie chicken speed up prep time. They blend beautifully with the complex yet mild flavors of red curry paste.

Mediterranean Garbanzo Bean Salad

Total Time 15 minutes
Serves 4

- ½ cup Gustare Vita extra virgin olive oil
- ¼ cup Gustare Vita white wine vinegar
- 1 Tbsp. fresh lemon juice
- ½ tsp. Hy-Vee salt
- ¼ tsp. Hy-Vee black pepper
- ¼ tsp. Hy-Vee crushed red pepper
- 2 (15-oz.) cans Hy-Vee no salt added garbanzo beans, drained and rinsed

- 1 (11.64-oz.) jar Gustare Vita grilled artichoke hearts, drained
- ½ English cucumber, halved lengthwise and sliced
- 1 cup Hy-Vee sweet grape tomatoes, halved
- ½ cup pitted Kalamata olives
- ½ cup sliced red onion
- 1 Tbsp. chopped Italian parsley
- 1 head butterhead lettuce, separated into leaves
- ½ cup Soirée traditional feta cheese crumbles



4 minutes
1. WHISK together olive oil, vinegar, lemon juice, salt, black pepper and crushed red pepper in large bowl until well combined.



8 minutes
2. ADD garbanzo beans, artichoke hearts, cucumber, tomatoes, olives, red onion and parsley; toss to coat.



3 minutes
3. SERVE bean mixture on top of lettuce leaves. Sprinkle with feta cheese.

Per serving: 690 calories, 51 g fat, 7 g saturated fat, 0 g trans fat, 30 mg cholesterol, 1,780 mg sodium, 42 g carbohydrates, 15 g fiber, 3 g sugar (0 g added sugar), 17 g protein. Daily Values: Vitamin D 0%, Calcium 15%, Iron 15%, Potassium 15%

TIME-SAVER
Canned garbanzo beans are ready to rinse and serve. This no-prep ingredient has almost 12 grams of protein per cup.





CONDIMENTS

SKIP THE DRIVE-THRU AND MAKE YOUR OWN SIGNATURE SAUCES USING INGREDIENTS YOU LIKELY ALREADY HAVE AT HOME.

COPYCAT SAUCES

YOU KNOW AND LOVE THEM. NOW MAKE THESE POPULAR FAST FOOD FAVORITES AT HOME.

1 SPECIAL SAUCE

Whisk together ½ cup Hy-Vee mayonnaise, 2 Tbsp. Hy-Vee French salad dressing, 1 Tbsp. Hy-Vee sweet relish, ½ tsp. Hy-Vee white distilled vinegar, ¼ tsp. Hy-Vee granulated sugar and ¼ tsp. Hy-Vee onion powder. Store covered in refrigerator up to 3 days. Makes ¾ cup.

2 COWBOY SAUCE

Whisk together ½ cup Hy-Vee mayonnaise, 2 Tbsp. creamy horseradish, 1½ tsp. Hy-Vee granulated sugar and ⅛ tsp. Hy-Vee salt in small bowl. Store covered in refrigerator up to 3 days. Makes ½ cup.

3 RAISING THE SAUCE

Whisk together ½ cup Hy-Vee mayonnaise, ¼ cup Hy-Vee tomato ketchup, ½ tsp. Hy-Vee garlic salt, 1 tsp. Hy-Vee black pepper, ½ tsp. Hy-Vee less sodium Worcestershire sauce and 1 dash Hy-Vee paprika in medium bowl. Store covered in refrigerator up to 3 days. Makes ¾ cup.

4 CHIC-A-SAUCE

Whisk together ¼ cup Hy-Vee honey mustard, 2 Tbsp. Hy-Vee mayonnaise, 2 Tbsp. That's Smart! original barbecue sauce and 1 Tbsp. Hy-Vee granulated sugar in small bowl. Store covered in refrigerator up to 3 days. Makes ½ cup.



LET'S GET SAUCY

TURN THESE BASIC CONDIMENTS INTO NEW SAUCES WITH JUST TWO ADDED INGREDIENTS.

Each recipe makes ¼ cup.



KETCHUP



MUSTARD



MAYONNAISE



HOT SAUCE



BARBECUE SAUCE



RANCH DRESSING



CURRY KETCHUP

¼ cup tomato ketchup
+
1 tsp. curry powder
+
½ tsp. fresh lime juice

TRY IT...
on potato wedges or on top of a hot dog



DILL PICKLE MUSTARD

2 Tbsp. Dijon mustard
+
2 Tbsp. dill pickle relish
+
½ tsp. dried dill weed

TRY IT...
on top of a bratwurst or in a potato salad



PESTO MAYONNAISE

3 Tbsp. mayonnaise
+
1 Tbsp. basil pesto
+
½ tsp. lemon zest

TRY IT...
on a Caprese sandwich or in a pasta salad



MANGO-BASIL HOT SAUCE

3 Tbsp. puréed fresh mango
+
1 Tbsp. jalapeño hot sauce
+
1 tsp. finely chopped fresh basil

TRY IT...
on chicken wings or in a bloody mary



BLUEBERRY BALSAMIC BBQ

2 Tbsp. barbecue sauce
+
2 Tbsp. wild blueberry preserves, melted
+
1 tsp. balsamic vinegar

TRY IT...
marinated/on top of ribs or with pork loin



SALSA RANCH

2 Tbsp. ranch dressing
+
2 Tbsp. chunky salsa
+
1 tsp. finely chopped fresh cilantro

TRY IT...
drizzled on fish tacos or in a Tex-Mex pasta salad



SWEET CHILI KETCHUP

2 Tbsp. tomato ketchup
+
2 Tbsp. Thai sweet chili sauce
+
½ tsp. refrigerated ginger paste

TRY IT...
with homemade kettle chips or drizzled on top of tilapia with fresh basil



PEACH HONEY MUSTARD GLAZE

3 Tbsp. peach preserves, melted
+
1 Tbsp. Dijon mustard
+
1 tsp. honey

TRY IT...
as a marinade or with pork or beef meatballs



WASABI MAYONNAISE

¼ cup mayonnaise
+
1 tsp. wasabi paste
+
1 tsp. sesame seeds

TRY IT...
in a coleslaw made with Napa cabbage or in a tuna salad



GARLIC-SOY HOT SAUCE

3 Tbsp. jalapeño hot sauce
+
1½ Tbsp. refrigerated garlic paste
+
1½ Tbsp. less sodium soy sauce

TRY IT...
on ramen noodles with green onions or on a roast beef sandwich



RED WINE BBQ

3 Tbsp. barbecue sauce
+
1 Tbsp. red wine or red wine vinegar
+
½ tsp. chipotle chili powder

TRY IT...
on a smoked chicken breast or on top of BBQ nachos



GUACAMOLE RANCH

2 Tbsp. ranch dressing
+
2 Tbsp. refrigerated homestyle guacamole
+
2 tsp. fresh lime juice

TRY IT...
on a taco salad or with a veggie tray

Foods of Hy-Vee Land...



There's nothing like homespun cooking to fuel a state's bragging rights. Here are a few recipes with historic ties to the Hawkeye State—along with a sampling of the Iowa-made foods and beverages you'll find at Hy-Vee.

PHOTOS: Troy Hugen Photography (top right); Jim Corky/Shutterstock (farm); Grindstone Media Group/Shutterstock (Des Moines); riddler/Shutterstock; Jeff Smith-Perspectives/Shutterstock (covered bridge)

Dutch Letters

Hands On 1 hour

Total Time 1 hour 35 minutes

plus chilling time

Serves 12

- 1 (8-oz.) pkg. almond paste**
- 3 Hy-Vee large eggs, separated, divided**
- ½ cup Hy-Vee granulated sugar**
- ½ cup packed Hy-Vee brown sugar**
- 1 tsp. Hy-Vee vanilla extract**
- ½ tsp. Hy-Vee ground cinnamon**
- 2 Tbsp. water plus 1 cup ice-cold water, divided**
- 4 cups Hy-Vee all-purpose flour**
- 1 tsp. kosher salt**
- 1½ cups cold Hy-Vee unsalted butter, chopped**
- ½ cup Hy-Vee vegetable shortening, plus additional for greasing baking sheets**
- ½ cup coarse sanding sugar**

1. BEAT almond paste, 2 egg whites, granulated sugar, brown sugar, vanilla and cinnamon in large mixing bowl with electric mixer on high until smooth. Spoon into a pastry bag fitted with a large circle tip; set filling aside.

2. WHISK together remaining egg white and 2 Tbsp. water; set egg wash aside.

3. WHISK together flour and salt in large bowl. Cut in butter and ½ cup shortening with a pastry blender until mixture is crumbly. Whisk together remaining 1 cup ice-cold water and 1 egg yolk. (Reserve remaining 2 egg yolks for another use.) Drizzle egg yolk-water mixture over flour mixture in bowl; toss with a fork until combined. Gather dough into a ball; knead gently until dough holds together. Divide dough into 4 portions; wrap each portion in plastic wrap and refrigerate 20 minutes.

4. PREHEAT oven to 350°F. Lightly grease baking sheets with additional shortening; set aside.

5. ROLL one portion of chilled dough into a 13×9-in. rectangle on a lightly floured surface. Fold up 2 short sides of rectangle to meet in the middle; fold in half like a book to form 4 layers. Rotate the dough 90 degrees; repeat rolling and folding process 3 more times. Roll folded dough to a 13×7½-in. rectangle. If necessary, trim dough to dimensions. Cut dough rectangle into 3 (13×2½-in.) strips. Brush strips with egg wash.

6. PIPE filling along one edge of the 13-in. side of each strip. Tightly roll up each, starting from a long side. Do not pinch ends. Chill the filled logs 20 minutes. Repeat the rolling, folding and filling process with the remaining 3 portions of chilled dough to make a total of 12 logs.

7. TRANSFER chilled logs, seam sides down, to the prepared baking sheets. Form each log into an S-shape. Brush remaining egg wash over each and sprinkle with sanding sugar.

8. BAKE 35 minutes or until flaky and lightly browned. Transfer to wire racks and cool. Serve at room temperature.

Per serving: 630 calories, 38 g fat, 17 g saturated fat, 2 g trans fat, 110 mg cholesterol, 220 mg sodium, 67 g carbohydrates, 2 g fiber, 34 g sugar (26 g added sugar), 8 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 2%



Dutch letters originally were formed into the initial of the baker's surname.



PELLA, IA

Dutch letters are a classic Iowa treat featuring almond paste inside a rolled puff pastry. They originated in the Netherlands, and were brought to Pella, Iowa, by Dutch immigrants in the mid-19th century and quickly caught on. Although other letters of the alphabet are sometimes offered, "S" is the predominant shape of Dutch letters. It's a reminder of Sinterklaas Day, Dec. 6, when the Dutch celebrate gift-giving from St. Nicholas, much like Christmas.

Although Dutch letters are firmly connected to the Christmas season, these legendary pastries are popular year round. They are especially in demand during Pella's annual Tulip Time Festival in May, when visitors can choose between offerings at two long-time Dutch bakeries in town.

Slow-Cooker Loose Meat Sandwiches

Hands On 10 minutes
Total Time 4 hours 10 minutes
Serves 4 (1 each)

1 lb. 85% lean ground beef
½ cup water
1½ tsp. packed Hy-Vee brown sugar
1 Hy-Vee beef bouillon cube
½ cup finely chopped white onion,
plus additional for serving

¼ cup Hy-Vee less sodium Worcestershire sauce
1 Tbsp. Hy-Vee apple cider flavored vinegar
4 Hy-Vee Bakery hamburger buns, split
Hy-Vee hamburger dill pickle slices, for serving
Hy-Vee original yellow mustard, for serving

1. BREAK ground beef into large pieces; add to a 4- to 6-qt. slow cooker. Add water, brown sugar and bouillon cube; stir to combine. Cover and cook on HIGH 2 hours.
2. STIR in ½ cup onion, Worcestershire sauce and vinegar. Cover and cook on HIGH 2 hours more.

3. TO SERVE, place bun bottoms on 4 serving plates. Top with ground meat mixture, additional onion, dill pickle slices, yellow mustard and bun tops.

Per serving: 590 calories, 20 g fat, 7 g saturated fat, 1 g trans fat, 90 mg cholesterol, 780 mg sodium, 66 g carbohydrates, 2 g fiber, 17 g sugar (7 g added sugar), 35 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 35%, Potassium 15%



MUSCATINE, IA

Loose-meat sandwiches, otherwise known as Maid-Rites, date back to the Roaring Twenties. They were, in fact, a roaring success from the moment they were introduced in Muscatine, Iowa. Inventor Fred Angell, a butcher, steamed hamburgers instead of frying them, then added some spices. When offered a taste, a delivery man is said to have exclaimed, “Fred, you know this sandwich is made right.” The name stuck, and Maid-Rites soon became an Iowa tradition.

One of America’s favorite condiments was not to be found on Maid-Rite counters until barely a decade ago. After a yes-or-no vote was held on the back of customers’ receipts, ketchup made its first official appearance.



PHOTO Greater Muscatine Chamber of Commerce and Industry (far left)

Try popular add-ons such as bacon and cheese for a spin on this classic.

Bacon 'n' Cheddar Loose Meat Sandwiches

Total Time 35 minutes
Serves 6 (1 each)

6 slices Hy-Vee double smoked thick-sliced bacon
1 lb. 85% lean ground beef
½ cup finely chopped yellow onion

½ (2.2-oz.) pkg. Hy-Vee beefy onion soup mix (1 envelope)
1 Tbsp. Hy-Vee original yellow mustard
1 Tbsp. Hy-Vee Worcestershire sauce
6 Hy-Vee Bakery sesame seed buns
6 Hy-Vee singles American cheese slices
Red onion, sliced

1. ARRANGE bacon in a single layer in large unheated skillet. Cook over medium heat 12 to 14 minutes or until crispy, turning often. Drain bacon on paper towels; discard drippings in skillet.

2. COOK ground beef in same skillet over medium-high heat 5 minutes, stirring

occasionally to break into crumbles. Add chopped yellow onion; cook 3 to 5 minutes more or until beef is browned (165°F) and onion is softened.

3. REDUCE heat to medium-low; add soup mix, yellow mustard and Worcestershire sauce. Cook 2 to 3 minutes more until sauce begins to thicken.

4. TO SERVE, place bun bottoms on 6 serving plates. Top with ground meat mixture, cheese slices, red onion slices, bacon and bun tops.

Per serving: 460 calories, 24 g fat, 10 g saturated fat, 0.5 g trans fat, 90 mg cholesterol, 860 mg sodium, 32 g carbohydrates, 1 g fiber, 6 g sugar (2 g added sugar), 28 g protein. Daily Values: Vitamin D 0%, Calcium 20%, Iron 15%, Potassium 8%

Candy Bar Apple Salad

Total Time 10 minutes
Serves 12

2 cups cold Hy-Vee 2% reduced-fat milk
1 (3.4-oz.) pkg. Hy-Vee instant vanilla pudding & pie filling
1 (8-oz.) container Hy-Vee frozen original whipped topping, thawed

1 Granny Smith apple, cored and chopped, plus additional for garnish
1 Red Delicious apple, cored and chopped, plus additional for garnish
5 (1.86-oz.) SNICKERS chocolate candy bars, chopped, plus additional for garnish
¼ cup Hy-Vee caramel flavored syrup, plus additional for garnish
Hy-Vee honey-roasted peanuts, chopped, for garnish

1. POUR milk into large bowl; add pudding mix and whisk 1 minute or until smooth.

2. FOLD in whipped topping until combined. Fold in 1 each Granny Smith and Red Delicious apples, 5 chopped Snickers bars and ¼ cup caramel syrup until combined.

3. TO SERVE, spoon mixture into 12 individual serving dishes. Garnish with additional chopped apples, chopped Snickers bars and honey-roasted peanuts; drizzle with additional caramel syrup, if desired.

Per serving: 240 calories, 9 g fat, 6 g saturated fat, 0 g trans fat, 5 mg cholesterol, 200 mg sodium, 39 g carbohydrates, 1 g fiber, 32 g sugar (25 g added sugar), 3 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 0%, Potassium 4%



MADISON COUNTY, IA

Candy bar apple salad is a tantalizing mix of sweet and tart, traditionally combining apple slices with chopped candy bars and vanilla pudding. This dessert is as much at home in Iowa as the Madison County covered bridges are, although it's also popular in Minnesota and Wisconsin. It's an old-time favorite harkening back to church picnics and potluck dinners, where the dish held court with other Midwest dessert salads like ambrosia salad (fruit salad with marshmallows) and Jell-O salad.

Is it a salad or is it a dessert? Popular lore says that depends on which end of the buffet it resides on. Also called Snickers salad, the recipe has included other ingredients at times but always includes apples, candy, pudding and whipped cream.



Traditionally made with a nutty candy bar, this recipe can be tweaked with a nut-free candy.

A RANGE OF IOWA GOODS

HY-VEE BELIEVES IN PARTNERING WITH LOCAL COMPANIES—AND EVEN HOSTS ANNUAL SUMMITS TO IDENTIFY NEW OPPORTUNITIES TO EXPAND LOCAL AND REGIONAL OFFERINGS. HERE ARE SOME IOWA-BORN FOODS AND BEVERAGES YOU'LL FIND AT HY-VEE STORES.



1 Milton Creamery had an award-winning Prairie Breeze white Cheddar just three years after opening its doors in Milton, Iowa, in 2006.

2 Iowa Smokehouse dried meats started in Albia, Iowa, in 1984 and includes beef jerky, meat sticks, summer sausage and more.

3 Big Moe Cason rubs and sauces are award-winning barbecue products produced since 2006 by a Des Moines native and U.S. Navy veteran.

4 Lola's Fine Sauces has made all-natural hot sauces and salsas based on family recipes since its founding in West Des Moines in 2015.

5 Toppling Goliath Brewing has produced craft beers in Decorah, Iowa, since 2009, developing a widespread following.

6 Templeton Rye whiskey was inspired by the Prohibition-era bootleggers of Templeton, Iowa, where it has been distilled since 2018.

Keen on GREENS

LEARN MORE ABOUT THE DIFFERENT KINDS OF LEAFY GREENS, AND SEE SOME FLAVORFUL SALADS YOU'LL WANT TO DIVE INTO.

GOING GREEN

Any edible plant leaves that are eaten as a vegetable are considered leafy greens. This includes popular greens such as kale, arugula, spinach and radicchio. Dark-color greens, such as kale, arugula and spinach are the most nutrient dense. They contain vitamin C, vitamin A, vitamin K, B vitamins and potassium, which protect cells from damage, may reduce the risk of some cancers and promote heart health. Radicchio, a dark red or purple vegetable, also has vitamin K, which strengthens bones and may help prevent osteoporosis and inflammation. Lettuce is also included, but it's not botanically related to other types of leafy greens.

Lettuce varieties are further split into categories, including romaine, leaf (lettuce that doesn't grow in a compact head), butterhead (Boston and Bibb) and crisphead (iceberg). Romaine is the most nutrient-dense lettuce, containing vitamins A, C, K and potassium. Iceberg and butterhead lettuces also have vitamin A and folate, which helps form red blood cells. All leafy greens have nutrients that may help slow down cognitive decline, promote weight loss and possibly help protect against developing gestational diabetes. Read on to find out about some of the taste and texture differences between various kinds of leafy greens.

Spicy Shrimp and Citrus Salad

Total Time 25 minutes
Serves 4

1 (16-oz.) pkg. Fish Market frozen shell-on, EZ peel & deveined raw shrimp (16 to 20 ct.), thawed

5 Tbsp. fresh lime juice, divided

2 tsp. Hy-Vee chili powder
½ tsp. Hy-Vee salt

½ cup Hy-Vee mayonnaise
2 Tbsp. finely chopped fresh dill, plus additional for garnish

½ tsp. Hy-Vee honey

4 cups torn romaine lettuce

4 cups Full Circle Market organic baby spinach

3 mandarin oranges, peeled and sliced

1 large red grapefruit, peeled and segmented

1 avocado, pitted, peeled and sliced

½ small red onion, thinly sliced

1. PREHEAT a charcoal or gas grill with a greased grill rack for direct cooking over medium-high heat (375°F). Peel shrimp,

leaving tails on. Pat shrimp dry with paper towels. Thread shrimp onto metal skewers. Brush with 3 Tbsp. lime juice; sprinkle with chili powder and salt. Grill shrimp 5 to 8 minutes or until 145°F, turning halfway through. Let stand 5 minutes.

2. FOR DRESSING, stir together mayonnaise, remaining 2 Tbsp. lime juice, 2 Tbsp. dill and honey in small bowl; set aside.

3. TO SERVE, toss together romaine and spinach in large bowl; transfer to a large serving platter. Top with orange slices, grapefruit segments, avocado and red onion. Remove shrimp from skewers and place on top. Garnish with additional dill and serve with mayonnaise dressing.

Per serving: 430 calories, 30 g fat, 5 g saturated fat, 0 g trans fat, 145 mg cholesterol, 880 mg sodium, 25 g carbohydrates, 7 g fiber, 13 g sugar (1 g added sugar), 19 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 24%

ROMAINE

adds texture and a subtly sweet flavor to this salad. Bite into crisp leaves that pair well with tender shrimp and creamy avocado.

GREEN VARIETIES

Each lettuce and leafy green features a unique flavor, texture and appearance. Here are a few at Hy-Vee.



SPINACH
Tender, nutrient dense and dark green with a sweet, almost grassy, flavor when raw and a more bitter or acidic flavor when cooked.

BUTTERHEAD
Varieties include Boston and Bibb lettuce. Loosely packed bright green, silky-soft cuplike leaves with a mild flavor often used to highlight salty or tangy ingredients.

ICEBERG
Mild in flavor, iceberg lettuce has tightly packed light green leaves. Its crispiness is due to its high water content.

SPRING MIX
A variety of lettuces and leafy greens, including spinach, baby lettuce leaves, arugula and red leaf lettuce.

KALE
Varieties include tough, curly and soft baby kale. Bitter in flavor, and often described as chewy, kale has ruffled leaves and ranges from rich blue-green to deep red.

RADICCHIO
Purple, compact and dense leaves. Its bitter flavor and slight acidity is often used to balance sweet ingredients in salads.

ARUGULA
Thin leaves that resemble dandelion leaves. Arugula has a tender but crunchy texture and peppery flavor.

ROMAINE
Featured in classic Caesar salads. Romaine is crisp, with slender leaves attached to white ribs. It has a subtly sweet to bitter flavor.



Grilled Greek Chicken and Sun-Dried Tomato Salads

- Total Time** 45 minutes
Serves 4
- ½ cup Hy-Vee Select farro
 - ½ cup plus 1½ Tbsp. Gustare Vita extra virgin olive oil, divided
 - 2 Tbsp. fresh lemon juice
 - 1 Tbsp. Hy-Vee stone ground Dijon mustard
 - 1 (16-oz.) pkg. Hy-Vee True boneless skinless chicken breasts
 - 2 Tbsp. salt-free all-purpose Greek seasoning
 - 6 oz. asparagus, trimmed
 - 4 cups Hy-Vee butter lettuce salad mix
 - 4 cups lightly packed arugula
 - ¾ cup Gustare Vita marinated sun-dried tomatoes, drained and sliced
 - ½ cup cherry tomatoes, sliced
 - ½ cup Soirée crumbled traditional feta cheese
 - 2 Hy-Vee Short Cuts hard-boiled eggs, quartered
 - Fresh basil, for garnish
- 1. COOK** farro according to pkg. directions. Transfer to bowl; set aside.
 - 2. FOR DRESSING**, whisk together ½ cup olive oil, lemon juice and mustard in small bowl. Drizzle half the dressing over farro; toss to combine. Reserve remaining dressing for serving.
 - 3. PREHEAT** a charcoal or gas grill with a greased grill rack for direct cooking over medium-high heat (375°F).
 - 4. PAT** chicken dry with paper towels. Brush both sides of chicken with 1 Tbsp. olive oil; sprinkle with Greek seasoning. Grill 15 to 20 minutes or until chicken reaches 165°F, turning chicken halfway through. Remove from heat; cut into slices and set aside.
 - 5. BRUSH** asparagus with remaining ½ Tbsp. olive oil. Grill 6 to 8 minutes or until tender, turning occasionally. Remove from grill; cut into 2-in. pieces.
 - 6. TO SERVE**, toss together butter lettuce, arugula, sun-dried tomatoes, cherry tomatoes, farro mixture and asparagus; divide among 4 large salad plates. Top with sliced chicken, feta cheese and hard-boiled eggs. Serve with reserved dressing. Garnish with basil, if desired.
- Per serving:** 620 calories, 39 g fat, 7 g saturated fat, 0 g trans fat, 190 mg cholesterol, 1,070 mg sodium, 32 g carbohydrates, 7 g fiber, 7 g sugar (0 g added sugar), 39 g protein.
Daily Values: Vitamin D 6%, Calcium 15%, Iron 20%, Potassium 15%



Get fresh, washed, chopped fruits and vegetables already prepped for your salads.

Berry 'n' Peach Kale Salad

Total Time 25 minutes
Serves 4

½ cup Gustare Vita extra virgin olive oil
¾ cup fresh raspberries, divided
2 Tbsp. Gustare Vita red wine vinegar
½ shallot, chopped
¼ tsp. coarsely ground Hy-Vee sea salt
¼ tsp. coarsely ground Hy-Vee black pepper, plus additional for garnish

2 yellow peaches, pitted, each cut into 4 wedges
4 cups lightly packed Full Circle Market organic baby kale
4 cups lightly packed spring mix salad blend
½ cup Hy-Vee Short Cuts strawberries, halved
½ cup fresh blackberries
1 (4-oz.) pkg. Soirée honey goat cheese, cut into 8 slices
½ cup Hy-Vee chopped pecans
1. PREHEAT a charcoal or gas grill with a greased grill rack for

direct cooking over medium-high heat (375°F).

2. FOR VINAIGRETTE, place olive oil, ¼ cup raspberries, red wine vinegar, shallot, salt and ¼ tsp. pepper in a food processor or blender. Cover and process or blend until well combined; set aside.

3. GRILL peaches, cut sides down, 6 to 10 minutes or until softened and slightly charred, turning halfway through. Remove from grill; cool slightly.

4. TO SERVE, toss together kale and spring mix in large bowl. Arrange lettuce mixture, grilled peaches, strawberries, remaining ½ cup raspberries, blackberries and goat cheese on large serving platter. Sprinkle with pecans. Garnish with additional pepper, if desired. Serve with raspberry vinaigrette.

Per serving: 420 calories, 36 g fat, 7 g saturated fat, 0 g trans fat, 25 mg cholesterol, 250 mg sodium, 23 g carbohydrates, 4 g fiber, 14 g sugar (2 g added sugar), 9 g protein.
Daily Values: Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 10%

SPRING MIX

The bagged pre-mixed salad's varied textures, flavors and colors play well against sweet, grilled peaches and juicy berries.



ICEBERG AND ROMAINE

are mild lettuce varieties with extra crunch, which pairs perfectly with salty prosciutto and soft, creamy mozzarella pearls.

Italian Prosciutto Salads

Total Time 25 minutes
Serves 4

3 cups 1½-in.-cubed Hy-Vee Bakery Italian bread
3 Tbsp. plus ½ cup Gustare Vita basil-flavored olive oil, divided
2 Tbsp. fresh lemon juice
2 tsp. Hy-Vee honey
4 cups chopped romaine lettuce
2 cups shredded iceberg lettuce
8 small radicchio leaves
2 (3-oz.) pkg. Culinary Tours prosciutto, torn
1 large tomato, cut into wedges and halved
½ English cucumber, cut into bite-size pieces
1 (12-oz.) container marinated fresh mozzarella pearls, drained
Fresh basil, for garnish

1. PREHEAT oven to 350°F. Place bread cubes in large

rimmed baking pan; drizzle 3 Tbsp. olive oil and toss to coat. Bake 10 to 12 minutes or until crisp and golden brown, stirring halfway through. Set croutons aside to cool.

2. FOR DRESSING, whisk together remaining ½ cup olive oil, lemon juice and honey in a small bowl; set aside.

3. TO SERVE, arrange romaine and iceberg lettuces, radicchio, prosciutto, tomato, cucumber and croutons on 4 large salad plates. Top with mozzarella pearls; garnish with basil, if desired. Serve with lemon dressing.

Per serving: 750 calories, 51 g fat, 17 g saturated fat, 0 g trans fat, 60 mg cholesterol, 1,140 mg sodium, 35 g carbohydrates, 2 g fiber, 6 g sugar (3 g added sugar), 38 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 8%



SALAD ESSENTIALS

Throwing together a quick and nutritious salad can be easy using these ready-to-serve ingredients from Hy-Vee.



LETTUCE

Prewashed and bagged salad greens are time-savers for an easy last-minute meal or side dish.



SALAD DRESSINGS

Hy-Vee offers a wide variety of delicious salad dressings, such as classic Italian and cucumber ranch.



CROUTONS

Add crunch to salads with Hy-Vee croutons. Try Ranch or Cheese & Garlic to add an extra layer of flavor.

basics

HOW TO MAKE VINAIGRETTE

A vinaigrette doesn't require a recipe—just a little knowledge about mixing oil and vinegar. Learn how you can use a basic ratio to make delicious, customizable vinaigrettes.

3 TO 1

A vinaigrette starts with oil and acid. In combination, they help the vinaigrette coat and cling to food, while adding flavor. Simply combine 3 parts oil and 1 part acid for a flavorful, balanced vinaigrette. Voila! Now you have a basic vinaigrette with the opportunity to flavor how you see fit.

CHOOSING THE OIL

Most oils are neutral in flavor, but some nut oils (such as walnut or hazelnut) impart stronger flavor. If using a strong-flavor oil, use half as much, and use a mild oil (such as olive oil) for the other half needed. Start by using an oil you're familiar with, then consider experimenting with other varieties. Here are some suggestions:

- Avocado oil (nutty, buttery)
- Canola oil (mild, neutral)
- Olive oil (delicate, mild)
- Peanut oil (light, nutty)
- Vegetable oil (light, neutral)

SELECTING THE ACID

Acids such as vinegar and citrus juice add flavor and tanginess to dressings. Choose an acid that doesn't overpower the other ingredients. For example, distilled white vinegar's flavor is too harsh for most dressing recipes. Here are some suggestions:

- Apple cider flavored vinegar (sharp, tart apple)
- Balsamic vinegar (sharp, rich, hint of sweetness)
- Fresh lemon juice (sour, tangy)
- Red wine vinegar (tangy, fruity, grape flavor)
- White wine vinegar (delicate, lightly fruity)

FINISH WITH SEASONINGS OR MIX-INS

Here's the fun part! Once you have your base vinaigrette, it's as simple as picking ingredients to add flavor and texture. Even a dash of salt and black pepper is enough to upgrade a simple vinaigrette. Here are some suggestions:

- Crisp-cooked crumbled bacon
- Crushed red pepper
- Dijon mustard
- Dried herbs (such as dill, basil and thyme)
- Garlic
- Granulated sugar
- Grated onion or shallot
- Grated Parmesan cheese
- Honey
- Italian seasoning
- Packed brown sugar
- Poppy seeds
- Pure maple syrup

MIX IT ALL TOGETHER

Oil and acid naturally separate. When the two are mixed (like in a vinaigrette), oil droplets are temporarily dispersed throughout the acid, creating balance. To better prevent your vinaigrette from separating, use an emulsifier such as mustard, mayo or honey to help bind the oil and acid together. Make sure the flavor of the emulsifier you use works with the flavor of the vinaigrette you're making. Here are a few easy ways to mix:



JAR: Pour all ingredients into a jar with a screw-top lid. Shake vigorously for several seconds until thoroughly mixed.



WHISK: Combine all ingredients except oil in a stainless steel or glass bowl. Quickly whisk the ingredients together, and slowly pour in the oil while continuously stirring.



BLENDER: Add the acid and other flavorings to the pitcher and blend until smooth. Blend on low speed while slowly pouring in the oil.

Portion size and storage

A typical single serving of vinaigrette is between 1 and 2 Tbsp. If you find yourself with leftovers, refrigerate for up to 5 days in a sealed container.

4 VINAIGRETTE COMBOS TO TRY

The possibilities are nearly endless—here are a few inspirations to get you started.

HONEY MUSTARD

Hy-Vee vegetable oil + Gustare Vita white wine vinegar + Hy-Vee Dijon mustard + garlic + Hy-Vee salt and pepper + Hy-Vee honey



ITALIAN

Gustare Vita extra virgin olive oil + fresh lemon juice + Soirée Parmesan cheese + Hy-Vee Italian seasoning + Hy-Vee salt and pepper + Hy-Vee honey

POPPY SEED

Hy-Vee canola oil + Gustare Vita white wine vinegar + grated onion + Hy-Vee Dijon mustard + poppy seeds + Hy-Vee salt and pepper and Hy-Vee granulated sugar



HONEY-DIJON BACON

Hy-Vee canola oil + Hy-Vee apple cider flavored vinegar + Hy-Vee cooked crumbled bacon + Hy-Vee Dijon mustard + grated onion + Hy-Vee salt and pepper + Hy-Vee brown sugar

MARGARITA

madness

BLENDED, ON THE ROCKS OR STRAIGHT UP—THE SWEET, SALTY AND SOUR FLAVORS OF TEQUILA AND CITRUS COMBINE FOR THIS SUMMER STAPLE. TRY THESE REFRESHING MARGARITAS AND ENJOY THE WEATHER.

TEQUILA TIME

The origin of the margarita is murky, but it likely evolved from a popular 1920s cocktail, the tequila daisy, which was made with tequila, orange liqueur, lime juice and soda served on shaved ice. The basic ingredients of the modern margarita (Spanish for daisy) are tequila blanco (white or silver tequila) and citrus juice. Silver tequila is aged for only a short time and its sweet flavor enhances tangy cocktail mixers without overpowering.



pro tip: SWEET & FRUITY

“It is only tequila if it is made from the Blue Weber Agave plant. For 100% tequila, the agave plant matures for 7 to 9 years before harvest to provide more fruitiness and sweetness that blend well with citrus in margaritas. Each brand has its own distinct flavor, so it really is a personal preference for which one to use.”

—Jariah Walker
Hy-Vee Wine & Spirits Manager
West Des Moines, IA



Jose Cuervo Especial Tequila Silver | Casamigos Tequila Blanco

TROPICAL-DRAGON FRUIT BLENDED MARGARITA

Place 1 Tbsp. kosher salt into shallow dish. Brush rims of 2 (13-oz.) margarita glasses with ½ Tbsp. Full Circle Market organic light-colored agave nectar. Dip rims of glasses in kosher salt; set aside. Place 1 cup ice cubes, 1 cup Talenti dairy-free raspberry sorbetto, ½ cup peeled and chopped dragon fruit, 1 oz. fresh lime juice, 1 oz. silver tequila and 1 oz. Triple Sec in blender. Cover and blend until smooth. Pour into prepared glasses; set aside. Rinse blender. Place ½ cup ice cubes; 1 cup Talenti dairy-free mango sorbetto; ¼ cup chopped Hy-Vee Short Cuts pineapple chunks; ¼ cup peeled, pitted and chopped mango; 1 oz. Hy-Vee fresh lime juice; 1 oz. silver tequila and 1 oz. Triple Sec in the blender. Cover and blend until smooth. Pour mango mixture on top of dragon fruit mixture in glasses. Garnish with dragon fruit slices, mango wedges and fresh mint, if desired. Serve with lime wedges, if desired. Serves 2 (13 oz. each).



Flecha Azul
Tequila Blanco

STRAWBERRY LEMONADE MARGARITA SPRITZERS

Combine 3½ cups refrigerated strawberry lemonade, 6 oz. silver tequila, 4 oz. Triple Sec and ½ tsp. kosher salt in a 2-qt. pitcher. Add 1 cup Hy-Vee Short Cuts strawberries, sliced; ½ lemon, sliced; and 5 fresh basil leaves. Stir to combine; cover and chill. Just before serving, top with 2 (187-ml) bottles Prosecco. Serve in ice-filled glasses. Garnish with additional basil, if desired. Serves 6 (10 oz. each).



Marg Must- Haves

FIND THESE MIXED DRINK SUPPLIES AND MORE AT HY-VEE.



Blenders Select from single-size to pitcher-size blenders to create the perfect blended margarita.



Glasses Serve blended in the traditional glass, a variant of a champagne coupe, or on the rocks in an old-fashioned.



Shakers For on the rocks or straight-up purists, chill margaritas quickly by shaking with ice.



Premixed Don't have time to mix your own? Choose from a selection of pre-mixed versions with the tequila included.



Patron
Silver Tequila

CREAMY COCONUT ORANGE MARGARITA

Place ½ cup Hy-Vee unsweetened coconut flakes and 1 Tbsp. orange zest in a blender. Cover and blend until finely chopped. Transfer to shallow dish. Brush rims of 4 (10-oz.) glasses with 2 Tbsp. Full Circle Market organic light-colored agave nectar; dip rims in coconut mixture and set aside. Place 3 cups ice cubes, 4 oz. Hy-Vee 100% orange juice, 4 oz. silver tequila, 4 oz. Triple Sec, 2½ oz. Coco Reál cream of coconut, 2 oz. fresh lime juice and 1 tsp. kosher salt in a blender. Cover and blend until smooth. Pour into prepared glasses. Garnish with orange slices, if desired. Serves 4 (8 oz. each).



Teremana Small
Batch Tequila

SPARKLING CHERRY HIBISCUS MARGARITA

Combine 1 tsp. kosher salt, 1 tsp. Hy-Vee granulated sugar and ½ tsp. lime zest in shallow dish. Brush rim of 1 (8-oz.) cocktail glass with ½ Tbsp. Full Circle Market organic light-colored agave nectar; dip rim in salt mixture. Fill glass with ice; set aside. Add 1 Tbsp. agave nectar, 1½ oz. silver tequila, 1 oz. Triple Sec, 1 oz. fresh lime juice, 1 oz. Zevia sweetened hibiscus passionfruit tea and 1 oz. tart cherry juice in an ice-filled cocktail shaker. Cover and shake well. Strain margarita into prepared glass. Garnish with lime wedges, if desired. Serves 1 (6 oz. each).





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MEXICAN STREET CORN

¡SABOR DELICIOSO!



LIMITED TIME ONLY

TM

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TERRIFIC TACOS

UPGRADE YOUR TACO TRADITION WITH RECIPES THAT PUT A UNIQUE SPIN ON THIS POPULAR FOOD.



FRESH PICO DE GALLO

Top tacos with tomato, onion, jalapeño and cilantro for a refreshing kick of heat.



Steak de Burgo Tacos

Total Time 40 minutes plus standing time
Serves 8 (1 each)

2 (8-oz.) Hy-Vee Choice Reserve beef tenderloin
filet mignon steaks, 1 to 1¼ in. thick

1 tsp. kosher salt, divided

½ tsp. coarsely ground Hy-Vee black pepper

1½ cups Hy-Vee all-purpose flour

1½ tsp. Hy-Vee baking powder

½ cup plus 2 Tbsp. warm water

Hy-Vee vegetable oil, for frying

¼ cup Hy-Vee unsalted butter

6 cloves garlic, thinly sliced

3 Tbsp. Hy-Vee heavy whipping cream

¼ cup chopped fresh oregano

¼ cup chopped fresh Italian parsley

¼ cup chopped fresh basil, plus additional basil for garnish

Hy-Vee fresh pico de gallo, for garnish

1. PAT steaks dry with paper towels. Season steaks with ½ tsp. salt and pepper. Let stand at room temperature 20 to 30 minutes.

2. WHISK together flour, baking powder and remaining ½ tsp. salt in medium bowl. Add warm water; stir with a wooden spoon until combined. Cover with a clean kitchen towel; let stand at room temperature 10 minutes.

3. DIVIDE dough into 8 pieces; form each into a ball. On a lightly floured surface, roll each ball into a ¼-in.-thick round.

4. HEAT 1 in. of oil in large cast-iron skillet over medium-low heat. Fry dough rounds in 2 batches 4 to 5 minutes or until golden and crisp, turning halfway through. Drain on paper towels; set aside. Carefully remove and discard oil in skillet.

5. HEAT same skillet over medium-high heat. Add steaks to skillet; cook 10 to 12 minutes or until steaks reach 130°F for medium-rare doneness, turning halfway through. Transfer to a cutting board. Loosely cover with foil; let rest for 10 minutes. Thinly slice steaks across the grain.

6. FOR SAUCE, wipe skillet clean with paper towels and add butter, garlic and heavy cream. Heat over low heat until butter is melted, whisking occasionally. Stir in oregano, parsley and ¼ cup basil.

7. TO SERVE, top fry bread with steak. Garnish with pico de gallo and additional basil, if desired. Drizzle with garlic sauce.

Per serving: 250 calories, 12 g fat, 6 g saturated fat, 0 g trans fat, 60 mg cholesterol, 420 mg sodium, 20 g carbohydrates, 1 g fiber, 0 g sugar (0 g added sugar), 15 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 6%





Buffalo Chicken Tacos

with Carrot and Celery Slaw

Hands On 25 minutes
Total Time 37 minutes
Serves 4 (2 each)

- Hy-Vee nonstick cooking spray
- 1 (1-lb.) pkg. Hy-Vee Kitchen boneless Buffalo-style chicken bites
- ½ cup Hy-Vee Hickory House Big Bad Buffalo wing sauce, plus additional for serving
- ½ cup Hy-Vee mayonnaise
- 1 cup Hy-Vee whole milk
- 1 Tbsp. Hy-Vee ranch salad dressing mix

- 2 tsp. dried dill weed
- 2 cups thinly sliced celery, plus chopped celery leaves for garnish
- 1 cup carrot ribbons
- 2 green onions, diagonally sliced
- 8 Hy-Vee taco-size flour tortillas
- ½ (4-oz.) container Gorgonzola cheese crumbles, divided

1. PREHEAT oven to 425°F. Line a large rimmed baking pan with foil; lightly spray with nonstick spray. Place

chicken bites, in a single layer, in prepared baking pan. Bake 12 to 15 minutes or until 165°F. Transfer chicken bites to medium bowl and toss with ½ cup Buffalo wing sauce; set aside.

2. FOR SLAW, stir together mayonnaise, milk, ranch dressing mix and dill weed in medium bowl. Add celery, carrot ribbons and green onions; toss to combine.

3. HEAT medium cast-iron skillet over medium-high heat. Toast each tortilla in

skillet 1 to 2 minutes or until warm and slightly charred, turning halfway through; set aside.

4. TO SERVE, top toasted tortillas with Buffalo chicken bites, slaw and gorgonzola crumbles. Serve with additional Buffalo wing sauce, if desired.

Per serving: 780 calories, 52 g fat, 14 g saturated fat, 0 g trans fat, 80 mg cholesterol, 2,820 mg sodium, 51 g carbohydrates, 2 g fiber, 5 g sugar (0 g added sugar), 26 g protein. Daily Values: Vitamin D 6%, Calcium 20%, Iron 15%, Potassium 10%

SALSAS AT HY-VEE



- 1 Culinary Tours Medium Jalapeño Verde Salsa
- 2 Full Circle Organic Medium Salsa
- 3 Hy-Vee Mild Thick & Chunky Salsa
- 4 Hy-Vee Select Medium Corn & Black Bean Salsa

Vegetarian Tzatziki Tacos

Total Time 35 minutes
Serves 4 (2 each)

- 8 (4-in.) naan flatbread rounds
- ¼ cup tzatziki Greek yogurt dip
- 1 Tbsp. fresh lime juice
- 2 Tbsp. Gustare Vita olive oil
- ½ small red onion, finely chopped, plus additional for garnish
- 3 cloves garlic, minced
- 1 (15.5-oz.) can Hy-Vee no salt added garbanzo beans, drained and rinsed
- 1 Tbsp. finely chopped fresh Italian parsley, plus additional for garnish
- 1 Tbsp. finely chopped fresh cilantro, plus additional for garnish

- 1 Tbsp. finely chopped fresh dill, plus additional for garnish
- 1 Tbsp. Hy-Vee ground cumin
- 1 Tbsp. ground coriander
- ½ tsp. kosher salt
- ½ tsp. Hy-Vee cayenne pepper
- ½ tsp. coarsely ground Hy-Vee black pepper
- ½ cup Hy-Vee original hummus
- ½ English cucumber, thinly sliced and halved

- 1. PREHEAT** oven to 400°F. Heat naan according to pkg. directions.
- 2. STIR** together tzatziki dip and lime juice; set aside.
- 3. HEAT** olive oil in large nonstick skillet over medium heat. Add ½ red onion and garlic; cook 3 to 4 minutes or until softened, stirring occasionally. Add garbanzo beans; 1 Tbsp. each of parsley, cilantro and dill; cumin,

coriander, salt, cayenne and black pepper. Cook 4 to 5 minutes or until heated through, stirring occasionally.

4. TO SERVE, spread toasted naan with hummus. Top with garbanzo bean mixture, cucumber and tzatziki mixture. Garnish with additional red onion, parsley, cilantro and dill, if desired.

Per serving: 410 calories, 16 g fat, 2.5g saturated fat, 0 g trans fat, 15 mg cholesterol, 15 mg sodium, 55 g carbohydrates, 7 g fiber, 6 g sugar (3 g added sugar), 14 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 8%



Soft and delicious Stonefire Naan Rounds create the base for open-face tacos and tostadas.





**HERDEZ
GUAC
SALSA**

Add to tacos for avocado flavor with the spice of authentic salsa verde.



Fish Tacos
with Apple Slaw

Total Time 35 minutes
Serves 4 (2 each)

- 1 large Honeycrisp apple, cored and cut into thin sticks**
- ¾ cup loosely packed fresh cilantro leaves, plus additional for garnish**
- 1 shallot, thinly sliced**
- 1 tsp. lime zest, plus additional for garnish**
- 2 Tbsp. fresh lime juice**
- 1 tsp. Hy-Vee ground cumin**
- ½ tsp. kosher salt**
- ½ tsp. Hy-Vee garlic powder**
- ½ tsp. ground coriander**
- ¼ tsp. Hy-Vee chili powder**

- 1 lb. Fish Market frozen Alaskan cod fillet, ½ to ¾ in. thick, thawed**
- 2 Tbsp. Gustare Vita olive oil**
- 8 Hy-Vee enchilada-size white corn tortillas**
- Guacamole salsa, optional, for serving**
- Lime wedges, for serving**

- 1. COMBINE** apple, ¾ cup cilantro, shallot, 1 tsp. lime zest and juice in medium bowl; set slaw aside.
- 2. COMBINE** cumin, salt, garlic powder, coriander and chili

powder in small bowl. Pat fish dry with paper towels; sprinkle both sides with cumin mixture.

3. HEAT olive oil in large cast-iron skillet over medium-high heat. Cook coated fish 10 to 14 minutes or until fish flakes easily with a fork (145°F), turning halfway through. Flake fish into large chunks; set aside. Wipe skillet clean with paper towels.

4. HEAT same skillet over medium-high heat. Toast each tortilla in skillet 4 to 6 minutes

or until slightly charred, turning halfway through; set aside.

5. TO SERVE, top toasted tortillas with fish, apple slaw and, if desired, guacamole salsa. Garnish with additional cilantro and lime zest; serve with lime wedges, if desired.

Per serving: 300 calories, 8 g fat, 1 g saturated fat, 0 g trans fat, 50 mg cholesterol, 540 mg sodium, 33 g carbohydrates, 6 g fiber, 7 g sugar (0 g added sugar), 23 g protein. **Daily Values:** Vitamin D 6%, Calcium 6%, Iron 6%, Potassium 15%

Choco Ice Cream Taco

Total Time 35 minutes plus freezing time
Serves 6 (1 each)

- 4 (3.5-oz.) pkg. Zōet 70% cacao extra dark chocolate bars, chopped**
- 6 Old El Paso Stand 'n Stuff yellow corn taco shells**

4 cups It's Your Churn premium caramel waffle cone ice cream, softened
Kemps Ittibitz Super Power pelletized ice cream, for garnish

1. LINE a large rimmed baking pan with parchment paper; set aside. Microwave chopped chocolate in medium microwave-safe bowl on HIGH at 30-second intervals or until melted, stirring each time.

2. BRUSH inside of taco shells with melted chocolate, using a silicone pastry brush. Dip top edges in chocolate and let excess drip off. Place taco shells in prepared baking pan and freeze 10 minutes or until chocolate is set.

3. REMOVE taco shells from freezer. Fill taco shells with softened ice cream and smooth top of ice cream on each. Return filled taco shells to prepared baking pan; freeze 30 minutes.

4. REHEAT remaining chocolate in microwave on HIGH at 30-second intervals or until melted, stirring each time. Dip tops of the tacos in melted chocolate to cover; garnish with ice cream pellets, if desired. Return tacos to freezer; freeze 2 hours or until ready to serve.

Per serving: 670 calories, 39 g fat, 24 g saturated fat, 0 g trans fat, 30 mg cholesterol, 135 mg sodium, 69 g carbohydrates, 12 g fiber, 39 g sugar (35 g added sugar), 8 g protein. **Daily Values:** Vitamin D 6%, Calcium 10%, Iron 80%, Potassium 15%



Old El Paso Stand 'n Stuff taco shells feature a flat, wide bottom that easily fits scoops of ice cream.



FOIL- PACK DESSERTS

DINNER IS DONE BUT DON'T TURN OFF THE GRILL JUST YET! SEAL DESSERT INGREDIENTS INTO A FOIL POUCH TO STEAM OVER THE OPEN FLAMES. TRY SOME AMAZING RECIPES USING A SIMPLE 3-STEP WRAP METHOD.

SIMPLY SWEET

KEEP THE HOUSE COOL WHEN YOU AVOID USING THE OVEN AND COOK EVERYTHING OUTSIDE. PLUS, CLEANUP IS A BREEZE.



GRILLED GOOEY CHOCOLATE-CHERRY CAKE

Cut 4 (12×9-in.) sheets of heavy foil. Fold 1 in. up on each edge of foil; spray with Hy-Vee nonstick cooking spray and set aside. Whisk together 3 Hy-Vee large eggs and 1 (16.5-oz.) pkg. Hy-Vee extra moist devil's food deluxe cake mix in a medium bowl. Fold in 1 (21-oz.) can Hy-Vee cherry pie filling or topping. Divide and pour batter in center of each prepared foil sheet. Fold up long sides, leaving a 3-in.

opening on top; double-fold short sides to close packets. Grill packets over indirect medium heat (350°F) 1 hour 10 minutes to 1 hour 20 minutes or until a toothpick inserted near centers comes out clean. Cool slightly. Meanwhile, for icing, stir together 1½ cups Hy-Vee powdered sugar, 3 Tbsp. Hy-Vee 2% reduced-fat milk and 1 tsp. Hy-Vee vanilla extract until smooth. Drizzle icing over top of each cake. Serve with It's Your Churn black jack cherry ice cream, if desired. Serves 4.

HOW IT WORKS
Mix all the ingredients together, place on the foil and fold the edges to seal. The heat from the grill causes the ingredients to steam inside the foil pack, cooking the foods to perfection.

HOW TO make a foil pack



STEP 1: Cut sheets of heavy foil to size. Fold up 1 in. edges of each sheet to form bowls. Spray with nonstick cooking spray.



STEP 2: Add ingredients to center of each prepared foil pack. Fold up long sides, leaving an opening on top.



STEP 3: To close foil pack, double-fold short sides, making sure there are no gaps that may release ingredients into the grill.

ON THE GRILL

FRESH AND CRISPY OR WARM AND GOOEY—IT'S ALL POSSIBLE WITH THE FOIL-PACK METHOD.

Monkeying Around
Learn how to grill this gooey pull-apart bread in a no-mess foil pack.

Hy-Vee seasons
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GRILLED MONKEY BREAD
Cut a 24x18-in. sheet of heavy foil. Fold 1 in. up on each edge; spray foil with Hy-Vee nonstick cooking spray and set aside. Combine ¾ cup plus 2 Tbsp. Hy-Vee granulated sugar and 1 Tbsp. Hy-Vee ground nutmeg in small bowl; set aside. Microwave ½ cup Hy-Vee salted butter and ½ cup packed Hy-Vee brown sugar in microwave-safe bowl on HIGH 1 to 1½ minutes or until melted, whisking halfway through. Remove rolls from 2 (12.4 oz.) cans Hy-Vee refrigerated cinnamon rolls with icing; do not separate into rolls. Set icing packets aside. Cut dough logs into 1-in. pieces. Dip pieces, one at a time, into butter mixture; shake off excess. Coat with sugar-nutmeg mixture. Place coated cinnamon roll pieces in center of prepared foil in a single layer; top with ½ cup Hy-Vee chopped pecans. Pour remaining butter mixture over cinnamon roll pieces. Fold up long sides, leaving a 4-in. opening on top; double-fold short sides to close sides. Grill packet over indirect medium heat (350°F) 25 to 30 minutes or until cinnamon rolls are golden brown and cooked through. Cool slightly; drizzle with reserved icing packets. Garnish with caramel syrup and additional chopped pecans, if desired. Serves 8.

GRILLED PEACH AND BLACKBERRY GALETTE

Cut a 24x18-in. sheet of heavy foil. Fold 1 in. up on each edge; spray foil with Hy-Vee nonstick cooking spray. Unfold ½ (15-oz.) pkg. Hy-Vee ready-to-bake 9-in. pie crusts (1 crust) and place in center of prepared foil; set aside. Place 3 yellow peaches, pitted and sliced; ¼ cup blackberries; ¼ cup Hy-Vee granulated sugar; ¼ cup packed Hy-Vee brown sugar; 1 Tbsp. Hy-Vee all-purpose flour and 2 tsp. Hy-Vee almond extract in large bowl. Toss to coat. Mound fruit mixture in center of pastry, leaving a 1½-in. border. Fold pastry up and over edge of filling, pleating as necessary and leaving center open. Whisk together 1 Hy-Vee large egg white and 2 tsp. water. Lightly brush egg white mixture on pastry; sprinkle with turbinado cane sugar, if desired. Roll edges of foil up to form a side around the edge of the pastry, leaving the top open. Grill packet over indirect medium heat (350°F) 1 hour 15 minutes to 1 hour 25 minutes or until crust is golden. Cool slightly; garnish with thawed Hy-Vee frozen whipped topping and Hy-Vee sliced almonds. Serves 6.

WIDE OPEN COOKING
Leaving the foil pack open while grilling lets out steam and ensures a crispy crust.

GRILLED STRAWBERRY-RHUBARB CRISP

Cut 3 (8x6-in.) sheets of heavy foil. Fold 1 in. up on each edge; spray foil with Hy-Vee nonstick cooking spray and set aside. Place 2 cups Hy-Vee frozen unsweetened cut red rhubarb, thawed and chopped; ¼ cup Hy-Vee granulated sugar; 2 Tbsp. Hy-Vee 100% orange juice and 1 tsp. Hy-Vee ground nutmeg in a medium bowl. Toss to coat. Place mixture evenly in center of each prepared foil sheet; set aside. Combine 1 cup Hy-Vee old fashioned oats, ½ cup plus 1 Tbsp. Hy-Vee all-purpose flour, ½ cup packed Hy-Vee brown sugar,

½ cup melted Hy-Vee salted butter and ½ tsp. apple pie spice in bowl. Sprinkle mixture over fruit mixture. Roll up edges of foil to form a side around each fruit mixture, leaving the top open. Grill packets over indirect medium heat (350°F) 1 hour to 1 hour 5 minutes or until tops are lightly browned and fruit is bubbly. Cool slightly; serve with Hy-Vee We All Scream! vanilla ice cream, if desired. Serves 3.

TIME-SAVER
Refrigerated rolls shorten prep time for this outdoor take on the warm, homey breakfast classic.

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mezcal from
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tips to plan
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party on
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gift ideas for
Mother's
Day.

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**AARON
PAUL
& BRYAN
CRANSTON**

**HOLLYWOOD
ACTORS
AARON PAUL
AND BRYAN
CRANSTON
HAVE TURNED
THEIR
ON-SCREEN
PARTNERSHIP
INTO A
REAL-LIFE
BUSINESS, AS
THESE TWO
ARE BEHIND
DOS HOMBRES
MEZCAL—WHICH
YOU CAN FIND
AT HY-VEE.**

DOS HOMBRES

Proof that life imitates art—and in this case, to the better—actors Bryan Cranston and Aaron Paul’s characters became formidable business partners on AMC’s hit crime drama, *Breaking Bad*. But, while the story of a terminally ill, financially strapped high school chemistry teacher working with a former student to make money selling meth made compelling television, the story of Cranston and Paul’s real-life partnership, and how they found one of the best mezcals in the world, is better than fiction.

“Bryan and I got to know each other very well on *Breaking Bad*. He became one of my best friends in the world, my mentor. And when the show was done, it was a hard goodbye,” Paul says.

It was during a dinner in New York six years ago when Cranston asked about working together again, and Paul suggested a liquor business.

“I was introduced to mezcal about 11 years ago and just fell in love with the spirit, but it was hard to find,” Paul says. “When we were trying to come up with something to do together, we started talking about the spirit industry. I just instantly was like, mezcal’s got to be it.”

Cranston wasn’t convinced an alcohol business was the right fit. “I pictured us as moonshiners in the Appalachians running booze illegally or something. You know, because that’s what people knew us from. But when he [Paul] mentioned mezcal, I thought, oh, this is, this is just a terrible idea,” says Cranston, recalling the poor quality mezcal he drank with buddies in college.

“I was very dubious about this,” Cranston admits. “Then Aaron took me to a mezcal bar and I couldn’t believe what I was tasting. I was just blown away,” says Cranston.

Mezcal, which isn’t as well known in the United States as its cousin tequila, also gave the duo an opportunity to grow a brand from scratch.

“We don’t want to slap our names on something that we don’t really believe in. So, if we’re going to spend time and energy in something, we both have to be passionate about it,” Cranston says.

Neither one knew the business side of mezcal, so they took a research trip to Mexico. “The agreement we made before going down to Oaxaca and tasting a hundred different mezcals was we had to find one juice that we really, really fall in love with. And if we don’t, we just had a great vacation,” Cranston says.

They did fall in love with a mezcal, but like any great love, it wasn’t an easy process. They’d hit village after village trying all the families’ different mezcals but were coming up with nothing.

On their last day in Mexico, as they headed to their car, Paul says, "A kid runs up to us and invites us to his family's operation." Cranston and Paul thought about it and decided to give it a shot. It was rainy season so the trek wouldn't be easy. "We had to hike through a river. On the other side of the river is a guy with a machete and when he sees us, he starts clearing a path," says Paul. They followed the man through the jungle, "And a clearing just kind of opens up, and we see this little operation, about 10 minutes into the hike in the middle of nowhere along the riverbed. We see these two donkeys pulling giant stone wheels, mashing up freshly smoked agave and it just felt so romantic," says Paul, joking the scene also conjured up images from *Breaking Bad*. "It kind of reminded us of some meth labs that we shot in. You know—brought some warm memories into our hearts. And we're like, okay, I hope that juice is good. We sit down and we sample it straight from the source. It was just one of those aha moments. We tasted it, we looked at each other, we didn't say anything," says Paul.

Cranston wanted to make up his own mind on the mezcal—this was too important of a decision to be swayed by the romance of the location or the fact that they had run through dozens of mezcals and were on their last day in Mexico. "I turned away because I didn't want to be influenced. I wanted to make sure," says Cranston. But each man, with their differing palettes, fell in love with the drink they'd slogged through a river and jungle to taste. They knew instinctively they had found the one—it had the perfect blend of smoke with hints of mango, guava and banana. "We want to be the number one mezcal in the world," says Cranston. And the treasure they found—liquid gold in a glass—just may prove to be it.



AARON PAUL

Aaron Paul knew he wanted to be an actor from the time he watched the movie *Stand By Me* when he was 12 years old. He started saving up his money, and after graduating from high school a year early, he left Idaho in 1998 and headed to Los Angeles. "It took me 8 or 9 months, but from the moment I got my first job, I've been living off the industry," says Paul. Some of his early gigs were on "every hour drama on TV. I was always the guy that they were interrogating that everyone thought was the bad guy. Then, you realize he was just misunderstood."

He was cast in his first recurring role as Scott Quittman on the TV series *Big Love* in 2007. He landed his breakout role as Jesse Pinkman—a meth user, maker and dealer—in *Breaking Bad* in 2008, for which he won three Primetime Emmy awards. In 2013, he moved beyond acting when he became an executive producer (and voice actor) for the animated series *BoJack Horseman*.

"WITH BREAKING BAD, WE ALL BECAME VERY CLOSE, ESPECIALLY BRYAN AND MYSELF. WE CLOSED UP SHOP AND BRYAN AND I BECAME EVEN CLOSER THROUGH THE YEARS."

—Aaron Paul



BRYAN CRANSTON

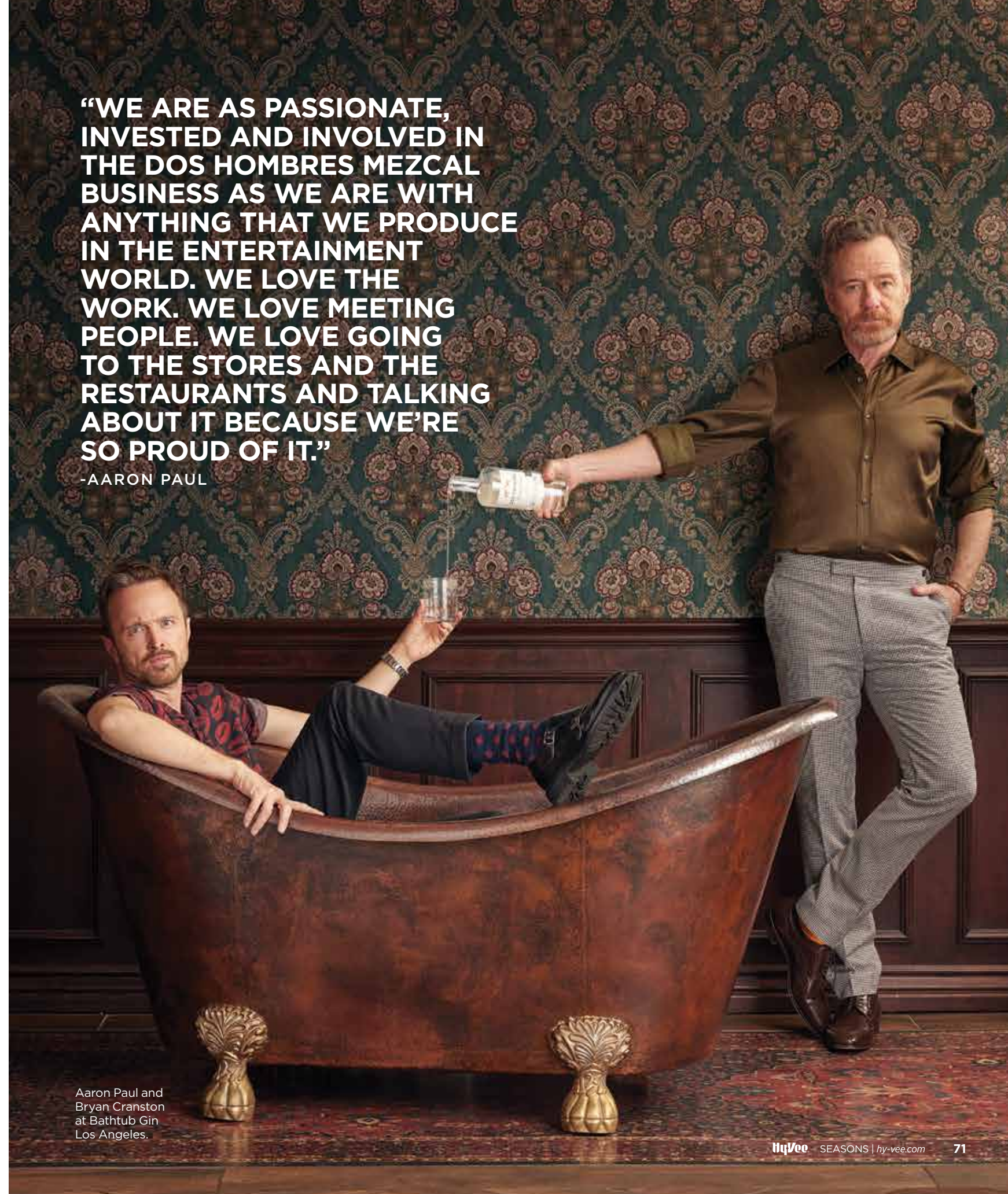
Bryan Cranston, a Los Angeles native, was headed toward a career in law enforcement when an acting class derailed that plan. He has played a variety of characters like Jerry Seinfeld's dentist on *Seinfeld* and distracted father, Hal, on *Malcolm in the Middle* before being cast as Walter White in *Breaking Bad*. During the show's five-season run, Cranston won three consecutive Primetime Emmy awards—only the second actor to achieve such an honor. Since *Breaking Bad*, Cranston has been featured in a variety of movie and television roles such as *Argo*, *Drive*, *Godzilla* and *Isle of Dogs*.

On what type of role he likes the most, Cranston says it's the "vilro [combination of villain and hero]. Usually villains are more interesting to play. And then you look at someone like Walter White and you think, 'Hero? Villain? I don't know.' I don't know what he is, but more importantly, you have to find that human connection, make it important, make it relatable to people watching. It's art. You can't serve something that someone's going to recoil from."

PHOTOS: Kevork Djansezian/NBC/Getty Images (Paul, above left); Jim Watson/Getty Images (Cranston, below left)

"WE ARE AS PASSIONATE, INVESTED AND INVOLVED IN THE DOS HOMBRES MEZCAL BUSINESS AS WE ARE WITH ANYTHING THAT WE PRODUCE IN THE ENTERTAINMENT WORLD. WE LOVE THE WORK. WE LOVE MEETING PEOPLE. WE LOVE GOING TO THE STORES AND THE RESTAURANTS AND TALKING ABOUT IT BECAUSE WE'RE SO PROUD OF IT."

—AARON PAUL



Aaron Paul and Bryan Cranston at Bathtub Gin Los Angeles.



DOS HOMBRES: DRINK IT WELL

Mezcal is slowly shaking loose its rough reputation as more sophisticated versions like Dos Hombres, with its smoky smoothness, are popping up on store shelves. "Drinking mezcal is ritualistic," Cranston says. "I love what the Spanish do. They say, 'You never shoot it, you kiss it. Just kiss it, let it touch your lips.'"

The choice between mezcal and tequila may be a personal one, but "We always say mezcal is like tequila's older, more sophisticated relative. It's been around way longer than tequila," Paul says.

Award-winning Dos Hombres is made from Espadin, an agave that takes six years to mature before it can be harvested and turned into mezcal. The duo work with third-generation mezcalero Gregorio Velasco who still farms agave and produces mezcal using traditional methods. "He started learning the ropes when he turned 8 years old. He started teaching his son when he turned 8. So his son is fourth generation. His son will end up taking over the operation when Gregorio eventually retires, which is just so great," Paul says.

"It's pure, it's artisanal," Cranston adds of the production process. "There's smoked agave and mountain spring water and that's it. Those are the ingredients." This simplicity makes it a great spirit to sip or to use as a base for cocktails.

Cranston and Paul also are on an education mission to show just how versatile Dos Hombres is. "Mezcal will be new to most customers, but it's been around for hundreds of years. The cocktails that come out of this are just amazing," Cranston says. "There are so many fruits growing wild in Oaxaca that cross-pollinate and infuse the agave plant with these beautiful tasting fruits and earthiness. Dos Hombres blends well with any fruit juice. It's just a fantastic, wonderful spirit. Any way you want to drink it, you're right. That's how you should drink it."

Q. How did you become friends?

AP. *Breaking Bad* was 7 years of our lives in Albuquerque, New Mexico. When you're doing a show, it's like going away to sleepaway camp. You hope to become close friends, but then you go back to your regular lives. You hope to stay in touch and sometimes you do. But most of the time, you don't. It's just not the same. But Bryan became one of my best friends in the world, my mentor very early on. I've learned so much from him on-screen and off.

BC. Most everything he knows, he learned from me.

Q. What is your favorite memory of drinking mezcal together?

BC. The most memorable time of trying it together was the first time at our palenque [distillation operation]. We had no delusions that this was going to be different than any other time that we had tried the 90 previous samples. So it was, "Salut, salut, boom... What, wait!"

AP. That setting, everything about just that experience getting there, I will take to my grave. It was really extraordinary. If that kid didn't see us, if we just missed that kid, Dos Hombres possibly would not exist.

Q. What's behind the name Dos Hombres?

BC. It was just kind of a placeholder. We didn't really know what we were going to do, but we said, "There's these two guys." Aaron and I both come from blue collar families, hard-working people. All we really know is "go to work." We don't believe anything is owed to us. Now, that being said, we do understand that we have an advantage because of our work association on *Breaking Bad* and that does pique some interest, but we've got to go in there and bring in this product.

Q. How are you enjoying work outside of entertainment?

BC. It's remarkable. As we were entering this business, we were like dry sponges. We've learned so much over the last six years and we enjoy the business so much. We're excited about it. We are as passionate, invested and involved in the Dos Hombres mezcal business as we are with anything that we produce in the entertainment world. We love the work. We love meeting people and talking about it because we're so proud of it.

AP. When you meet with people, they all just want to raise a glass with you. It's nice to have a cocktail and talk about something you're very passionate about. We invited our closest friends and family, and all of them wanted to join this journey with us. We are very excited.

MEZCAL OR TEQUILA? BOTH ARE LIQUORS MADE FROM THE AGAVE PLANT. MEZCAL CAN BE MADE FROM A VARIETY OF AGAVE WHOSE CORE (OR PIÑA) IS COOKED IN EARTHEN PITS FUELED WITH WOOD AND CHARCOAL, YIELDING A SAVORY, SMOKY FLAVOR. TEQUILA IS A TYPE OF MEZCAL BUT IS MADE ONLY FROM THE BLUE AGAVE AND THE PIÑA IS STEAMED IN OVENS FOR A SMOOTH, SWEET FLAVOR.



LAST-MINUTE

GRAD PARTY



Graduation season is here! If party plans have been stuck in slow motion, you can still get things rolling. Here's a list of ways Hy-Vee can help with your last-minute graduation party needs.

6 TIPS TO HELP YOU QUICKLY PLAN A PARTY

1. Invitations

Get the word out any way you can. Use social media, email or even text to invite guests and collect their RSVPs quickly, but remember to make it intentional.

2. Location

With a few weeks' notice, options might be limited. However, a garage or backyard can work. Or consider co-hosting a party with another graduate and sharing space.

3. Decor

Look for inexpensive party decorations from Hy-Vee like string lights, flowers and balloons for a fast and fun update to indoor or outdoor spaces.

4. Food

Hy-Vee Catering can accommodate last-minute orders (even ones placed the week of the party). Call or visit Hy-Vee.com/catering to get started.

5. Entertainment

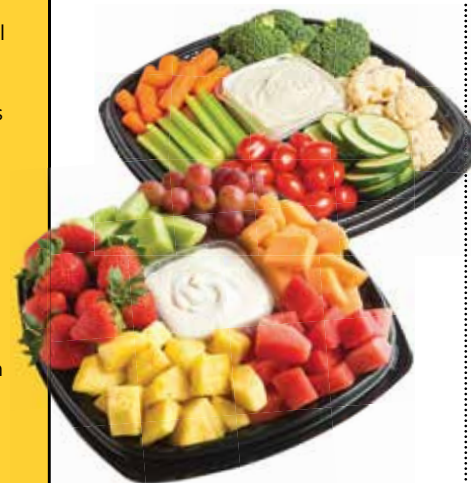
Make a playlist of the graduate's favorite upbeat songs and play them throughout the event to bring up the life of the party.

6. Accept Help

Reduce your stress by involving friends, family and even the grad in planning. Make a checklist and include touchpoints to ensure party set-up goes according to plan.

GRAB & GO GRAD IDEAS

Hy-Vee makes it easy to organize food, drinks, decorations and more for any graduation party, even with little notice. Grab items like these in time for the festivities.



FINGER FOODS

Pick up party foods for all diets and lifestyles, including healthful fruits and vegetables with dip to balance out the menu. It's all sized perfectly for guests at the smorgasbord.



CAKE

Select your sheet cake in white, chocolate, marble, red velvet, yellow, carrot, lemon or strawberry. Choose cream cheese icing or a buttercream or whipped cream frosting in vanilla or chocolate.



PUNCH

Keep the party feeling going with homemade punch served in a dispenser with spigot (available at Hy-Vee). It's budget-friendly, and it cuts down on collecting cans and bottles.



FLORAL

Add a vibrant touch to the celebration with fresh blooms. Hy-Vee Floral has bouquets outfitted with greetings for graduation. Fun idea: Coordinate flowers in school colors!



DECOR

Make it festive with decorations from Hy-Vee such as graduation-theme balloons; color-keyed tablecloths, plates and serving utensils; party favors; streamers and more.

LATE-BREAKING NEWS! INSPIRATION TO HELP SPUR LAST-MINUTE GRAD PARTY IDEAS IS AVAILABLE AT HY-VEE.COM/GRADUATION



SALADS AND SIDES

Round out your buffet with Hy-Vee Kitchen salads, including traditional picnic-style favorites like Old Fashioned Potato Salad, Country Coleslaw and American Macaroni Salad. One 48-oz. carton serves approximately 10 guests.



DESSERTS

Keep extra sweets on hand for nibblers. Brownie trays, cookies, cookie cakes and Hy-Vee Bakery cakes can all be customized in minutes for your grad.



SOFT DRINKS

HAVE PLENTY OF SODA OPTIONS ON HAND—ENOUGH FOR THREE DRINKS PER GUEST.

have a snack!

FILL OUT THE BUFFET WITH AN ASSORTMENT OF CHIPS AND SNACK ITEMS SUCH AS CHEESE PUFFS, PRETZELS AND POPCORN. IT'S A BUDGET-FRIENDLY WAY TO INCREASE SELECTION AND ENSURE THERE'S SOMETHING TO SUIT EVERY TASTE.



GIFT CARDS

It's time to celebrate your grads! Choose from hundreds of gift cards for their favorite stores, restaurants and activities.

PARTY TRAYS

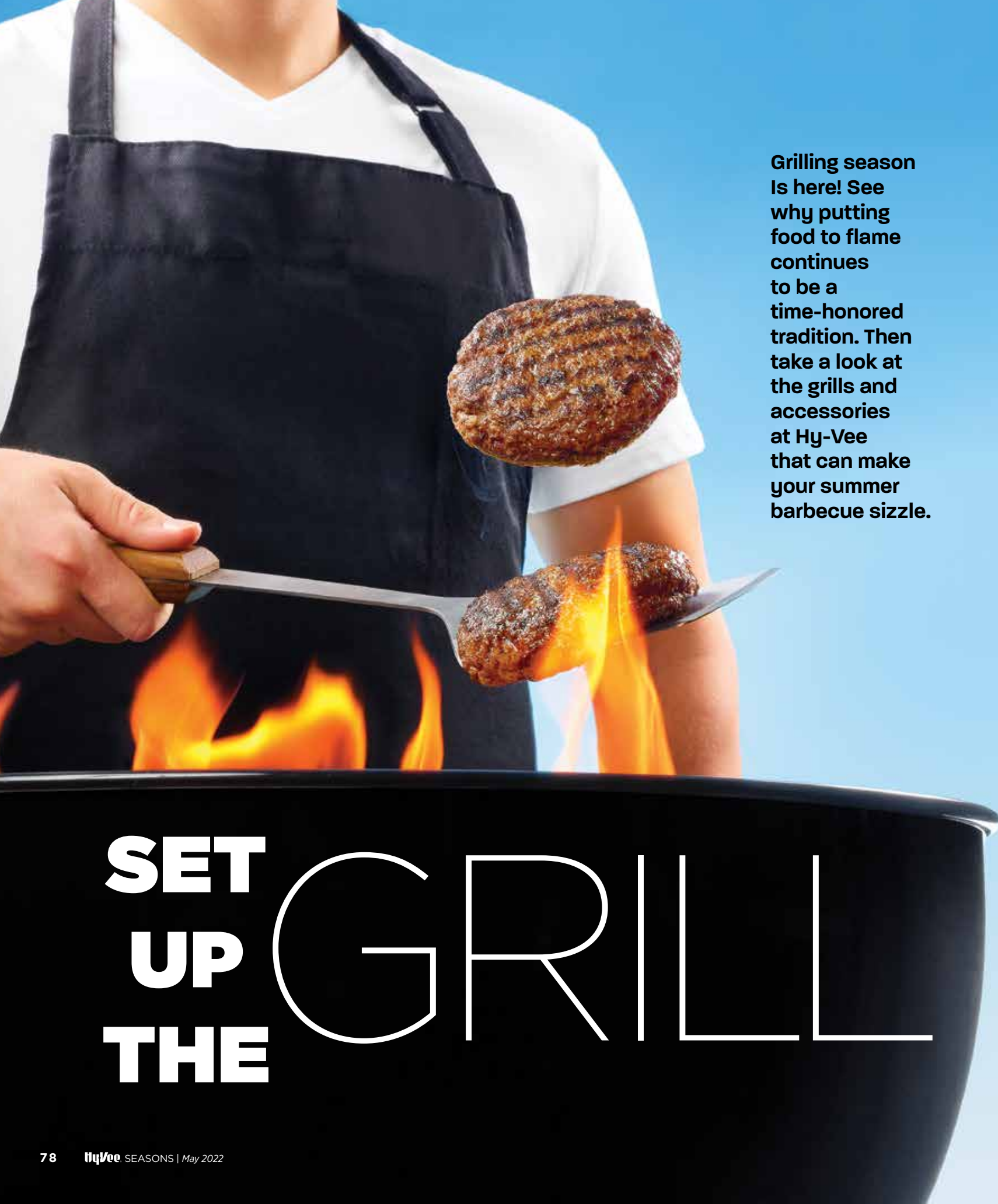
Make putting together any event faster and easier with Hy-Vee's incomparable selection of party trays. Shrimp platters, deli sandwiches and charcuterie are just the start. Find subs, wings and a whole lot more. Pick up ready-made trays or order at [Hy-Vee.com/shop](https://www.hy-vee.com/shop)



MEAL IDEAS AT HY-VEE

VISIT [HY-VEE.COM/RECIPES](https://www.hy-vee.com/recipes) FOR SLOW-COOKER INSPIRATION AND OTHER SIMPLE-TO-PREPARE DISHES TO ENSURE THERE'S PLENTY OF HOT FOOD AT THE BUFFET TABLE.

EXPRESS DELIVERY: MAKE IT EASY ON YOURSELF BY SIGNING UP FOR A HY-VEE PLUS MEMBERSHIP, WHICH GIVES ACCESS TO 2-HOUR EXPRESS DELIVERY. LEARN MORE AT [HY-VEE.COM/PLUS](https://www.hy-vee.com/plus)



Grilling season is here! See why putting food to flame continues to be a time-honored tradition. Then take a look at the grills and accessories at Hy-Vee that can make your summer barbecue sizzle.

SET UP THE GRILL



The Thrill OF THE GRILL

THERE'S NOTHING LIKE SMOKE FROM A BARBECUE TO GET THE TASTE BUDS PRIMED FOR ACTION.

The unique wood-smoked flavor of grilled food is often the primary reason for firing up the barbecue. But grilling has other benefits, as well: The flames help seal in moisture so

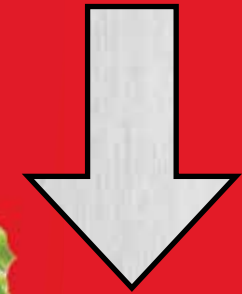
food is juicy. Grilling also can create a caramelized, almost crust-like finish not possible on a stovetop. Grilling bypasses the oven, which can allow the house to stay cooler and electric and gas bills to stay lower. Cleanup is a breeze. And you can grill almost anything, including dessert. In fact, there's a growing trend to grill breakfast and brunch.

pro tip: GRILLING BREAKFAST



“Anything that can be cooked on the stove can also be cooked on the grill, with an unexpected depth of flavor. Also, rethink foil packs—fill with breakfast potatoes and sausage links or cinnamon sugar bread with butter and fresh berries. Don't be afraid to put your favorite breakfast fruits on the grill. Honeydew and watermelon will develop a caramelized flavor that will have your family coming back for more.”

—Abigayle Newberry
Executive Chef, Hy-Vee, Lee's Summit West, MO



HEALTH BENEFITS OF GRILLING:

Less Fat
Grilling allows excess fat to melt and drip off meats rather than being reabsorbed into the food.

Less Seasoning
The smoky flavor imparted by barbecuing means decreased need for sauces and seasonings that may contain excess salt.

More Nutrition
Because ingredients are cooked quickly on the grill, more nutrients are retained.

More Nature
Grilling is an “outdoor sport.” It's an invitation to enjoy the outdoors, catch up with neighbors and socialize with guests.

ENHANCE FLAVOR

Get more flavor with smoking chips from Hy-Vee, for gas or charcoal grills. Add moistened chips to a covered foil pan and poke holes to release the aromatic smoke.



Fruitwood smoking chips impart a light, slightly fruity flavor that complements poultry and fish.



Hickory and pecan smoking chips have a medium intensity and give a rich, slightly sweet flavor to chops, ribs and pork shoulder.



Mesquite smoking chips are strong, giving a bold, earthy smoke flavor to steak and other types of beef.

CHARCOAL GRILLS

ALL ABOUT FLAVOR

Charcoal grills add a rich, smoky flavor to food, and the white-hot heat of burning charcoal sears meat fast. This results in a pleasing contrast in taste and texture with a crispy outer crust and juicy, succulent interior. Chef and guests alike congregate around the charcoal grill to enjoy a tradition that dates back to prehistoric times: cooking food over flame!



Weber 22 Original Kettle

Charcoal Grill Features

DURABILITY

The porcelain-enameled surface can withstand high grilling temperatures. Charcoal grills resist rust and cracking when stored properly.

COOKING

The dome shape retains heat for consistent temperature and even cooking. Adjustable vents control temperature.

CLEANUP

A simple clean-up system allows ash and debris to be swept into an ash catcher easily and effortlessly for disposal.

THE ICONIC KETTLE DESIGN WAS CONCEIVED IN 1951 BY THE OWNER OF A CHICAGO SHEET METAL SHOP.



If you think it's tough to light charcoal, this chimney starter from Hy-Vee might change your mind. Just fill with newspaper and charcoal, then strike a match.

Hy-Vee Grills

Choose from popular brands and sizes.



Weber Spirit E-210 2-Burner Gas Grill



Char-Broil Performance 4-Burner Gas Grill



Weber Spirit II E-310 3-Burner Gas Grill

GAS GRILLS EFFICIENT & EASY

Their versatility makes gas grills a consistent favorite among homeowners who grill. Gas grills fire up quickly and easily when needed using propane or natural

gas, making them useful for weeknight meals, weekend breakfasts and even late-night snacks when the munchies strike. Plus, they're simple to start up.

POPULAR FEATURES

Gas grills at Hy-Vee come with two, three or four burners to fit different grilling needs.

Starting gas grills is quick and easy: Just turn a dial and click an igniter switch.

Grilling is efficient with more precise cooking temperatures.



Char-Broil Performance

SMOKER GRILLS

ABLE & WILLING

Smokers are made to cook food on lower heat for longer periods of time, which can deliver tender, fall-off-the-bone texture. They're like slow cookers, but with the ability to infuse large amounts of delicious smoky flavor depending on the fuel source you select. They're also fairly hands off, as meat doesn't come into contact with direct flames.

AIR FLOW

All smokers have dampers that control airflow into the smoker chamber, which is how you control the temperature.

SMOKING AND GRILLING ARE JUST THE START. USE A SOAPSTONE COOKING SURFACE TO BAKE A PIZZA OR A CAST-IRON GRIDDLE TO MAKE STIR-FRIES.

IN THE ZONE

Multilevel, half rack design creates heat zones to cook at different temps at the same time.

THICK HEADED

The thick ceramic surface retains heat to cook food evenly from all sides.

ASHES TO ASHES

Slide-out drawer allows ash removal without removing inside components.

DAMPEN THE MOOD Top vents control air flow to adjust to very high or very low temperatures.



Kamado Joe Classic II Red



Traeger Pro Series 34"

Advanced technology in this best-selling smoker ensures precise temperature performance.

Smoke 'Em If You Got 'Em

VERSATILITY

Barrel-design unit and second rack allows you to smoke a lot of food at once; can also grill, bake, braise or roast food.

CONVENIENCE

Wood-fired flavor from real hardwood pellets, plus a digital pro controller for set-it-and-forget-it convenience.

DURABILITY

Features steel construction with powder-coated finish and porcelain-coated grates to withstand heat and outdoor conditions.



Traeger Pro Series 22"

SMOKERS CAN BRING INTENSE FLAVOR TO THE FOODS YOU'RE COOKING.



Traeger XXL BBQ Spatula



Traeger BBQ Tongs



Weber Cedar Planks

Weber Charcoal Rake

GEAR UP

Now that you have picked out your ideal grill, you need the tools to get the grilling done. With these grilling essentials from Hy-Vee, you'll be ready.



Traeger BBQ Spatula



Weber Premium Grill Basket



Traeger Instant Thermometer



YOU BRING THE GRILL WE'LL BRING THE FLAVOR



MONTREAL PEPPERED STEAK

5m PREP TIME 16m COOK TIME 264 CALORIES 8 SERVINGS

INGREDIENTS

- 1/2 cup olive oil
- 1/4 cup soy sauce
- 4 teaspoons McCormick® Grill Mates® Montreal Steak Seasoning
- 2 pounds boneless beef sirloin or New York strip steaks

INSTRUCTIONS

Mix oil, soy sauce and Steak Seasoning in small bowl. Place steak in large resealable plastic bag or glass dish. Add marinade; turn to coat well.

Refrigerate 30 minutes or longer for extra flavor. Remove steak from marinade. Discard any remaining marinade.

Grill steak over medium-high heat 6 to 8 minutes per side or until desired doneness.

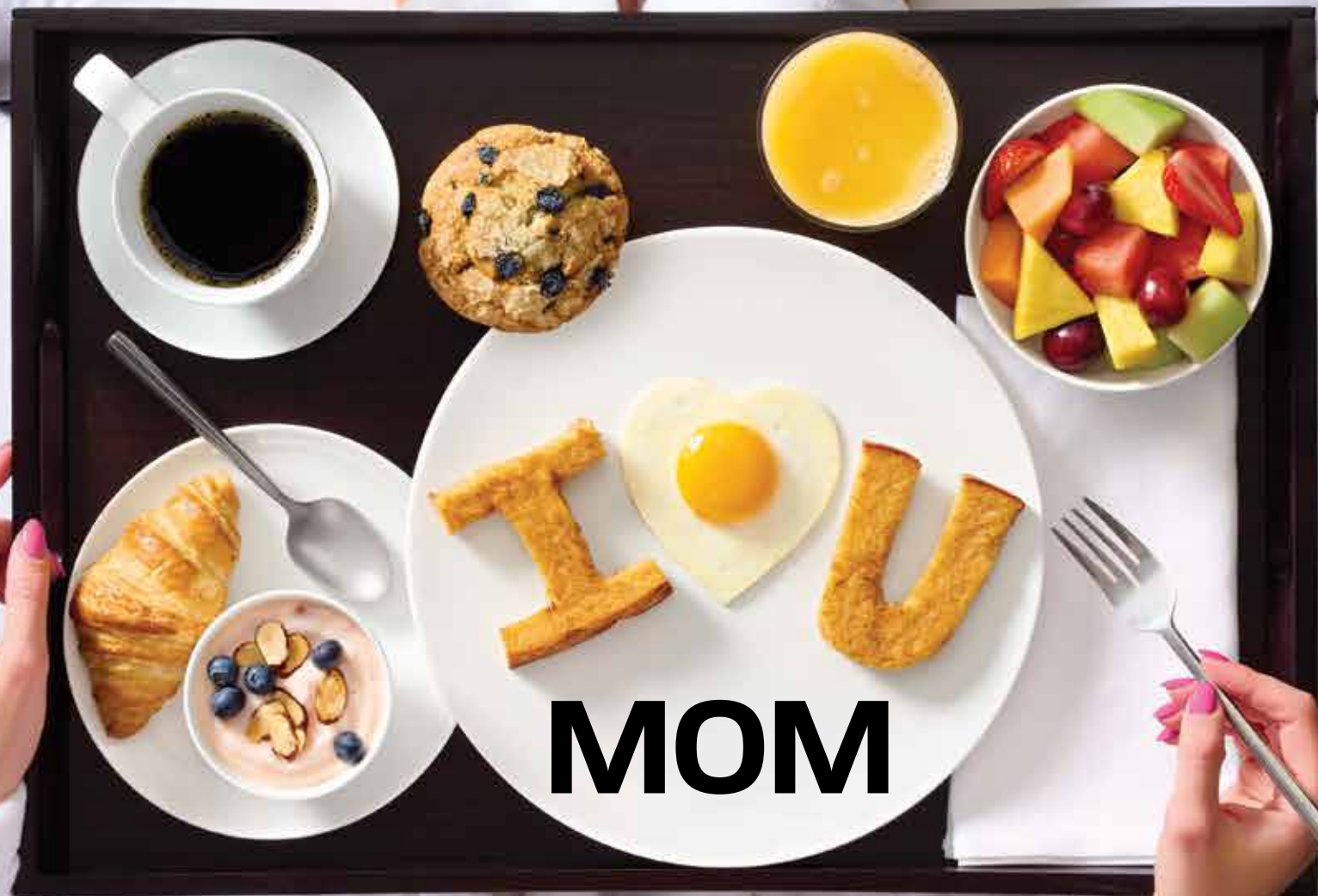


Smithfield®

SET YOUR ALARM TO SIZZLE



SHOW MOM
HOW MUCH
YOU LOVE AND
APPRECIATE HER
THIS MOTHER'S
DAY WITH A
PERSONALIZED
GIFT FROM HY-VEE.



BREAKFAST IN BED



Coffee Press & Milk Frother
Get a java boost by making coffee like a barista with the right tools.



Breakfast Treats
Start the day with tempting butterflake or cinnamon rolls.



Fruit Tray with Dip
Enjoy fresh strawberries, grapes, pineapple and assorted melons.



Cheesecake Factory Bakery
Treat Mom with the creamy goodness of the popular dessert.



Zoet Clusters
Savor these cluster candies coated in premium Belgian chocolate.



Wine & Glassware
Sip fresh, crisp rosé from versatile and functional tall glasses.

SHIP TO HOME
Riedel Overture Magnum 2-pk.



HSTV.com
STREAM. SHOP. SMILE.

INDULGENT NIGHT IN

FAMILY MOVIE NIGHT



Popcorn & Movies
Munch on buttery popcorn while enjoying a new movie or series.



Candy Boxes
No movie night is complete without classic theater candies.



Fun Soft Drinks
Pair your snacks with flavorful soda or sparkling water.

TREAT

Pick a theme based on Mom's interests and grab related products for thoughtful gift giving from Hy-Vee.

LIPSTICK
FLOWER Beauty
Petal Pout lip
color in bright
peony provides
smooth color in a
single swipe.

DAISY SOAP
This Basin soap
offers the delicate
fragrance of fresh
daisy blossoms
and pine.

BATH BOMBS
Drop Basin
bombs in the
tub and soak
while it dissolves,
releasing a
soothing scent.

PERFUME
Viva La Juicy
eau de parfum
is warm and
sweet with notes
of mandarin,
gardenia and
caramel.

B
BASIN
FRESH · NATURAL · UPLIFTING

Find Basin spa and
beauty products
exclusively at Hy-Vee.

SOLID PERFUME
Alcohol-free
Basin Pink Sugar
perfume offers a
concentrated
cotton candy
fragrance.

BRUSH KIT
Real Techniques
Everyday
Essentials Set
has multiple
brushes for
makeup
application.

BLUSH
Pacifica Fluffy
Blushy hydrates
skin as it adds
a light flush of
color to cheeks
or lips.

**CERAMIC
STYLING IRON**
Flat iron from
FLOWER Beauty
straightens,
waves or curls all
hair types.

Floral Gifts
FOR MOM

Mom's Bountiful Love
This bouquet has it all: roses, calla lilies, carnations, pink daisies and more.



One of a Kind
Whimsical arrangement features eucalyptus, roses and chrysanthemums.



Best of the Bunch
Purple, pink, red, white, yellow and orange roses with simple greenery stays fresh for a week or more.



Sweet & Special
White daisies, purple alstroemeria lilies and purple carnations form a pretty palette.

**BRIGHTEN
HER DAY**

Call or stop by your local Hy-Vee Floral Department or visit Hy-Vee.com/floral to order.

PAMPER

Help her relax and rejuvenate with a variety of spa and beauty products.

**Premade
GIFT BASKETS
AT HY-VEE**



Ready, Set, Relax



A Godiva Good Morning



Mama Mia



Simply the Best



1 Joe Fresh Clothing
Breakfast in bed just got cuter with pajama sets from Joe Fresh available at select Hy-Vee stores.



2 DSW Shoes
Step out with confidence and style in heels, sandals, tennis shoes, boots and more from DSW at select Hy-Vee stores.



3 Candles
Fill the house with hints of spring using single-wick candles from Yankee Candle and Aromascape.

Tone It Up
Strengthen and sculpt at home or on the go with workout products made by women for women.



5 Johnson Fitness
Order fitness equipment including treadmills, elliptical machines, exercise bikes and more from select Hy-Vee stores.



Starfrit The Rock Cookware
The line of nonstick kitchenware features a patented special surface coating that is easy to clean.

Dash Everyday Stand Mixer
The compact size makes it a good fit for any kitchen. Preset speeds allow from gentle mixing to high-speed whipping.



SHOP at Johnsonfitness.com

SPLURGE

Make this a Mother's Day to remember with thoughtful gifts from Hy-Vee.

More Ways Hy-Vee Cares FOR MOMS

Moms are busy and Hy-Vee can make their days a little easier with both large and small services like these:

- Dedicated parking spots near store entrances for expectant moms.
- Mother's rooms for a cozy, private space to feed or tend to children.
- Dietitians offering expert nutrition advice for pregnant and postnatal women as well as infants.
- Immunization checklists, including boosters for expectant mothers.
- Automated cart sanitizers to help eliminate germs from getting on little hands.
- One-stop shopping with groceries, baby care products, household supplies and personal care items all in one location.

Give Moms a life of leisure with a Hy-Vee Plus Premium membership, which includes a range of rewards and cost savings of more than \$2,000 every year. Here are a few more amazing benefits.

- Earn 3¢ Fuel Saver on every in-store purchase
- Free grocery delivery on Aisles Online orders of \$30 or more
- Free 2-hour express pickup on Aisles Online orders of \$30 or more.
- Exclusive monthly deals and offers including free items and discounts
- Access to Hy-Vee concierge service
- Communicate in real-time with a personal shopper as your order is being shopped



SCAN THE QR CODE or go to Hy-Vee.com/plus to sign up for Hy-Vee plus premium membership.



TREAT MOM TO DINNER
Order ready-to-eat or heat-and-serve meals online with Mealtime To Go at Hy-Vee.

In the POT

CREATE STRIKING CONTAINER ARRANGEMENTS WITH FLOWERS AND PLANTS FROM HY-VEE. THESE EASY-CARE POTS MAKE BEAUTIFUL OUTDOOR DISPLAYS.



SIMPLE FERNS

Some indoor plants, such as Boston ferns, thrive outdoors in summer shade if watered regularly.

WEIGHTY CONCERNS

Find lightweight composite material pots at Hy-Vee. To make any planter lighter to move, invert a large disposable plastic nursery pot inside the bottom of the container before backfilling with potting mix. This works best with tall containers, because most root growth occurs in the top 12 to 15 inches of soil.

RECIPE FOR SUCCESS

Not sure what to include in your pots? Plants from these categories can make a well-rounded display.

THRILLER plants stand out as a focal point—either because of its size, shape, color or a combination of features. It is the largest plant in the container; even miniature trees and single-stem shrubs pruned to look like trees can be used.

FILLER plants “fill in” around the base of the focal point; they can have a spreading or mounding habit as long as it complements the focal point rather than competes with it.

SPILLER plants have a trailing habit that “spills” down the side of a container and softens its hard lines. Containers with these trailing plants look more natural and prettily fill in gaps.

GRAND GROUPING

Make a statement—set several containers together. Use an odd number of pots, such as 3 or 5, for a more casual look, and switch up sizes and shapes.

Tip: Coordinate the look with containers sharing a similar color palette and material, such as these lightweight composite pots.

TROPICAL STATEMENT

Tropical plants like this white bird of paradise can anchor a container garden, giving it the lush beauty of exotic places. Make it the focal point; it will stand out from a distance yet look perfectly at home among shorter filler plants such as the croton, kalanchoe and asparagus fern here.

Tip: Place a saucer beneath pots to catch excess water and make it available to plants.



USE INDOOR PLANTS

They add color and life to outdoor settings, too. Many can spend the summer outdoors, lending a tropical vibe. Place them in bright, indirect light, such as beneath a high-branched tree or on a covered porch (foliage will scorch in direct sunlight). Keep plants well watered and give them a shot of fertilizer, such as Osmocote Plus Outdoor & Indoor Smart-Release Plant Food. Bring them back inside when nighttime temperatures dip below 50°F.

SUCCULENT COLLECTION

Worried plants will die if you go on vacation? For low-maintenance beauty, plant succulents—true water misers that can easily go a week or two without watering. Their thick, fleshy leaves store water and at the same time offer interesting textures and colors, as seen with the jade, zebra plant, crinkle-leaf plant, echeveria and string of pearls in these planters.

Tip: Use stones or gravel as a mulch to keep succulent plant stems dry and less prone to rot.



OUTDOOR SUCCULENT CARE

SOIL Plant in a quick-draining pot filled with a lightweight soilless potting mix. Mulch with pea gravel or stones—a decorative touch that also keeps soil from splashing on foliage.

LIGHTING To be their best, succulents need at least six hours of direct sunlight per day. In shade, they often become weak, spindly and discolored.

WATERING Soak the soil, then wait to water again until the soil is bone dry. Bear in mind that smaller pots will dry out quicker than large pots, especially the more sunlight they get.



HY-VEE HAS IT!

Find potting mix, gloves, fertilizer, containers, plants and more at Hy-Vee.



Whether friendly and loving or mischievous and aloof, cats find a way into our hearts. And, as valued members of the family, they deserve the best when it comes to food, play, care, hygiene and health.

Sources (entire article): purina.com/articles/cat/facts/10-fascinating-facts-about-cats
ncbi.nlm.nih.gov/pmc/articles/PMC3317329/ ddfi.org/resources/understanding-why-your-cat-is-up-at-night/
aspc.org/pet-care/cat-care/common-cat-behavior-issues/litter-box-problems

5 feline fundamentals

Keep Felix feeling frisky and fine with these tips, along with cat essentials from Hy-Vee.

1 FOOD

Kittens have high energy needs, so feed them specially formulated kitten food until the age of one, then transition to adult cat food. Feed cats twice a day, basing the amount on their activity level. A sedentary cat may require 10 percent fewer calories than one with normal activity levels, while an active cat may need 20 to 30 percent more calories. Treats should make up no more than 5 percent of a cat's daily nutrients.



2 PLAY

Kittens need play to develop coordination and hone hunting skills. For adult cats, play can relieve boredom and provide exercise to counter weight gain. Cats like toys that move and have different textures. They quickly get bored, though, so switch out the toys regularly. Cats also like to scratch. Provide a well-secured scratching pad or a scratching post covered with a rough material such as burlap or canvas.



3 CARE

Regular brushing or combing keeps your cat's coat clean, reducing shedding. This also helps prevent him from ingesting fur while self-grooming and then coughing up "hairballs." Cats are efficient self-groomers, so bathing is seldom necessary unless the cat gets into something foul-smelling. Bathing a cat can be challenging and may be better reserved for a professional pet groomer.



4 HYGIENE

Cats won't use a smelly litter box, so scoop out debris daily. Empty the litter box weekly (clumping cat litter less frequently) and wash the bin with a mild dish detergent. Avoid using ammonia, deodorants or lemon scents. Refill with fresh litter. Put a litter box on each floor of the house. If you have multiple cats, you may need a litter box for each one, according to the American Society for the Prevention of Cruelty to Animals.



5 WEIGHT

Obesity is a common problem with pets, and it can put cats at increased risk of diabetes, liver problems and joint pain. The cause is usually overfeeding coupled with lack of exercise. To prevent weight gain, feed cats only in their bowl and in measured amounts. Reduce snacks or treats and make sure Kitty has ample opportunity for activity and play. Talk with your veterinarian before starting a weight-loss program for your cat.



PERSNICKETY KITTIES
 Although cats can be fussy eaters, seek a veterinarian's advice if they haven't eaten for more than 24 hours.

70%

of a cat's day is spent sleeping and 15 percent grooming themselves, on average. House cats are most active at dawn and dusk; outdoor cats at night, when they hunt prey.

get some
(vitamins).



GLACÉAU
vitaminwater.

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health

Learn about the healing powers of nature, manage food allergies and reap nutritional rewards of meal prep.

- 100** STEP OUT
- 104** TO THE CORE
- 108** FOODS THAT IMPROVE EYE HEALTH
- 112** MENTAL HEALTH AWARENESS
- 118** DIETITIAN Q&A: MEAL PREP IS A WINNING IDEA
- 121** PHARMACY: PET MEDICATION



STEPS

OUT

OUT



Discover how time spent outdoors can benefit your physical and mental health. Plus essentials from Hy-Vee to keep you safe from the elements.

Evoked a feeling of calmness by lowering stress levels, slowing your heart rate and restoring concentration by simply enjoying nature. Two hours per week outside (or an average of 17 minutes per day) is enough to benefit your health, according to a 2019 study published in the journal, *Scientific Reports*.

PHYSICAL

Time spent outdoors encourages a healthy and active lifestyle, which can have a noticeable effect on your overall physical health. Some benefits:

Encourages more exercise

People living near green areas, such as parks, are more likely to engage in physical activity outdoors. British researchers found that children are twice as active when outside, improving bone and muscle strength as well as balance and coordination.

May reduce risk of cardiovascular disease

According to the U.S. Department of Agriculture, being outdoors may help lessen the risk factors that lead to cardiovascular disease such as increased heart rate, heightened cortisol levels, stress and muscle tension.

Produces vitamin D

Your body uses ultraviolet B rays from the sun to make vitamin D. Ten minutes of sun a few times a week is enough to generate the USDA-recommended amount of Vitamin D, which may reduce your risk of some cancers, stroke and more.

Revs up exertion

You can use the built-in fitness challenges of the outdoors to enhance your kinesthesia (the body's ability to sense a motion of a joint or limb). For example, avoiding tree roots while running outdoors may enhance motor skills.

pair × Hy-Vee.

To keep your eyes safe in the great outdoors, Hy-Vee is partnering with Pair Eyewear, offering customizable glasses, sunglasses and blue light glasses. Visit Hy-Vee.paireyewear.com



take it OUTSIDE

GETTING OUTSIDE IS SIMPLE. HERE ARE A FEW WAYS YOUR FAMILY CAN ENJOY THE BENEFITS OF NATURE.

- Tend the garden
- Take a walk in the park
- Ride a bike
- Play bocce ball
- Go hiking
- Swim or sunbathe
- Try yoga outdoors
- Play fetch with Fido
- Break out the roller skates
- Fly a kite
- Go fishing
- Have a picnic
- Enjoy the sunset
- Watch the birds
- Stargaze
- Visit a state park
- Golf with friends
- Play tennis
- Draw or write outside
- Take photos of nature



SCAN THE QR CODE to join the KidsFit Club by 5/31/22 to get a FREE membership box while supplies last. Or visit Hy-Veekidsfit.com/monthly-challenge/

10 minutes

THE AMOUNT OF TIME OUTDOORS SHOWN TO REDUCE PHYSICAL EFFECTS OF STRESS ACCORDING TO RESEARCHERS FROM CORNELL UNIVERSITY.

Sources: extension.usu.edu/healthwellness/physical/nature-as-medicine rochester.edu/news/show.php?id=3639 health.harvard.edu/mind-and-mood/a-prescription-for-better-health-go-alfresco ncbi.nlm.nih.gov/pmc/articles/PMC6562165/ health.harvard.edu/staying-healthy/time-for-more-vitamin-d fs.usda.gov/features/wellness-benefits-great-outdoors vet.cornell.edu/news/20200225/spending-time-nature-reduces-stress-and-anxiety

MENTAL

Sunshine can lighten your mood as well as restore and strengthen mental capabilities. Some benefits:

Improves memory

Being exposed to natural environments may help improve working (or short-term) memory, according to the American Psychological Association. In one 2012 study, participants' memory spans increased after a nature walk compared to a walk in an urban setting.

Fosters happiness

University of Washington research participants reported increased feelings of happiness and overall well-being after time outdoors. Participants in a Japanese study reported fewer markers of anxiety and stress, including lowered heart rate and blood pressure.

Encourages social interactions

Being in nature may help improve personal relationships. Research compiled by the American Psychological Association reports an increase in prosocial behaviors such as empathy and generosity among participants due to lower feelings of stress.

Reduces symptoms of mood disorders

A Stanford University study found that walking in nature may lead to a lower risk of depression compared to walking in an urban area. Another study found that a 2-hour session of forest bathing significantly improved depressive symptoms among the participants.



An outdoor activity like bird-watching can combine social interactions with time in nature to lift spirits.

Sense of connection

A feeling of belonging in the world is important for proper mental health. Participants in a study from Stanford University who took a walk in a natural setting were more likely to report feeling a greater sense of belonging than those who walked through an urban neighborhood.

Forest Bathing: Known as shinrin-yoku in Japan, forest bathing encourages people to immerse themselves in nature by eliminating distractions and focusing on the beauty around them. Try taking a walk in a park, or stay in your own garden, then disconnect from technology and engage your senses to fully experience nature.



Sources: extension.usu.edu/healthwellness/physical/nature-as-medicine-greatergood.berkeley.edu/article/item/how_nature_makes_you_kinder_happier_more_creative apa.org/monitor/2020/04/nurtured-nature-heart.org/en/healthy-living/healthy-lifestyle/stress-management/spend-time-in-nature-to-reduce-stress-and-anxiety fs.usda.gov/features/wellness-benefits-great-outdoors ncbi.nlm.nih.gov/pmc/articles/PMC6589172/ pubmed.ncbi.nlm.nih.gov/17055544/ news.stanford.edu/2015/06/30/hiking-mental-health-063015/ ncbi.nlm.nih.gov/pmc/articles/PMC3393816/ journals.sagepub.com/doi/10.1177/0013916508319745

GET OUTSIDE

with Hy-Vee

ESSENTIALS TO PREVENT AND TREAT COMMON OUTDOOR AILMENTS.

OFF! Deep Woods Insect Repellent
Protects against ticks, mosquitoes, flies and more.



Coppertone Sport SPF 50 Sunscreen
Water-resistant sunscreen helps prevent sunburn.



TopCare Active Kids Continuous Spray Sunscreen
Apply oxybenzone-free SPF 50 to kids.



Contigo Monaco Ashland Water Bottle
Stay hydrated on the go with a leak-proof water bottle.



Nivea Smoothness Hydrating Lip Care
SPF 15 lip balm protects sensitive skin from harmful sun exposure.



Cortizone-10 Maximum Strength Anti-Itch Creme
Moisturizes and soothes itch from bug bites and rash.



Joe Fresh Sunglasses
Stylish frames shield eyes from sun during outdoor activities.

TO THE CORE

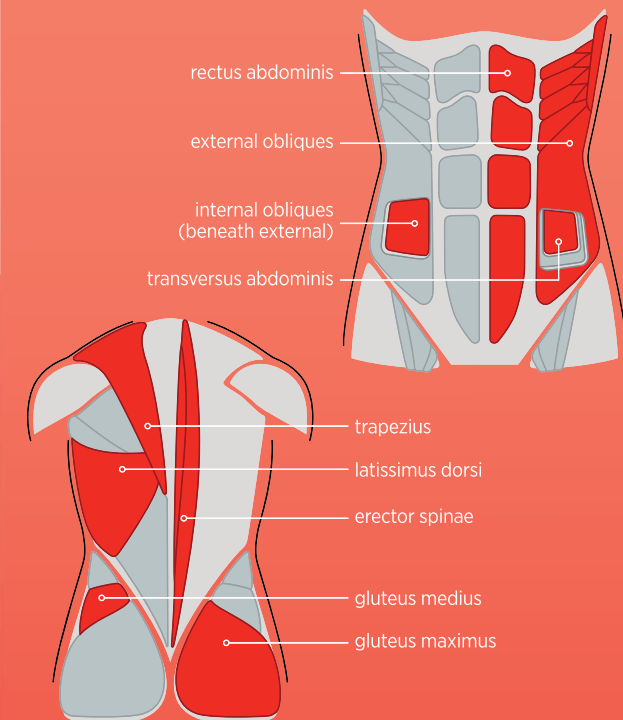
LEARN WHY AND HOW TO STRENGTHEN YOUR CORE—WHICH WHEN PROPERLY MAINTAINED CAN HELP CONTROL EVERYTHING FROM BALANCE TO BREATHING.

WHAT IS THE CORE?

The back, side and abdominal muscles make up the core. They work together to align your pelvis and spine, and to control arm and leg movements. A strong core helps prevent falls, guard against injuries during exercise and relieve pressure on joints by keeping your body in the correct alignment as it moves. A weak or imbalanced core may eventually contribute to lower back or knee pain.

What muscles make up the core?

LEARN THE LOCATIONS OF THE MAJOR AND MINOR CORE MUSCLES.



WHAT DOES THE CORE DO?

HERE ARE SIX WAYS THE CORE MUSCLES HELP MAKE EVERYDAY MOVES AND TASKS EASIER AND SAFER.

Balance

The rectus abdominis is a long, segmented pair of muscles down the middle of your abdomen. The transversus abdominis are beneath the obliques on both sides. Both stabilize your trunk while moving.

Rotation

The external obliques are a pair of flat muscles on either side of the rectus abdominis (the internal obliques lie just beneath the external). The obliques work together to allow your trunk to twist and turn.

Alignment

The group of erector spinae muscles runs along the length of the spine on both sides. This muscle group helps straighten the back and maintain good posture, and assists with rotating the back.

Mobility

The gluteus medius and gluteus maximus, collectively the glutes, are on the backside. They help hips rotate and propel legs for walking and other movements. They also stabilize the pelvis for balance and posture.

Breathing

The latissimus dorsi is a back muscle that stretches behind the arm on each side. It helps control arm movements and assists with breathing by lifting the rib cage and improving inhalation.

Stability

A minor core muscle, the trapezius stretches from the base of the neck to the middle of the back. It helps stabilize the spine, maintain good posture and assists with moving the torso, arms, shoulders, neck and head.

IF YOUR CORE IS WEAK, THE MUSCLES WILL BE LESS SUCCESSFUL AT SUPPORTING YOUR SPINE. THIS FORCES YOUR BODY TO RELY ON SPINAL BONES AND LIGAMENTS FOR SUPPORT, CREATING STRAIN.

7 CORE MOVES

Perform each move for 20 seconds, with 10 seconds of rest between exercises. Complete three circuits for a quick workout.

LOWER CORE



1 LEG LIFTS

Lie on back with legs straight and arms at your sides. Squeeze legs together and keep them straight as you slowly lift them until your body creates an L shape. Lower legs without arching your back until your feet hover just above the ground.



2 BEAR HOLD

Start on hands and knees with wrists directly beneath shoulders and knees beneath hips. Slowly lift knees off the ground, keeping back straight and balancing on hands and toes. Hold for 10 seconds before slowly lowering knees.

BACK MUSCLES



3 SUPERMAN

Lie face down with arms and legs extended and straight. Lift arms and legs up several inches off the floor, keeping back and legs straight. Hold position for up to 5 seconds, then lower arms and legs to the floor.



4 BIRD DOG

Start on hands and knees. Point one arm straight in front while extending the opposite leg. Keep back straight. Hold for 3 seconds, then return to hands and knees. Repeat with opposite arm and leg, alternating for 20 seconds.

ABS AND OBLIQUES



5 V-UPS

Lie on back with arms and legs extended in a straight line. Lift torso and legs simultaneously and stretch arms past the knees. Lower body back down to the floor.



6 PLANK

Position elbows directly under shoulders with forearms flat along the floor. Raise up on toes, keeping back straight and drawing belly button toward spine to engage core. Hold for 20 seconds.



7 BICYCLE CRUNCHES

Lie on back with hands behind head, then bring knees toward chest. Straighten right leg while turning to bring right elbow to left knee. Repeat on the opposite side, alternating for 20 seconds.

SHOP COMFORTABLE, FASHIONABLE JOE FRESH WORKOUT CLOTHES AND DSW SHOES AT HY-VEE!

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SCAN THE QR CODE to shop DSW footwear.



SCAN THE QR CODE to shop the healthy products and more.

Improve your workout and recovery with protein powders, drinks, bars, cookies and more. Order online from wholelotta.com and have them delivered to your home.



pro tip: COMPLETE CORE

“Having a strong core makes everyday life easier. Using these core movements that incorporate flexion (bending), extension and stability can help you maintain better posture, proper movement patterns and improved balance, and can reduce risk of injury.”

—Daira Driftmier
Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness



FOODS THAT IMPROVE

EYE HEALTH

DISCOVER HOW DIET CAN AFFECT YOUR SIGHT, AND HOW A FEW SMALL LIFESTYLE CHANGES AND FOOD SWAPS CAN HELP PROTECT VISION.

HUNGRY EYES

The foods we eat can play an important role in keeping eyes functioning well by helping decrease the risk of eye disease and vision loss. Vitamins and minerals found in certain foods can play a role in reducing the chances of developing cataracts (cloudy vision) or age-related macular degeneration (vision loss) among other benefits. The good news is that the things you already eat for a healthy diet—fruits, vegetables, low-fat protein like fish and whole grains—are also good for eyes. Like the rest of the body, eyes rely on blood flowing through arteries for oxygen and nutrients. Food can have a direct impact on keeping arteries clear of blockages, which reduces blood flow. Limiting the amount of fatty foods such as processed meat, fried foods and full-fat dairy you eat also can help keep eyes healthy and vision clear.

THE NEED FOR VARIETY

Eating a diverse diet is a simple, effective way to get many of the nutrients needed to maintain healthy eyes. For example, yellow and orange produce generally contain vitamins A and C, which may help lower the risk of developing some eye diseases such as cataracts and macular degeneration. Additionally, dark leafy greens have the highest concentration of antioxidants, which help prevent cell damage that may lead to blurred or impaired vision.

MORE WAYS TO SUPPORT EYE HEALTH

Diet isn't the only way to maintain vision. Here are a few lifestyle changes to consider:

- Increase physical activity.
- Quit smoking.
- Get eight hours or more of sleep each night.
- Take time away from your screen, whether computer or smart phone.
- Wear sunglasses to protect eyes from harmful UVA and UVB rays.
- Wash hands thoroughly before touching contact lenses or any part of your eye.

LET A HY-VEE DIETITIAN HELP

Talk to a Hy-Vee dietitian for personalized nutrition advice. They also can recommend dietary adjustments or supplements to support eye health.



Shop customizable glasses—from Pair Eyewear—in a range of styles, sizes and colors at [Hy-Vee.pair eyewear.com](https://www.hy-vee.com/eye-vee)



NUTRITION FOR SIGHT

Incorporate these eye-friendly foods into your diet to see results.



CARROTS

Foods with vitamin A, including carrots, help turn light into the images we see. They also help prevent dry eye and grow new tissue cells to support retina health.



LEMONS

Vitamin C, found in lemons and other citrus fruits, is an antioxidant that can delay cataracts, an eye condition causing blurry vision. It helps repair cells damaged by smoking, sunlight and eating fried food.



ALMONDS

Vitamin E is an antioxidant in almonds and other nuts that has been linked with slowing the progression of macular degeneration.



KALE

Two powerful antioxidants in kale and other leafy greens, lutein and zeaxanthin, can help protect the eye's macula and maintain precise vision.



TUNA

Omega-3 fatty acids in some fish have anti-inflammatory properties that can help prevent dry eye, support tear function and reduce the risk of developing eye disease.



SUNFLOWER SEEDS

Rich in essential fatty acids and vitamin E, seeds are a good alternative source of omega-3s for those who do not eat fish.

Reduced vision among mature adults can result in social isolation, family stress and a higher likelihood of additional health conditions.

—Centers for Disease Control and Prevention (CDC)

Sources: health.harvard.edu/staying-healthy/top-foods-to-help-protect-your-vision, nei.nih.gov/learn-about-eye-health/healthy-vision/keep-your-eyes-healthy, mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702, aao.org/eye-health/tips-prevention/fabulous-foods-your-eyes, <https://www.rush.edu/news/eat-colorful-diet>



Carrot-Zucchini Fritters

Hands On 25 minutes
Total Time 37 minutes
Serves 3 (2 each)

- 1 (5.3-oz.) container Hy-Vee plain nonfat Greek yogurt**
- 5 Tbsp. chopped green onions, divided, plus additional for garnish**
- 3 Tbsp. chopped Italian parsley, divided, plus additional for garnish**
- 1 clove garlic, peeled**
- 1 tsp. fresh lemon juice**
- 1¼ tsp. Hy-Vee sea salt, divided**
- 2 cups coarsely shredded zucchini**
- 2 cups coarsely shredded carrots**
- ½ cup chickpea flour**
- 2 tsp. Hy-Vee garlic powder**
- ½ tsp. Hy-Vee black pepper**
- 2 Tbsp. Hy-Vee avocado oil**

1. PLACE yogurt, 1 Tbsp. green onions, 1 Tbsp. parsley, garlic clove, lemon juice and ¼ tsp. salt in a food processor or blender. Cover and process or blend until smooth. Set aside.

2. PLACE zucchini and carrots in large colander. Squeeze out excess moisture. Transfer vegetable mixture to paper towels; pat dry with additional paper towels. Stir together vegetable mixture, chickpea flour, remaining 4 Tbsp. green onions, remaining 2 Tbsp. parsley, garlic powder, remaining 1 tsp. salt and black pepper in large bowl.

3. HEAT avocado oil in large nonstick skillet over medium heat. Shape fritter mixture into 6 patties, using about ⅓ cup mixture for each fritter.

4. COOK patties in batches 4 to 6 minutes or until golden brown and cooked through, turning halfway through. Drain on paper towels.

5. SERVE fritters with yogurt mixture. Garnish with additional green onions and parsley, if desired.

Per serving: 180 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 880 mg sodium, 23 g carbohydrates, 5 g fiber, 9 g sugar (0 g added sugar), 10 g protein.
Daily Values: Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 15%

pro tip: DIVERSIFY YOUR DIET

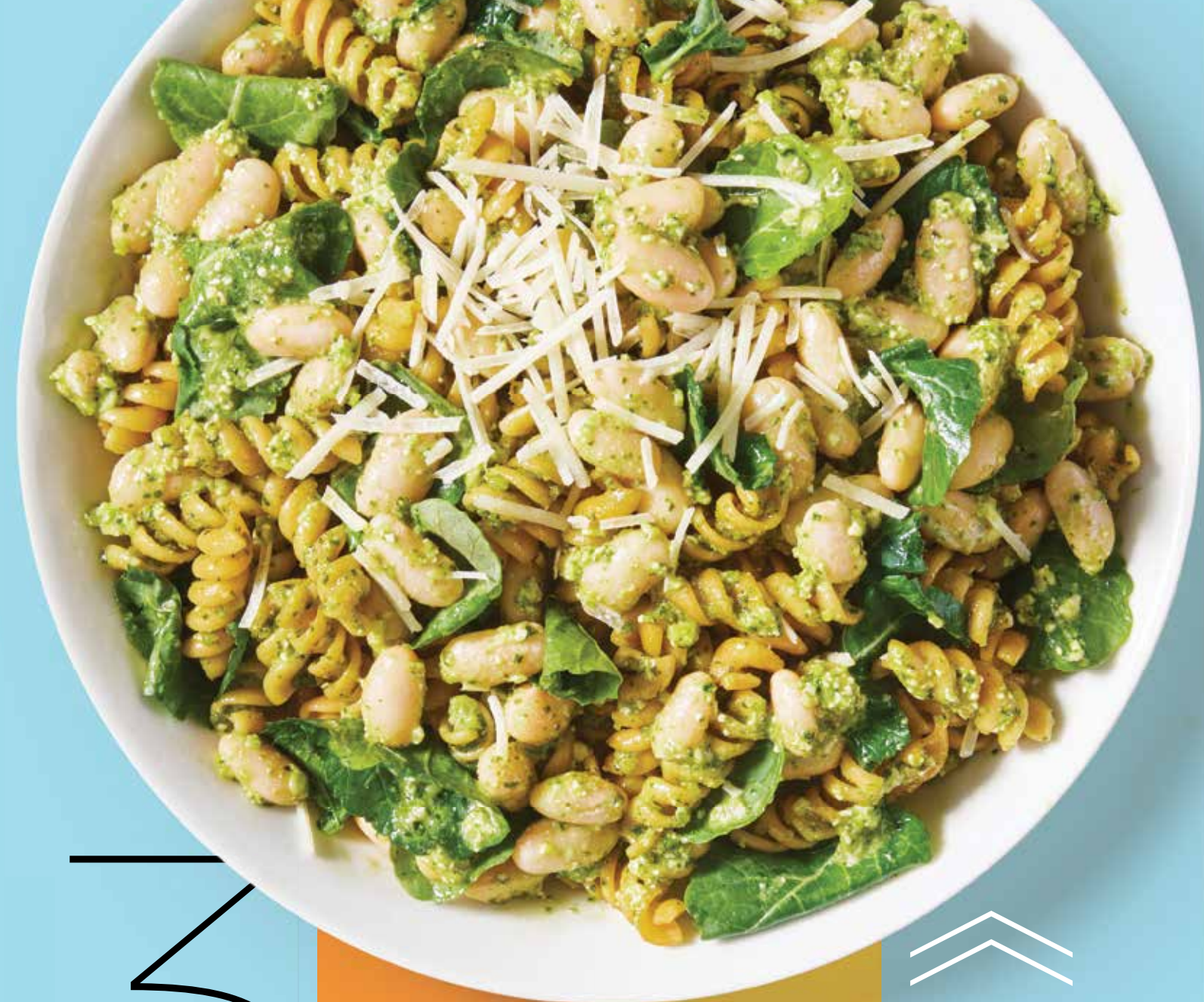


“We heard it growing up—‘Eat your carrots, they’ll help you see better.’ While carrots are an eye-friendly pick due to their vitamin A content (a vitamin needed for healthy vision), don’t count out other

nutritious foods. By adding dark leafy greens, peas, summer squash, broccoli and pistachios to your meal plan, you’ll reap the benefits of nutrients that are thought to play a key role in preventing macular degeneration. Adding

these, along with some healthy fats for better absorption, will be a sight for sore eyes.”

—Paige Green, RD, LD
 Hy-Vee Dietitian



RECIPES FOR EYE HEALTH

1 Seedy Walnut Bark

Preheat oven to 350°F. Line a 15×10-in. rimmed baking pan with parchment paper. Combine ½ cup Hy-Vee chopped walnuts, ½ cup Hy-Vee natural sliced almonds, ½ cup coarsely chopped Hy-Vee dried mixed berry blend, ¼ cup whole golden flaxseed, ¼ cup Full Circle Market organic chia seeds and ¼ cup white sesame seeds in large bowl. Stir in ½ cup Hy-Vee honey and 2 Tbsp. melted Hy-Vee refined coconut oil until well combined. Transfer to prepared baking sheet. Press out to within 1 in. of edges of pan. Bake 12 to 15 minutes or until golden brown. Cool completely in pan on wire rack. Tear into pieces. Serves 24.

2 Blueberry-Banana & Pomegranate Smoothie

Place 1 cup ice cubes, 1 cup Hy-Vee frozen unsweetened wild blueberries, 1 cup 100% pomegranate juice and 1 peeled and sliced medium banana in a blender. Cover and blend until smooth. Pour into 2 serving bowls. Garnish with Hy-Vee chopped walnuts, pomegranate arils, fresh blueberries and/or blueberry hemp granola. Serve immediately. Serves 2 (1½ cups each).

3 Whole Wheat Pasta with Kale Pesto

Cook 1 (16-oz.) pkg. Hy-Vee whole wheat rotini pasta according to pkg. directions. Drain; set aside. Place 2 cups lightly packed Full Circle Market organic baby kale, 1 cup lightly packed fresh basil leaves, 1 cup Hy-Vee pine nuts, ¾ cup Soirée shredded Parmesan cheese, ½ cup Gustare Vita extra virgin olive oil, 4 cloves peeled garlic and ½ tsp. Hy-Vee sea salt in food processor or blender. Cover and process or blend until finely chopped and well combined; set pesto aside. Place cooked rotini; 1 (15-oz.) can Hy-Vee cannellini beans, drained and rinsed; 1 cup baby kale and pesto in large bowl. Toss until combined. Garnish with additional Parmesan cheese, if desired. Serves 6 (1½ cups each).

MENTAL HEALTH AWARENESS

Discover the importance of treating mental health with the same amount of care as physical health for overall well-being.

WHAT IS MENTAL HEALTH?

According to the Centers for Disease Control and Prevention, mental health is a combination of emotional, psychological and social well-being. It affects how you think, feel and act along with how well you handle stress and make healthy choices like getting physical activity and eating a nutritious diet. Proper mental health can help you cope with stressful life situations so you can continue to engage

productively in everyday life. If you feel overwhelmed, stressed and generally unhappy, your mental health may need a little TLC. Dr. Kevin Carroll, vice president of behavioral health at UnityPoint Health in Des Moines, Iowa, recommends actively listening to close family and friends as one way to gauge mental health. "Questions such as 'Are you feeling okay? You seem down lately,' plus our own internal

assessments can give people the nudge they need to ask for professional help," he says. Recognizing and nurturing mental health can, in some cases, prevent more serious conditions such as depression, anxiety, personality or eating disorders, post-traumatic stress disorder (PTSD) and more. These are diagnosed by a medical professional and should be treated by a mental health specialist.

WHY MENTAL HEALTH IS IMPORTANT

Maintaining positive mental health is crucial to support positive behaviors, emotions and thoughts. "Life is better and easier when you have good mental health," says Dr. Carroll. "Poor mental health can result in many challenges and compromise functioning at school and work, and with family and friends." When you take care of your mental health, you're more productive, it

enhances your self-image and betters your relationships with others. A sense of well-being also has some bearing on physical health. Heart disease, for example, can be related to stress. Some other benefits of taking care of mental health: improvements in mood, reduced anxiety, increased self-esteem and an enhanced sense of inner peace.

CAUSES OF MENTAL ILLNESS

Several factors can contribute to mental illness, including early adverse life events, experiences related to other ongoing (chronic) medical conditions, biological factors or chemical imbalances in the brain, use of alcohol and drugs and having feelings of loneliness.

* Mental illnesses are among the most frequent health conditions in the U.S.

1 in 5
Americans will experience mental illness each year.

1 in 25
Americans live with a serious mental illness, such as schizophrenia, bipolar disorder or major depression.

1 in 5
children, either currently or at some point in life, have had a seriously debilitating mental illness.

MORE THAN 50%
of people will be diagnosed with a mental illness or disorder at some point in their lifetime.

THE FACTS

Learn how common mental illness is, according to the CDC.

FEELING UNRAVELED?

Self care—good habits, healthy choices and positive steps—can help you manage mental health. Here are some ideas.

exercise

Something as simple as walking for 30 minutes a day can help boost mood and improve health. Even small amounts of exercise add up, so break up the 30 minutes throughout the day if needed.



eat smart

Eating nutrition-packed, regular meals throughout the day—and staying hydrated with plenty of water—can improve energy and focus. Additionally, limit caffeinated drinks like soda and coffee.



get some sleep

Try to stick to a consistent sleep schedule, and make sure you're getting enough sleep. Reducing blue light exposure from devices before bed can also make it easier to fall asleep.



relax

Try out a new relaxing activity like meditation, journaling, reading or breathing exercises. Make time to schedule these into your day, along with other healthy hobbies and activities you enjoy.



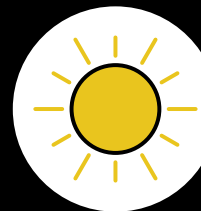
set goals

Prioritize what needs to be done now and what can wait until later, and try to be mindful of what you have accomplished at the end of the day, rather than what you weren't able to get done.



be grateful

Practice gratitude by reminding yourself every day about the things you're grateful for. Write them down, say them out loud or replay them in your mind at the end of the day.



find positivity

Focus on the good things from day to day rather than concentrating on negative, unhelpful thoughts. Take on a positive mindset to find the good in each day.



connect

Reach out to friends or family members whenever you need emotional support or to simply enjoy time with them and form meaningful connections.

Q: WHEN DO I GET HELP?

A: SEEK ASSISTANCE IF YOU EXPERIENCE ANY OF THESE SYMPTOMS FOR TWO OR MORE WEEKS.

- 1 **Difficulty sleeping,** or sleeping too much
- 2 **Appetite changes** that result in unwanted weight changes
- 3 **Struggling to get out of bed in the morning** because of mood
- 4 **Difficulty concentrating**
- 5 **Loss of interest in things you usually find enjoyable**
- 6 **Inability to perform usual daily functions and responsibilities**



HY-VEE CAN HELP WITH RedBox Rx

RedBox RX provides low-cost telehealth and online pharmacy services for a range of mental health concerns.

This subsidiary of Hy-Vee makes it easy for people to get treatment for mental illness by offering quick, easy and discreet access to a health care provider who can prescribe medication that is mailed (with free shipping) to the patient. RedBox RX can help with mental

health concerns like anxiety, depression, adult ADHD and performance anxiety. RedBox RX bypasses insurance and offers treatment plans for men's health, women's health, hair and skin, mental health, primary care and more. The service is available to patients ages 18 and

older nationwide. Telehealth consultation fees range from free to \$39, depending on the type of treatment provided. RedBox RX does not accept insurance, but patients can use their HSA or FSA card to cover the cost of a telehealth visit or any prescription costs.



SCAN THE QR CODE for a list of conditions RedBox RX treats.

redboxrx.com/services



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dietitian Q&A

MEAL PREP IS A WINNING IDEA

Putting together healthy dishes in advance can make weeknight meals easy. Elisa Sloss, Hy-Vee dietitian and vice president of HealthMarket, answers some common questions.



Elisa Sloss,
RD, LD
Vice President,
HealthMarket



Q: What is meal prepping?

A: It's as simple as preparing ingredients or creating full meals before you need them. That's it! You can prep just a few items, such as cooking extra servings of rice or washing and slicing veggies to use during the week. You also can plan and prep a full meal, such as turkey enchiladas, and refrigerate or freeze until you need a speedy dinner.

Q: How do I start meal prepping?

A: At first, it can feel intimidating, especially if you're cooking for an entire household. It helps to start small—try setting aside free

time on the weekend to make just one dinner for the coming week. You might also consider prepping a few family favorites, such as carrot sticks or a big pot of your preferred pasta sauce. Prepped snacks are easy to reach for whenever you need them, and a heat-and-eat sauce can provide the inspiration for a quick meal.

Q: What are some of the benefits?

A: If you're stumped on what to eat for lunch or scrambling to get dinner on the table on a busy night, prepped meals can be convenient and quick. While you'll have to take time to prep meals or snacks, you'll save time later when you already have a meal ready to cook and serve. Prepping can also help you save money—if you plan what you'll make for the week in advance, you can buy only the groceries you need and reduce food waste.

Q: What should I include in meals?

A: Try to include at least one serving of vegetables, whole grains and a lean meat such

as chicken or fish in each meal you prep to make it well-balanced and satisfying. A healthy prepped meal can help you stay on track nutrition-wise and takes away the temptation of just ordering takeout. Also, Hy-Vee has Short Cuts fruits and vegetables, which are washed, cut and ready to eat.

Q: How can I make meal prep more manageable?

A: Break up the process. One day, plan out what you'll prep for the week and make your grocery list. Shop on another day. Then, set aside a few hours for the actual cooking and prep work. Make foods that take the longest to cook first, such as grains and proteins. Then, while those are simmering or baking, you can wash and cut produce, make dressing or assemble grab-and-go salads.

FREEZER MEAL PREP WORKSHOP

Free up time in your week by prepping ahead in this virtual class. In under an hour, learn to prepare 5 wholesome freezer meals to feed 4 to 6 people. Registration includes a link to Aisles Online with all the ingredients grouped to easily shop for what you need.



Scan the QR Code to try a free class on us! Use promo code FREECLASS and make sure to hit apply.

HY-VEE'S PREP HELPERS

Look for these containers and more at Hy-Vee to keep your food fresh.



ANCHOR 11-CUP GLASS STORAGE

Store a big-batch meal for the family like stir-fry in a freezer- and microwave-safe glass container.



RUBBERMAID BRILLIANCE 3-CUP CONTAINER

Divide individual portions into microwave-safe, leak-proof containers.



SIMPLY DONE 2-CUP SMALL TWIST TOP CONTAINERS

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SIMPLY DONE SNAP & LOCK 4-CUP SALAD

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REASONS TO GET PET PRESCRIPTIONS FILLED AT YOUR **HyVee** pharmacy

1 CONVENIENCE
Complete two tasks at once by having prescriptions filled while shopping for groceries. Or, use the pharmacy drive-thru or prescription delivery service available at select Hy-Vee locations to make getting prescriptions faster and easier.

2 EASY REFILLS
Sign up for the Repeat Refill program so you never forget to restock a medication. Ask a pharmacist for details.

3 AUTOMATED ALERTS
Use the Hy-Vee Mobile App to track the status of prescriptions and receive a call, text or email when they're ready to be picked up.

4 PALATABLE FLAVORS
Hy-Vee offers a variety of pet-friendly flavor enhancers like tuna or beef, which can be added to meds to make them tastier for Fido or Fluffy. Ask your Hy-Vee pharmacist if they are available at your store.

5 LARGE SELECTION
The Hy-Vee Pharmacy stocks both generic and name brand medications for allergies, heartworm, fleas and ticks, bacterial infections, inflammation, fungal infections and more. Simply ask your veterinarian for a prescription and bring it in to be filled.



“ We have a range of medications to keep our customers' pets safe and healthy, including meds for pain relief and immunosuppressants.”
—Erin Jensen, Staff Pharmacist, Grimes, IA



The chewy, chocolatey CHAMP!

(Psst! It's served warm!)

David's
Cookies

NEW at **HyVee** **Fast & Fresh**™



Try this Mixed Melon, Cucumber and Feta Salad, pg. 24

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OR LESS

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VEGETARIAN
DISH

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Hy-Vee provides:

- Free aids and services to people with disabilities to communicate effectively with us, upon request or when necessary, such as:
- Qualified language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
- Qualified interpreters
- Information written in other languages upon request

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

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

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