

HyVee® FOOD | LIFE | HEALTH

seasons®

TURN TO PAGE 67
TO DISCOVER
WHAT'S INSIDE!

COCOA CRAZY

february



EXCLUSIVE FEBRUARY OFFERS

for **Hy-Vee Plus™** Premium Members
OVER \$100 WORTH OF SAVINGS WITH THESE OFFERS!

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



Zöet Premium Belgian Chocolate

Nothing says love like award-winning Zöet premium Belgian chocolate. Let your sweetheart indulge in delicious decadence.

Available exclusively at **HyVee**.



HyVee PLUS
with online purchase of \$130 pickup only

Available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires February 28, 2021.



HyVee PLUS
FREE
Riedel 4 pack of wine glasses with purchase of any 6 bottles of wine

Available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires February 28, 2021. Void where prohibited. Not available in all states.



HyVee PLUS
25% OFF
chocolate covered strawberries 6 ct.

Available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires February 28, 2021.



HyVee PLUS
25% OFF
Nori sushi with any purchase of \$10

Available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires February 28, 2021.



HyVee PLUS
\$10 OFF
your next order when you spend \$50 in February
In-store or online. Next order must take place by March 15.

Available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires February 28, 2021.

See reverse side for **MORE** exclusive offers.

HyVee PLUS

\$50
meat bundle #2
\$60 for nonmembers



Available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires February 28, 2021.

HyVee PLUS

25% OFF
HealthMarket with
any purchase of \$20



Available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires February 28, 2021.

HyVee PLUS

20% OFF
Basin and cosmetics
with any purchase
of \$10



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HyVee PLUS

FREE
Kid's Meal
with purchase of an adult meal in
Hickory House, Asian or Italian.
In-store only.



Available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires February 28, 2021.

HyVee PLUS

25% OFF
Mealtime To Go
purchase of \$10
In-store only.



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HyVee PLUS

\$3 OFF
Di Lusso cheese
when you spend \$7 on
Di Lusso meat



Available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires February 28, 2021.

HyVee PLUS

\$5 OFF
any two pounds
of cooked shrimp



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HyVee PLUS

FREE
quart of It's Your
Churn ice cream
with the purchase of
a Crav'n Pizza



Available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires February 28, 2021.

HyVee PLUS

\$7
6 pk. mix and match
craft beers
\$9.99 for nonmembers



Available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires February 28, 2021. Void where prohibited. Not available in all states.

HyVee PLUS

10% OFF
an online
purchase of \$150



Available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires February 28, 2021.

FEBRUARY 2021

food



10 NO RESERVATIONS REQUIRED

Order an elegant Valentine's Day dinner and dessert from Hy-Vee.

19 BASICS: HOW TO MAKE WHIPPED CREAM

A step-by-step guide shows how to whip a delicious topping.

20 TASTE OF TRAVEL

Sample diverse world foods that are easy to make.

28 1 POTATO, 2 POTATO, 3 POTATO ... YUM!

Three-ingredient meals made with Hy-Vee One Step potatoes.

34 OUT-OF-THIS-WORLD DESSERTS

These fantastical desserts are truly inspired!

41 101: SUMO MANDARIN

Tips on how to select, store and use this citrus favorite.

44 WE LOVE WINE

Hy-Vee wine experts share Valentine's Day wine recommendations.

50 EASY WINE GUIDE

Learn which wines go with which foods—plus wine etiquette.

52 OATMEAL: GOOD FOR MORE THAN BREAKFAST!

This healthful grain can be enjoyed as a snack or meal anytime.

58 21 BIG GAME SOLUTIONS

Hy-Vee offers snacks and meals for the championship game.

62 HOT COCOA HACKS

Clever ways to use instant hot cocoa in a variety of foods.

68 HOT HOT HOT!! SAUCE

Explore the range of hot sauces at Hy-Vee and how to use them.

life



74 JUMP-START GRADUATION PARTY PLANNING

Explore tips for themes, foods, decorations and more.

82 ALL RISE FOR THE HONORABLE ALAN PAGE

This retired justice and former NFL star helps students stay on track.

86 10 DATE IDEAS FOR WHEN YOU'RE ON A BUDGET

Show your thoughtfulness without breaking the bank.

89 LIFE CHART: WHAT YOUR LIPSTICK SAYS ABOUT YOU

Pucker up with lip health products and lipstick colors at Hy-Vee.

90 A BREATH OF FRESH AIR

Give yourself and others a lift with a plant from Hy-Vee Floral.

health



96 FOODS THAT ARE GOOD FOR YOUR HEART

Eat healthfully to reduce risk of cardiovascular disease.

102 HEART-HEALTHY TONE-UPS

Tone your body with these straightforward exercises.

106 15 WAYS TO IMPROVE HEART HEALTH

These simple strategies can benefit your ticker.

113 DIETITIAN Q&A: INTERNET DIET MYTHS

A Hy-Vee dietitian addresses popular diet myths.

116 WHY AND HOW TO STOP SMOKING

Hy-Vee's Quit for Good program can be a valuable ally.

118 PHARMACY: BANK ON YOUR HEALTH

Save money with Hy-Vee's \$4 generic drugs.

120 JOINT VENTURE

How to protect your joints and deal with joint pain.



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

One way to chase away the February chill is to enjoy Super Sunday with tasty snacks, drinks and entrées from Hy-Vee, *page 58*. Another is to set sail on a culinary excursion of foods from faraway lands, where you can sample delicious global dishes, *page 20*.

Warm up Valentine's Day—or any day for that matter—with elegant dinner and dessert options from Hy-Vee, *page 10*. Make the evening extra special with unusual cocktails, *page 16*, or a wine personally recommended by one of our certified wine experts, *page 44*.

Indeed, this is a month devoted to matters of the heart, which is why we share what foods to eat, *page 96*, and what steps to take, *page 106*, to keep your heart strong.

Stay warm!

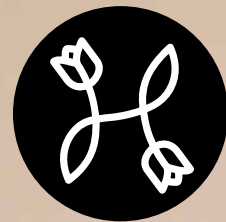
FOLLOW US...



CONNECT WITH HyVee
@Hy-Vee.com

Friendly reminder:
**Valentine's Day is on
February 14th this year.**

You're welcome.



HyVee FLORAL

www.hy-vee.com/floral



aisles

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

now trending

SWEETS FOR YOUR SWEETIE

There's a reason flowers and candy go so well together: They delight a variety of senses!



VALENTINE'S DAY CUTOUTS

Put some heart into it! With heart-shaped cutout cookies from the Hy-Vee Bakery, you'll get an A for effort.



GHIRARDELLI CHOCOLATE BROWNIES

For a real chocolate treat, try these richly rewarding chocolate brownies.



VALENTINE'S DAY CUPCAKES

They look almost too good to eat. We did say "almost!"



CHOCOLATE-COVERED STRAWBERRIES

Drizzled with chocolate, these juicy berries are a taste sensation.

ROSE BOUQUETS

Designated the official flower and floral emblem of the United States, the rose is the queen of flowers. Popular for just about any occasion, roses are unsurpassed during February, the month of love and Valentine's

Day. Hy-Vee Floral has roses in many colors for this special occasion and you can get them in single stems, in a bouquet with baby's breath or as the center of attention in a mixed arrangement.



brand highlight

ZÖET PREMIUM BELGIAN CHOCOLATE

Experience Zöet's exquisite flavor, available in milk chocolate with toffee and pecan, or dark chocolate with sea salt.



donut of the month

CHOCOLATE-COVERED CHERRY OLD-FASHIONED DONUT

Chocolate makes a fine partner for lots of foods, but it really hits the heights drizzled over Hy-Vee Bakery cherry donuts.



NEW AT HY-VEE!

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

CHEESE OF THE MONTH
Parmigiano-Reggiano



This aged hard Italian cheese has granular texture—ideal to shave over salad, grate over pasta, stir into soup or nibble with a glass of wine.

REFRIGERATED
Hy-Vee Squeezable Cream Cheese Spread



The flavor of cream cheese now in the convenience of a squeezable packet. Choose from Hy-Vee Plain or Hy-Vee Chive & Onion flavors.

PANTRY
Hy-Vee Compostable Coffee Pods



Compostable coffee pods let you reduce your impact on the environment while you're enjoying your morning brew. Try three delicious varieties.

CHARCUTERIE OF THE MONTH
Veroni Charcuterie Meats

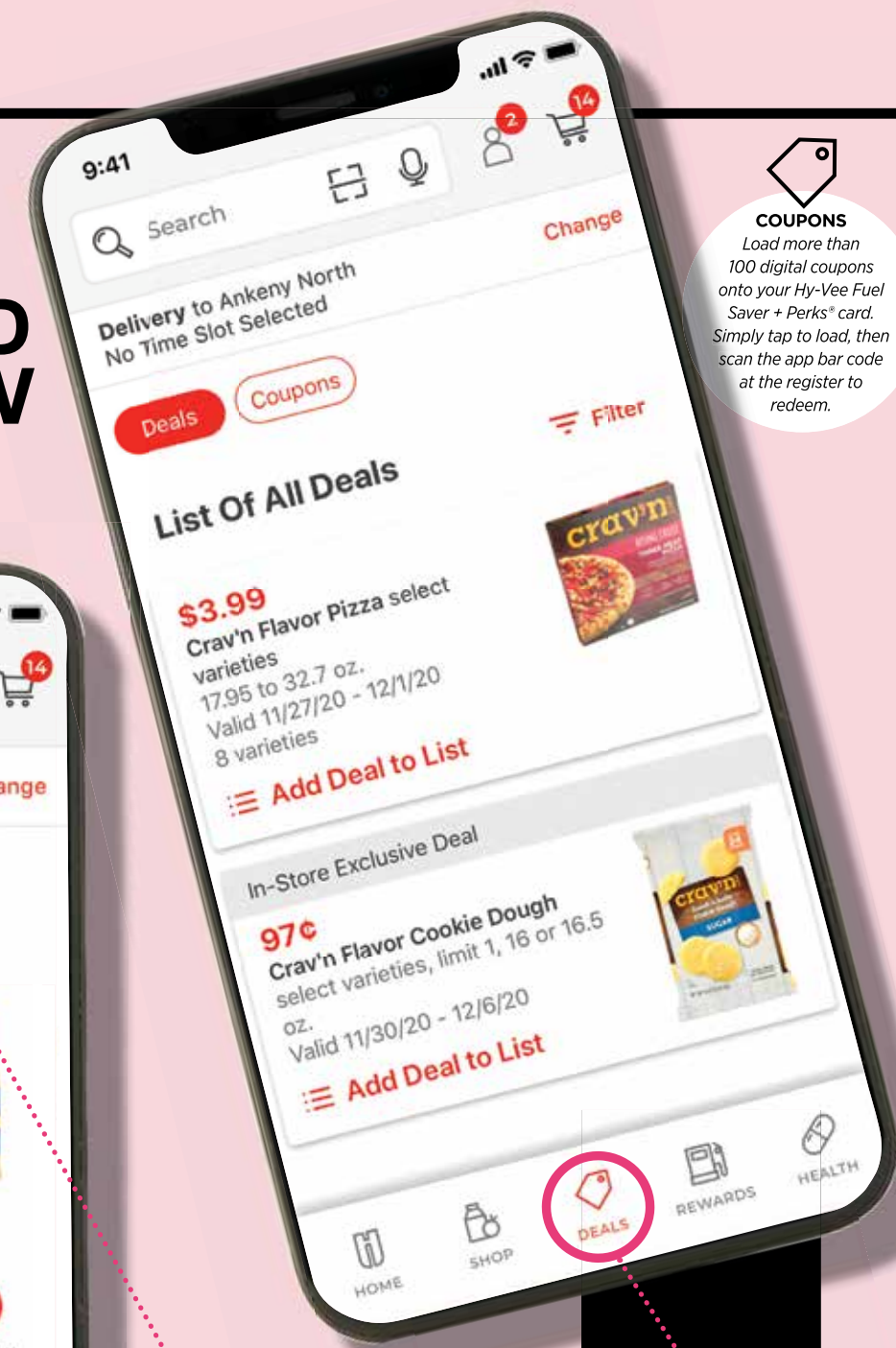
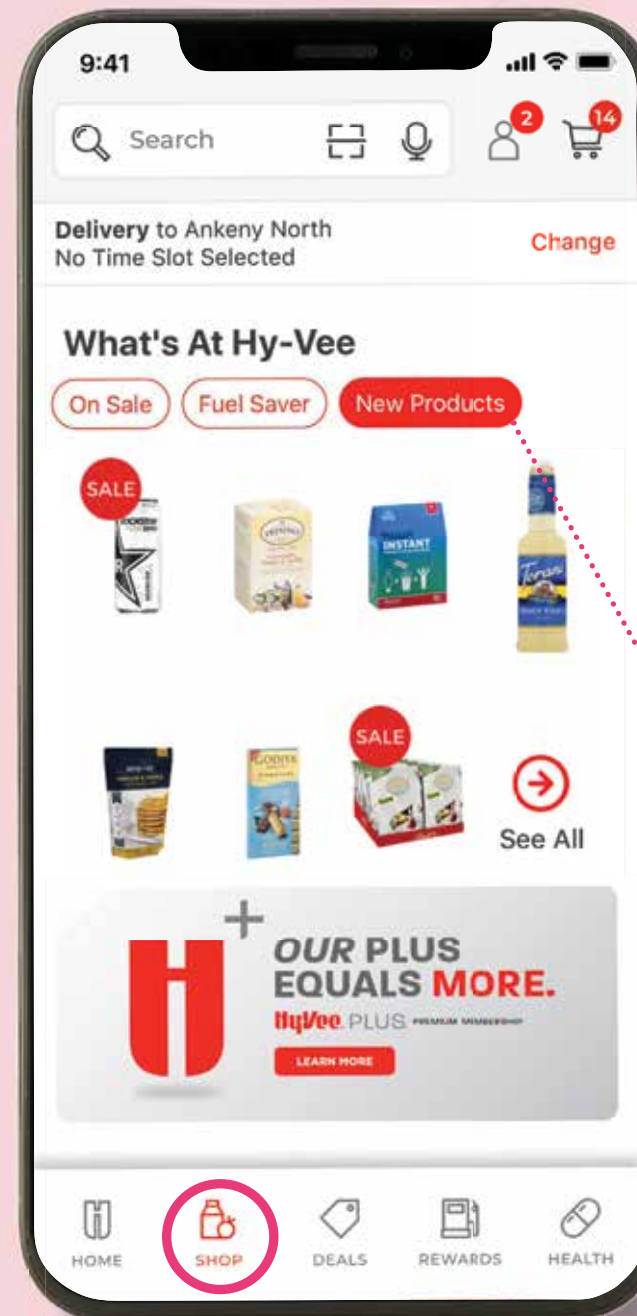


These delicious Italian cured meats make great appetizers, sandwich builders or salad toppers. Get some for the big game!



HOW TO FIND WHAT'S NEW

CUSTOMER SERVICE IS WELL IN HAND WHEN YOU DOWNLOAD HY-VEE'S FREE MOBILE APP!



COUPONS
Load more than 100 digital coupons onto your Hy-Vee Fuel Saver + Perks® card. Simply tap to load, then scan the app bar code at the register to redeem.

CHECK OUT THE LATEST
Use the mobile app to find out about the newest products at your local Hy-Vee.

Good to Know: You can access your Hy-Vee Pharmacy account and refill prescriptions through the mobile app.

SHOP FOR DEALS
Browse all deals or filter according to your needs. Check back often because some deals are available only on the mobile app and change frequently.

now trending

VALENTINE'S DAY ITEMS

LOVE IS IN THE AIR—AND ON THE SHELVES AT HY-VEE, WHERE YOU'LL FIND THESE VALENTINE'S DAY GIFTS.



VALENTINE PET TOY
Show appreciation for your pet by gifting them a colorful plush toy.

VALENTINE WINEGLASS
If you haven't "heart" it through the grapevine yet, these wineglasses are pretty grape.



SPREAD THE LOVE
Bake someone happy with this Valentine's spatula.



BAKING HEARTS ALL OVER
Show a little love and tenderness with a giant heart-shape cookie made at home.

DISH IT OUT
A plastic fluted bowl decorated in colorful hearts makes a fine candy dish.



CUDDLY CUTIE
Choose from soft, plush Squishmallows in a range of colors and characters.



SPELL IT OUT Don't wear your emotions on your sleeve; put them on a plate instead—with treats made using this 4-piece cookie-cutter set.



STARFRIT THE ROCK ELECTRIC FONDUE SET
Warm up the cheese and turn up the heat with this vibrant fondue pot.



BURNING LOVE
Let's be scent-sible. Scented candles are always good for romantic occasions.

takes the cake
POUR IT ON

Whether it's chocolate or heartfelt sentiments, "pour it on" for Valentine's Day. Hy-Vee's talented cake designers stand ready to create a custom cake to make any occasion special. Stop by the Hy-Vee Bakery or call ahead to make an appointment with a cake designer.



Scan the QR Code
To see more cake ideas.



The heart is an open book—and so is the base of this extraordinary Valentine's cake.



Giant conversation hearts and miniature red roses are placed on wooden dowels as adornments.



A drizzle of melted chocolate comes straight from a piping bag—and straight from the heart.



As a final touch, chocolate candies are set within the heart and adhered with icing.

Hearty Cake
Watch our video at HSTV.com to see how this Valentine's cake came together.

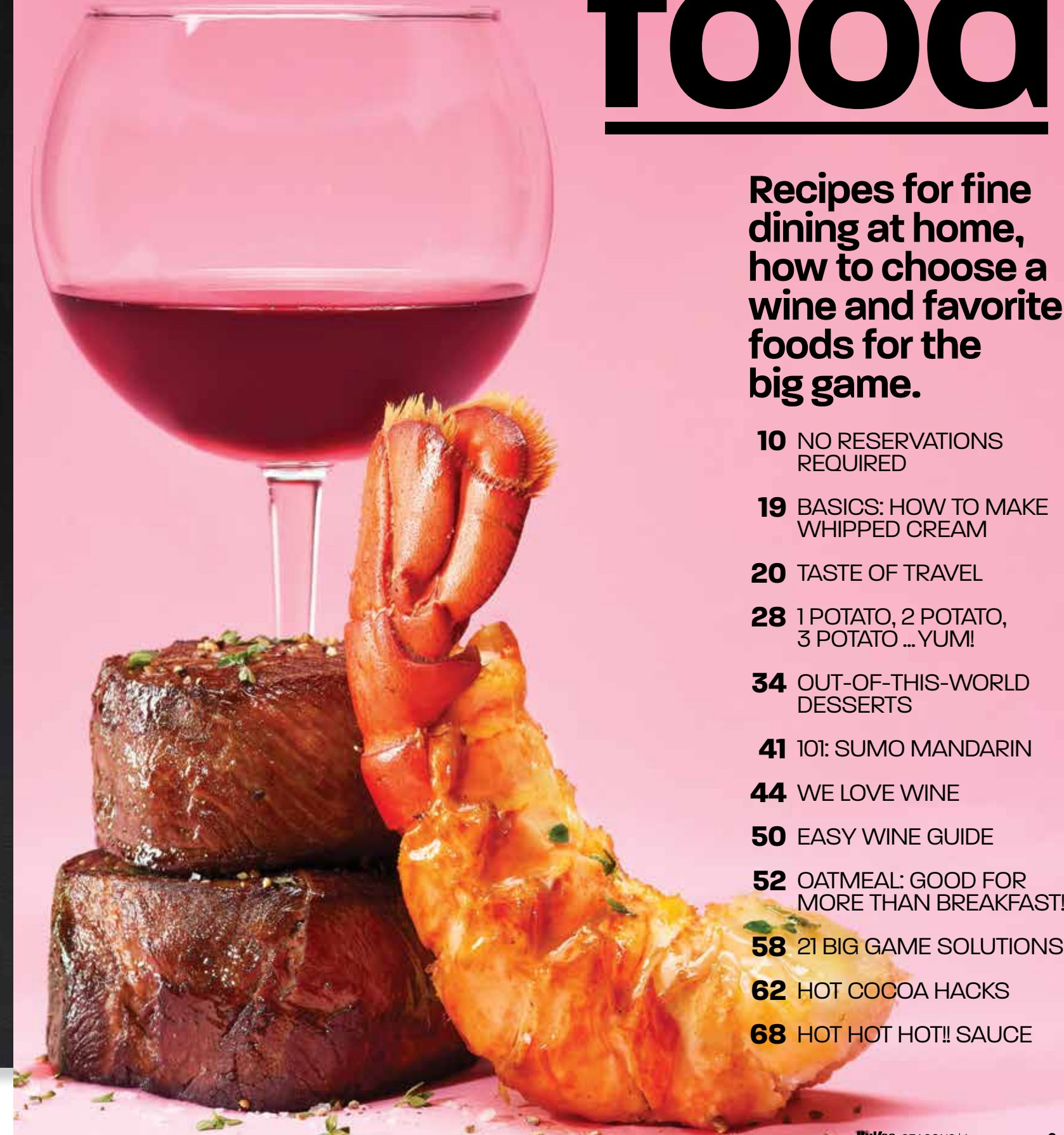


Watch and learn at HSTV.com today!

food

Recipes for fine dining at home, how to choose a wine and favorite foods for the big game.

- 10 NO RESERVATIONS REQUIRED
- 19 BASICS: HOW TO MAKE WHIPPED CREAM
- 20 TASTE OF TRAVEL
- 28 1 POTATO, 2 POTATO, 3 POTATO ...YUM!
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- 41 101: SUMO MANDARIN
- 44 WE LOVE WINE
- 50 EASY WINE GUIDE
- 52 OATMEAL: GOOD FOR MORE THAN BREAKFAST!
- 58 21 BIG GAME SOLUTIONS
- 62 HOT COCOA HACKS
- 68 HOT HOT HOT!! SAUCE



Bring the traditional flavors of Italy home with Gustare Vita Italian-crafted products.



EXCLUSIVELY AT

HyVee

NO RESERVATIONS REQUIRED

WHEN A QUIET NIGHT FOR TWO IS ON THE MENU, HY-VEE CAN HELP SET THE MOOD. MOUTHWATERING MAINS, SIDES AND DESSERTS LEAD TO A ROMANTIC NIGHT TO REMEMBER.



KISS THE COOK

- 2 (12-oz.) slices fully cooked prime rib
- 2 (5-oz.) twice-baked potatoes
- 4 gourmet stuffed mushrooms
- 1 (10-oz.) Hy-Vee Bakery Fresh baguette
- 1 Di Lusso® Classic Chef salad
- 4 mini gourmet cupcakes

\$35

Wine Pairing
Kendall Jackson Vintner's Reserve Syrah



PRIME RIB DINNER

Follow instructions to reheat cooked meat, potatoes and mushrooms. Serve with a favorite wine, or use our pairing chart, [page 50](#), to get the best flavor match for your taste.

COUPLE'S CUISINE

- 2 (5-oz.) Hy-Vee Choice Reserve® tenderloins
- 2 (4-oz.) lobster tails
- 2 (5-oz.) twice-baked potatoes
- 2 (4-oz.) bacon-wrapped asparagus bundles
- 1 (10-oz.) Hy-Vee Bakery Fresh baguette
- 1 Di Lusso® Classic Chef salad
- 4 mini gourmet cupcakes

\$60

Wine Pairing
Domaine Chandon Brut Sparkling Wine

Dining Tête-à-Tête

Dos and Don'ts for an intimate meal

DO

1. Turn off phones.
2. Turn on calming background music.
3. Set relaxing lighting and room temperature.
4. Act as if it's a first date—even if you've been together for years.
5. Know (or find out) how to pair wine with dinner.
6. Keep conversations on positive topics.
7. Share dessert.
8. Offer sincere compliments.
9. Mind your manners.
10. Appreciate the experience. Have fun!

DON'T

1. Schedule other events or calls around the dinner.
2. Arrive without flowers.
3. Talk about to-do lists.
4. Overlook the importance of smiling and laughing.
5. Bring up potentially stressful topics.
6. Forget all the reasons you're together.
7. Discuss kids, relatives or friends.
8. Fail to say thank-you.
9. Miss the chance to let them know how important they are.
10. Forget to plan the next dinner.

HOW TO ORDER
Order your delicious Hy-Vee dinner now to enjoy for the big day.



6

STEPS TO "REVERSE SEAR"

For restaurant-quality steak sear, follow this simple six-step method.

1. Remove steak from refrigerator until room temperature. Pat steak dry and sprinkle with salt, pepper and your favorite seasonings.

2. Preheat oven between 200°F and 275°F. To ensure air flows around the meat, place steak on a wire rack set in a rimmed baking sheet.

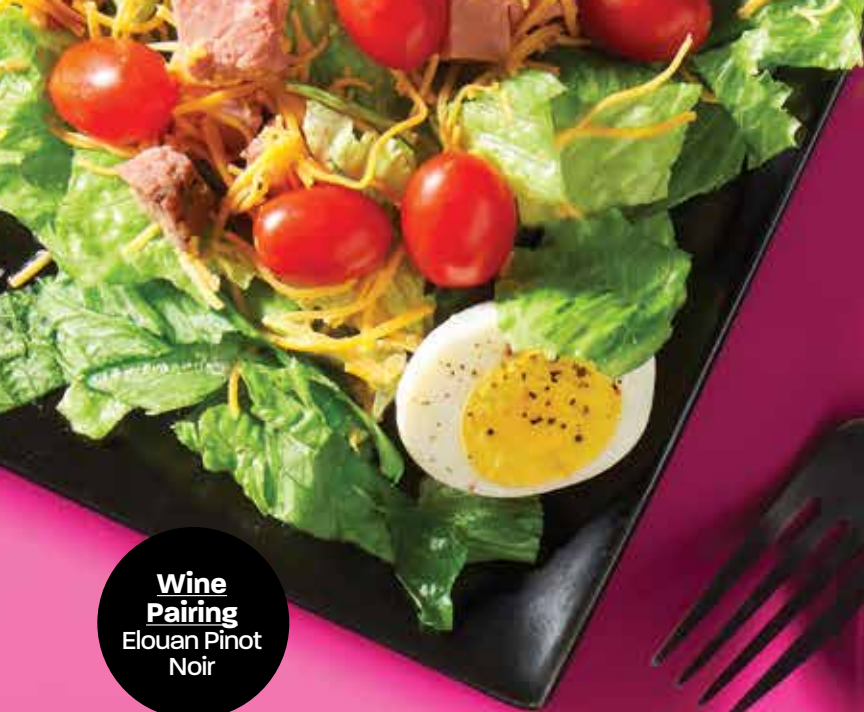
3. Roast steak until temperature is 10 to 15 degrees lower than final steak's desired doneness*; remove from oven.

4. Add a tablespoon of vegetable oil to a skillet and heat to high. Once the oil begins to shimmer, add the steak and a tablespoon of butter.

5. Move the steak around the pan for about 45 seconds; flip to opposite side and repeat. Hold steaks sideways with tongs to sear edges.

6. Let steak rest 5 minutes before serving.

*Medium Rare 135°F,
Medium 140°-145°F,
Medium Well 145°-150°F.



Wine Pairing
Elouan Pinot Noir

SWEETHEART DINNER

- 2 (8-oz.) Prime Reserve® bacon-wrapped sirloin fillets
- 2 (5-oz.) twice-baked potatoes
- 2 (4-oz.) bacon-wrapped asparagus bundles
- 1 (10-oz.) Hy-Vee Bakery Fresh baguette
- 1 Di Lusso® Classic Chef salad
- 4 mini gourmet cupcakes

\$25



▲
Add a personal touch to your meal by sprinkling fresh herbs over already-incredible sirloin portions before serving.



▶
Butterflying lobster tails to pull the meat out of the shell is surprisingly easy and creates a showy presentation. Ask a seafood expert at Hy-Vee to butterfly them for you.

Easy Baked Lobster Tails

Hands On 20 minutes
Total Time 32 minutes
Serves 2

¼ cup Hy-Vee salted butter
2 tsp. fresh lemon juice
½ tsp. Hy-Vee salt
½ tsp. Hy-Vee black pepper

¼ tsp. smoked paprika
¼ tsp. Hy-Vee garlic powder
Dash Hy-Vee cayenne pepper
1 Tbsp. finely chopped Italian parsley, plus additional for garnish
4 (4-oz.) or 2 (8-oz.) lobster tails

1. PREHEAT oven to 450°F. Line a sheet pan with foil; set aside.

2. COMBINE butter, lemon juice, salt, black pepper, paprika, garlic powder and cayenne pepper in small saucepan. Cook over low heat until butter is melted. Remove from heat. Stir in 1 Tbsp. parsley.

Reserve half the butter sauce for serving; use remaining for brush-on sauce.

3. USING kitchen shears, cut through the top of the lobster shells, down the center, just to the tails. Split the shells. Use thumbs and fingers to spread shells open. Gently loosen lobster meat from shells, then pull meat away from bottom shells, leaving tail portions attached. Close shells and carefully place row of meat on top.

4. PLACE lobsters in prepared pan. Brush with butter brush-on sauce. Bake

until meat is opaque and lightly browned (145°F), allowing 4 to 6 minutes for 4-oz. lobsters and 8 to 10 minutes for 8-oz. lobsters.

5. REMOVE lobsters from oven. Brush with some of the serving sauce. Serve with remaining sauce. Garnish with additional parsley, if desired.

Per serving: 600 calories, 46 g fat, 28 g saturated fat, 1.5 g trans fat, 245 mg cholesterol, 770 mg sodium, 7 g carbohydrates, 1 g fiber, 0 g sugar (0 g added sugar), 40 g protein.
Daily Values: Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 10%

A LITTLE ROMANCE

SHAKE UP A QUIET NIGHT IN WITH ROMANCE, ADVENTURE—AND THESE SUPERSTAR COCKTAILS AS COSTARS.

Singapore Slings

Place 4 oz. pineapple juice; 1 oz. gin; ½ oz. each cherry liqueur, triple sec and lime juice; ¼ oz. each Bénédictine liqueur and simple syrup; and splash grenadine in an ice-filled cocktail shaker. Cover; shake well. Strain into a 10-oz. glass. Top with 2½ oz. chilled club soda. Garnish with fresh pineapple wedge and leaves and Hy-Vee maraschino cherry, if desired. Repeat for second cocktail. Serves 2.

Movie Pairing: "Crazy Rich Asians"

Citrus Vodka Martinis

Chill 2 martini glasses in the refrigerator at least 30 minutes. Place 4 oz. vodka, 1 oz. dry vermouth and dash of orange bitters in ice-filled cocktail shaker. Cover; shake well. Strain into 1 chilled glass. Garnish with a lemon peel twist, if desired. Repeat to make second drink. Serves 2.

Movie Pairing: "From Russia With Love"

Beer Negronis

Place 2 oz. each gin, sweet vermouth and Campari in ice-filled cocktail shaker. Cover; shake well. Strain into 2 (8-oz.) ice-filled cocktail glasses. Top with 1 (12-oz.) bottle chilled amber ale. Squeeze an orange wedge over each drink. Garnish each with orange peel, if desired. Serves 2.

Movie Pairing: "The Italian Job"

Raspberry Champagne

Cook 1 cup Hy-Vee frozen unsweetened raspberries, ¼ cup Hy-Vee granulated sugar and ¼ cup water in saucepan over medium heat 5 minutes. Strain mixture; discard seeds. Refrigerate at least 2 hours. Add 1 oz. raspberry syrup and ¼ oz. fresh lemon juice to each of 5 champagne flutes. Top with 1 (750-ml) bottle chilled champagne. Garnish with fresh raspberries, if desired. Serves 5.

Movie Pairing: "Casablanca"

Frozen Strawberry Daiquiris

Rub a lime wedge along rims of 2 (8-oz.) glasses; dip into sugar. Place ½ (10-oz.) pkg. Hy-Vee frozen strawberries, 1 cup ice cubes, ½ cup sliced fresh strawberries, 4 oz. white rum, 2 oz. simple syrup and ½ oz. fresh lime juice in a blender. Cover; blend until smooth. Pour into prepared glasses. Garnish each with lime slice and fresh strawberry, if desired. Serves 2.

Movie Pairing: "50 First Dates"

try
this

If you don't have a cocktail shaker, mix things up with a sealed mason jar or a travel mug (be sure to cover the mug's opening before shaking!).

for a berry sweet evening

Does anything say romance quite like chocolate-covered strawberries? Plate up these beauties for that extra-special enchantment factor to go along with your romantic theme.

Whole immunity, sum of probiotics

Probiotics in Chobani® Probiotic support immune health, in delicious dairy and non-dairy cups, drinks, and pouches for the whole family.



MULTI-BENEFIT PROBIOTICS FOR

IMMUNE HEALTH



DIGESTIVE HEALTH



GUT HEALTH

basics

HOW TO MAKE WHIPPED CREAM

Whip up dreamy cloudlike billows of sweet whipped cream to take your desserts to a heavenly level.

FOR WHIPPED CREAM THAT HOLDS ITS SHAPE FOR PIPING, BEAT IT TO STIFF PEAKS.



STEP 1: FREEZE BEATERS AND BOWL
Place clean electric mixer beaters and a metal bowl in the freezer for 15 to 20 minutes.

STEP 2: ADD HEAVY WHIPPING CREAM AND VANILLA
Pour 1 cup chilled Hy-Vee heavy whipping cream and 1 tsp. Hy-Vee vanilla extract into the bowl.

STEP 3: BEAT UNTIL FOAMY Beat on low speed until cream foams and starts to thicken.

STEP 4: ADD POWDERED SUGAR Add 3 Tbsp. Hy-Vee powdered sugar.

STEP 5: BEAT TO MEDIUM PEAKS Beat on medium speed until medium peaks form (distinct peaks with curled tops).

BEST WHIPPED CREAM TOPPINGS
Try all six tasty options!

HOT COCOA
Mound whipped cream on a mug of classic hot cocoa or see "Easy Cocoa Fixes" on pages 64-65.

PIES
For a classic combination, dollop cream on any variety of pie.

ICE CREAM SUNDAES
Garnish scoops of ice cream with your favorite toppings, whipped cream and a cherry.

FRESH BERRIES
Transform a bowl of fresh berries into a simple and delicious dessert.

STRAWBERRY SHORTCAKE
Sweet biscuits and juicy strawberries beg for fluffy whipped cream.

WAFFLES
For an extra-special breakfast, top waffles with sweet whipped cream.



GOING GLOBAL

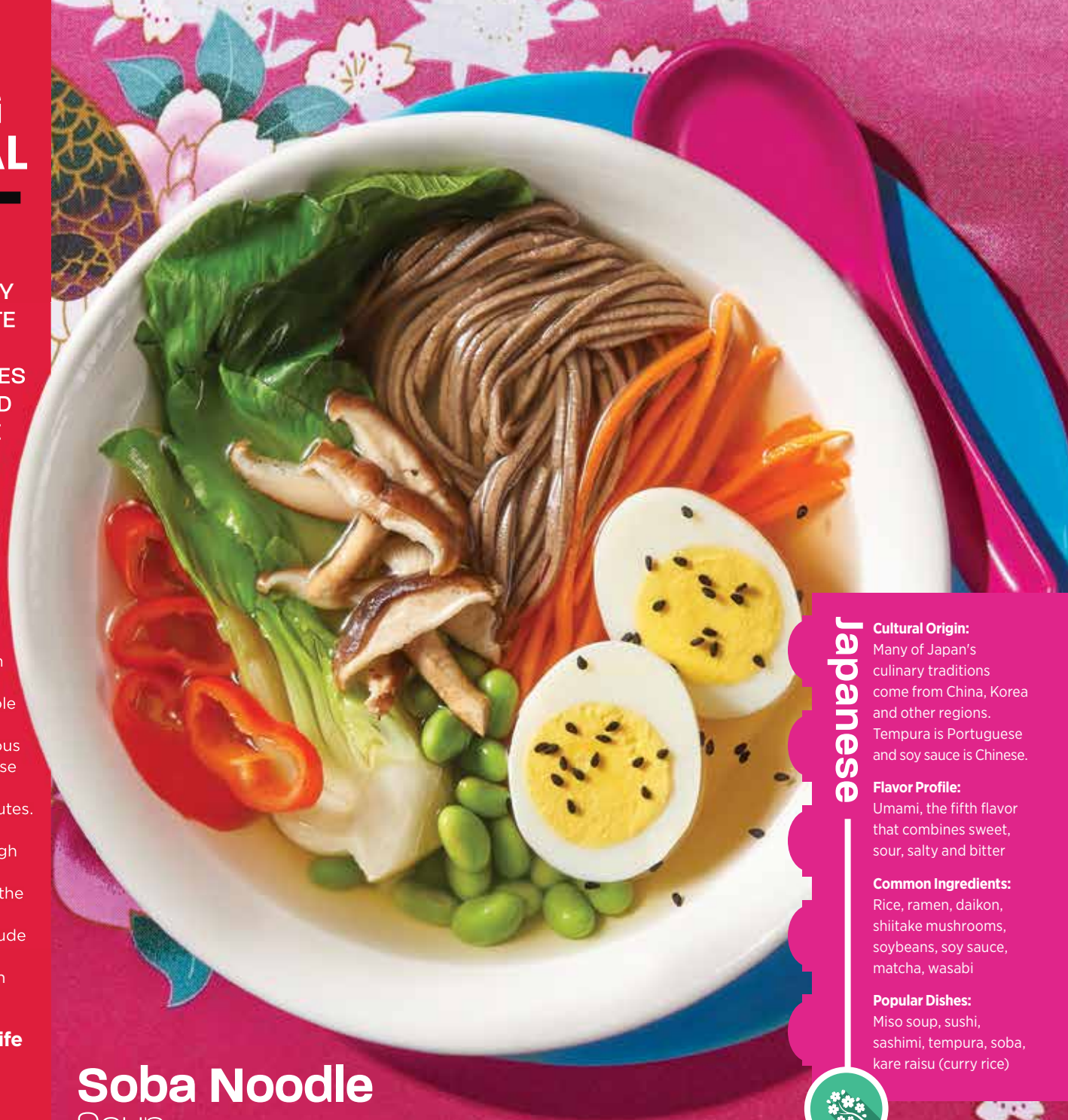
BRING THE WORLD INTO YOUR HOME BY TAKING A TASTE ADVENTURE WITH FAVORITES FROM AROUND THE GLOBE. BE PREPARED TO DELIGHT AND EXPAND YOUR PALATE!

What is Global Cuisine?

Geographical areas developed common cooking practices and easily identifiable and unique dishes using both indigenous ingredients and those acquired through expanding trade routes. These dishes were passed down through generations then spread throughout the world. Some well-known cuisines include Japanese, Mexican, Greek, Indian, Italian and Thai.

Spice Up Your Life

More people are experimenting with food as both home cooks and chefs are developing new dishes using expanded flavor profiles, says Hy-Vee Chef Mark Webster, Lee's Summit, Missouri. "We have also been starting our children off right by expanding the dishes they eat as kids, and this excitement about food grows," he adds.



Soba Noodle Soup

Total Time 30 minutes
Serves 4

- 2 Tbsp. canola oil
- ½ (5-oz.) pkg. sliced fresh shiitake mushrooms
- 6 cups Hy-Vee 33%-less-sodium chicken broth, divided
- ¾ cup julienne-cut or preshredded carrots
- 1 (2-in.) piece fresh ginger, peeled and cut into 1-in. matchsticks
- 3 oz. dry soba noodles
- ½ cup frozen shelled edamame
- 1 small head baby bok choy, cut lengthwise into quarters

2 mini sweet red bell peppers, sliced crosswise

4 Hy-Vee Short Cuts hard-boiled eggs, peeled and halved lengthwise
Black sesame seeds, for garnish

1. HEAT oil in a large saucepan. Add mushrooms. Cook over low heat for 4 to 5 minutes or until tender, stirring occasionally. Transfer mushrooms to a bowl; set aside.

2. ADD 1 cup broth and carrots to saucepan. Bring to boiling; reduce heat. Simmer, uncovered 1 to 2 minutes or until crisp-tender. Using a slotted spoon, transfer carrots to a separate bowl.

3. ADD remaining 5 cups broth and ginger to the saucepan. Bring to boiling. Remove ginger pieces with slotted spoon; discard. Add noodles, edamame, bok choy and red peppers; cook 3 to 4 minutes or until noodles are tender and vegetables are crisp-tender. Stir in mushrooms. Ladle soup into bowls, adding bok choy to each. Top with carrots and eggs. Garnish with black sesame seeds, if desired.

Per serving: 280 calories, 14 g fat, 2.5 g saturated fat, 0 g trans fat, 185 mg cholesterol, 1,010 mg sodium, 24 g carbohydrates, 1g fiber, 4 g sugar (0 g added sugar), 14 g protein. Daily Values: Vitamin D 6%, Calcium 6%, Iron 6%, Potassium 6%

Japanese

Cultural Origin: Many of Japan's culinary traditions come from China, Korea and other regions. Tempura is Portuguese and soy sauce is Chinese.

Flavor Profile: Umami, the fifth flavor that combines sweet, sour, salty and bitter

Common Ingredients: Rice, ramen, daikon, shiitake mushrooms, soybeans, soy sauce, matcha, wasabi

Popular Dishes: Miso soup, sushi, sashimi, tempura, soba, kare raisu (curry rice)





Mexican

Cultural Origin:
Modern Mexican food is a blend of indigenous (Aztec, Mayan) traditions with Spanish influences.

Flavor Profiles:
Onion, garlic, cilantro, oregano, cumin, cinnamon, cloves, anise

Common Ingredients:
Chile peppers, corn, beans, avocados, tomatoes, lard

Popular Dishes:
Chilaquiles, pozole, tacos, tostadas, elote, enchiladas, mole, tamales



Chorizo Sandwiches

Total Time 30 minutes
Serves 4
2 cups peeled, ½-in. cubed russet potatoes
1 (9-oz.) pkg. ground Mexican pork chorizo
4 Hy-Vee Bakery Kaiser rolls, split
½ cup mild salsa verde
4 tsp. canola oil, divided
½ cup crumbled queso fresco cheese

2 cups shredded romaine lettuce
½ cup Mexican crema
1. COOK potatoes in boiling salted water for 8 to 10 minutes or just until tender; drain.
2. COOK chorizo in a medium nonstick skillet over low to medium-low heat until browned (160°F), stirring occasionally to break into crumbles. Add cooked potatoes; toss to combine. Cook over medium heat for 2 to 3 minutes, stirring occasionally. Transfer chorizo-potato mixture to a bowl; set aside.

3. BRUSH cut sides of Kaiser rolls with salsa. Heat 2 tsp. oil in a large skillet. Add 2 rolls, cut sides down, and cook until slightly toasted. Remove rolls. Repeat with remaining 2 tsp. oil and remaining 2 rolls.
4. ASSEMBLE sandwiches. Spoon chorizo-potato mixture on roll bottoms. Layer some of the cheese, all of the lettuce and crema and remaining cheese on top. Add roll tops.
Per serving: 570 calories, 28 g fat, 12 g saturated fat, 0 g trans fat, 75 mg cholesterol, 1,620 mg sodium, 58 g carbohydrates, 2 g fiber, 7 g sugar (4 g added sugar), 23 g protein.
Daily Values: Vitamin D 0%, Calcium 20%, Iron 20%, Potassium 10%

Spanakopita

Hands On 35 minutes
Total Time 1 hour 35 minutes
Serves 12

1 Tbsp. Gustare Vita olive oil
½ cup finely chopped white onion
2 large cloves garlic, minced
2 Hy-Vee large eggs, lightly beaten
1½ Tbsp. chopped fresh dill, plus dill fronds for garnish
1 tsp. lemon zest
¼ tsp. Hy-Vee salt
2 (10-oz.) pkg. Hy-Vee frozen chopped spinach, thawed and squeezed dry
2 (4-oz.) containers Soirée traditional feta cheese crumbles
½ cup chopped Italian parsley

12 sheets frozen phyllo dough, thawed and at room temperature
Hy-Vee butter-flavored cooking spray
Toasted pine nuts, for garnish
Lemon zest, for garnish

1. PREHEAT oven to 350°F. Line a baking sheet with parchment paper; set aside.
2. HEAT oil in a small skillet. Add onion and garlic. Cook and stir over medium heat for 2 to 3 minutes or until softened; cool. Meanwhile, combine eggs, dill, lemon zest and salt. Stir in spinach, feta cheese, parsley and onion mixture until well combined.
3. TO ASSEMBLE, place 1 sheet of phyllo dough on the prepared baking sheet; lightly spray with cooking spray. Repeat layering, rotating phyllo dough at 1-, 3- and 5-o'clock positions.

4. SPOON spinach mixture in center of phyllo and spread in a 7-in. circle. Carefully fold phyllo over spinach, keeping the center exposed. Cover center with foil. Spray outside of pie with cooking spray.

5. BAKE 50 to 60 minutes or until phyllo is lightly golden. Remove foil. Serve warm or at room temperature. Garnish with dill fronds, pine nuts and/or lemon zest, if desired.

Per serving: 150 calories, 7 g fat, 3.5 g saturated fat, 0 g trans fat, 50 mg cholesterol, 510 mg sodium, 14 g carbohydrates, 2 g fiber, 1 g sugar (0 g added sugar), 7 g protein.
Daily Values: Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 4%



Greek

Cultural Origin:
Dating back thousands of years, food traditions are based on fresh produce and seafood with hints of Turkish and Italian flavors.

Flavor Profiles:
Oregano, thyme, bay leaves, rosemary, lemon, olive oil

Common Ingredients:
Fava beans, chickpeas, sardines, anchovies, yogurt, olives, honey

Popular Dishes:
Gyros, moussaka, tzatziki, baklava, dolmades, spanakopita, pastitsio, souvlaki



Pressure Cooker Indian Butter Chicken

Hands On 10 minutes
Total Time 40 minutes
Serves 4

- 1 lb. Hy-Vee True boneless, skinless chicken thighs
- 1 cup chopped red bell peppers
- ½ small white onion, cut into strips
- 1 (13.5-oz.) jar Culinary Tours butter chicken sauce
- Hot cooked basmati rice, for serving
- Naan flatbreads, for serving
- Lime slices, for serving
- Hy-Vee plain nonfat yogurt, for garnish
- Chopped fresh cilantro, for garnish

1. PLACE chicken in a 6-qt. pressure cooker. Add peppers and onion. Pour sauce over ingredients.

2. COVER and cook on high pressure for 5 minutes. Once chicken has finished cooking, let pressure naturally release for 10 minutes. Then release the valve and allow steam to escape. Carefully remove lid. Insert a meat thermometer into chicken to check doneness (165°F).

3. TRANSFER chicken to a cutting board; cut into bite-size pieces. Serve chicken and sauce over rice with naan and lime slices. Garnish with yogurt and cilantro, if desired.

Per serving: 310 calories, 17 g fat, 8 g saturated fat, 0 g trans fat, 130 mg cholesterol, 640 mg sodium, 14 g carbohydrates, 1 g fiber, 8 g sugar (5 g added sugar), 24 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 6%



Indian

Cultural Origin: Each region of India has its own food traditions, influenced by Mongolian, Persian and Chinese cuisines.

Flavor Profiles: Chile peppers, cumin, mustard seeds, fennel, cardamom, cinnamon, turmeric, curry leaves

Common Ingredients: Lentils, chickpeas, mung beans, basmati rice, paneer

Popular Dishes: Dal, meen molee, vindaloo, Chhena gaja, samosas, kabobs, tandoori chicken, naan



pro tip: ENHANCE FLAVOR



“Spices can be purchased and used dry in powder form, or many can be purchased in whole seed form, which keeps a freshness about them. When ready to use them while cooking,

we place them in a dry sauté pan and toast them. This really enhances the flavor.”

—Mark Webster
Certified Retail Chef, Hy-Vee, Lee’s Summit, Missouri

SPICE IT UP

Adding certain spices to your dish can transport you to a foreign land because particular flavors and aromas have become associated with specific cuisines. These distinctive flavors will take you to the far reaches of the globe.



CARDAMOM

In the ginger family, its strong, sweet flavor has hints of lemon and mint.



CINNAMON

Most commonly associated with sweet dishes, it also adds a warm, spicy note to savory recipes.



CORIANDER

It offers a lemony, floral flavor and is part of the parsley family. The plant’s leaves are cilantro.



CUMIN

Common in spice blends like curry powder, it’s a staple in Mexican, Indian, African and Asian cuisines.



TURMERIC

Identifiable by its yellow color, its slightly bitter flavor reflects a combination of pepper and ginger.

Italian

Cultural Origin:

Roots in Roman Empire 2,000 years ago, regional diversification began after the fall of the empire.

Flavor Profiles:

Olive oil, basil, garlic, rosemary, oregano, sage

Common Ingredients:

Tomatoes, zucchini, eggplants, poultry, fish

Popular Dishes:

Caprese salad, manicotti, spaghetti, pizza, tiramisu, cannoli, polenta, lasagna, risotto, focaccia



Spicy Lasagna Rolls

Hands On 40 minutes

Total Time 1 hour 20 minutes plus standing time

Serves 4 (2 rolls each)

Hy-Vee nonstick cooking spray

1 (17.6-oz.) bottle Gustare Vita Arrabbiata pasta sauce

1 cup Gustare Vita tomato passata

8 Gustare Vita organic lasagna noodles

1 Tbsp. Hy-Vee canola oil, optional

1 lb. Hy-Vee ground mild Italian pork sausage

½ cup Hy-Vee Short Cuts chopped white onions

¼ tsp. Hy-Vee crushed red pepper

1 Hy-Vee large egg yolk, lightly beaten

¾ cup Hy-Vee whole milk ricotta cheese

3 Tbsp. grated fresh Parmigiano Reggiano

1½ Tbsp. chopped Italian parsley

2 tsp. Hy-Vee Italian seasoning

¼ tsp. Hy-Vee garlic powder

2 cups Hy-Vee shredded mozzarella cheese, divided

Fresh basil, for garnish

1. PREHEAT oven to 350°F. Lightly spray a 10×10-in. baking dish with nonstick spray. Combine pasta sauce and passata; spread ½ cup in baking dish. Set aside.

2. COOK noodles according to pkg. directions until nearly al dente. Drain and rinse; place in single layer on paper towels. Set aside.

3. COOK sausage, onions and crushed pepper in skillet over medium-high heat until meat is browned. Drain. Stir in ¾ cup sauce mixture. Combine egg yolk, ricotta and Parmesan cheeses, parsley, Italian seasoning and garlic powder. Stir in 1¼ cups mozzarella cheese; spread over noodles. Top with meat mixture. Starting from a narrow end, roll up each noodle. Arrange on sauce in baking dish. Spoon remaining sauce mixture on rolls.

4. BAKE, covered, 25 minutes. Sprinkle with remaining ¾ cup mozzarella cheese. Bake, uncovered, 10 to 15 minutes more or until cheese is melted. Let stand 5 minutes before serving. Garnish with basil, if desired.

Per serving: 880 calories, 52 g fat, 22 g saturated fat, 0 g trans fat, 200 mg cholesterol, 1,780 mg sodium, 51 g carbohydrates, 1 g fiber, 13 g sugar (0 g added sugar), 48 g protein.
Daily Values: Vitamin D 10%, Calcium 45%, Iron 30%, Potassium 15%



Authentic Italian

Hy-Vee's Italian-crafted Gustare Vita products are the perfect components for any Italian dinner.



Thai Steak Noodle Salad

Hands On 50 minutes

Total Time 50 minutes plus marinating and resting time

Serves 4

¾ cup fresh lime juice

¼ cup packed Hy-Vee light brown sugar

3 Tbsp. fish sauce, divided

1 Tbsp. hot red chili paste

¼ cup Hy-Vee canola oil

2 tsp. grated fresh ginger



pro tip: MIXING IT UP

“Our palates have changed over the years. While the meat and potato dinner is still popular, the spicy Thai dinner, sushi and Indian food also have found a place on the table.”

—Mark Webster

Certified Retail Chef, Hy-Vee, Lee's Summit, Missouri

2 cloves garlic, minced
¾ lb. Hy-Vee Choice Reserve boneless beef top sirloin steak, ¾ in. thick
1 (8-oz.) pkg. dried ramen noodles
1 tsp. toasted sesame oil
2 cups preshredded red cabbage, chopped
1 cup shredded Chinese cabbage
¾ cup cut-up Hy-Vee tricolor bell pepper strips
1 mango, pitted, peeled and cut into ½-in. cubes
1 medium carrot, peeled and cut into 3-in. ribbons
½ cup lightly packed chopped cilantro, plus additional for garnish
¼ cup chopped Hy-Vee dry-roasted peanuts

1. COMBINE lime juice, brown sugar, 2 Tbsp. fish sauce and chili paste. Whisk in oil. Reserve ¾ cup for dressing. To remaining mixture for marinade, add remaining 1 Tbsp. fish sauce, ginger and garlic.

2. PAT steak dry; place in a resealable plastic bag. Add marinade; seal bag. Marinate in the refrigerator 4 to 6 hours, turning bag occasionally.

3. PREHEAT grill pan over medium-high heat. Drain steak; discard marinade. Cook for 8 to 11 minutes or until medium-rare (130°F), turning halfway through. Let rest 10 minutes. Thinly slice across the grain into bite-size strips.

4. COOK noodles according to pkg. directions. Drain. Rinse with cold water; drain. Place noodles in a large bowl; toss with sesame oil. Add steak, cabbages, peppers, mango, carrot, ½ cup cilantro and dressing; toss to coat. Serve salad topped with peanuts. Garnish with additional cilantro, if desired.

Per serving: 670 calories, 33 g fat, 11 g saturated fat, 0 g trans fat, 65 mg cholesterol, 860 mg sodium, 65 g carbohydrates, 4 g fiber, 23 g sugar (7 g added sugar), 29 g protein.
Daily Values: Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 15%



Cultural Origin:

A blend of Western and Eastern influences: Portuguese, Dutch, French, Chinese (Szechuan), Japanese.

Flavor Profiles:

Lemongrass, galangal, coriander, garlic, basil, turmeric, cardamom

Common Ingredients:

Coconut milk and oil, fish sauce, palm sugar, sticky rice

Popular Dishes:

Kway teow (noodle soup), tom yum goong (spicy shrimp soup), som tam (spicy green papaya salad)

Thai



1
POTATO
2
POTATO
3
POTATO
YUM!



Celebrate National Potato Month with this most popular comfort food. With just three main ingredients and a few pantry staples, you can create a scrumptious, soothing dish—and help your community at the same time.

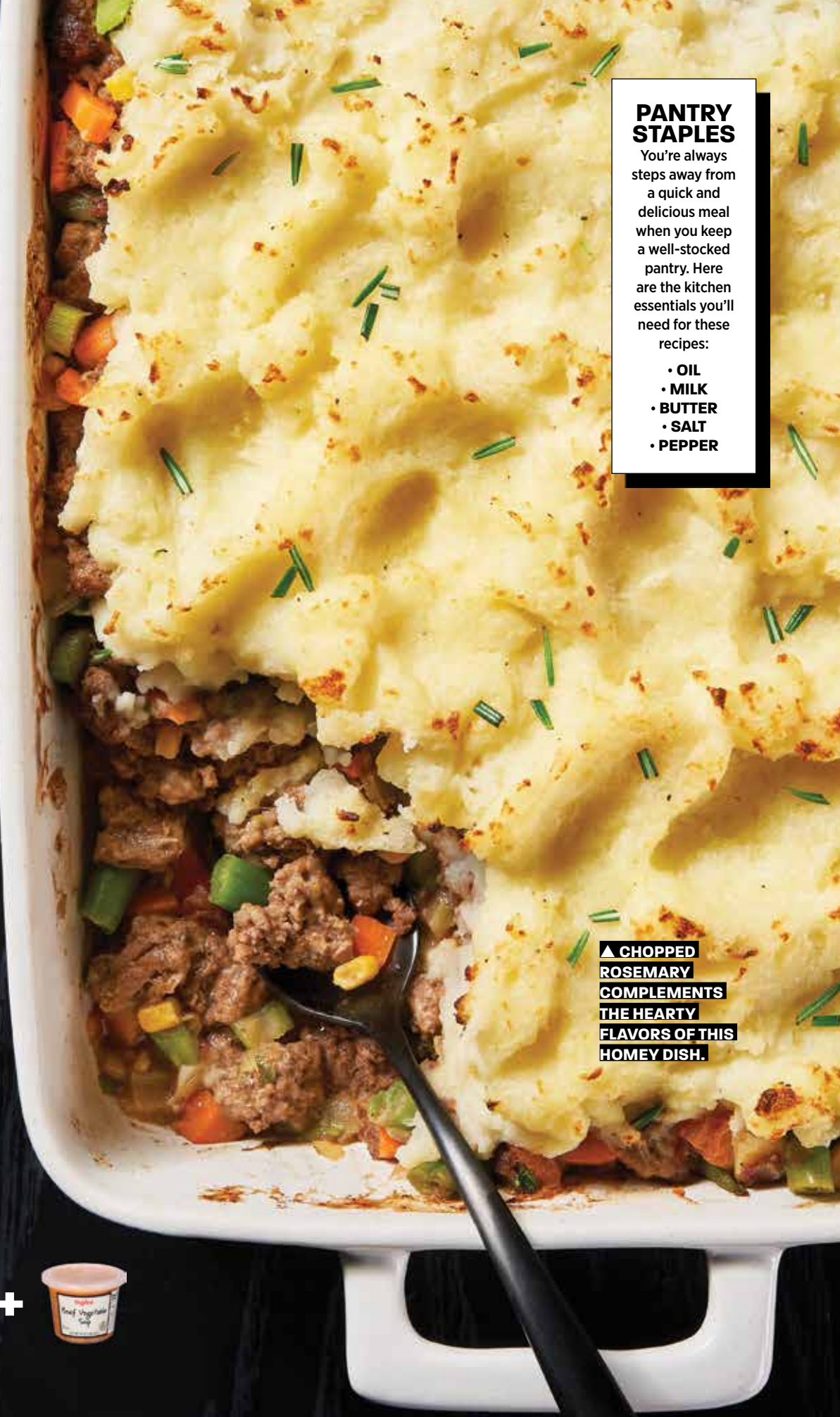
Beef & Veggie Shepherd's Pie

Hands On 45 minutes
Total Time 1 hour 20 minutes
Serves 12

- 2 lb. Hy-Vee One Step russet potatoes
- 8 Tbsp. Hy-Vee salted butter, divided
- $\frac{3}{4}$ cup Hy-Vee whole milk, warmed
- 1 tsp. Hy-Vee salt, divided
- $\frac{1}{4}$ tsp. Hy-Vee black pepper, divided
- 1 $\frac{1}{2}$ lb. 85%-lean ground beef
- 1 (16-oz.) container Hy-Vee beef vegetable soup
- Chopped fresh rosemary, for garnish

- 1. PREHEAT** oven to 400°F. Grease a 2-qt. broiler-safe baking dish; set aside. Cook potatoes in boiling water in a large pot 25 to 30 minutes or until tender; drain. Meanwhile, melt 6 Tbsp. butter in a skillet over medium heat. Cook until butter foams and turns golden brown, swirling occasionally. Remove from skillet; set aside.
- 2. PEEL** potatoes; return to pot. Add brown butter; mash potatoes. Add milk, $\frac{3}{4}$ tsp. salt and $\frac{1}{8}$ tsp. pepper. Mash until smooth.
- 3. COOK** beef in skillet over medium heat until browned; drain. Stir in soup and remaining $\frac{1}{4}$ tsp. salt and $\frac{1}{8}$ tsp. pepper; heat through. Transfer to prepared dish. Spread potatoes on top. Bake 20 minutes. Remove from oven.
- 4. PREHEAT** broiler. Melt remaining 2 Tbsp. butter; brush on potatoes. Broil 5 minutes or until potatoes are golden. Let stand 10 minutes. Garnish with rosemary, if desired.

Per serving: 300 calories, 18 g fat, 9 g saturated fat, 0.5 g trans fat, 75 mg cholesterol, 450 mg sodium, 14 g carbohydrates, 0 g fiber, 2 g sugar (0 g added sugar), 19 g protein.
Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 15%



PANTRY STAPLES

You're always steps away from a quick and delicious meal when you keep a well-stocked pantry. Here are the kitchen essentials you'll need for these recipes:

- OIL
- MILK
- BUTTER
- SALT
- PEPPER

▲ **CHOPPED ROSEMARY COMPLEMENTS THE HEARTY FLAVORS OF THIS HOMEY DISH.**

3

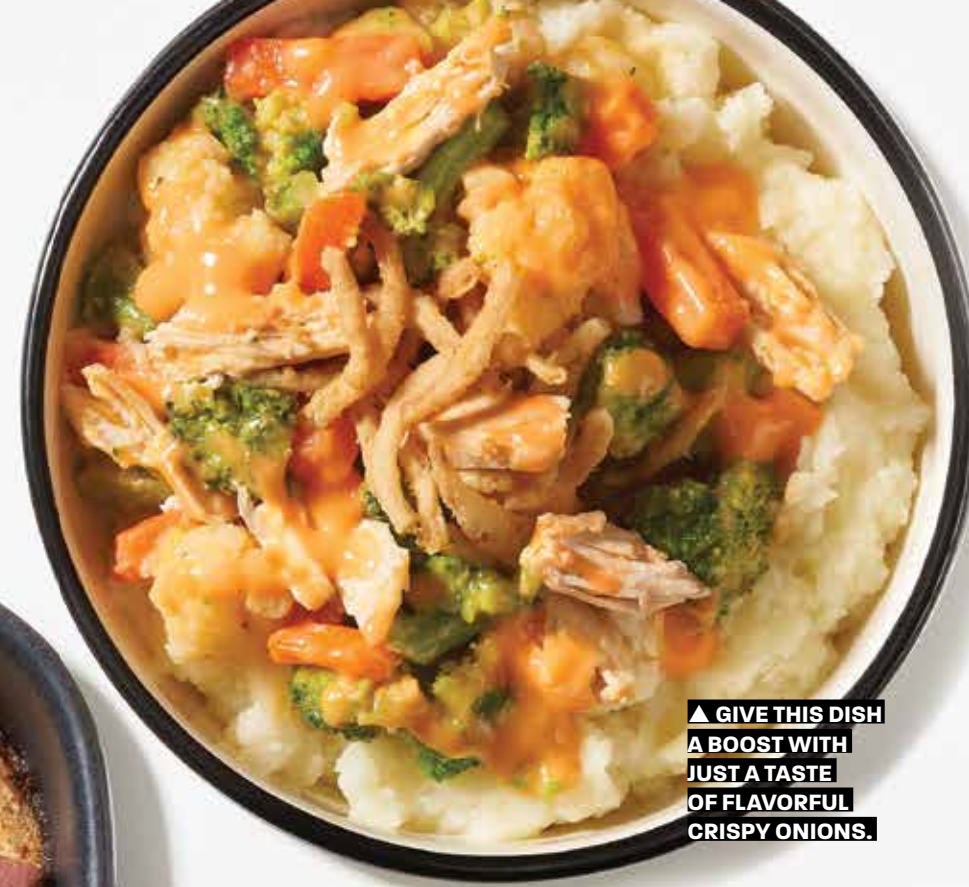
MAIN INGREDIENTS AND A FEW SIMPLE STEPS



Creamy Ham & Potato Casserole

Preheat oven to 350°F. Grease a broiler-safe 2-qt. baking dish. Thinly slice 2 lb. **Hy-Vee One Step russet potatoes**; set aside. Melt 4 Tbsp. Hy-Vee salted butter in 2-qt. saucepan over medium heat. Whisk in 1 (8-oz.) container **Hy-Vee onion & chive cream cheese spread** until smooth. Add 1½ cups Hy-Vee whole milk; cook and stir until thickened. Remove from heat; add ¼ tsp. each Hy-Vee salt and black pepper. Place half the potato slices in prepared dish. Top with half the sauce and ½ (8-oz.) pkg. **Hy-Vee cubed cooked ham**, patted dry. Repeat layers. Bake, covered, 45 minutes. Uncover; bake 15 minutes more or until potatoes are tender. Remove from oven. Preheat broiler on HIGH. Broil 5 minutes. Garnish with fresh thyme if desired. Let stand 10 minutes before serving. Serves 12.

▲ THIS CREAMY CASSEROLE GETS AN ELEGANT FINISH WITH A SPRINKLE OF SNIPPED FRESH THYME.



▲ GIVE THIS DISH A BOOST WITH JUST A TASTE OF FLAVORFUL CRISPY ONIONS.



Country Potato Bowls

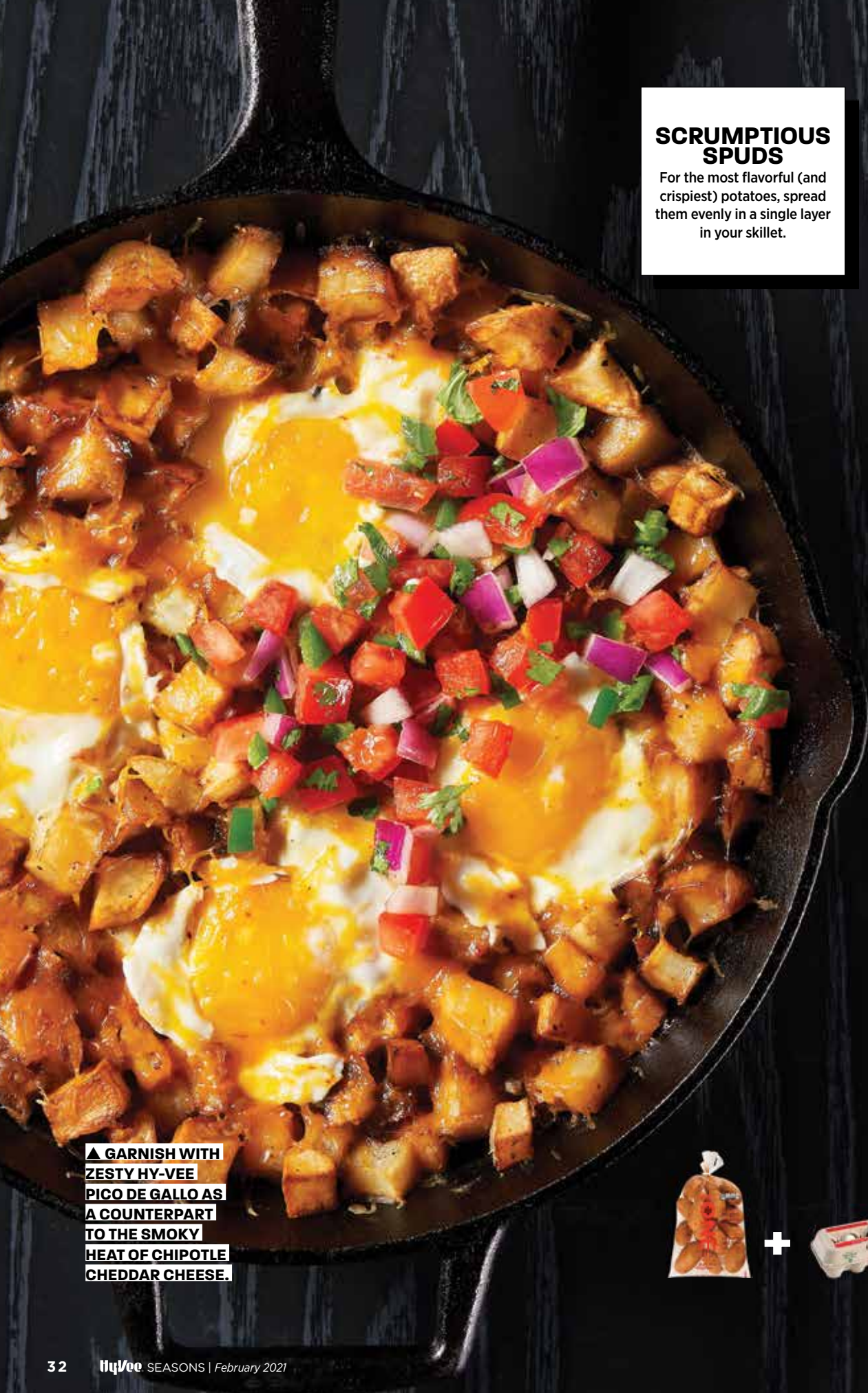
Place 2 lb. peeled **Hy-Vee One Step russet potatoes** in large pot; cover with cold water. Bring to boiling; reduce heat. Cook 25 to 30 minutes or until tender; drain. Add 6 Tbsp. melted Hy-Vee salted butter; mash potatoes. Add ¾ cup warmed Hy-Vee whole milk, ¾ tsp. Hy-Vee salt and ¼ tsp. Hy-Vee black pepper; mash until smooth. Microwave 2 (10-oz.) pkg. frozen broccoli, cauliflower, carrots & cheese sauce according to pkg. directions. Combine with 3 cups warmed shredded **Hy-Vee rotisserie chicken**. Divide potatoes among four bowls; top with chicken mixture. Add Hy-Vee lightly salted crispy onions for garnish, if desired. Serves 4.

Chili Hasselbacks

Preheat oven to 425°F. Scrub 4 **Hy-Vee One Step russet potatoes**; pat dry. Cut off a thin lengthwise slice of each potato to create a flat base for potato. Carefully cut vertical slits, every ¼ in., about three-fourths through each potato. Rub each potato with ½ tsp. Hy-Vee vegetable oil and ¼ tsp. kosher salt; place on baking sheet. Bake 50 minutes or until tender. Cool 5 minutes. Alternate **Hy-Vee cracker cuts pepper Jack cheese slices** and **Hy-Vee brickhouse chili** with beans among potato slices. Bake 5 minutes or until cheese is melted. Top potatoes with additional warmed chili and chopped green onions, if desired. Serves 4.

▲ CHOPPED GREEN ONIONS BRING EXTRA ZIP TO THESE ALREADY-DYNAMIC MELTY FAVORITES.





SCRUMPTIOUS SPUDS
 For the most flavorful (and crispiest) potatoes, spread them evenly in a single layer in your skillet.

Baked Egg & Potato Skillet

Hands On 10 minutes
Total Time 47 minutes
Serves 4

- 2 lb. Hy-Vee One Step russet potatoes
- 3 Tbsp. Hy-Vee salted butter, divided
- ½ tsp. Hy-Vee salt
- ¼ tsp. Hy-Vee black pepper
- 4 Hy-Vee large eggs
- ¾ cup Hy-Vee finely shredded chipotle Cheddar cheese
- Hy-Vee pico de gallo, for serving

1. PREHEAT oven to 400°F. Peel potatoes; cut into ½-in. cubes. Melt 2 Tbsp. butter in a 10-in. cast-iron skillet over medium heat. Add potatoes. Cook 25 to 30 minutes or until golden brown and tender, stirring occasionally. Season with salt and pepper.

2. ADD remaining 1 Tbsp. butter to skillet; remove from heat. Make four 2-in. wells in potatoes; crack one egg into each well. Bake 4 to 6 minutes or until whites are set and yolks begin to thicken. Sprinkle cheese on top; bake 2 to 3 minutes more or until cheese is melted. Top with pico de gallo, if desired. Serve immediately.

Per serving: 400 calories, 20 g fat, 11 g saturated fat, 0 g trans fat, 230 mg cholesterol, 570 mg sodium, 42 g carbohydrates, 3 g fiber, 2 g sugar (0 g added sugar), 15 g protein.
Daily Values: Vitamin D 6%, Calcium 15%, Iron 15%, Potassium 20%

▲ GARNISH WITH ZESTY HY-VEE PICO DE GALLO AS A COUNTERPART TO THE SMOKY HEAT OF CHIPOTLE CHEDDAR CHEESE.



Best-Ever Potato Pancakes

Peel and shred 2 medium Hy-Vee One Step russet potatoes (about 1 lb.). Place potatoes on a large triple-layer piece of cheesecloth. Twist and squeeze cloth to remove excess moisture from potatoes; transfer potatoes to a bowl. Stir in 2 beaten Hy-Vee large eggs, ¼ cup Red Lobster Cheddar Bay Biscuit Mix, ¾ tsp. Hy-Vee salt and ½ tsp. Hy-Vee black pepper. Heat 2 Tbsp. Hy-Vee vegetable oil in a large skillet over medium heat. Form 2 Tbsp. potato mixture into 12 ¼-in.-thick patties. Fry in batches until golden brown and cooked through (165°F); drain on paper towels. Top with Hy-Vee sour cream and chopped chives, if desired. Serves 6 (2 pancakes each).

▲ HY-VEE SOUR CREAM AND CHOPPED CHIVES CROWN THESE PANCAKES WITH FLAVOR.



Hy-Vee. **ONE STEP.**

THE ONE STEP MISSION IS SIMPLE: BUY HY-VEE POTATOES AND FEED THOSE IN NEED. A PORTION OF THE PROCEEDS FROM HY-VEE ONE STEP POTATOES HELPS FUND LOCAL FOOD BANKS.

We know we can't solve all the world's problems. But we can do something. And you can do something, too. All it takes is one step.

For more information on the Hy-Vee One Step Program, visit hy-vee.com/corporate/our-company/one-step

OUT-OF-THIS-WORLD

DESSERTS

UNTIL WE CAN BLAST OFF INTO THE COSMOS, THESE IMPRESSIVE YET SIMPLE BAKERY TREATS ARE A SURE-FIRE SWEET TO WOW FRIENDS AND FAMILY... AND YOUR INSTAGRAM FOLLOWERS!

GALAXY GLAZED DONUTS

Place ½ (16-oz.) canister Hy-Vee white creamy frosting in a medium microwave-safe bowl. Microwave on HIGH for 30 seconds or until melted. Scatter 1 to 2 drops of neon teal, pink, purple and blue gel food coloring

over melted frosting. Use a toothpick to swirl colors. Dip 6 unfrosted Hy-Vee Bakery plain cake donuts, one at a time, into frosting. Sprinkle with coarse sugar, if desired. Let frosting dry before serving. Serves 6.

MAKING IT EASY
HY-VEE
DONUTS



Simple decorations make plain cake donuts from the Hy-Vee Bakery out of this world.

THE AGE OF AQUARIUS:

8 Must-See Constellations in the February Night Sky



ORION

The constellation's brightest stars—Rigel and Betelgeuse—are among the 10 brightest in the sky. Use the three stars of Orion's Belt to find the brightest star: Sirius.



TAURUS

The oldest constellation includes Pleiades and Hyades, two of the nearest open star clusters to Earth. Crab Nebula, formed by a historic supernova in 1054, is also part of the constellation.



AURIGA

Known as the Charioteer, it is easy to find because its brightest stars—Capella and three open clusters Messier 36, 37 and 38—form a pentagon.



CANIS MAJOR/CANIS MINOR

Home to Sirius, the Dog Star, which is only 8.6 light-years from Earth, Canis Major is almost twice as bright as the second brightest star.



MONOCEROS

This faint constellation representing the celestial unicorn is between Canis Major and Minor. It can only be seen by the naked eye in ideal conditions.



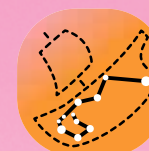
GEMINI

Spot Gemini by looking for six paired stars. Its brightest stars look similar but are different. Pollux is an orange giant and Castor is a multistar system.



ERIDANUS

Known as the celestial river, it contains the Eridanus Supervoid, a large area without any galaxies.



CARINA

Visible only in the southernmost part of the Northern Hemisphere, Carina is home to the second brightest star, Canopus. It's part of the False Cross asterism, often mistaken for the Southern Cross.

Source: constellation-guide.com/seasonal-constellations/winter-constellations/

PHOTO: Maria Stakovytova/Shutterstock (stars background)

Marbled Glazing

Want to know how to create the fun marble glaze for Galaxy Donuts? Tune into HSTV.com



Watch and learn at HSTV.com today!

Midnight Black Nebula Cake

Hands On 35 minutes
Total Time 50 minutes, plus freezing and cooling time
Serves 24

- 2 (16-oz.) pkg. Hy-Vee extra-moist devil's food cake mix
- 3 (16-oz.) cans strawberry frosting
- 2 (4-oz.) tubes Over the Top really black buttercream decorating icing
- 1 (4-oz.) tube Over the Top princess pink buttercream decorating icing
- 1 (4-oz.) tube Over the Top ocean blue buttercream decorating icing
- 1 (4-oz.) tube Over the Top very violet buttercream decorating icing
- ½ recipe Out-of-this-World Bark, for garnish; recipe, page 38

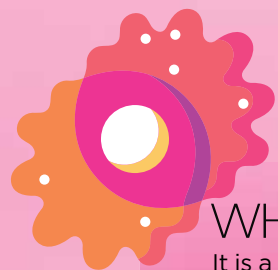
1. PREPARE and bake cake mixes according to pkg. directions, using four 8-in.-round cake pans. Cool cakes thoroughly on a wire rack.

2. TO ASSEMBLE, place a cake layer on a cake plate. Spread ½ cup strawberry frosting on top. Repeat with a second and third layer, spreading ½ cup frosting on each. Top with fourth layer. Frost top and sides with remaining frosting. Freeze 30 minutes or until frosting is set.

3. PLACE dollops of each color of buttercream decorating icing all over cake (see steps, *at right*). Then run a large offset spatula on top and around sides of cake to create smooth streaks of colors.

4. COVER and store cake in the refrigerator up to 3 days. Let stand at room temperature for 30 minutes before serving. Just before serving, insert shards of Out-of-this-World Bark into the top of the cake, if desired.

Per serving: 570 calories, 23 g fat, 8 g saturated fat, 0 g trans fat, 45 mg cholesterol, 470 mg sodium, 83 g carbohydrates, 1 g fiber, 65 g sugar (50 g added sugar), 4 g protein.
 Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 4



WHAT IS A NEBULA?

It is a giant cloud of dust and gas in interstellar space, often formed by the explosion of a dying star, like a supernova. Other nebulae (more than one nebula) are areas where stars are forming and may be referred to as star nurseries.

Source: spaceplace.nasa.gov/nebula/en/

MAKING IT EASY GALAXY FROSTING



STEP 1: BEGIN WITH BLACK Using a small offset spatula, dollop top and sides of cake with Over the Top really black buttercream decorating icing.



STEP 2: LAYER IN COLORS Repeat process with Over the Top princess pink and ocean blue buttercream decorating icing.



STEP 3: PURPLE FINISH Cover remaining areas of cake with dollops of Over the Top very violet buttercream decorating icing.



STEP 4: SMOOTH Run a large offset spatula on top and around sides of cake to create smooth streaks of color.



MILKY WAY CRAV'N ICE CREAM SANDWICHES

Remove top cookies of 12 Crav'n double-stuffed with vanilla crème chocolate sandwich cookies; set aside. Place 1 Tbsp. of Hy-Vee We All Scream! strawberry ice cream on each vanilla crème-topped cookie bottom. Replace cookie tops, pressing slightly. Coat ice cream with desired nonpareils. Spray tops with silver color mist food color spray. Serve immediately or wrap and store in the freezer up to 2 weeks. Serves 6 (2 each).



MAKING IT EASY CRAV'N SANDWICH COOKIES



Swap in Chocolate Crème Double Stuffed Chocolate for more chocolate goodness.



SOLAR SYSTEM CUPCAKES

Fit a large piping bag with a medium star tip. Divide 1 (16-oz.) can Hy-Vee creamy white frosting among four bowls. Tint each with a different color of gel food coloring. Spoon tinted frostings into four separate piping bags. Cut

tips and place bags inside large piping bag. Pipe frosting onto 6 Hy-Vee Bakery unfrosted vanilla cupcakes. Spray with gold color mist food color spray and garnish with nonpareils and star sprinkles, if desired. Serves 6.

MAKING IT EASY HY-VEE CUPCAKES



Order uniced cupcakes in white, chocolate or confetti from the Hy-Vee Bakery to create these colorful treats.

OUT-OF-THIS-WORLD BARK

Combine 1 (10-oz.) bag Hy-Vee Select 60% cacao chocolate chips and 2 tsp. coconut oil in a medium microwave-safe bowl. Set aside. Coarsely chop 1 (3.5-oz.) bar Zöet white chocolate; place in another medium microwave-safe bowl; stir in 1 Tbsp. coconut oil. Microwave each chocolate on HIGH at 30-second intervals until melted, stirring each time. Divide

white chocolate among four small bowls; tint each a different color, using teal, pink, purple and blue gel food coloring. Spread melted dark chocolate on a parchment-lined baking sheet. Drizzle with tinted white chocolate and, using a toothpick or knife, swirl the colors together. Sprinkle with white sugar pearls. Let dry 1 hour. Break into pieces. Serves 12.

PHOTO: PLASTIC MAN/SHUTTERSTOCK (STARS BACKGROUND)

Macaron Meteorite Treats

Combine 2 tsp. Hy-Vee almond extract and 1 drop purple gel food coloring in a small bowl. Combine 2 tsp. almond extract and 1 drop blue gel food coloring in another small bowl. Use a small food-safe brush to lightly paint purple and blue almond extract mixtures onto one side of 12 Hy-Vee Bakery raspberry macarons. Lightly spray with silver color mist food color spray and sprinkle with blue sugar sprinkles. Serves 12.

MAKING IT EASY HY-VEE MACARONS



Available at select Hy-Vee Bakery locations with a variety of fillings, these French delights feature a pop of almond flavor.

METEORITE FACTS

- Meteoroid: a small particle from a comet or asteroid orbiting the sun.
- Meteor (shooting star): the light trail from the meteoroid entering Earth's atmosphere.
- Meteorite: a meteoroid that survives its journey and lands on Earth.

Source: [nasa.gov/mission_pages/asteroids/overview/fastfacts.html](https://www.nasa.gov/mission_pages/asteroids/overview/fastfacts.html)



MAKE SOME NOISE™

FIND YOUR FAVORITE CRUNCH FROM SNYDER'S OF HANOVER®



101 SUMO MANDARIN

In season for only a short time, savor this succulent fruit while it's available. Who knows, it might make you look forward to winter!

Sumo mandarins are cold-weather treasures, originating in Japan and now grown in the U.S. They are juicy, sweet, seedless and easy to peel and eat. They are also one of the most challenging citrus fruits to grow, requiring pruning, picking and packaging all by hand to protect their easily bruised skins. Sumo mandarins are available from January to April at Hy-Vee. Pick some up before they're gone!

BUY Sumo mandarins have naturally loose and bumpy skins, making them easy to peel. Avoid fruits with bruising, but minor blemishes won't negatively affect taste or texture.

STORE Sumo mandarins are picked at peak ripeness. Prolong their shelf life by storing them in the refrigerator for up to two weeks.

PREP Simply peel, separate into segments or slice into rounds, and enjoy!



DON'T JUDGE A BOOK BY ITS COVER; BENEATH THIS BUMPY SKIN LIES LUSCIOUS FRUIT.

WAYS TO ENJOY

Raw
Easy to tote and easy to peel, sumo mandarins are seedless, sweet and juicy with refreshing acidity.

Smoothies
Skip sweeteners; add sumo mandarin juice for a naturally delicious smoothie.

Dessert
Dip segments into melted dark chocolate for a super simple and satisfying dessert.

Sumo Mandarin and Burrata Salad

Total Time 25 minutes
Serves 4

- 2 Tbsp. white balsamic vinegar
- ½ tsp. Sumo mandarin zest
- 2 Tbsp. Sumo mandarin orange juice
- 1½ tsp. Hy-Vee Select 100% pure maple syrup
- ½ cup Gustare Vita olive oil
- 4½ cups arugula, divided
- 3 Sumo mandarins, peeled and cut crosswise into ¼-in. slices
- 4 oz. radicchio leaves, torn into bite-size pieces
- ¼ cup red onion slivers
- 3 Tbsp. roasted & salted shelled pistachios
- 1 (8-oz.) container burrata cheese, drained (1 ball)
- Hy-Vee Mediterranean sea salt, to taste
- Hy-Vee Malabar black pepper, to taste
- Fresh mint leaves, for garnish

- 1. PREPARE** vinaigrette. Combine balsamic vinegar, mandarin zest and juice and maple syrup. Slowly whisk in olive oil; set aside.
- 2. LINE** a large serving platter with 4¼ cups arugula. Arrange mandarin slices on top; tuck in pieces of radicchio. Sprinkle with remaining ¼ cup arugula, onion slivers and pistachios; place burrata on top.
- 3. DRIZZLE** salad with vinaigrette. Season to taste with salt and pepper. Garnish with fresh mint, if desired.

Per serving: 440 calories, 33 g fat, 11 g saturated fat, 0 g trans fat, 40 mg cholesterol, 130 mg sodium, 24 g carbohydrates, 4 g fiber, 16 g sugar (0 g added sugar), 13 g protein. Daily Values: Vitamin D 0%, Calcium 30%, Iron 6%, Potassium 10%

BURRATA BASICS
THIS CREAMY AND DECADENT CHEESE IS ENVELOPED IN CREAMY MOZZARELLA.

The benefits are reel.



Improved eye development



Reduced risk of heart disease



Improved brain development

Seafood is a nutrient rich food that is a good source of protein, vitamins and minerals. Look for this symbol when selecting your seafood.

HyVee



100% of our seafood is responsibly sourced.

we
LOVE

Wine



Wine, fine anytime, is especially welcome around Valentine's Day. Warm up a cold winter's eve with an outstanding selection of wines from Hy-Vee. Our wine experts weigh in on some of their favorites to pour for this romantic holiday.

WHERE IN THE WORLD?

Winemaking is an ancient endeavor perfected on more than one continent.



MARLBOROUGH, NEW ZEALAND

KNOWN FOR: Sauvignon Blanc

WHY IT'S SPECIAL: Sunny, dry and relatively cool conditions provide a slow ripening process.

***TRY KIM CRAWFORD SAUVIGNON BLANC**



SONOMA, CALIFORNIA

KNOWN FOR: Chardonnay

WHY IT'S SPECIAL: Long, dry and mild sunny days plus cool nights and fog are ideal for growing grapes.

***TRY LA CREMA SONOMA COAST CHARDONNAY**



RHÔNE VALLEY, FRANCE

KNOWN FOR: Grenache, Syrah

WHY IT'S SPECIAL: Varying soils and climates in the region allow a range of grape varieties to be grown.

***TRY M. CHAPOTIER BELLERUCHE ROUGE**



CHIANTI REGION, TUSCANY, ITALY

KNOWN FOR: Sangiovese

WHY IT'S SPECIAL: The ideal climate contributes to a 4,000-year-old winemaking tradition.

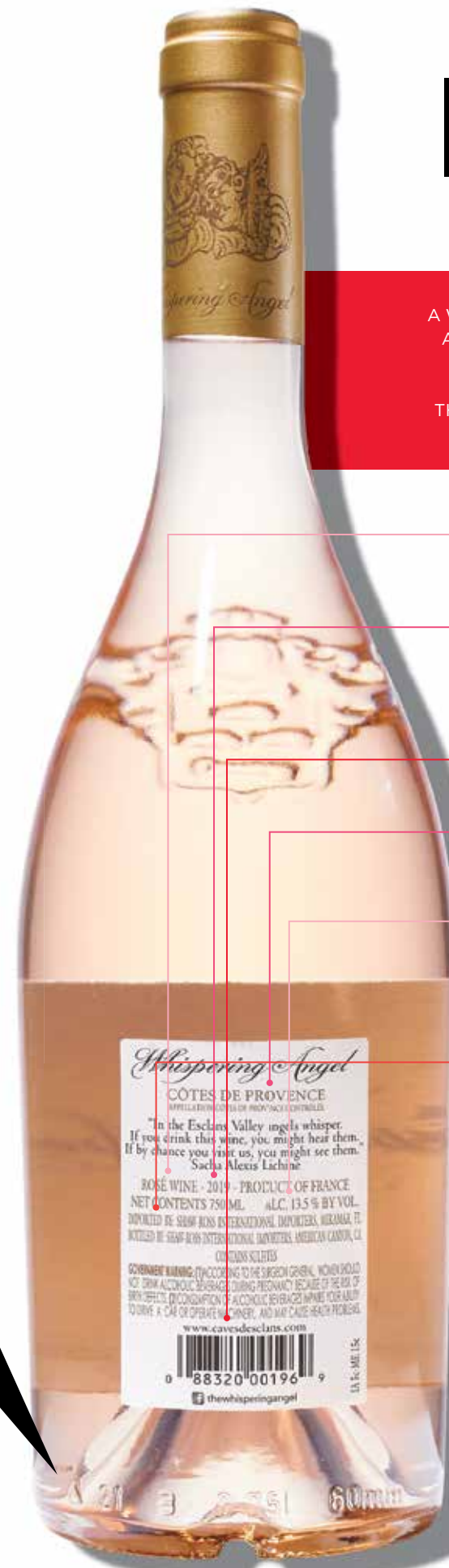
***TRY BANFI CHIANTI CLASSICO DOCG**

raise
a glass

"Generally, it's best to drink wines starting from lightest to fullest," says Hy-Vee certified sommelier Blair Zachariassen. "Also, start with the driest wines and finish with sweeter wines. These rules lend themselves to the progression of a typical meal." For example, she would pair a sparkling wine with an appetizer, a dry rosé with salad, and a sweet wine with dessert.

label mate

A WINE BOTTLE LABEL IS LIKE A BOOK JACKET. THE FRONT IS DESIGNED TO BE UNIQUE AND EYE-CATCHING, WHILE THE BACK PROVIDES INSIGHT ABOUT WHAT'S INSIDE.



Style

THE VARIETY OF GRAPES USED TO MAKE THE WINE

Vintage

THE YEAR THE GRAPES WERE HARVESTED; SOME WINES ARE BLENDS OF SEVERAL VINTAGES.

Producer

WHO MADE THE WINE.

Region

WHERE THE GRAPES WERE GROWN.

Amount and Alcohol Content

THE AMOUNT OF WINE (750 ML) AND ALCOHOL BY VOLUME (12.5%)

Importer

WHO IMPORTED THE WINE, IF APPLICABLE.

DESSERT WINE TIP:

"THE WINE SHOULD ALWAYS BE A BIT SWEETER THAN THE DESSERT OR THE WINE WILL TASTE TOO BITTER AND ACIDIC COMPARED TO THE SUGARS IN THE SWEET TREAT," SAYS HY-VEE SOMMELIER BLAIR ZACHARIASEN.

pour one for two

TO KEEP AN OPEN BOTTLE OF WINE GOOD FOR 3 TO 5 DAYS, **SEAL IT TIGHT AND STORE IT UPRIGHT IN THE FRIDGE.**



JEFF STEVENS

CERTIFIED WINE MASTER
HY-VEE, KANSAS CITY, MISSOURI

“There are certain aspects of wine, such as acidity and bitterness, that contrast with certain foods and help balance the whole experience. Whispering Angel Rosé from France is always a crowd-pleaser. Made from Grenache, Cinsault and Rolle grapes, it has a lush and full flavor profile that is dry but smooth. It pairs with a wide array of foods and is very approachable.”



TIM MORFELD

CERTIFIED WINE MASTER
HY-VEE, LINCOLN, NEBRASKA

“It’s always special to have wine on Valentine’s Day. You can talk about the wine and where it’s from. I like Simi Chardonnay from Sonoma County, which has notes of peach, pear and oak and is a little on the buttery side. It pairs well with any kind of chicken or seafood. For an unoaked chardonnay, try A to Z Wineworks Chardonnay, from Oregon, with its notes of fresh-cut apples.”



BLAIR ZACHARIASEN

CERTIFIED SOMMELIER
HY-VEE, DES MOINES, IOWA

“I like opening something sparkling. Bubbles feel celebratory, and it’s romantic to toast with someone you love. I recommend Champagne Pol Roger Réserve Brut NV, the wine chosen by England’s royal family for state and family occasions. It is very reasonably priced. Veuve Clicquot Brut Rosé NV Champagne is a terrific pink bubbly for Valentine’s Day.”



BRIAN WAHLSTROM

CERTIFIED WINE MASTER
HY-VEE, AUSTIN, MINNESOTA

“Wine is made to be enjoyed with food. I recommend Borsao Garnacha, a delightful medium-bodied Spanish red with a very light tannic structure. It has a slightly floral nose with notes of raspberry, cherry and clove. This Grenache has balanced acidity with a slightly austere mouthfeel, a good partner for roasted turkey or grilled pork.”

FIND THESE WINES AT HY-VEE

DISCOVER FOR YOURSELF THAT GOOD TASTE CAN HAVE A REASONABLE PRICE TAG.

CASK & BARREL

ABOUT CASK & BARREL

These California wines, in a range of styles, include a Chardonnay aged in classic French cognac barrels, and Cabernet, Zinfandel and red blends aged in bourbon barrels.

DARK SLATE VINEYARDS

ABOUT DARK SLATE VINEYARDS

These bag-in-box wines have a green environmental footprint, are more economical and result in less oxidation and longer life of the wine. Available wine styles include Cabernet Sauvignon and Sauvignon Blanc, both from vineyards in the Villa Alegre region of Chile.

VEUVE-OLIVIER SPARKLING WINE

ABOUT VEUVE OLIVIER

Imported from Southwest France and made from classic grape varieties, these value-priced sparkling wines have won multiple gold medals. You'll find them at Hy-Vee in Brut or Rosé styles.

THIS OR THAT

ENJOY WINE IN WHATEVER CONVENIENT FORM YOU PREFER—BOTTLED, BOXED OR CANNED.



vs.



vs.



BOTTLED Glass wine bottles in a range of shapes, sizes and colors date back centuries. Dark green bottles are used to protect red wines from sunlight which can oxidate the wine, while clear or lightly tinted bottles are often used with white and rosé wines.

BOXED Growing in popularity ever since going mainstream in the '90s, boxed wine has shed its inferiority complex and attracted many devoted fans. A typical 3-liter box of wine holds the equivalent of 4 bottles of wine.

CANNED A niche originally, canned wine is catching on with wine drinkers who like on-the-go convenience. Typical can sizes range from 250 ml (about 2 glasses of wine) to 375 ml (roughly 2.5 glasses of wine).



vs.



CORK Cork stoppers are a traditional favorite. True cork is made from the bark of cork oak trees, but some cork stoppers are an amalgamation of cork, powder and glue. Synthetic corks are made of plastic—either petroleum based or plant based.

SCREW CAP The metal screw cap was introduced as an answer to the corks that occasionally taint the taste of wine. The aluminum caps are lined with plastic and are simple to open and close. Today they're found on wines in a variety of price points.

SERVING MORE THAN ONE KIND OF WINE? SET OUT THE WHITE OR ROSÉ WHILE ENJOYING A SPARKLING WINE WITH APPETIZERS. THE DINNER WINE WILL HAVE MORE FLAVOR IF IT'S NOT ICE COLD. YOU CAN ALSO DECANT A RED WINE BEFORE DINNER TO ENHANCE FLAVOR AND AROMA.

sips for galentine's

PLANNING A VIRTUAL GALENTINE'S NIGHT WINE TASTING? HAVE FRIENDS SAMPLE THESE SUGGESTIONS FROM HY-VEE SOMMELIER BLAIR ZACHARIASEN.



1 WING WINE CO. CHERRIES AND RAINBOWS

Organic, biodynamic red wine from Southern France that is cheerful and easy to drink.

2 MUMM NAPA BRUT ROSÉ

Festive pink sparkling wine made in the U.S. by a well-known Champagne producer.

3 KIM CRAWFORD ILLUMINATE SAUVIGNON BLANC

A lower calorie, lower alcohol version of the top-selling Sauvignon Blanc from New Zealand.

4 BANFI ROSA REGALE BRACHETTO D'ACQUI

Lightly sparkling, slightly sweet red wine pairs well with light desserts.

5 BERTRAND COTE DES ROSES ROSÉ

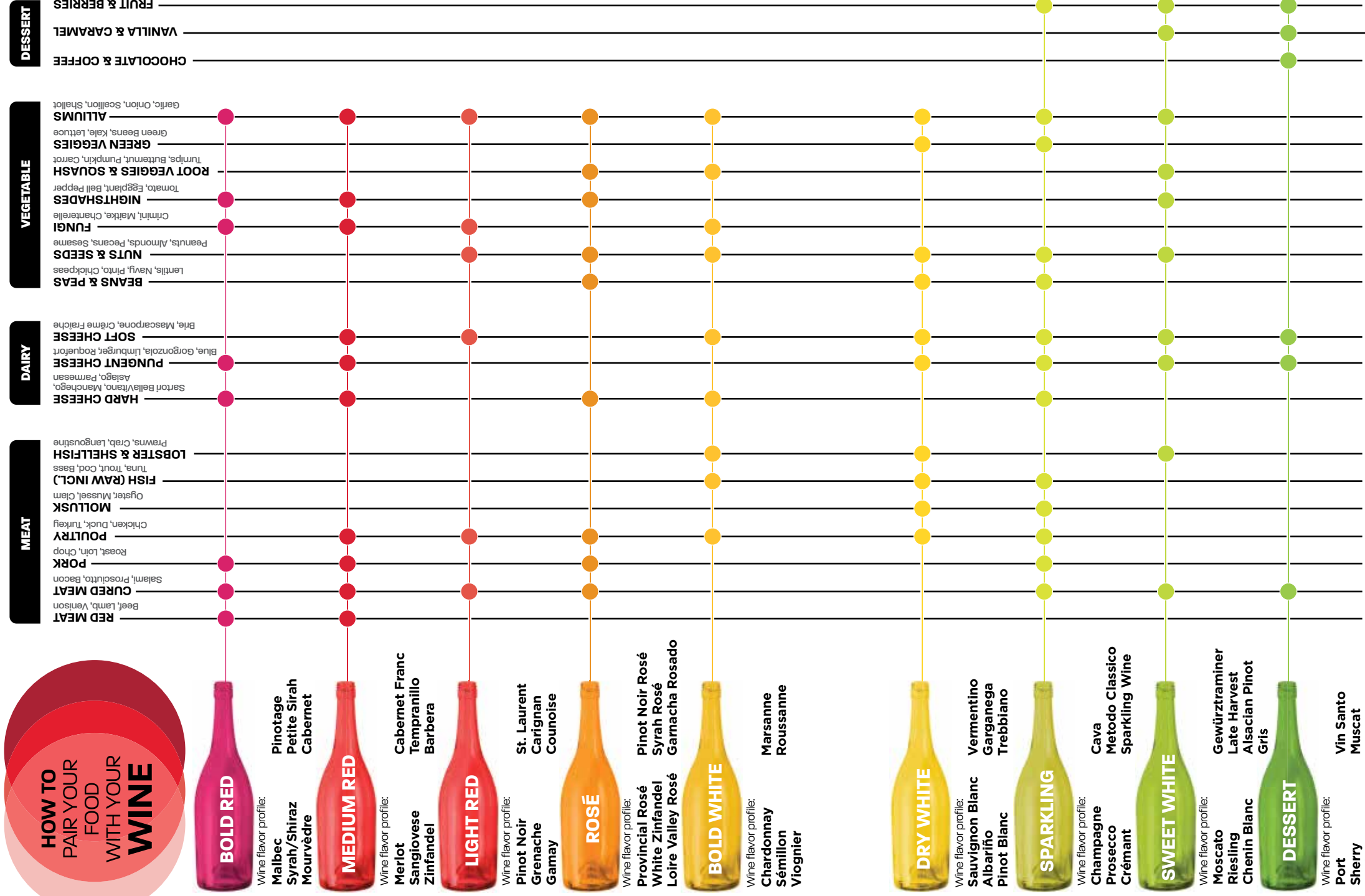
Light, crisp, clean and refreshing wine.

ALONG WITH A GLASS CORK, THIS WINE BOTTLE FEATURES A ROSE SHAPE MOLDED INTO THE BOTTOM.

EASY WINE GUIDE

WITH SO MANY GREAT-TASTING WINES AT HY-VEE TO EXPLORE, THIS GUIDE WILL HELP YOU FIND A MATCH FOR ANY FOOD ON YOUR MENU.

HOW TO PAIR YOUR FOOD WITH YOUR WINE



WINE TERMS & DEFINITIONS

Acidity is essential to a wine's quality and preservation. It ranges from a pH of 4.0+ for very low acid wines to 3.0 for sweet white wines.

TANNINS ARE NATURALLY OCCURRING COMPOUNDS THAT CONTRIBUTE BITTERNESS, ASTRINGENCY OR DRYNESS TO WINE.

Aeration allows wine to breathe, enhancing flavor by softening tannins and releasing gases. It is done by decanting or using an aerator (available from Hy-Vee).

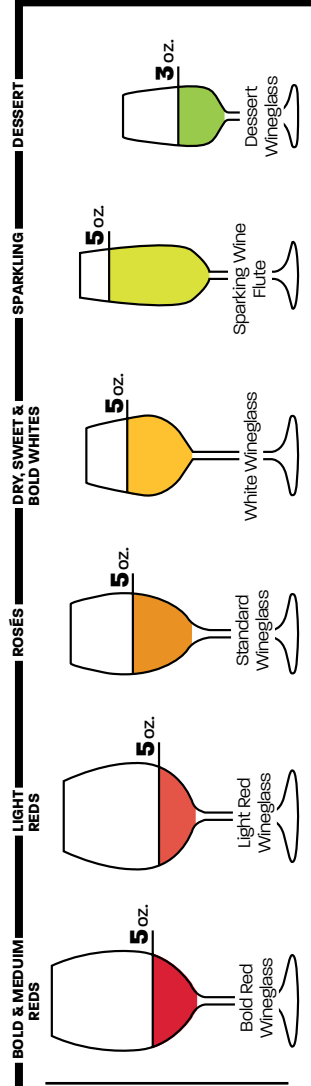
DRY WINES ARE THOSE THAT HAVE BEEN COMPLETELY FERMENTED WITH LITTLE RESIDUAL SUGAR OR SWEETNESS.

“Earthy” describes a residual flavor or aroma of soil that adds to a wine’s complexity.

MOUTHFEEL IS HOW A WINE FEELS IN THE MOUTH—FOR EXAMPLE, SILKY, SMOOTH OR ROUGH.

10,000
VARIETIES OF WINE GRAPES EXIST WORLDWIDE

HOW MUCH PER GLASS?
Never fill a wineglass to the top. Leave space in the bowl so the wine can breathe.



WINE ETIQUETTE AND SIMPLE RULES TO FOLLOW TO MAKE YOU LOOK LIKE A CONNOISSEUR

- Opening Statement** Uncorking a bottle of wine should be done quietly, without calling attention. A screw-top bottle is simple to navigate, but you'll need a corkscrew for a genuine cork. Hy-Vee also offers automatic wine bottle openers.
- Pop the Cork** While uncorking sparkling wine can be more of a production, it doesn't need to be. Place a dishcloth over the cork and gently twist the cork and bottle in opposite directions to release pressure gradually.
- Get a Grip** When pouring wine, hold the bottle close to the base, label facing forward, so guests can see the variety. Serve others first, pouring equal amounts into wineglasses that are set on a surface, not handheld.
- What's the Holdup?** Hold the wineglass by the stem between the thumb and first two fingers, with other fingers free. This prevents fingerprints on the bowl and keeps your hand's warmth from inadvertently warming the wine.
- First Impressions** Swirl the wine around the bowl to aerate it, then raise the glass to your nose to enjoy the bouquet. Take a small sip and swirl the wine in your mouth, completely covering your tongue to truly experience the flavors.
- Sensible Sipping** Sip from the same spot each time to avoid leaving mouth marks around the rim. When serving several wines, provide extra wineglasses so guests don't feel a need to finish one to make room for another.



OATMEAL

GOOD FOR
MORE THAN
BREAKFAST!

Tap into the versatility of this superstar ancient grain. Its nutty, toothsome qualities create the best no-bake cookies, extra-crispy chicken, savory grain bowls and more!

No-Bake Chocolate Oaties

Total Time 20 minutes plus drying time
Makes 20

- 1/2 cup Hy-Vee unsalted butter
- 2 cups Hy-Vee granulated sugar
- 1/4 cup Hy-Vee baking cocoa
- 3/4 cup Hy-Vee 2% reduced-fat milk
- 1/2 cup Hy-Vee creamy peanut butter
- 1/4 tsp. Hy-Vee salt
- 3 1/2 cups Hy-Vee old-fashioned oats
- 1/4 cup Hy-Vee creamy white baking chips
- Fresh raspberries, for garnish

- 1. LINE** a baking sheet with parchment paper; set aside.
- 2. COMBINE** butter, sugar, baking cocoa and milk in a medium saucepan. Bring mixture just to boiling. Remove from heat. Stir in peanut butter and salt. Add oats; combine well.
- 3. DROP** mixture by heaping tablespoons onto prepared baking sheet; press lightly. Let dry at room temperature until firm.
- 4. MELT** white baking chips in a microwave-safe bowl at 10-second intervals until melted, stirring each time. Transfer to a resealable plastic bag. Snip one corner and drizzle chocolate on cookies. Garnish with fresh raspberries, if desired.
- 5. STORE** in an airtight container at room temperature up to 3 days.

Per oatie: 230 calories, 10 g fat, 4.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 65 mg sodium, 34 g carbohydrates, 2 g fiber, 23 g sugar (22 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%



CHEWY GOODNESS!
Old-fashioned whole rolled oats make a superior cookie. The oatmeal ensures rounded disks hold their shape and brings the desired “chew” to these no-bake treats.

10 EASY OATMEAL IDEAS

Discover tasty spins on a breakfast staple you can eat anytime. There's wholesome deliciousness and nuttiness in every bite.

1. Edible Oatmeal Cookie Dough

Pulse 1½ cups Hy-Vee old-fashioned oats in a food processor until finely ground. Beat ¾ cup softened Hy-Vee salted butter, ½ cup Hy-Vee granulated sugar and ¼ cup packed Hy-Vee brown sugar in a mixing bowl with an electric mixer until creamy. Beat in oats and ½ tsp. Hy-Vee ground cinnamon. Stir in 1 cup Hy-Vee semisweet chocolate chips. Store in the refrigerator up to 5 days. Serve with Hy-Vee honey grahams. Makes 2 cups.



2. Turkey and Apple Meatballs

Combine 1 lb. lean ground turkey, 1 cup finely chopped apple, ½ cup Hy-Vee quick oats, ¼ cup finely chopped Hy-Vee Short Cuts white onions, 1 Hy-Vee large egg, 1 minced garlic clove, 1 tsp. Hy-Vee dried thyme, ½ tsp. Hy-Vee salt and ¼ tsp. Hy-Vee black pepper. Shape into 1-in. balls. Bake at 400°F for 20 minutes or until done (165°F). Serve with Hy-Vee Select 100% pure maple syrup. Makes 32.



3. Oatmeal Chocolate Bark

Spread ½ cup Hy-Vee quick oats on baking sheet. Toast in a 375°F oven 8 minutes; cool. Microwave 1 (12-oz.) pkg. Hy-Vee semisweet chocolate chips on HIGH 1 to 2 minutes or until melted, stirring every 30 seconds. Stir in ¼ cup toasted oats. Spread mixture on a parchment-lined baking sheet. Sprinkle with remaining ¼ cup toasted oats; ¼ cup coarsely chopped, shelled pistachios and ¼ cup Hy-Vee dried cranberries. Let stand until firm. Break into pieces. Serves 12.

4. Cinnamon Oatmeal Ice Cream

Spread 1 cup Hy-Vee quick oats on a baking sheet. Toast in a 375°F oven for 8 minutes; cool. Place 2½ cups Hy-Vee heavy whipping cream in a saucepan. Bring just to boiling; remove from heat. Stir in toasted oats, 1 tsp. Hy-Vee vanilla extract and ½ tsp. Hy-Vee ground cinnamon. Cover; let stand 30 minutes. Strain mixture; discard oats. Add additional whipping cream, if needed, to equal 2 cups. Stir in 1 (8-oz.) can Hy-Vee sweetened condensed milk. Transfer to an airtight container and freeze several hours. Serve scoops topped with walnuts and additional toasted oats. Serves 6 (½ cup each).



5. Oatmeal-Crusted Chicken Tenders

Pulse 1 cup Hy-Vee old-fashioned oats in a food processor until ground; transfer to a shallow bowl. Place ½ cup honey mustard dressing in another shallow bowl. Dip 1 (1-lb.) pkg. Hy-Vee True boneless chicken breast tenders, one at a time, into dressing, then into oats. Air-fry or bake at 375°F for 15 minutes or until done (165°F). Serves 6 (2 tenders each).

6. Strawberry Oat Smoothie

Combine 1 cup Hy-Vee frozen sliced strawberries, 1 (6-oz.) pkg. Hy-Vee low-fat strawberry yogurt, ½ cup Hy-Vee quick oats, ½ cup original flavored oat milk and 2 tsp. agave nectar in a blender. Cover and blend until smooth. Pour smoothie into a 16-oz. glass. Garnish with a fresh strawberry, if desired. Serves 1.



7. Oat-Breaded Mozzarella Sticks

Pulse ¾ cup Hy-Vee old-fashioned oats in a food processor until finely ground. Transfer oats to a shallow bowl. Stir in 1½ tsp. Hy-Vee Italian seasoning and ½ tsp. Hy-Vee salt. Unwrap 1 (12-oz.) pkg. Hy-Vee natural mozzarella string cheese. Halve sticks lengthwise to create 24 sticks. Whisk 1 Hy-Vee large egg in a shallow bowl until beaten. Dip cheese sticks into egg; roll in oat mixture, coating well. Heat 2 in. Hy-Vee canola oil in saucepan over medium heat to 350°F. Fry sticks in batches 3 minutes or until golden. Serve with Hy-Vee marinara sauce, if desired. Serves 12 (2 sticks each).



8. Steel-Cut Oat Tabbouleh

Cook ¼ cup Hy-Vee steel-cut oats according to pkg. directions; rinse and drain. Combine ½ cup cut-up tomato, ½ cup chopped English cucumber, ¼ cup chopped fresh Italian parsley, 2 Tbsp. sliced green onion, 2 Tbsp. fresh lime juice and 1 Tbsp. Gustare Vita olive oil in a medium bowl. Stir in steel-cut oats. Season to taste with Hy-Vee salt and black pepper. Serves 4 (¼ cup each).

9. Oat Flatbread Pizza Crust

Place 1 cup Hy-Vee quick oats, ¾ cup Hy-Vee low-moisture whole milk shredded mozzarella cheese and 2 tsp. Hy-Vee dried thyme in a food processor. Cover and process to fine crumbs. Add 1 Hy-Vee large egg to food processor; process until a dough forms. Roll dough on a baking sheet into a 14x6-in. rectangle. Bake at 425°F for 5 minutes. Add desired toppers and bake 10 minutes more or until heated through and cheese is melted. Serves 10.



10. Tropical Oatmeal Energy Balls

Combine 1 cup Hy-Vee old-fashioned oats, ½ cup Hy-Vee sweetened coconut flakes, ¼ cup Hy-Vee semisweet chocolate chips and ½ cup chopped Hy-Vee dried mango. Stir in ½ cup cashew butter and ⅓ cup light agave nectar. Shape mixture into 1-in. balls. Chill in the refrigerator for 30 minutes. Serves 9 (2 each).

Oatmeal Treats
Learn how to make energy balls, pizza crust or edible cookie dough on HSTV.com



Watch and learn at HSTV.com today!

Strawberry Oat Bars

Hands On 15 minutes
Total Time 45 minutes
Makes 24

Hy-Vee nonstick baking spray
1½ cups Hy-Vee all-purpose flour
1½ cups Hy-Vee quick oats
½ tsp. Hy-Vee baking powder
½ tsp. Hy-Vee ground nutmeg
1 cup Hy-Vee salted butter, softened
¾ cup lightly packed Hy-Vee light brown sugar
½ tsp. Hy-Vee ground nutmeg
1 (12-oz.) jar Hy-Vee strawberry preserves
¼ cup Hy-Vee sweetened coconut flakes

1. PREHEAT oven to 350°F. Spray a 9×13×2-in. rectangular baking dish with nonstick spray. Combine flour, oats, baking powder and nutmeg; set aside.

2. PLACE butter and brown sugar in a medium mixing bowl. Beat with an electric mixer until creamy. Beat in flour mixture until well-combined. (Mixture will be crumbly.) Set aside half the crumb mixture.

3. PRESS the remaining crumb mixture into prepared baking dish. Spread with strawberry preserves. Sprinkle with reserved crumb mixture and coconut.

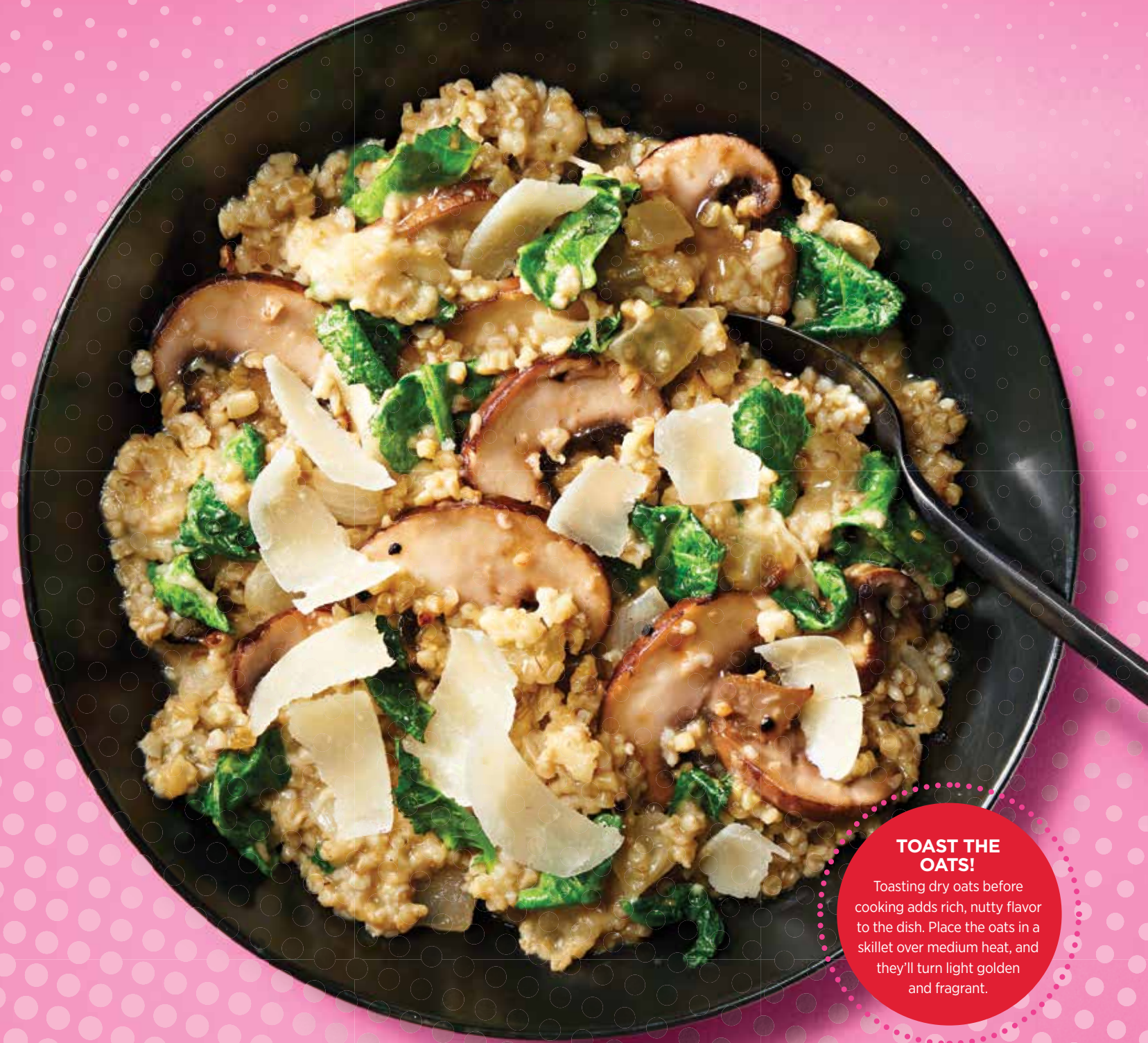
4. BAKE for 30 to 35 minutes or until lightly browned. Cool completely on a wire rack. Cut into squares.

5. TO STORE, layer bars between waxed paper in an airtight container. Cover and refrigerate up to 2 days.

Per bar: 180 calories, 8 g fat, 5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 65 mg sodium, 26 g carbohydrates, 1 g fiber, 16 g sugar (7 g added sugar), 2 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 0%

CHANGE IT UP!

Swap in different preserves, such as apricot or raspberry; sub chopped walnuts or almonds for coconut; or add some spice to the oats mixture.



TOAST THE OATS!

Toasting dry oats before cooking adds rich, nutty flavor to the dish. Place the oats in a skillet over medium heat, and they'll turn light golden and fragrant.

Steel-Cut Oats with Mushrooms and Kale

Hands On 10 minutes
Total Time 35 minutes
Serves 4 (1 cup each)

¼ cup Hy-Vee unsalted butter
1 cup sliced baby bella mushrooms
¼ cup Hy-Vee Short Cuts chopped white onions
2 cloves garlic, minced
2 cups Hy-Vee vegetable cooking stock
1 cup Full Circle organic steel-cut oats
¾ cup baby kale leaves
¼ cup finely shredded Parmesan cheese, plus shaved Parmesan for garnish

1. MELT butter in a medium saucepan over medium heat. Add mushrooms and onions. Cook for 3 minutes or until tender. Add garlic and stock. Bring to boiling.

2. ADD oats; reduce heat. Simmer, covered, for 20 minutes or until liquid is absorbed and oats are tender, stirring occasionally. Remove from heat. Fold in kale and shredded Parmesan cheese.

3. DIVIDE mixture among four serving bowls. Garnish with shaved Parmesan, if desired. Serve immediately.
Per serving: 300 calories, 16 g fat, 9 g saturated fat, 0 g trans fat, 35 mg cholesterol, 680 mg sodium, 31 g carbohydrates, 4 g fiber, 2 g sugar (1 g added sugar), 8 g protein.
Daily Values: Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 6%

21 BIG GAME SOLUTIONS

Whether you're watching the game with just a few or a bunch, Hy-Vee has game-day snacks covered. Visit your local Hy-Vee or call the Catering Department to find the nibbles that keep hunger at bay.



1 GAME DAY OR ANY DAY, PIZZA WINS

Select from Hy-Vee 14-inch Take & Bake pizzas with a variety of crusts and toppings, that bake in 10 to 15 minutes.

2 Need it now? Wood-fired Mia Pizzas can be ready in 6 minutes. Show up with piping hot pizza ready to eat right away.

3

Barbecue or Swedish, meatballs are a satisfying nosh while you're cheering for your team. Available by the pound, order enough for everyone.



4 BROWNIE COCKTAIL TRAYS

Trays include a selection of fudge, turtle, German chocolate and crème cheese brownies.



5

TORTILLA CHIPS ARE THE IDEAL BASE FOR ALMOST ANY TOPPING. PAIRED WITH SPINACH AND ARTICHOKE DIP, THE COMBO IS A SURE WINNER.



6 DON'T FORGET THE VEGGIES

Help keep carbs at bay with a variety of vegetable trays—with or without dip—like the Signature Premier Vegetable Platter.



7 BOARDS GALORE

Charcuterie boards with an assortment of meats and cheeses, along with nuts, spreads and other accompaniments, offer variety. Create your own or order one already assembled.



8 GAME DAY CALLS FOR SANDWICHES. SELECT SOME FROM THE DELI OR ORDER A PLATTER FROM CATERING.

9 CHIPS AND GUAC

Pair Cocina Mexicana tortilla chips with freshly made Homestyle guacamole from the Hy-Vee Deli.



10 BEANS OR NO BEANS, THAT IS THE QUESTION WHEN IT COMES TO CHILI. HY-VEE'S BRICK-HOUSE CHILI WITH BEANS IS THE ANSWER.





11 HICKORY HOUSE RIBS

Hy-Vee barbecue half-racks and full-rack ribs are prepped with a secret Hickory House rub and smoked to perfection right in the store.

12 WIN THE THIRST GAME

Whether you call it soda or pop, visit the Hy-Vee soft drink aisle or order through Aisles Online to have plenty on hand while watching the big game.



14 FOR SOMETHING A LITTLE HARDER THAN SOFT DRINKS OR TO ADD A LITTLE PUNCH TO YOUR COCKTAILS, HY-VEE OFFERS A VARIETY OF BEERS, WINES AND SPIRITS TO MEET ALL YOUR BEVERAGE PREFERENCES.



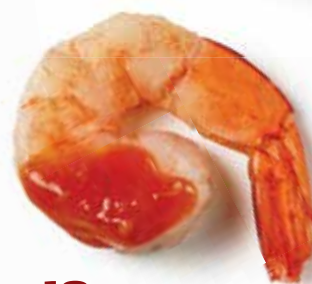
13 WINNER, WINNER CHICKEN DINNER

Order Hy-Vee fried, spicy fried or herb roasted chicken by the piece to have the right amount, no matter the size of your group.



16 CRUNCHY, SALTY PRETZELS

Braided seasoned pretzels boast a hint of flavor along with a satisfying crunch. Choose from dill pickle, honey mustard and jalapeño ranch.



18 GAME CHANGER

Cooked, peeled natural shrimp served with cocktail sauce and a squeeze of lemon is a welcome game-time treat. Trays serve from 8 to 30, so it's easy to order for any size gathering.



19 SWEET VICTORY

Celebrate the game with cookies! A wide selection, including chocolate chip, iced sugar cookies, M&M and more are ready for you in the Hy-Vee Bakery.



17 KICK OFF THE GAME WITH DIP

Hy-Vee Buffalo Chicken Dip delivers a little spice to game time. Enjoy with crunchy or crispy dippers like vegetables or crackers.



20 EVERYDAY CUPCAKES FROM THE HY-VEE BAKERY WERE PRACTICALLY INVENTED FOR GAME DAY. TRY WHITE, CHOCOLATE OR CONFETTI TOPPED WITH CHOCOLATE OR VANILLA BUTTERCREAM.

21

GET A LITTLE SAUCY

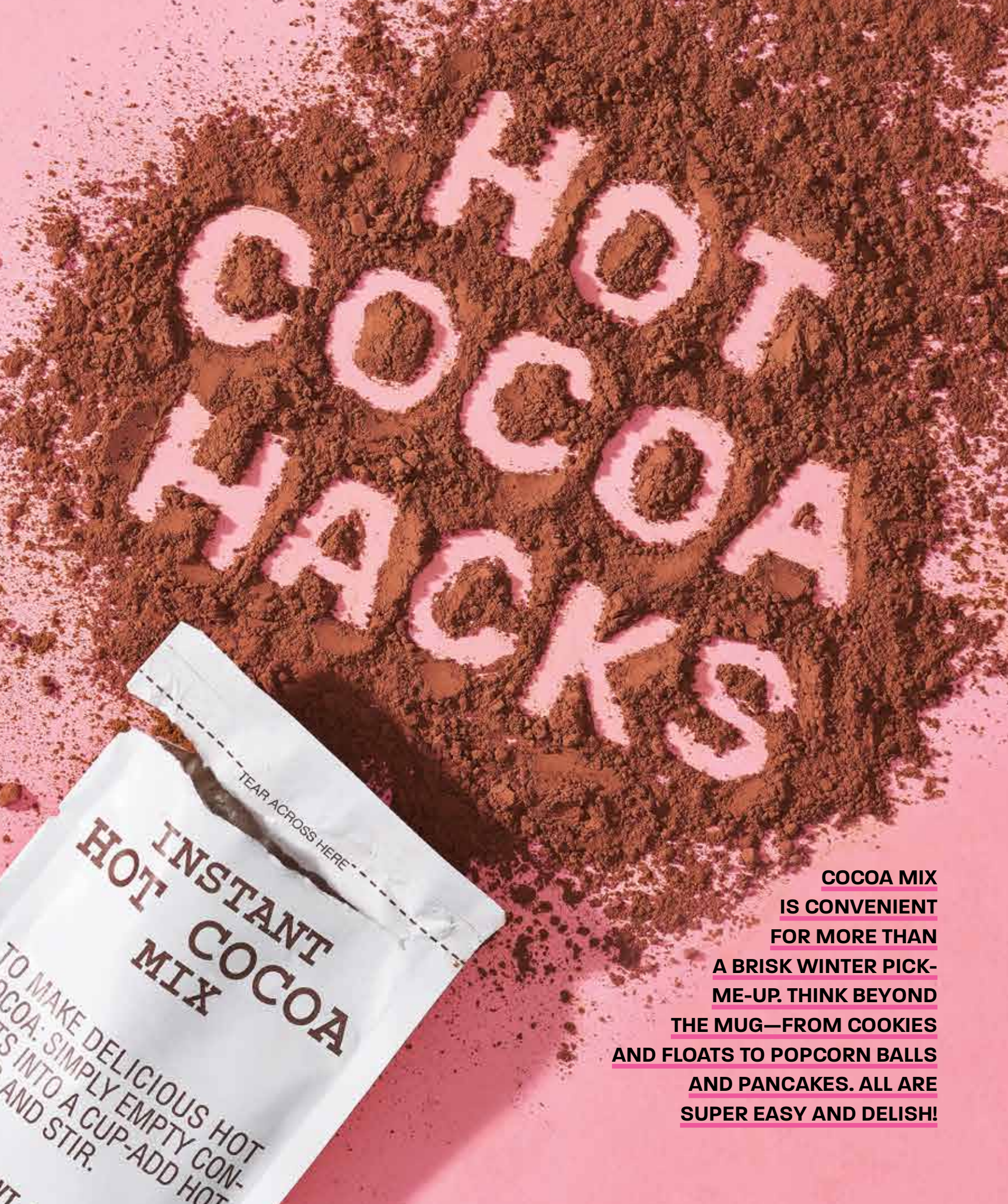
Chicken wings are always a good choice, and Hy-Vee offers both bone-in and boneless, plus sauces available in five flavors—BBQ, Buffalo, General Tsao, Honey Mustard and Honey Roasted Garlic. Order one or more to satisfy the whole bunch.



15

HY-VEE HICKORY HOUSE PULLED PORK IS SLOW-SMOKED UNTIL TENDER, THEN PAIRED WITH A SAVORY ONION BUN. IT'S A GAME-DAY FAVORITE.





COCOA MIX IS CONVENIENT FOR MORE THAN A BRISK WINTER PICK-ME-UP. THINK BEYOND THE MUG—FROM COOKIES AND FLOATS TO POPCORN BALLS AND PANCAKES. ALL ARE SUPER EASY AND DELISH!

Fudgy Peppermint Crunch Cookies

Total Time 38 minutes
Makes 25

- 1 cup Hy-Vee Starlight candies, unwrapped
- 1 (16.5-oz.) box Hy-Vee extra moist devil's food deluxe cake mix
- 3 (1-oz.) pouches Hy-Vee rich chocolate flavor hot cocoa mix
- ½ cup Hy-Vee canola oil
- 2 Hy-Vee large eggs
- ¼ cup Hy-Vee mini chocolate chips
- ¼ tsp. Hy-Vee peppermint extract

- 1. PREHEAT** oven to 350°F. Line cookie sheets with parchment paper; set aside.
- 2. PLACE** peppermint candies in a resealable plastic bag. Seal bag. Pound with a rolling pin, heavy skillet or meat mallet until coarsely crushed. Or, process candies in a food processor using on/off pulsing action. Place crushed candies in a bowl; set aside.
- 3. COMBINE** cake mix, hot cocoa mix, canola oil, eggs, chocolate chips and peppermint extract in a bowl. Form dough into balls; dip into crushed candies and place 2 in. apart on prepared cookie sheets. Bake 8 to 10 minutes or just until set. Cool on a wire rack.

Per cookie: 160 calories, 7 g fat, 1.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 170 mg sodium, 21 g carbohydrates, 1 g fiber, 14 g sugar (13 g added sugar), 2 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%



A QUICK COCOA FIX
Hy-Vee cocoa mix comes in single-serve packets. Choose cocoa with rich chocolate flavor, with marshmallows or with no added sugar. Just add water.



10 EASY COCOA FIXES

Give these fun treats a double hit of chocolate and they're sure to become your family's all-time favorites!



1

Berrylicious Cocoa Brownies

Preheat oven to 350°F. Spray a 13x9x2-in. baking pan with Hy-Vee nonstick cooking spray. Combine 1 (18.3-oz.) box Hy-Vee chewy fudge deluxe brownie mix, 2 (1-oz.) pouches Hy-Vee no-sugar-added hot cocoa mix, 2 Hy-Vee large eggs, ⅔ cup Hy-Vee vegetable oil, and ¼ cup water. Spread batter in prepared pan. Bake 25 minutes or until a wooden toothpick inserted near center comes out clean. Cool on a wire rack. Combine ½ cup Hy-Vee canned creamy white frosting with 1 Tbsp. seedless blackberry preserves. Drizzle over brownies. Top with fresh raspberries. Serves 12.



4

Mexican Chocolate Pudding Pops

Combine 4 (3.25-oz.) cups Hy-Vee chocolate pudding, 2 (1-oz.) pouches Hy-Vee rich chocolate flavor hot cocoa mix, ¼ tsp. Hy-Vee ground cinnamon and ¼ tsp. Hy-Vee almond extract. Fill 8 (3-oz.) pop molds half full of mixture. Freeze 1 hour. Add 2 (3.25-oz.) cups Hy-Vee vanilla pudding to molds and insert craft sticks. Freeze 1 hour. Add remaining chocolate mixture to molds. Cover and freeze 6 hours or until firm. Makes 8.



5

Spicy Chocolate Snack Mix

Toast 1 (10.3-oz.) can Hy-Vee less-than-50% peanuts salted mixed nuts in a 325°F oven for 8 minutes, stirring halfway through. Combine 1 (1-oz.) pouch Hy-Vee rich chocolate-flavor hot cocoa mix and ¾ tsp. chipotle chili powder. Sprinkle on nuts; drizzle with 2 Tbsp. melted Hy-Vee salted butter. Toss to combine. Return to oven and toast 5 minutes more. Serves 10.



2

Hot Cocoa Ice Cream Float

Coat inside bottom of a heavy 10-oz. glass with hot fudge sauce. Place in freezer. Prepare 1 (1-oz.) pouch Hy-Vee rich chocolate flavor instant hot cocoa mix according to pkg. directions, using whole milk. Pour into glass. Top with scoops of It's Your Churn Moose Tracks ice cream and, if desired, shaved chocolate. Serves 1.



3

Peanut Butter Cocoa

Prepare 1 (1-oz.) pouch That's Smart! hot cocoa mix according to pkg. directions, using Hy-Vee 2% reduced-fat milk. Stir in 1 Tbsp. peanut butter powder. Top with whipped cream and drizzle with melted That's Smart! creamy peanut butter. Serves 1.



6

Frozen Mudslide

Spread hot fudge topping on the rim and top of a 12-oz. glass; coat with chopped Crav'n chocolate sandwich cookies. Pipe desired amount of Hy-Vee marshmallow cream in glass. Combine 1 cup crushed ice, ½ cup whole milk, 6 Crav'n chocolate sandwich cookies and 1 (1-oz.) pouch Hy-Vee rich chocolate flavor instant hot cocoa mix in a blender. Cover and blend until smooth. Pour mixture into glass. Top with whipped cream and garnish with additional cookie, if desired. Serves 1.



7

Chocolate-Berry Pancakes

Whisk together 2 cups Hy-Vee buttermilk complete pancake & waffle mix, 6 (1-oz.) pouches Hy-Vee rich chocolate flavor hot cocoa mix, and 1½ cups water. Spray a nonstick skillet with Hy-Vee nonstick cooking spray; heat over medium heat. Pour ½ cup batter for each pancake into skillet. Turn when pancakes bubble and bottoms are light brown. Serve pancakes topped with sweetened fresh strawberries and Hy-Vee chocolate-flavored syrup. Serves 4.



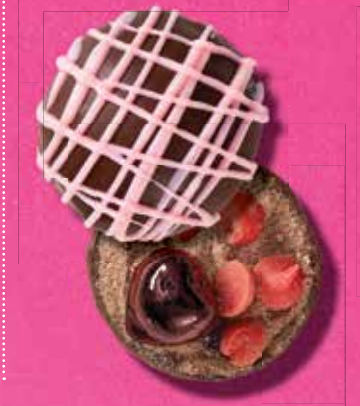
WHITE CHOCOLATE MOCHA

Filling: 2 tsp. Hy-Vee rich chocolate flavor instant hot cocoa mix + 1 tsp. instant espresso powder
Finish: Dark chocolate drizzle + chocolate curls



CHERRY CHOCOLATE

Filling: 2 tsp. Hy-Vee rich chocolate flavor instant hot cocoa mix + 1 tsp. cherry flavored baking chips + 1 Luxardo cherry
Finish: Pink-tinted white chocolate drizzle.



CHOCOLATE MINT

Filling: 2 tsp. Hy-Vee instant hot cocoa mix with marshmallows + 1 tsp. chopped chocolate mint candies.
Finish: White chocolate drizzle + chopped chocolate mint candies.



MALTED CHOCOLATE

Filling: 2 tsp. Hy-Vee instant hot cocoa mix with marshmallows + 1 tsp. chocolate malted milk mix
Finish: White chocolate drizzle + marshmallow bits



10

Hot Cocoa Bomb

Tightly cover two 1-Tbsp. measuring spoons with plastic wrap. Dip rounded bottoms into melted dark chocolate or white vanilla melting wafers; freeze until set. Repeat. Remove plastic wrap; separate shells. Smooth shell edges on a warm plate. Fill one shell with filling; cover with second shell, lining up edges. Seal shells, covering seam with additional melted chocolate; freeze until set. Decorate as desired. To serve, place cocoa bomb in a mug. Pour 8 oz. warmed Hy-Vee 2% reduced-fat milk over bomb; stir to combine. Makes 1.



8

Cocoa Marshmallow Crème Frosting

Combine ½ cup Hy-Vee heavy whipping cream and 3 (1-oz.) pouches Hy-Vee rich chocolate flavor hot cocoa mix in saucepan. Bring to boiling. Cool. Beat ¼ cup softened Hy-Vee salted butter for 30 seconds. Beat in 1½ cups Hy-Vee powdered sugar, cocoa mixture and ¼ cup Hy-Vee marshmallow crème until light and fluffy. Makes 1¼ cups.



9

Candied Cocoa Popcorn Balls

Toss 8 cups salted, buttered popcorn with 2 (1.86-oz.) chopped Snickers bars in a large bowl. Melt ¼ cup Hy-Vee salted butter in saucepan over medium heat. Stir in 4 cups Hy-Vee miniature marshmallows, ½ cup Hy-Vee semisweet chocolate chips and 2 (1-oz.) pouches Hy-Vee hot cocoa mix with marshmallows; heat and stir until melted. Pour over popcorn mixture; stir until coated. Form into balls. Drizzle with melted white or dark chocolate and add desired sprinkles. Serves 8.

Melty and Rich!

Learn how to make fun-filled hot cocoa bombs on HSTV.



Watch and learn at HSTV.com today!

hot hot hot!! sauce

CONDIMENTS ARE SURGING IN POPULARITY WITH NONE HOTTER THAN HOT SAUCE. IT'S EASY TO INCORPORATE FIERY FLAVORS FROM AROUND THE GLOBE.

NEED TO KNOW: HOT SAUCE

Millennials' increasing exposure to Asian and Latin cuisine due to a rising immigrant population has created a demand for spicy food.

The majority of a pepper's **HEAT-GENERATING CAPSAICIN** is found in the white membranes, not the seeds.

3.7 BILLION
THE PROJECTED SIZE OF THE GLOBAL HOT SAUCE MARKET BY 2026



LOUISIANA STYLE

Made from mainly vinegar, cayenne or tabasco peppers and salt in varying proportions. Often aged, either in plastic drums or wood barrels, Louisiana-style sauces add approachable heat and help balance rich foods.

TRY IT! Frank's Red Hot Sauce • Louisiana Hot Sauce • Tabasco Pepper Sauce • Trappey's Red Devil Cayenne Pepper Sauce • Crystal Hot Sauce

GLOBAL

Access to flavors from other cultures and parts of the world has never been easier. Sriracha was once relatively unknown and is now a staple in many homes. Expand your horizons and try a globally inspired hot sauce today.

TRY IT! Sriracha Hot Chili Sauce • KPOP Sauce • Nando's Hot Peri Peri • Harissa Sauce

SWEET & SPICY

Adding sweetness can help tone down the heat from peppers while also creating a more complex sauce. Habanero peppers, while spicy, have floral and fruity flavors, making them a good chile for sauces that include mango or pineapple.

TRY IT! Melinda's Habanero Mango • Pickapeppa Spicy Mango Sauce • Famous Dave's Pineapple Rage • Cholula Sweet Habanero • Tiger Sauce

CHIPOTLE

Chipotle peppers add smoky heat to hot sauces. Drizzle over your favorite foods, or add depth to recipes. Add a bottle of chipotle hot sauce to your collection, you won't regret it!

TRY IT! Tabasco Chipotle Pepper Hot Sauce • Louisiana Chipotle Hot Sauce • Cholula Chipotle Hot Sauce • Siete Chipotle Hot Sauce

MEXICAN STYLE

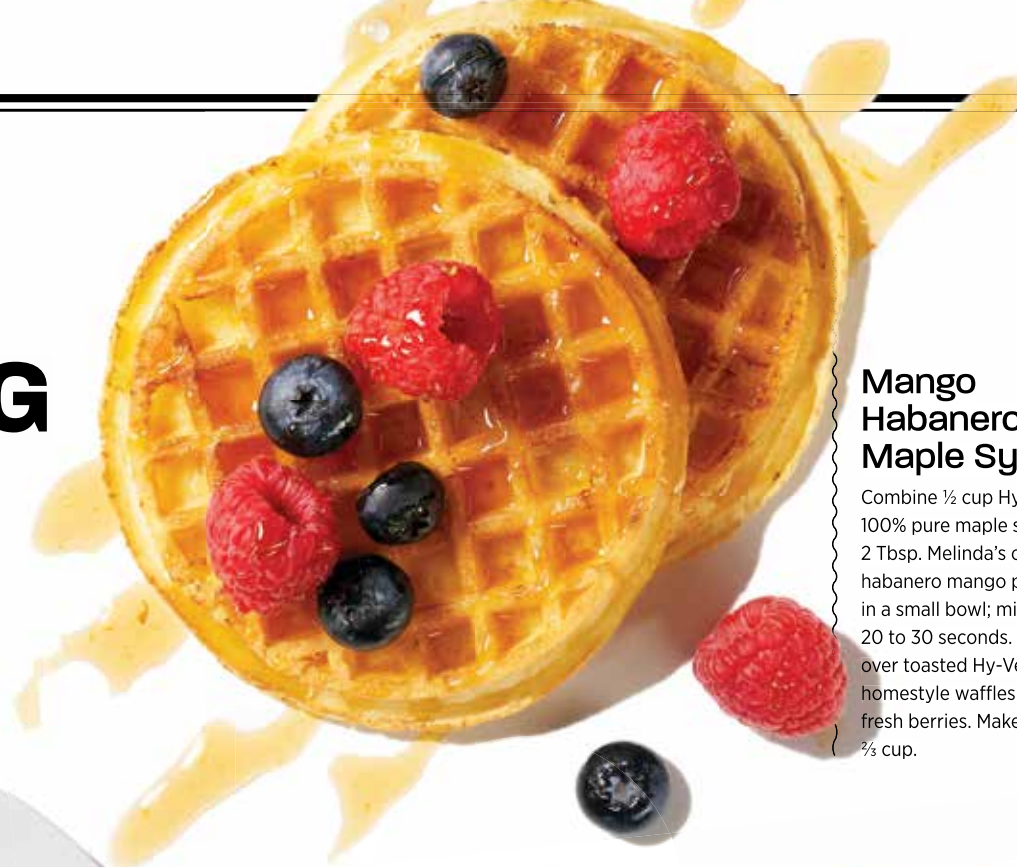
Mexican-style hot sauces are thicker and less acidic than Louisiana-style sauces. They are made with a variety of peppers, such as piquin and arbol in Chalula and puya peppers in Valentina. Additional spices are included for even more flavor.

TRY IT! Cholula Hot Sauce • Sabor! by Texas Pete Mexican-Style Hot Sauce • Tapatio Salsa Picante • Valentina Salsa Picante • La Victoria Salsa Brava Hot Sauce

COMMERCIAL HOT SAUCE IS NOT A MODERN PHENOMENON; THE FIRST BOTTLE OF TABASCO WAS PRODUCED IN 1868—MORE THAN 150 YEARS AGO.

8 BLAZING IDEAS

IGNITE YOUR TASTE BUDS WITH HOT SAUCE-INFUSED SNACKS, SAUCES, DIPS, DESSERTS AND MORE.



Mango Habanero Maple Syrup

Combine ½ cup Hy-Vee Select 100% pure maple syrup and 2 Tbsp. Melinda's original habanero mango pepper sauce in a small bowl; microwave 20 to 30 seconds. Drizzle over toasted Hy-Vee frozen homestyle waffles topped with fresh berries. Makes about ¾ cup.



Cherry Sriracha Sauce

Combine ½ cup Hy-Vee cherry preserves and 2 Tbsp. Sriracha in a small saucepan. Cook over medium-low heat until heated through. Spoon over grilled pork chops or chicken breasts. Makes about ¾ cup.

Sweet Potato Fries with Chipotle Crema

For chipotle crema, combine ¼ cup Hy-Vee sour cream and 1½ Tbsp. Louisiana Brand chipotle hot sauce in a small bowl; set aside. Prepare 1 (19-oz.) bag Hy-Vee sweet potato fries according to pkg. directions. Top with 9 oz. ground pork chorizo, cooked, and ¼ cup crumbled Cotija cheese. Drizzle with crema. Sprinkle with 2 Tbsp. chopped fresh cilantro. Serves 6.



Gochujang Popcorn

Combine 3 Tbsp. melted Hy-Vee salted butter and 1½ Tbsp. KPOP Korean hot sauce; toss with 1 (5-oz.) bag Hy-Vee white premium air-popped popcorn. Serves 5.



Spicy Satisfaction

Discover how to create hot sauce popcorn, hummus and syrup recipes on HSTV.com



Watch and learn at HSTV.com today!

Topped Avocado Toast

Spread Hy-Vee cream cheese on toasted Hy-Vee 100% multi-grain bread. Top with halved cherry tomatoes and sliced avocado. Drizzle with Tapatío hot sauce.



Zesty Honey Mustard Dipping Sauce

Combine ½ cup Hy-Vee mayonnaise, 2 Tbsp. Hy-Vee honey mustard and 3 Tbsp. Sabor! by Texas Pete Mexican-style hot sauce in a small bowl. Sprinkle with Hy-Vee cayenne pepper, if desired. Serve with 1 (12-oz.) box frozen Crav'n Flavor pretzel nuggets, prepared according to pkg. directions. Serves 6.

Spicy Cinnamon Brownies

Preheat oven to 350°F. Spray an 8×8×2-inch baking pan with Hy-Vee nonstick cooking spray; set aside. Combine 1 (18.3-oz.) box Hy-Vee chewy fudge brownie mix, 2 Hy-Vee large eggs, ¾ cup Hy-Vee vegetable oil and ½ cup Trappey's Red Devil cayenne pepper sauce in a large bowl. Transfer batter to prepared pan and sprinkle with ½ cup cinnamon chips. Bake 50 to 55 minutes, or until edges pull away from the pan and center is set; cool. Serves 16.



Peri-Peri Hummus

Combine 1 (10-oz.) container Hy-Vee original hummus and 3 Tbsp. Nando's hot peri-peri sauce in a small bowl. Drizzle with Gustare Vita olive oil and sprinkle with Hy-Vee paprika. Serve with fresh vegetables. Serves 10.



THE SCOVILLE SCALE

The Scoville scale measures the spiciness of peppers by recording the number of times a mixture of ground peppers and sugar water needs to be diluted until testers can't detect any heat.

SCOVILLE HEAT UNITS

- Chipotle
2,500 to 8,000 SHU
- Morita
2,500 to 8,000 SHU
- Red Jalapeño
2,500 to 8,000 SHU
- Puya
5,000 to 8,000 SHU
- Arbol
15,000 to 30,000 SHU
- Cayenne
30,000 to 50,000 SHU
- Tabasco
30,000 to 50,000 SHU
- Pequin
40,000 to 60,000 SHU
- African Bird's Eye Chili
175,000 SHU
- Habanero
100,000 to 350,000 SHU

16 MILLION

Capsaicin, the chemical that makes peppers spicy, tops the scale at 15,000,000 to 16,000,000 Scoville Heat Units (SHU).

COOL DOWN

RECOVER FROM EATING SOMETHING TOO SPICY BY EATING ICE CREAM OR DRINKING MILK. CASEIN, A PROTEIN IN MILK, BINDS TO CAPSAICIN AND HELPS REMOVE IT.

Sources: www.acs.org/content/acs/en/education/resources/highschool/chemmatters/past-issues/archive-2013-2014/peppers.html



Love me Tender.

TRY OUR HAND-BREADED CHICKEN TENDERS.

When it comes to chicken tenders we're giving you even more to love. Our new delicious tenders are breaded fresh right before cooking in either a savory or spicy coating. We'll even make them fresh to order if that's your preference. Stop by today and pick up enough to share the love.

AVAILABLE FOR DINE-IN OR CARRY OUT.

HyVee®



life

Get ready for the grad party of the year! Plus easy ideas for low-cost dates and charming plants for gifting.

- 74** JUMP-START GRADUATION PARTY PLANNING
- 82** ALL RISE FOR THE HONORABLE ALAN PAGE
- 86** 10 DATE IDEAS FOR WHEN YOU'RE ON A BUDGET
- 89** LIFE CHART: WHAT YOUR LIPSTICK SAYS ABOUT YOU
- 90** A BREATH OF FRESH AIR

JUMP-START GRADUATION Party Planning



IT'S THE GRAD'S BIG DAY, AND IT REQUIRES A MEMORABLE (AND STRESS-FREE) CELEBRATION.

JOT DOWN AN EASY-TO-FOLLOW PLAN AND RECRUIT HY-VEE FOR CATERING AND DECORATIONS TO MAKE THE OCCASION AMAZING!

where to start?!

Check off these items to start your party planning. Setting a date and planning the food can be fun. Let the grad take ownership of the party by customizing the details.



1. choose a theme

What's the graduate's passion? Whether it's sports, travel, film or a favorite food, make sure the theme is something they enjoy!



2. select a day

If applicable, pick a time that corresponds with the theme: morning for coffee or brunch theme, for example.



3. pick a place

The location depends on available space. It could be your garage, in your home, the backyard or all of the above!



4. make a guest list

Count how many friends and family to invite. Include log-in information on the invitations so virtual guests can "arrive" on time.



5. plan the food

Let Hy-Vee handle this one! Just tell us the theme or type of food you'd like to serve and how much you need. We'll prep and deliver everything.

10 out-of-the-box themes



PICK A COLOR, ANY COLOR
Working with the talented staff at Hy-Vee makes customizing orders a breeze. These Hy-Vee Bakery donuts are made with custom-ordered frosting then hung on wooden dowels attached to painted peg boards.

1 coffee and donuts
Rise and shine! It's time to party! Set up a table with coffee, creamers, syrups and other add-ins. Include a variety of donuts, fresh fruit and pirouette cookies.



2 sports

Hut, hut, hike! This game plan will make you the MVP of party planning. Use your grad's favorite sport as the theme and feature sports-inspired food, drink and decorations.



3 ice cream party

Visit Hy-Vee to stock up on ice cream, assorted cones, garnishes, toppings and service ware.

ON ICE
Add fresh fruit to the topper selection. Hy-Vee Short Cuts are prewashed and precut to save time.



4. one smart cookie

Did someone say cookie? Offer multiple varieties and make sure to serve milk!



5. adventure awaits

Oh, the places they'll go! Adorn walls and tables with pictures of favorite locations or places your grad plans to visit.



6. garden party

Go green for the grad. Decorate rooms with seasonal plants and colorful flowers. Find beautiful options in the Hy-Vee Floral Department.



7. star of the show

Lights, camera, action! Keep phones and laptops ready for the biggest stars of the community to virtually attend the party.

hy-vee has you covered



Graduation Guide

Want more tips for hosting and food options? Head to [hy-vee.com/graduation-guide](https://www.hy-vee.com/graduation-guide)



Party Décor

Add festive pop to your party space with balloons, banners and other party-theme décor.



Paper Goods

Stock up on graduation-theme napkins, plates, utensils and more.



Gifts

Hy-Vee carries dozens of gift cards for restaurants, retail stores and more. Tuck them in cards with inspiring messages.



8 pizza party

Nothing says "Party!" like pizza pie piled high. Choose your grad's favorite pizzas, plus salads and sides from Hy-Vee.

HOLY CANOLI!
Guests will tip their caps to the delicious and delightful desserts from the Hy-Vee Bakery.



9

sugar shack

For the grad with a sweet tooth, serve delectable cupcakes, cookies and candy. Add pop and flair with bright, colorful decorations.

GOURMET CUPCAKES
Pick from 8 flavors at the Hy-vee Bakery, such as caramel sea salt, mocha espresso and more.



PAPER BANNER

Fold colorful tissue paper width-wise, then make cuts 1 inch apart and 2 inches from the fold. Tape the banner to a wall.

10

taco-bout a future

This taco bar from Hy-Vee, with hard and soft shells, seasoned beef or chicken, select toppings, sides and desserts, will please a casual crowd.

4

catering bars

Give the grad first dibs on tasty specialty bar foods from the Hy-Vee Catering Department.

How-to Order
Call or visit the Hy-Vee Bakery or Catering department to schedule your order for pickup or delivery. Online orders can also be made at hy-vee.com/shop

1 Asian bar

Choice of two or three entrées: beef & broccoli, asparagus beef, cashew chicken, chicken & broccoli, chicken lo mein, garlic chicken, general chicken, Hunan pork, Kung Pao chicken, mixed vegetables, Mongolian beef, orange chicken, sesame chicken, sweet & sour chicken, Szechuan pork, Thai chili shrimp, walnut shrimp. Includes fried or steamed rice, egg rolls, fortune cookies and crab rangoon.

2 slider bar

Choice of three meats: bacon & Cheddar, burger mignon, California turkey, certified ground chuck, Italian sausage, jalapeño pepper Jack pork, jalapeño pepper Jack turkey, mushroom & Swiss or seasoned ground pork. Includes buns, choice of two sides and condiments.

3 appetizer bar

Choice of four or six appetizers from more than 20 options that include antipasto skewers, assorted Nori sushi, bacon-wrapped smokies, Swedish meatballs, chicken wings, crab cheeseball and crackers, fried egg rolls, pancetta-wrapped asparagus, snack mix and stuffed mushrooms.

4 hickory house bar

Choice of up to three meats: brisket (select stores), burnt ends, pulled pork, ribs, chicken, turkey (select stores), pork loin or barbecue pork. Includes choice of up to three sides, including corn muffins.

bakery

Desserts from the Hy-Vee Bakery are made fresh daily to ensure the best taste possible.

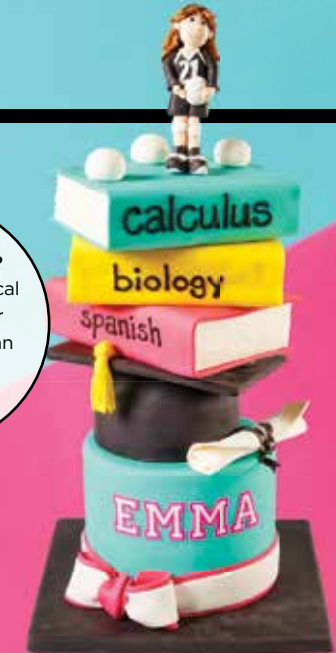
• **custom cakes**- Do you have a special concept or unique idea for a custom cake? Meet with a Hy-Vee cake designer to bring your vision to life.

• **sheet cakes**- Our many ready-made options are convenient and deliciously designed.

• **cheesecakes**- Pick from a variety of authentic flavors from The Cheesecake Factory Bakery®.

• **cookies**- Choose from 10 varieties of bakery fresh cookies or opt for a cookie cake.

HOW TO ORDER
Call or visit your local Hy-Vee Bakery or Catering to place an order for pickup or delivery.



trays

Choose from a delectable lineup of fruit, vegetable and meat trays from Hy-Vee. There's something to please everyone!



Di Lusso Entertainment Tray
Three deli meats and three cheeses.



Fruit Tray with Dip
Cantaloupe, watermelon, pineapple, strawberries, honeydew, grapes and fruit dip.



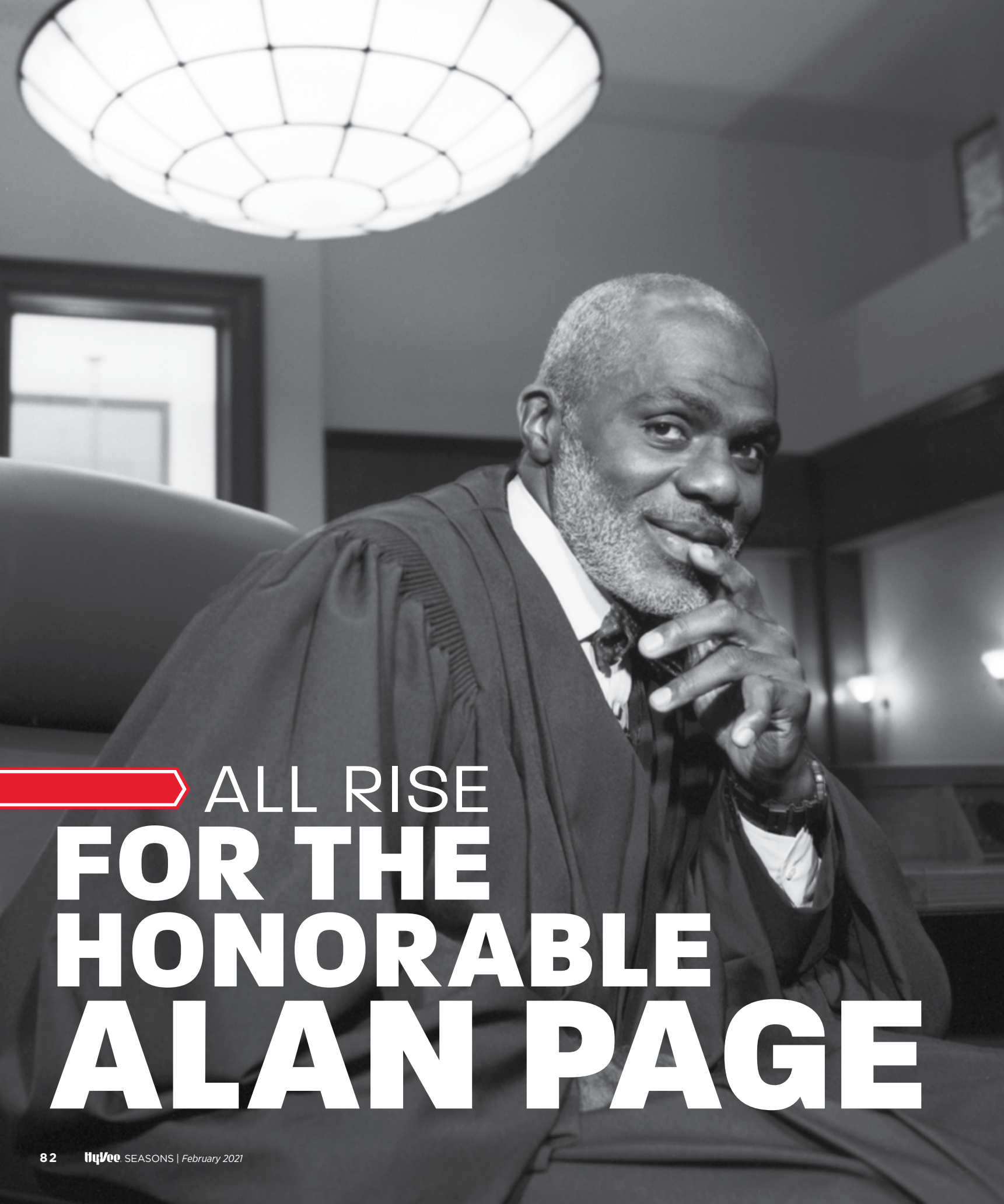
Cocktail Sandwich Tray
Three Di Lusso meats with choice of cheese stacked on whole wheat or white rolls.



Veggie Tray with Dip
Carrots, broccoli, cauliflower, cucumbers, cherry tomatoes, celery and ranch dip.



Party Pleasing Snacking Tray
Cubed Di Lusso hard and Genoa salamis; Colby Jack, Swiss and Cheddar cheeses; beef sticks; and red and green seedless grapes.



ALL RISE FOR THE HONORABLE ALAN PAGE

PHOTO: Anthony Barboza/Getty Images (opposite)

Alan's Story

ALAN PAGE HAS NO LACK OF ACCOLADES. OR AMBITION. A MEMBER OF BOTH THE COLLEGE AND PRO FOOTBALL HALLS OF FAME, THE ALL-PRO DEFENSIVE LINEMAN WON THE NATIONAL CHAMPIONSHIP AT NOTRE DAME AND AN NFL TITLE AND THREE CONFERENCE CHAMPIONSHIPS WITH THE MINNESOTA VIKINGS. ONE OF ONLY TWO DEFENDERS EVER TO WIN LEAGUE MVP HONORS, HE WAS NAMED TO THE NFL'S 100TH-ANNIVERSARY ALL-TIME TEAM. WHAT HE'S DONE OUTSIDE OF FOOTBALL IS EVEN MORE IMPRESSIVE: HE EARNED A LAW DEGREE, WORKED FOR THE MINNESOTA ATTORNEY GENERAL, SERVED 22 YEARS AS A MINNESOTA SUPREME COURT JUSTICE AND SET UP A FOUNDATION THAT HAS IMPROVED THE LIVES OF THOUSANDS OF STUDENTS.

Alan Page has a lot to brag about. But you won't hear it from him. Despite having a résumé chockfull of highlights, he remains humble. "You know, the awards and recognitions, they come, they go. They're somebody's view at a given time. And that is not to suggest that they aren't meaningful," Page says. "But for me, in the grand scheme of things, it's the things that I've tried to accomplish, that my wife and I tried to accomplish over the years, that are really what's important."

His accomplishments are many. He was an athlete at the storied Notre Dame football program and at two NFL franchises; then later a highly respected justice with the Minnesota Supreme Court. "One of the things I picked up over the years, one of the driving forces, is trying to be as good at whatever I'm doing at the moment as I can," Page says. "I think that allowed me to perform the way I did on the football field and in the law, not so much for the recognition as for trying to fulfill my highest self. That's been really important."

Page's interest in law came early. "I'm a product of the 1950s," he says, "and probably watched a little too much *Perry Mason* when I was a kid." It was during that time that the United States Supreme Court decided *Brown v. Board of Education*. "In the 1950s, state-sponsored segregation was the law of the land in large portions of our country. And *Brown* changed

that," Page says. "I can remember reading newspaper articles about the *Brown* decision even as an 8- or 9-year-old, and coming away with the sense that there was power in the law and that power could be used for good."

Along with law, he developed an interest in education after being asked as a football star to talk with schoolchildren. "I spent time in schools and classrooms, talking to young children about the importance and value of education," he says. "When I met my wife, Diane, she was volunteering at an inner-city boys club. So she had an interest in serving others also."

Once his football career was over, the couple wanted to use his name recognition for good. "The night we found out I was going to be inducted into the Pro Football Hall of Fame, we sat down and said, 'You know, this is an opportunity to actually do something concrete,'" Page says. The idea for the Page Education Foundation was born, and the couple's daughter Georgi suggested adding a mentorship requirement.

Page credits Diane, who died in 2018, for much of the Foundation's success. She also encouraged him to try out a new activity in retirement. "She said, 'You know, we're all about education... you should write a children's book,'" Page says. Since then, he and daughter Kamie, a second-grade teacher, have written four—with all proceeds benefiting the Foundation. "It's really been a joy," he says.

PAGE EDUCATION FOUNDATION SNAPSHOT

Alan and his late wife, Diane Sims Page, set up the nonprofit foundation in 1988 to help Minnesota's racially diverse students pursue college degrees. Ten grants, supporting college students' academic goals, were awarded the first year. Today, more than 500 grants are distributed annually and 63% of Page Scholars graduate in 5 years or less. Each Page Scholar, in return for financial support, mentors children in grades K-8. About 50,000 children have been mentored by Page Scholars since the program began.

“
THE LESSONS I LEARNED FROM PROFESSIONAL FOOTBALL WERE MANY: HARD WORK, DISCIPLINE, FOCUS, THE ABILITY TO ANALYZE A PROBLEM AND WORK THROUGH IT, TO ACCEPT THAT YOU DON'T ALWAYS WIN AND WHEN YOU DO WIN, THAT DOESN'T CHANGE WHO YOU ARE.”

— Alan C. Page



Hy-Vee's Involvement

In August, Hy-Vee donated \$120,000 to the Page Education Foundation as part of the company's \$1 million and 1 million volunteer hour pledge to organizations supporting racial unity and equality.

“Their monetary contribution to the Foundation is significant and important to us,” Alan Page says. He's equally excited to work with Hy-Vee on a program that will give Page Scholars an opportunity to learn more about Hy-Vee and, along the way, nurture a new generation of employees.

“The monetary contribution is really important, but we get so focused on the money sometimes that we lose sight of other things we can do to bring about change,” Page says.

“At the end of the day, education is about putting people in positions to thrive economically and socially, to be contributing members of our society. The program we are developing is going to go a long way toward doing that.”

INTERNSHIPS Page Scholars can apply for Hy-Vee internships, says Mary Beth Hart, director of community & diversity relations. “Working with interns is mutually beneficial to the intern and Hy-Vee,” she says. “Hosting student interns helps our leaders and employees gain a new perspective. Welcoming interns into our stores and offices also provides opportunities for mentorship and strengthens our recruiting pipeline.”

CAREERS Last fall, 25 current Page Scholars took a field trip to the Robbinsdale Hy-Vee store to learn about internship and job opportunities. Later, all 567 Scholars were invited to a webinar on entrepreneurship and developing people skills. More activities are planned. “We live in this time when we talk about diversity in terms of our workforce. The steps that we are taking with Hy-Vee will create that diversity down the road,” Page says. “And it's good for our scholars, it's good for our Foundation, it's good for Hy-Vee... it's good for everybody.”



Photos (top to bottom): Alan Page and his late wife, Diane. Page Scholars and Page with the Foundation's signature bow tie at a gala. Page and daughter Kamie with one of four children's books they have written.

PHOTO Star Tribune via Getty Images (right center), Collegiate Images/Getty Images (left, college), Neil Leifer/Getty Images (below, law), Mark Brettinger/Getty Images (below, judicial), NurPhoto/Getty Images (below, retirement)

End game

TO DATE, \$15 MILLION IN PAGE GRANTS HAVE BEEN AWARDED TO 7,500 STUDENTS, WHO HAVE STUDIED AT MORE THAN 100 POST-SECONDARY SCHOOLS ACROSS THE STATE OF MINNESOTA.

Everybody wins, Alan Page says of mentors and mentees. “We as a community win. I think it was Paul Wellstone who said, ‘We all do better when we all do better.’ Well, this is one of the ways we all do better.”

Program: When Alan and Diane Page set up the Page Education Foundation, they wanted to put his fame to good use. “What we were trying to do was use my celebrity, if you will, to influence others,” Page says. “The reality is that no matter who you are, you're influenced by those you can reach out and touch. As one person, there's a limited number of people I can reach out and touch. Well, over the years, we're now approaching 8,000 Page Scholars, so we've magnified that reach dramatically.”

Alumni: With 567 Page Scholars named in 2020 alone, the roster of alumni is growing quickly. “Our scholars are everywhere,” Page says. “They're creating change. They're making contributions to this community, this state, our nation, in ways that make us so incredibly proud.” Just recently, he sat in on two Zoom calls within a few days of each other with two alumna: one, a director with the Citizens League, and the other, principal of the aptly named Justice Page Middle School in Minneapolis.



PAGE EDUCATION FOUNDATION

Mentoring: Mentored children are 55% more likely to enroll in college and 130% more likely to hold leadership positions, which is why mentoring is so important. “Those young children get to see somebody who looks like them, who maybe comes from their neighborhood, using education as a tool to reach their goals and hopes and dreams,” Page says. “The more they see that, the more they will understand that's a tool they can use to reach their hopes and dreams.”

Accolades: In his book, *Giving*, former President Bill Clinton praised the Foundation's work. “The Page Education Foundation is as dedicated and hard-nosed as its founder's approach to football and the court,” he wrote. “Students don't take the money and run.” As Page Scholars, they are required to return to their communities and mentor younger children on the importance of education. Alan Page doesn't just want to help people; he wants to empower them to help themselves.”

career timeline

Alan Page has led a storied life with success on the gridiron, in a post-football legal career and as beacon of hope for young people who hope to attend college.

COLLEGE
 Led Notre Dame to 1966 national championship; received B.A. in political science.



PRO
 Hall of Fame lineman, 1967–1981, Minnesota Vikings and Chicago Bears.



LAW
 Received J.D. from University of Minnesota Law School in 1978.



JUDICIAL
 Elected to Minnesota Supreme Court in 1992, 1998, 2004 and 2010.



RETIREMENT
 Retired as justice in 2015; received Presidential Medal of Freedom, 2018.



DATE IDEAS FOR WHEN YOU'RE ON A BUDGET

Create a memorable night with these low-key ideas. A little help from Hy-Vee helps you spend quality time with your sweetheart.

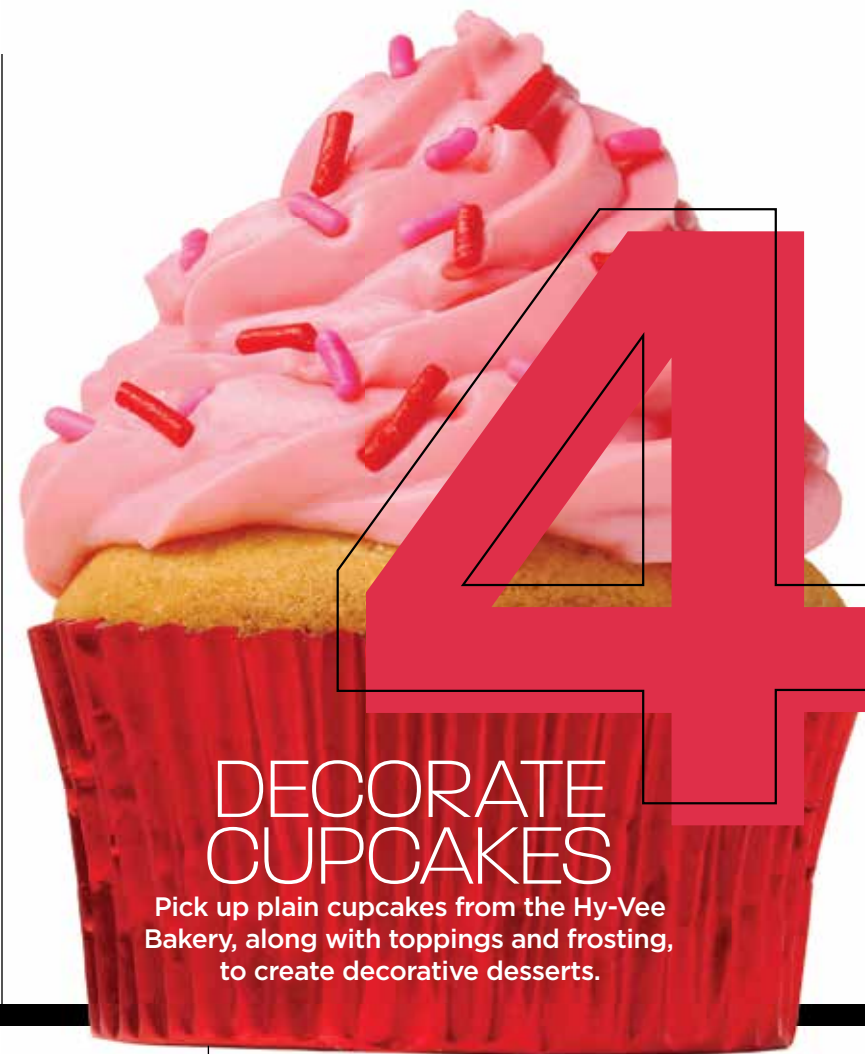
1 DINNER AT WAHLBURGERS
GOOD FOOD AND DRINK ARE THE INGREDIENTS FOR A DATE NIGHT. VISIT WAHLBURGERS AT A HY-VEE LOCATION NEAR YOU FOR DELICIOUS SANDWICHES, SIDES AND DIVINE DESSERTS.



2 GAME NIGHT
YOU'RE ALWAYS THE RIGHT AGE FOR GAMES! HY-VEE HAS AN ASSORTMENT OF FUN CARD AND BOARD GAMES FOR A NIGHT OF LAUGHS AND FRIENDLY COMPETITION.



3 LIVING ROOM PICNIC
Spread a comfortable blanket in the middle of the living room and choose easy-to-eat items like sandwiches, chips or other finger foods. Set the mood and inspire conversation with music.



DECORATE CUPCAKES

Pick up plain cupcakes from the Hy-Vee Bakery, along with toppings and frosting, to create decorative desserts.

5 Escape to Paris
Select a Hy-Vee charcuterie board and pair with a bottle of bubbly, then virtually tour the Louvre.

6 Cook a meal together
Choose a recipe from this magazine that you'll both enjoy then shop using Hy-Vee Aisles Online. After you pick up the groceries, make the meal together!



7 Hy-Vee Mealtime To Go
Spend time together while Hy-Vee handles the cooking. Hy-Vee Mealtime To Go offers a variety of delicious takeout options to satisfy any craving.

9 Host a virtual potluck with another couple or small group. Everyone prepares their favorite dish and drink.

8 BE WINE SAVVY
No need to break the budget on wine. Visit with your local Hy-Vee Wine Expert and ask for a recommendation based on your preferences—price range, red or white, food pairings. You'll get a free wine lesson and take home a bottle to share.



10 BASIN SPA NIGHT
TREAT YOURSELVES TO A NIGHT OF REST AND RELAXATION. SNAG SOOTHING BASIN PRODUCTS FROM HY-VEE, LIKE BODY BUTTERS, BATH BOMBS AND MORE.



NEW MAJOR MELON™
LIFE CHANGING FLAVOR



DEW, MTN DEW, the MTN DEW Logo, MTN DEW MAJOR MELON and DO THE DEW are Trademarks of PepsiCo, Inc.

DO THE DEW

MTN DEW MAJOR MELON™ IS A WATERMELON FLAVORED DEW™

life chart

WHAT YOUR LIPSTICK SAYS ABOUT YOU

How you feel may be as plain as the lips on your face. Check out the latest colors, lip health products and other beauty options at Hy-Vee.

FOR SMOOTH SMOOCHERS

Keep your lips at their best with nourishing balms, SPF protection, lip scrubs and more.

<p>BALM Seal in moisture and protect your lips from wind and dry air with a lip balm.</p>	<p>SUNSCREEN Wear SPF lip products year-round to protect lips from sun damage.</p>	<p>EXFOLIATOR Remove dry, chapped skin gently with a lip scrub or exfoliator for sensational smoothness.</p>	<p>RENEWAL Restore and hydrate lips while you sleep with an overnight renewal product.</p>
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NOT SURE ABOUT WHAT COLOR FITS YOUR MOOD? GRAB A LIP COLOR REMOVER FOR QUICK SWAPS.



BRIGHT RED
Life. Of. The. Party. Confidence, passion and spirit. You know exactly who you are.

BRIGHT PINK
Adventure is your life, and life is your adventure. You're free-spirited, confident and bold.

BROWN OR BURGUNDY
Your compassion and down-to-earth nature (and stubbornness!) are much-needed constants to so many.

BERRY
Your love of this purple-red combo shows you're an attention-getter who's also mysterious and artistic.

FROSTED PINK
You're elegant, understated, kind, compassionate and caring. With, of course, a bit of pizzazz!

BLOOD ORANGE
Quirky, enthusiastic and kind (and you already know you make a bold impression!).

PURPLE
Your life is a mysterious, gorgeous blend of stable blue and energetic red.

CORAL/SALMON
You enjoy motivating others with your amazing, positive attitude. That makes you so easy to be around.

Sources: colorpsychology.org/lipstick-color-say-about-you/caschedule.com/blog/color-psychology-marketing/#psychology

A BREATH OF FRESH



GIVE A PLANT FOR VALENTINE'S DAY TO BRIGHTEN A ROOM, LIGHTEN A MOOD AND OFFER NATURAL COLOR.



STAGE AN INDOOR PLANT OASIS

Tropical plants quickly add color and life to your home. For a bold statement, build a plant wall by hanging floating shelves. Select pots in a variety of sizes and shapes, available from the Hy-Vee Floral Department. (If they aren't on display, they can be ordered.)

For a dramatic visual, choose pots in the same color, and spray paint a few terra-cotta pots for pops of color. When selecting plants to display, look for a range of leaf shapes and sizes as well as overall plant height to create a visually stimulating, artistic wall.

Give Green

Plants are beautifully natural gifts that last with the proper care.



DRACAENA PLANT has spiky leaves that embody its tough nature, surviving in low to bright light.



SONG OF INDIA PLANT likes bright, indirect sun, not too much water and won't outgrow its pot too quickly.



PILEA PLANT is a quick grower and sprouts many offshoots that can be shared.



SPIDER PLANT is hardy and easy to grow, but with bright light and plenty of water, it's visually stunning.

Instead of a bouquet, gift a flowering plant that lasts the season.



AZALEA houseplants like cool temperatures and indirect light. Keep the soil damp—don't let it dry out.



WATERFALL ORCHIDS are dramatic with long-lasting blooms. Learn how to care for them at right.



ROSE BUSHES can be grown in a sunny spot and several varieties also do well in artificial light.



BLOOMER TULIPS need a lot of light. The cooler the temperature the better, as long as it's above freezing.



HOW TO CARE FOR ORCHIDS

These beautiful flowers now outsell every other houseplant, and can be cared for easily with a few helpful tips.

- They thrive in bright, indirect light. Eastern or southern exposure is best.
- Fresh, circulating air is key. Place at an open window or use an oscillating fan.
- Water just when they dry out. If the pot feels light, it needs water.

Source: almanac.com/plant/orchids



1

1. HANGING CRATES

Up your potted plant game by using hanging crates instead of hanging baskets. The crates are available at your local Hy-Vee Floral Department. Cut twisted sisal rope to length. Tie secure double knots around the top slat and place a drainage dish in the bottom. Set plants in the crate, varying the leaf color and shape to create a visually appealing arrangement. You can add height with bromeliads and fill space using colorful crotons.

2. ROPE BASKETS

Add texture to any style of décor with rope baskets, available from the Hy-Vee Floral Department. Create a cohesive arrangement by looking for baskets in the same material but in differing sizes and shapes. Choose plants with complementary colors, for example leaves that are yellow and green.

3. CUBED PLANT STAND

These cute cubes can be painted, or left natural, and hung on a wall or used to lift pots off the floor or table. Place a 6-inch potted azalea (or any plant) in an 8-inch terra cotta pot. Form two frames by cutting four 7-inch and four 9-inch square dowels (available at hardware stores) and nailing them together, with two 7-inch dowels forming parallel sides in each frame. Cut four 6½-inch vertical posts and nail them to attach the two frames. You can make frames to fit any size pot—simply make the shorter dowel 1 inch smaller and the longer dowel 1 inch larger than the diameter of the pot so its lip rests on the frame. The vertical posts can also be cut to any height.



2



3

GRAB AN EASY, MEATY BREAKFAST



16G
of protein
PER PACK

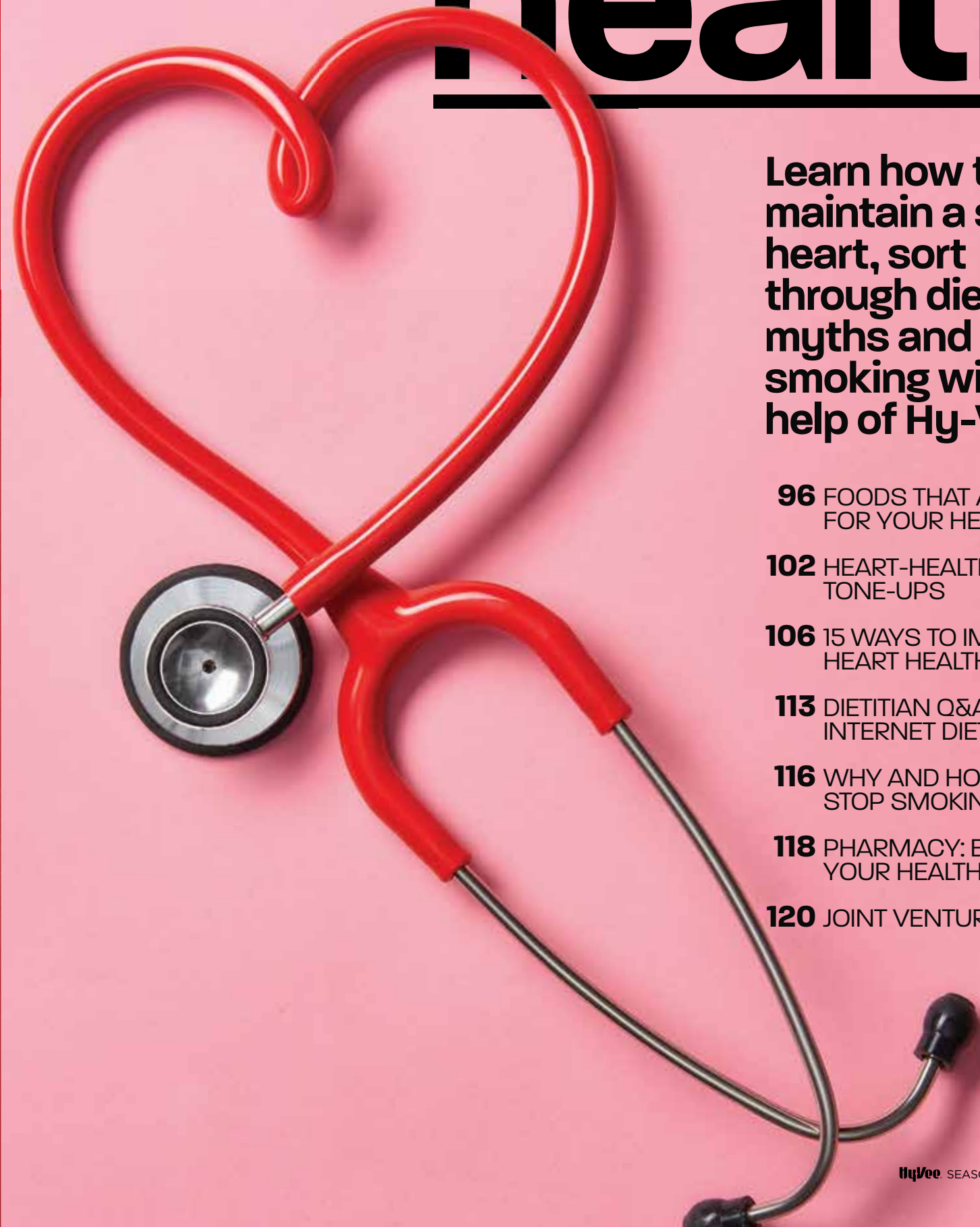


13G
of protein
PER PACK

TRY A MINI SPIN ON YOUR FAVORITE EGG BREAKFAST



health



Learn how to maintain a strong heart, sort through dietary myths and stop smoking with the help of Hy-Vee.

96 FOODS THAT ARE GOOD FOR YOUR HEART

102 HEART-HEALTHY TONE-UPS

106 15 WAYS TO IMPROVE HEART HEALTH

113 DIETITIAN Q&A: INTERNET DIET MYTHS

116 WHY AND HOW TO STOP SMOKING

118 PHARMACY: BANK ON YOUR HEALTH

120 JOINT VENTURE

FOODS THAT ARE GOOD FOR

Your Heart

CELEBRATE YOUR HEART WITH DELICIOUS FOODS THAT ALSO CAN REDUCE RISKS OF CARDIOVASCULAR DISEASE.



A few small food changes can improve the health of your heart.

Eating a broad range of vegetables, fruits, low-fat dairy, whole grains, fish, poultry and nuts can provide the nutrition your body needs to help prevent cardiovascular disease risk factors such as hypertension (high blood pressure) and high cholesterol.

Whether protecting your cells from free radicals (vitamin C), promoting proper blood clotting (vitamin K) or boosting energy (B vitamins), each heart-healthy food plays a role in your well-being.

Eating risk-reducing foods is easy, flavorful and nutritious. You'll love the variety.

That's a treat for you *and* your heart.



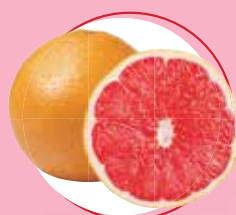
LEAFY GREENS

BENEFITS: High levels of vitamin K in leafy greens can improve artery function and promote proper blood clotting, both helpful in protecting against cardiovascular disease.



STRAWBERRIES

BENEFITS: In addition to being rich in numerous vitamins and nutrients, strawberries have a high level of flavonoids, which can help fight risk factors of heart disease, including high blood pressure.



CITRUS

BENEFITS: Citrus fruits are packed with vitamin C, which helps slow the buildup of plaque in the arteries.



SALMON

BENEFITS: To lower blood fats (triglycerides) and reduce blood pressure and cholesterol, try fish rich in omega-3 fatty acids.



AVOCADOS

BENEFITS: Avocados contain potassium, a mineral that can help decrease blood pressure, lowering risks for stroke and other cardiovascular conditions.



NUTS

BENEFITS: The soluble fiber in nuts can help reduce high blood pressure as well as high cholesterol, two risk factors for heart disease.



TOMATOES

BENEFITS: Tomatoes are high in lycopene, which may reduce cholesterol and inflammation.



BEANS

BENEFITS: Beans are high in fiber, which lowers cholesterol and controls blood sugar levels.

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Sesame-Ginger Ahi Tuna Salad

Total Time 25 minutes
Serves 3

- 1 recipe Sesame-Ginger Vinaigrette, *below*
- 2 (4-oz.) ahi tuna steaks, 1 in. thick
- 4 tsp. black and/or white sesame seeds
- ½ tsp. Hy-Vee black pepper
- ¼ tsp. Hy-Vee cayenne pepper
- 1 Tbsp. Hy-Vee canola oil
- 3 cups mixed salad greens with spinach
- 1 cup Hy-Vee no-salt-added garbanzo beans, rinsed and drained
- 4 oz. fresh green beans, steamed
- ½ cup red cherry tomatoes, halved
- ½ avocado, pitted, peeled and thinly sliced
- Thinly sliced green onions, for garnish

1. PREPARE Sesame-Ginger Vinaigrette; cover and refrigerate until serving time.

2. PAT tuna dry. Combine sesame seeds, black pepper and cayenne pepper. Rub mixture onto tuna steaks. Heat oil in a cast-iron skillet over medium-high heat. Sear tuna for 4 to 5 minutes or until medium-rare (145°F), turning halfway through. Let rest for 5 minutes, then thinly slice.

3. DIVIDE greens among serving plates. Add tuna slices, garbanzo beans, green beans, cherry tomatoes and avocado. Drizzle with Sesame-Ginger Vinaigrette. Garnish with green onions, if desired.

Sesame-Ginger Vinaigrette: Combine 1 Tbsp. seasoned rice vinegar, 1½ tsp. Hy-Vee less-sodium soy sauce, 1 tsp. fresh lemon juice, 1 tsp. Hy-Vee honey and ½ tsp. grated fresh ginger. Whisk in 1 Tbsp. Hy-Vee canola oil and 1 tsp. sesame oil.

Per serving: 380 calories, 20 g fat, 2 g saturated fat, 0 g trans fat, 35 mg cholesterol, 310 mg sodium, 27 g carbohydrates, 9 g fiber, 6 g sugar (2 g added sugar), 26 g protein. Daily Values: Vitamin D 6%, Calcium 80%, Iron 20%, Potassium 20%



pro tip: SODIUM SENSE

“About 70% of sodium consumed is from processed and restaurant foods—not the salt shaker! Consciously try to eliminate quick-fix foods (frozen pizza, cheeseburgers,

canned soup) for homemade options. A super-easy way to start eating more heart healthy is to swap out traditional items like chili seasonings, chicken broth, crackers and canned beans

for lower-sodium or no-salt-added versions.”

—Erin Good, RD, LD
Hy-Vee Dietitian



HEART-HEALTHY RECIPES

FOCUS ON FIBER-RICH FRUITS AND VEGGIES, LOW-FAT DAIRY, LEAN MEATS AND PLANT-BASED PROTEINS. FOR FLAVOR, SUBSTITUTE FRESH HERBS IN PLACE OF SALT.



1. Blueberry, Mango and Spinach Smoothies

Place 1½ cups Hy-Vee frozen blueberries, ½ cup Hy-Vee frozen mango chunks, 1 cup packed spinach leaves, ½ cup Hy-Vee fat-free skim milk and 1 tsp. Hy-Vee honey in a blender. Cover and blend until smooth. Serves 2 (8 oz. each).

2. Chicken and Squash Medley

Marinate 1 lb. boneless, skinless chicken breasts in ½ cup Hy-Vee light Italian salad dressing 30 minutes. Bake in 425°F oven 15 to 20 minutes or until done (165°F). Microwave 1 (1-lb.) container Hy-Vee Short Cuts summer squash coins, 1 chopped tomato, 1 Tbsp. chopped fresh basil and 1 tsp. chopped fresh oregano on HIGH 5 to 7 minutes or until crisp-tender, stirring halfway through. Serve with chicken. Serves 4.

3. Egg & Black Bean Wraps

Spray 12-oz. microwave-safe mug with Hy-Vee nonstick cooking spray. Add 2 eggs, 2 Tbsp. Hy-Vee fat-free skim milk and ½ tsp. Hy-Vee taco seasoning; beat with a fork. Stir in ¼ cup rinsed and drained Hy-Vee black beans. Microwave on HIGH 2 to 3 minutes or until egg is cooked (165°F). Divide between 2 spinach-and-herb tortilla wraps. Top with avocado and Hy-Vee pico de gallo. Fold sides of tortillas toward center, then wrap tightly. Serves 2.

4. Tomato and Ricotta Toast

Combine 1 cup Hy-Vee part-skim ricotta cheese, 2 Tbsp. chopped green onions, 2 tsp. finely chopped fresh basil, ¼ tsp. lemon zest and ½ tsp. Hy-Vee black pepper. Toast 4 slices Hy-Vee Bakery 10-grain bread. Spread ricotta mixture on toast. Top with ⅔ cup halved Hy-Vee sweet grape tomatoes. Sprinkle with cracked black pepper, if desired. Serves 4.

5. Tortilla Chips with Fruit Salsa

Stack 2 (7½-in.) Hy-Vee whole wheat flour tortillas; cut into triangles. Spread in single layer on baking sheet. Spray with Hy-Vee nonstick cooking spray; sprinkle with cinnamon sugar. Bake at 350°F for 15 minutes. Cool. Chop and combine ½ cup strawberries, 1 Hy-Vee Short Cuts mandarin orange, ½ cup Hy-Vee Short Cuts pineapple; and ½ cup chopped fresh raspberries. Stir in 2 tsp. Hy-Vee honey. Serve with tortilla chips. Serves 4.

New indulgent desserts in the refrigerated aisle!

HERSHEY'S

Rolo

Reese's

NEW!

COLLIDERS

THE CANDY YOU LOVE, NOW SPOONABLE

HERSHEY'S AND REESE'S TRADEMARKS AND TRADE DRESS AND REESE'S ORANGE COLOR ARE USED UNDER LICENSE. ROLO® TRADEMARK AND TRADE DRESS ARE USED UNDER LICENSE FROM SOCIÉTÉ DES PRODUITS NESTLÉ S.A. AND WITH PERMISSION FROM THE HERSHEY COMPANY.

NEW

PHILADELPHIA

CHEESECAKE CRUMBLE

NEW!

STRAWBERRY

Not meant to be shared.

A personal serving* of Philadelphia Cheesecake with strawberry sauce and graham crumbles. Because sharing isn't for everyone.

*2 servings per package.

Find them in the refrigerated dessert aisle.

FREE Sip **WHEN YOU SPEND \$15**
 by S'well® **ON GENERAL MILLS SNACKS**
 at **HyVee**®



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HEART-HEALTHY

TONING UPS

A healthy body begins with a healthy heart. Improve the function and health of the body's most important muscle on your way to becoming fit.

PUMP IT UP

Like a car engine when you hit the gas, the heart gets revved up by exercise so it can quickly supply nutrient-rich blood to working muscles throughout the body. Like all muscles, the heart benefits from exercise and, over time,

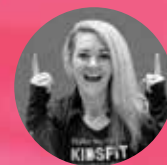
becomes more efficient and can pump more blood per beat. Blood flowing from a strong heart is better absorbed by working muscles, leading to improved exercise capacity and efficiency. Overall, the quality of your workouts will be better as you strive to hit your goals.

HEART POWER

Consistent exercise is critical for reducing or eliminating many risk factors for heart disease. According to a review of literature in *The International Journal of Environmental Research and Public Health*, men who participate in high

rates of leisure time physical activity have a 20 to 30 percent reduced risk of heart disease and women have a 10 to 20 percent reduced risk. Exercise reduces heart disease risk factors like high blood pressure, diabetes, high cholesterol and obesity.

pro tip: REST RESET



“During a workout, I use rest time between exercises to let my heart rate drop and perform some dynamic stretches to maintain mobility in my joints. I feel fresh and ready to give full effort going into the next set.”

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

1 IN 15
cases of heart disease and 1 in 12 cases of diabetes could be prevented by getting enough physical activity

CENTERS FOR DISEASE CONTROL AND PREVENTION

THE RIGHT AMOUNT

The Physical Activity Guidelines for Americans recommends at least 150 minutes of moderate-intensity exercise or 90 minutes of vigorous intensity exercise per week. A study published in *JAMA Internal Medicine* found that those who met the recommended amount of moderate-intensity exercise per week were associated with a 27 percent decreased risk of mortality from cardiovascular disease and cancer.

8 MOVES

TO IMPROVE HEART HEALTH AND BUILD MUSCLE.



PERFORM EACH MOVE FOR 3 SETS OF 30 SECONDS. REST 1 MINUTE BETWEEN MOVES AND 1 MINUTE BETWEEN SETS.



1 BODYWEIGHT SQUAT

Stand, hands clasped at chest, feet wider than hip-width apart. Bend both knees until thighs are parallel to the floor. Push off heels and return to starting position.



2 SPLIT SQUAT JUMPS

Start in a lunge position, one foot forward and one foot behind. Jump, alternating leg positions, landing with the opposite leg in front.



6 PLYO BOX MOUNTAIN CLIMBERS

Place hands on top of plyo box. Position body to form a straight line from shoulders to heels. Quickly bring one knee up to opposite elbow and back. Alternate knee and elbow, repeating quickly.



3 SCISSOR HOPS

Stand with feet hip-width apart. Jump, landing with one leg ahead of opposite leg. Jump again, alternating leg positions. Repeat.



4 PUSH-UPS FROM KNEES

Begin in plank position, knees on floor, hands shoulder-width apart and directly beneath shoulders. Lower chest toward floor, then push back to plank.



5 BURPEES

Stand with feet shoulder-width apart. Squat down, place hands on the floor and shoot legs backward, forming a high plank. Immediately bring legs back to squat position and jump up, landing softly on both feet.



7 JUMP ROPE

Stand with feet hip-width apart. Holding a jump rope with both hands, swing the rope over your head from back to front, jumping over it.



8 DUMBBELL THRUSTER

Hold a dumbbell in each hand, raised and in front of your shoulders. Stand with feet shoulder-width apart. Squat until thighs are parallel to the floor. Push off heels to standing position while pressing both dumbbells overhead.



It beats about 2.5 billion times in an average lifetime. Take care of your heart... so it can continue to take care of you!

15 WAYS TO IMPROVE

heart health

GIVE YOURSELF A LIFT

Lifting weights one hour a week is good for the heart. In a 2019 study, those who performed weight training for 60 minutes each week had a 40 to 70 percent lower risk of heart attack or stroke than those who did not exercise. In another study, participants who did weight training for at least one hour a week had a 17 percent lower risk of developing a metabolic disorder than those who didn't lift weights. (Metabolic disorders include risk factors, such as high blood pressure and high cholesterol, that raise the risk of heart disease.)

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Leg stretches may enhance blood flow throughout the body by making arteries more flexible and able to dilate, according to a study cited by Harvard Health. Participants did leg stretches five days a week for three months, holding stretches for 45 seconds, then resting for 15 seconds before repeating. Those who stretched had increased blood flow through arteries that were more dilated than those who didn't stretch.



DRINK IN MODERATION

If you drink, do so in moderation. Some studies show that those who drink moderate amounts of alcohol have lower rates of heart disease than nondrinkers. That means one drink per day for women or two drinks per day for men. A drink is considered 1½ ounces of alcohol, 5 ounces of wine, or 12 ounces of beer.



EAT SEAFOOD

Experts have long recommended eating fish rich in omega-3 fatty acids twice a week as part of a heart-healthy diet. Omega-3 fatty acids may reduce inflammation, which can damage blood vessels and lead to heart disease and stroke. The best omega-3 sources include salmon, sardines, cod, herring and canned light tuna packed in water.

stretch a leg

brush and floss daily

RESEARCH SUGGESTS A LINK BETWEEN GUM DISEASE AND HIGHER RATES OF CARDIOVASCULAR PROBLEMS. IT IS THOUGHT THAT THE BACTERIA RESPONSIBLE FOR GUM DISEASE TRAVEL THROUGH THE BODY CAUSING BLOOD VESSEL INFLAMMATION AND DAMAGE.

eat more fruit

and veggies! Berries are bursting with heart-friendly phytonutrients and soluble fiber, while oranges, cantaloupes and papayas are good sources of beta-carotene, potassium, magnesium and fiber. As for vegetables, “eat the rainbow” with red, yellow and orange vegetables as well as greens like spinach, kale, broccoli and asparagus. Eating a variety of produce provides a wider range of nutrients.



MANAGE RISK FACTORS

While you can't control some risk factors for heart disease, such as age and family history, you can manage other risk factors, including high blood pressure, unhealthy blood cholesterol levels and diabetes. Schedule regular checkups and work with your doctor to address any issues before they become worse. Lifestyle choices are another factor you can control. Avoid tobacco, because nicotine raises blood pressure and smoking can damage the heart and blood vessels.



MAKE BREAKFAST COUNT

A small number of published studies suggest a connection between regularly skipping breakfast and a higher risk of dying from cardiovascular disease. Make your breakfast count with a meal featuring whole grains, fruits and healthy protein sources.

MAINTAIN A HEALTHY WEIGHT

Keeping your weight in a healthy range means you are less likely to develop serious health problems such as heart disease and stroke, according to the American Heart Association. Rather than fad diets, it's better to balance healthy eating and physical activity as a long-term lifestyle choice. Bottom line: Burn more calories than you take in. To gauge a healthy weight range, view the height and weight chart at rush.edu/news/how-much-should-i-weigh

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SLEEP WELL

Sleep is critical to heart health, according to the Centers for Disease Control and Prevention (CDC), which recommends adults get at least seven hours of quality sleep nightly. If you have sleep apnea, have it treated. People with untreated sleep apnea are twice as likely to have a heart attack as those who don't have the disorder.



LONG-TERM STRESS CAN INCREASE HEART RATE AND BLOOD PRESSURE, LEADING TO DAMAGED ARTERY WALLS. MANAGE STRESS WITH MEDITATION, EXERCISE, MINDFULNESS AND DEEP-BREATHING EXERCISES.



Walking is an easy aerobic exercise that can increase heart rate, strengthen the heart and improve blood circulation throughout the body. Try to walk 30 minutes a day at least five days a week.

SNACK ON NUTS

Nuts supply healthy unsaturated fats and eating just 5 ounces of nuts per week is linked to lower rates of cardiovascular disease, according to Johns Hopkins Medicine. Walnuts have more omega-3 fatty acids—helpful for reducing bad cholesterol—than other nuts.



COUNT YOUR BLESSINGS

A more grateful heart may be a more healthy heart as well. Gratitude is associated with higher levels of good cholesterol and lower levels of bad cholesterol, as well as lower blood pressure, according to UC Davis Health. Additionally, a study showed keeping a gratitude diary for two weeks reduced stress by 28 percent and depression by 16 percent. Both can affect heart health.



pro tip: ALWAYS BE CONSISTENT

“A mix of resistance training and aerobic exercise is best, but the real secret is consistency. If you find something you like to do, that makes it much easier to remain consistent. Start one thing and do it consistently. When that habit becomes natural, add on a new skill. For example, walk to get the mail instead of driving. When this feels easy, add additional time or distance to your walk. Exercise won't seem hard in small increments. It's just part of your day.”

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

DRINK GREEN AND BLACK TEA. THEY ARE RICH IN FLAVONOIDS, WHICH HELP REDUCE INFLAMMATION, A CULPRIT IN HEART DISEASE. IN ONE STUDY, THOSE WHO DRANK THREE OR MORE CUPS OF TEA EACH WEEK HAD A 22 PERCENT LOWER RISK OF DYING FROM HEART DISEASE THAN THOSE WHO DRANK LESS.

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dietitian Q&A

INTERNET DIET MYTHS

There's a lot of nutrition information on social media—and it's not always accurate. Get the facts below.



Elisa Sloss, RD, LD
Vice President,
HealthMarket

Q: Do carbohydrates make you gain weight?

A: It depends on the type of carbohydrate. Simple carbohydrates in desserts, snack foods, white bread, rice and pasta are often higher in calories and sugar, and they have minimal nutritional value. Consistently indulging in these items may lead to weight gain. Complex carbohydrates from whole grain foods, beans and vegetables are rich in vitamins, minerals and especially fiber, which helps you feel full for longer periods of time.

Q: Is snacking throughout the day bad for my health?

A: Not necessarily! There are plenty of benefits to snacking healthfully. Snacking on nutrient-rich foods like fruits and veggies will increase your intake of vitamins and

minerals, curb cravings and help maintain energy levels. Avoid common snack foods like chips, candy and other refined items that have unnecessary calories and sugar that may leave you feeling sluggish.

Q: Can certain foods burn calories?

A: No single food will help burn calories. Some nutrients like caffeine and capsaicin, a compound in hot peppers, may slightly increase metabolism but not enough for significant calorie burn or weight loss.

The key to weight loss is a combination of consistent exercise and a diet filled with nutrient-rich vegetables, fruits, whole grains and lean meats.

Q: Are fat-free or low-fat versions of foods healthier?

A: These foods may have less fat or no fat, but it's common for manufacturers to replace fat with other ingredients, such as sugar. Because there's less fat, some people may be inclined to eat more, but these products may have just as many or more calories than the original products.

Q: Does eating at night lead to weight gain?

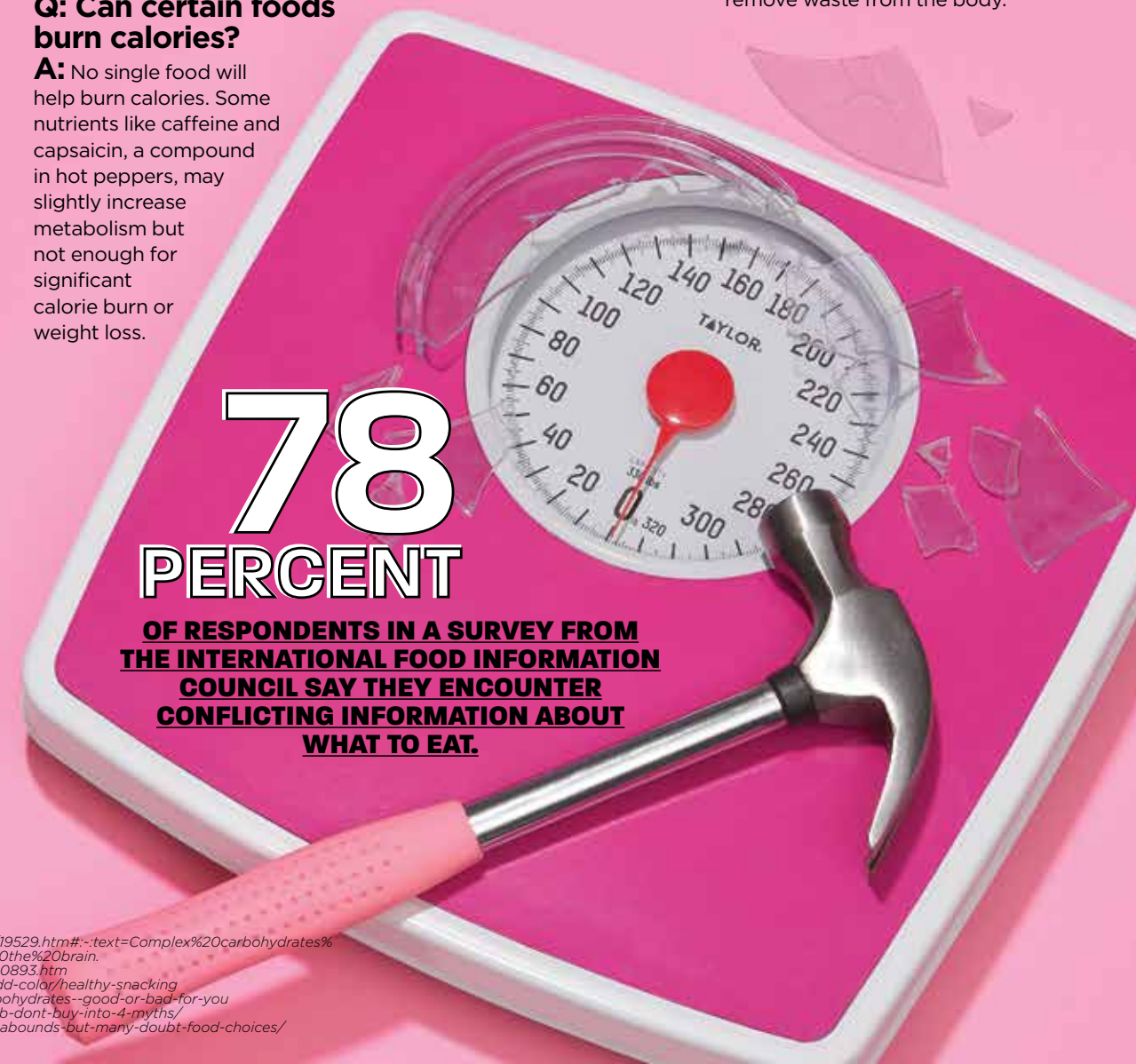
A: Gaining or losing weight has more to do with what you eat than when you eat. Consistently giving in to late-night cravings for sweets may result in weight gain. Instead, choose something light and nutritious like berries and Greek yogurt.

Q: Do detox diets rid the body of toxins?

A: According to the Mayo Clinic, there's little evidence to support that detox or cleansing diets eliminate toxins. Organs like the liver and kidneys act as cleansing systems that remove waste from the body.

78 PERCENT

OF RESPONDENTS IN A SURVEY FROM THE INTERNATIONAL FOOD INFORMATION COUNCIL SAY THEY ENCOUNTER CONFLICTING INFORMATION ABOUT WHAT TO EAT.



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12 TOP FOODS FOR ANY DIET

BROCCOLI

High in vitamins C and K, necessary for blood clotting and bone health.

BELL PEPPER

Strong source of vitamin A that promotes skin, eye and immune health.

APPLES

High in immune-boosting vitamin C and compounds that may boost cell and gut health.

LEAN MEAT

Low-fat source of protein and B vitamins.

BLUEBERRIES

May lower risk for Alzheimer's and heart disease, and some cancers.

GREEK YOGURT

Good source of protein and gut-healthy probiotics.

AVOCADO

Has healthy fats that may reduce cholesterol. High in fiber and potassium for nerve health.

NUTS

High in healthy fats and vitamin E that may improve heart and brain health.

EGGS

Great source of protein and bone-fortifying vitamin D.

KALE & SPINACH

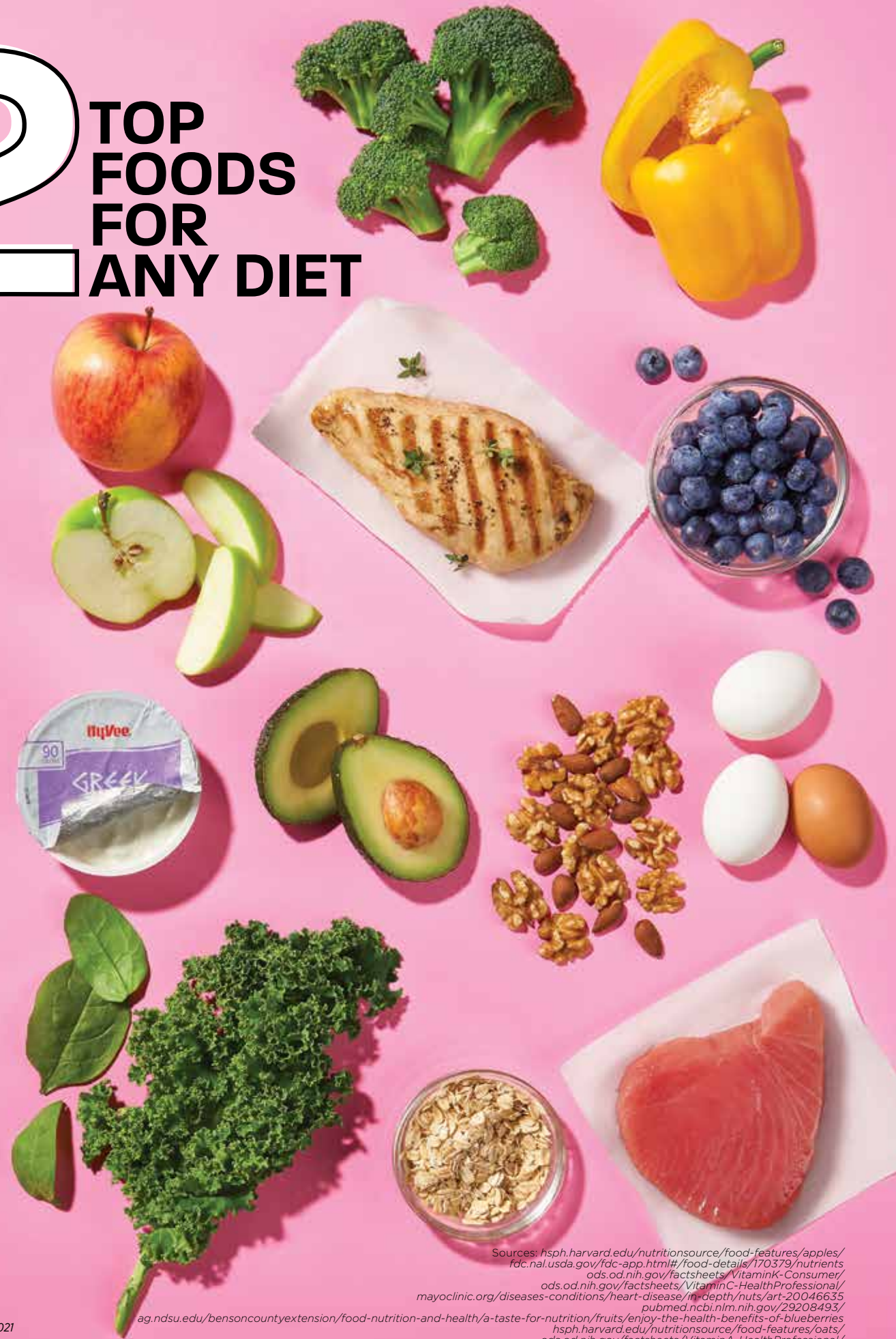
Loaded with vitamins A, C, K and fiber.

OATMEAL

A good source of fiber, B vitamins and minerals like zinc.

TUNA

Lean protein that has omega-3 fatty acids linked to cardiovascular benefits.



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NEW

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ALY RAISMAN

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WHY AND HOW TO

STOP SMOKING

TOBACCO SMOKE DAMAGES NEARLY EVERY ORGAN IN THE BODY AND IS RESPONSIBLE FOR DOZENS OF DISEASES. NO MATTER HOW LONG YOU'VE SMOKED, QUITTING HAS POSITIVE EFFECTS ON HEALTH AND LONGEVITY. WITH THE HELP OF HY-VEE, YOU CAN FINALLY QUIT FOR GOOD.



A HARMFUL HABIT

According to the Centers for Disease Control and Prevention (CDC), cigarette smoking is responsible for nearly one in five deaths in the United States each year and it is the country's leading cause of preventable death. Smoking affects nearly every organ in the body and more than 16 million Americans live with a disease caused by smoking.

40%

OF ALL CANCER DIAGNOSES IN AMERICA ARE RELATED TO TOBACCO USE AND NEARLY 90 PERCENT OF ALL LUNG CANCER DEATHS ARE CAUSED BY CIGARETTE SMOKE.

Smoking can lead to heart disease, stroke, lung diseases, diabetes, emphysema, chronic bronchitis and more. It can cause fertility issues in men and women and affect the health of bones, teeth, gums and eyes.

THE BENEFITS OF QUITTING

The most important action smokers can take to improve their health is to stop smoking. Those who quit before the age of 40 reduce their risk of dying from smoke-related disease by about 90 percent. No matter your age, quitting will have lasting positive effects on your health. You should see these improvements after these lengths of time:

2 WEEKS TO 3 MONTHS
Blood circulation and lung function improve.

1 YEAR
Risk for heart attack drops dramatically.

2 TO 5 YEARS
Risk for stroke may drop to same level as for a nonsmoker.

5 YEARS
Risks for mouth, throat, esophagus and bladder cancer drop by 50 percent.

HY-VEE

QUIT

FOR GOOD PROGRAM

1. Supports your efforts to stop smoking once and for all.

2. Consists of six sessions led by a Hy-Vee Pharmacist.

3. THE ENTIRE PROGRAM COSTS \$150 PER PARTICIPANT. SOME EMPLOYERS REIMBURSE OR WILL PAY FOR ENROLLMENT.

4. Program availability varies by location. Call or visit your local Hy-Vee Pharmacy to see when the next class is offered.

2.9

MILLION

ADULTS SUCCESSFULLY QUIT SMOKING IN 2018.

“EVERYONE IN A QUIT FOR GOOD CLASS IS TRYING TO ACHIEVE THE SAME GOAL. PARTICIPANTS HELP EACH OTHER BY SHARING STORIES AND DISCUSSING TRIGGERS OR SITUATIONS THAT CAUSE THEM TO SMOKE AND IN TURN DISCUSS WAYS TO AVOID THOSE TRIGGERS OR SITUATIONS.”

—Tim Goodhall, Hy-Vee Pharmacy Manager, West Des Moines, Iowa

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BANK

ON YOUR HEALTH

SAVE WITH GENERICS AS LOW AS \$4

Prescription drugs can be expensive. Switching to lower-cost generic versions from the Hy-Vee Pharmacy can save you dollars.

\$4 GENERIC MEDICATIONS TREAT:

- ALLERGIES
- ARTHRITIS & PAIN
- ASTHMA
- COLD & FLU
- EYE CARE
- MENTAL HEALTH
- SKIN CONDITIONS
- WOMEN'S HEALTH

FOR A COMPREHENSIVE LIST OF AVAILABLE GENERIC MEDICATIONS, VISIT hy-vee.com/my-pharmacy

THRIFTY CHOICE

Making the switch to generic prescriptions is simple. There's no need to enroll in a program. Everyone pays the same price: as low as \$4 for a 30-day supply or as low as \$10 for a 90-day supply. If you have health insurance, you can continue to use it to purchase generic medications and if the pharmacy bills your insurance, it will count toward your deductible. Generic medications contain the same active ingredients as their name-brand counterparts and typically provide the same benefits, offering effective yet less expensive options.

pro tip: DISCOUNTED MEDS



“Hy-Vee's discounted medication list is one that few pharmacies provide. Our list is extensive and provides the opportunity to

save on an array of commonly prescribed medications.”

—Ali Jones
Hy-Vee Pharmacy
Manager, Cottage
Grove, Minnesota



Generics as low as \$4

See your Hy-Vee pharmacist for details. A complete list is available at hy-vee.com.

HyVee pharmacy

Some restrictions may apply. Not applicable with all insurance plans. MN and WI state law restrictions apply.

joint venture

The human body has more than 200 joints, performing an impressive number of functions—running a marathon, hauling heavy loads, playing a piano concerto or performing microsurgery. With such a key role to play, joints need us to do everything we can to keep them functioning at the highest level possible.



31 percent of adults who are obese have arthritis.

FEELING JOINT PAIN? IT MIGHT BE DUE TO LIFESTYLE CHOICES.

AGE, INJURY, REPETITIVE MOTION AND EXCESS WEIGHT ARE ALL PRIME SUSPECTS BEHIND CHRONIC JOINT PAIN.

The human body is a marvel of engineering, and joints are the well-oiled gears that keep the machinery working. “Joints are beautifully designed to be low-friction machines that allow locomotion,” says Dr. Jesse Otero, orthopedic surgeon at the OrthoCarolina Hip and Knee Center. “They allow vertebrates and, in particular, humans, to accomplish all of the work that they have to do and to enjoy leisure activity.”

Joints are the connections between bones. Their

strong, fibrous ligaments are flexible to allow rigid skeletons to move. Smooth tissue (cartilage) and a lubricant keep bones from rubbing against each other. The various joints include ball-and-socket joints that allow backward, forward, sideways and rotating movements; and hinge joints that operate like door hinges. Most of the time joints work quietly behind the scenes. “Really, people don’t notice their joints until they hurt,” Dr. Otero says.

Joint pain can be acute, caused by physical strain, or chronic, the result of arthritis. Rheumatoid and psoriatic arthritis are related to autoimmune disorders. Osteoarthritis is the “wear and tear” arthritis brought on by age, injury and lifestyle.

FOR EVERY EXTRA POUND, YOU PUT ABOUT 3 POUNDS OF ADDITIONAL PRESSURE ON YOUR KNEES, ACCORDING TO HARVARD MEDICAL SCHOOL, AND MULTIPLY THE PRESSURE ON YOUR HIPS BY 6.

“THERE ARE MULTIPLE TYPES OF JOINTS. THEY ALL HAVE A UNIQUE FUNCTION AND THEY’RE ALL DESIGNED IN A WAY THAT ALLOWS US TO BEAUTIFULLY ACCOMPLISH ALL OF OUR ACTIVITIES.”

—JESSE OTERO, MD, PHD

GET MOVING

A PHYSICAL THERAPIST EXPLAINS WHY IT’S IMPORTANT.

“The saying ‘use it or lose it’ definitely applies to our joints,” says Dr. Nick Maiers, assistant professor in Des Moines University’s doctor of physical therapy program. “Regular use of our joints is what keeps them healthy.”

“I TELL MY PATIENTS THAT THE BEST POSTURE IS YOUR NEXT POSTURE,” DR. MAIERS SAYS. “THE HUMAN BODY WAS DESIGNED FOR MOVEMENT. NO ONE POSTURE IS TERRIBLE, BUT MAINTAINING ANY ONE POSTURE FOR A PROLONGED PERIOD CAN BEGIN TO CAUSE PROBLEMS.”

“Activities like hiking, yoga, strength training, Tai Chi and rock climbing are all great ways to promote joint health,” Dr. Maiers says. “The more varied they can be, the better for overall joint health.”

23%

of U.S. adults have had a doctor diagnose arthritis, according to 2015 data compiled by the Centers for Disease Control and Prevention.

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SUPPLEMENTS: Research suggests glucosamine and chondroitin—chemical components of cartilage available as supplements—may relieve moderate to severe osteoarthritis pain. However, the American Academy of Orthopaedic Surgeons does not recommend either supplement in its updated guidelines.

QUICK RELIEF

NONSTEROIDAL ANTI-INFLAMMATORY DRUGS, SUCH AS IBUPROFEN AND NAPROXEN, AND SOME PRESCRIPTION MEDICATIONS MAY RELIEVE JOINT PAIN. BECAUSE THEY HAVE POSSIBLE SIDE EFFECTS, TALK WITH YOUR DOCTOR BEFORE USING.

ICE OR A COLD PACK REDUCES SWELLING AND NUMBS PAIN. WRAP EITHER ONE IN A TOWEL SO IT DOESN'T LAY DIRECTLY ON SKIN.

HEAT FROM WHIRLPOOLS, WARM BATHS, WARM COMPRESSES OR MICROWAVABLE HEAT PACKS MAY ALSO HELP.

Topical analgesics, such as capsaicin, counterirritants or salicylates, can ease mild pain.

“WE WOULDN'T EXPECT OUR CARS, HOMES, COMPUTERS OR PHONES TO RUN PERFECTLY IF WE DIDN'T REGULARLY MAINTAIN THEM. IT'S NOT FAIR TO ASSUME OUR JOINTS WILL REACT ANY DIFFERENTLY.”
—NICK MAIERS, PT, DPT, CMT

Thinking of surgery? First try conservative treatments, including physical therapy and anti-inflammatory medication, Dr. Jesse Otero says. Interarticular steroid injections are another option. “While these don't cure arthritis, they can offer a significant period of pain relief, especially for patients who are too high risk for surgery or aren't yet ready for surgery.”

JOINT health

Take steps to protect and nurture your joints:

- **Nutrition.** Maintain a well-balanced diet that includes plenty of vegetables, fruits, proteins and healthy fats. Studies show that omega-3 fatty acids can reduce pain and inflammation. Avoid sugar, which can lead to inflammation.
- **Exercise and diet.** A 2013 Wake Forest University study showed exercise and

a weight loss of at least 10 percent lowered chronic knee pain by more than 50 percent for overweight and obese adults with knee osteoarthritis.

• **Physical therapy.** A physical therapist can teach proper bending and lifting techniques to prevent injury. The therapist also can assess and provide treatment for existing conditions, including limited mobility, limited range of motion, lack of strength or poor balance. “Every joint in the body has muscles wrapped around it,” Dr. Nick Maiers says. “Improving the function of those muscles—teaching them to relax and contract better—will support optimal function of the joint.”

“THE JOINT REPLACEMENTS WE PUT IN TODAY—TOTAL HIP OR TOTAL KNEE REPLACEMENT—SHOULD LAST 20 TO 25 YEARS MINIMUM IN A PATIENT THAT HAS A HEALTHY LIFESTYLE, IS ACTIVE AND TAKES GOOD CARE OF THEIR JOINTS.”

—DR. JESSE OTERO

Individuals who smoke are more susceptible to joint degeneration.

The wrist is a gliding joint that slides and rotates.

200+ joints in a human body allow for a wide range of motion.

THE KNEE IS THE LARGEST JOINT IN THE HUMAN BODY.

NOT ALL JOINTS ALLOW MOVEMENT. THE FIBROUS JOINTS BETWEEN SKULL BONES AND THOSE THAT FASTEN TEETH TO THE JAWBONE ARE FIXED.

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