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LOVE!♥

february



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FEBRUARY 2023



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GEORGIA VAN GUNDY
EVP, CHIEF OF STAFF,
CHIEF CUSTOMER OFFICER

February can be frigid, we know that. But aside from the frosty temperatures, it can also be hot—like the hot Hy-Vee Deals that save you money shopping, *page 18*.

Or it can be warm and welcoming—like soups and sandwiches, *page 54*, or southern-style comfort food featuring seafood, *page 42*. And just think of the warm, fuzzy feeling of enjoying a stuffed cookie, *page 48*, or a slice of out-of-this-world cheesecake, *page 23*.

When it all comes down to it, though, the real warmth comes from the heart. Valentine's Day is all about sharing those feelings with someone you love. Hopefully, the budget-friendly menus, *page 26*, and last-minute gift ideas, *page 84*, can help make that happen.

Have a happy, warm and, most of all, loving February!

HY-VEE SEASONS IS DIGITAL!

Hy-Vee Seasons Digital Edition is a free, highly interactive online version of *Hy-Vee Seasons* magazine—plus there's digital-exclusive content. Check it out at Seasons.Hy-Vee.com

POUR A PERFECT BREAKFAST

FOR THE LOVE OF PANCAKE SATURDAYS

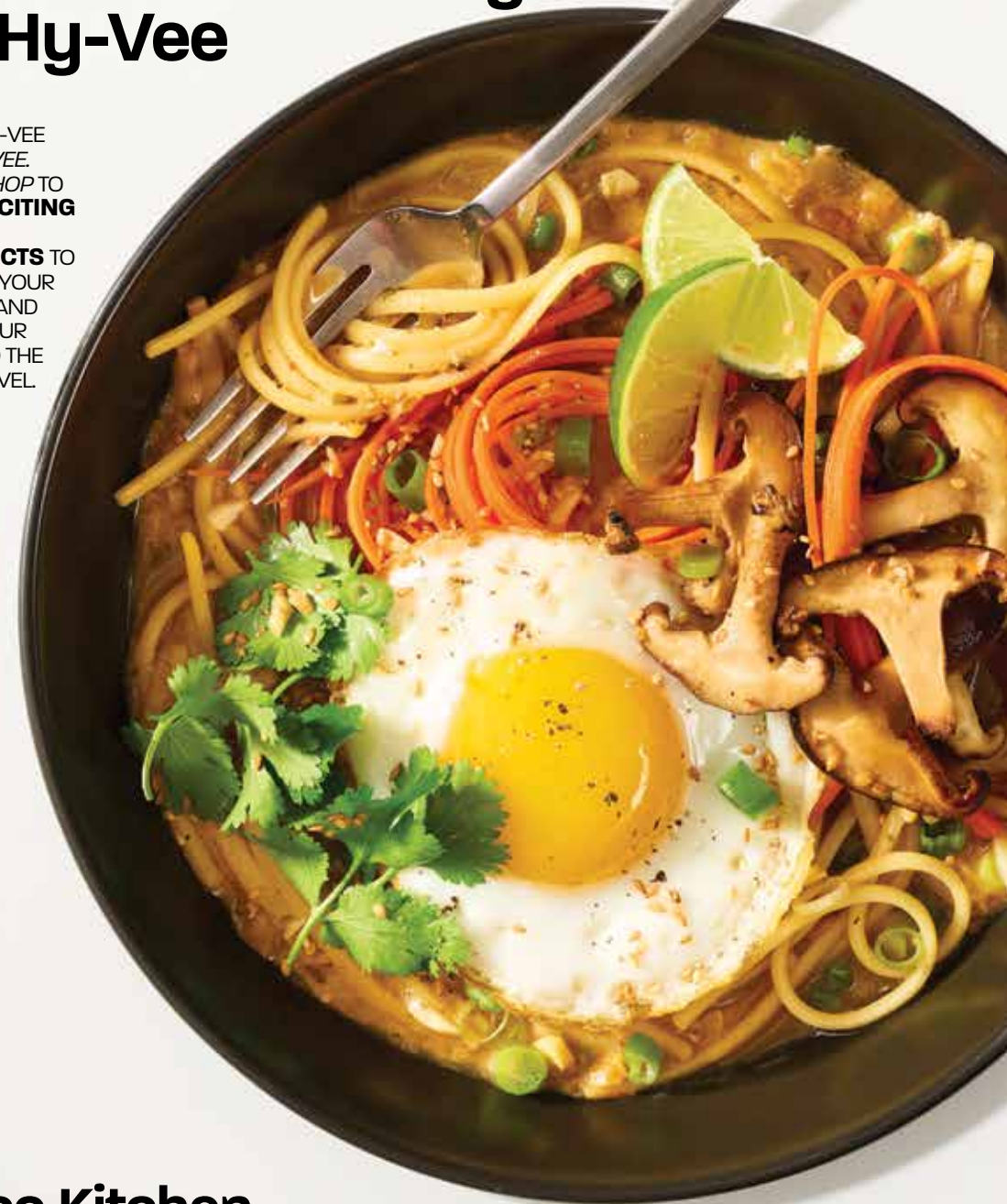


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AISLES

New & Noteworthy at Hy-Vee

VISIT HY-VEE OR HY-VEE.COM/SHOP TO FIND **EXCITING NEW PRODUCTS** TO PLEASE YOUR PALATE AND TAKE YOUR LOOK TO THE NEXT LEVEL.



Poco Kitchen

Made with 100% real vegetables, slow-simmered broth and savory spices (plus zero additives or preservatives), Poco Bowls are already prepared. Just add boiling water, and in 10 minutes these tasty meals are ready to enjoy in a variety of flavors.



• THAI PEANUT SAUTÉ • PORK & GINGER RAMEN
• RAMEN BROTH & VEGETABLES • ANCIENT GRAINS CURRY

Worlds of Flavor

GET SPICY

Whatever type of cuisine you favor, these sauces and seasonings enliven every dish.



R.J. IGUANAS EVERYDAY HOT SAUCE

This Caribbean-inspired sauce boasts a tang of vinegar, a hint of vine-ripened tomatoes and the perfect spicy blend of peppers that's never overpowering.



THE GROVE SALSA COMPANY

Made with fresh, wholesome ingredients, the company's line of salsas, hot sauces and rubs turns up the heat with flavors such as tequila lime, cilantro lime and sweet & mild.



FLYING SWINE SEASONINGS

These gluten- and MSG-free rubs enhance everything from grilled meat, chicken and fish to side dishes like chili and mac and cheese.

Gustare Vita

SWEET TREATS
Renowned for its Italian-imported products available exclusively at Hy-Vee, Gustare Vita is introducing a line of layered gelato.



CARAMEL SPICED COOKIES & CREAM LAYERED GELATO
Sweet and crunchy meld with smooth and spicy for a pleasing flavor combination.



VANILLA & CHOCOLATE COOKIE CRUMBLE LAYERED GELATO
Layers of crumbled cookies and gelato take this classic combo to the next level.



LEMON RASPBERRY LAYERED GELATO
Tart lemon and sweet raspberry make a complementary pair.

A MATTER OF TASTE
FROM MEAL STARTERS TO FLAVOR ENHANCERS, THESE PRODUCTS AT HY-VEE ELEVATE ANY RECIPE.



Campbell's FlavorUp!
Just 1 to 2 Tbsp. of this cooking concentrate boosts the flavor complexity of your favorite meat, vegetable, grain or plant-based protein dish. Choose from rich garlic and herb, caramelized onion and burgundy wine, and savory mushroom and herb.



Barilla Pasta
Barilla is a name synonymous with artfully crafted pasta for more than 140 years. Its Al Bronzo line forms the dough to give the pasta a textured surface that can hold any sauce. Ridged rigatoni is ideal in baked casseroles, while the twists and spirals of fusilli are well suited for pasta salads.



Pace Nacho Cheese Sauce
This spicy cheese sauce makes a delicious dip for chips or a tasty topping for your favorite dishes. Made with real cheese, the versatile sauce adds rich, creamy flavor with medium heat to nachos, enchiladas, fries, soft pretzels, hot dogs and more.



Janet's Finest Compotes
A family-owned business, mom Janet passed down her all-natural fruit compote recipes to her two daughters to continue the tradition. Mouthwatering pairings like blackberry jalapeño and raspberry jalapeño are perfect on desserts or included on a cheese and charcuterie board.

Fairlife

FAIRLIFE'S NEW LINE OF ULTRA-FILTERED YOGURT IS EVEN BETTER FOR YOU.



GREAT TASTE, NO GUILT
With 50% less sugar, up to 17 grams of protein and only 120 calories, it's easy to indulge in Fairlife's new lactose-free unfiltered yogurt in a variety of flavors.

Rude Cosmetics

Create an ultra-dramatic look with Rude's EDM Vibrant Eyeshadow collection in six different palettes and the Berry Juicy Shimmer Lip Gloss set in three shades. Rude also offers Be Square Pressed Pigments & Shadows, an eyeshadow set featuring four color

groupings in matte, shimmer and glitter finishes. See for yourself why the company's founding premise is that bold, fierce and "RUDE-ly" stunning makeup is the best tool to artfully express the inner you and make an indelible impression.

Skin Solutions



NEUTROGENA Stubborn Acne Spot Drying Lotion and Body Acne Treatment Spray
contain pore-penetrating ingredients that work to clear and prevent pimples on face and body.



SOLO VEGAN
Reduce dryness and blotchiness with the intense hydration provided in **Way to Go H2O** facial sheet masks that contain oat extract and ceramide complex.



BASIN XOXO Sugar Soufflé
boasts a delightful blend of cherries and berries with a hint of citrus that moisturizes and exfoliates skin. Massage onto damp skin and rinse for soft, touchably smooth skin.

DSW at Hy-Vee

STEP UP YOUR ATHLETIC STYLE
DSW's wide array of affordable athletic shoes and sneakers (plus many other types of footwear) are available at select Hy-Vee stores or online at [dsw.Hy-Vee.com](https://dsw.hy-vee.com)



WOMEN'S PUMA SOFTRIDE SOPHIA SLIP-ON SNEAKER
Style meets comfort in this ultra-modern design that cushions every step with a Softride midsole and SoftFoam + footbed.

JOE FRESH
Find seasonal looks and polished, everyday apparel for infants, children and women from Joe Fresh. Shop in select stores or online at [Joefresh.Hy-Vee.com](https://joefresh.hy-vee.com)



JOE FRESH LEGGINGS
Stretchy, comfortable girls' leggings are versatile. Pair with a sweatshirt for daytime or an oversize tee for bedtime.

CELEBRATE BLACK OWNED
SUPPORT BLACK OWNED THIS FEBRUARY AND THROUGHOUT THE YEAR BY ADDING THESE ITEMS TO YOUR CART.



Ayo Dinners
"Ayo" means "joy" in West Africa, an appropriate descriptor for comforting frozen meals such as groundnut stew.



Big Daddy's BBQ
Slather ribs, chicken, pork and more with sweet, smoky and hot barbecue sauces made from classic family recipes.



Chef Blackanese
Michial Foy, head chef of Dragon Inn Restaurant, developed spicy orange, garlic sesame and other flavorful sauces.



BLK & BOLD
Wake up to light, medium and dark roast coffee with flavor notes of caramel, toffee, chocolate, honey and more.



Cantu
Nourish locks with shea butter-base shampoo, conditioner and leave-in conditioner made for all hair types.



Carol's Daughter
Founded in 1993, Carol's Daughter has tried-and-true hair care products for all hair textures and curl types.



Freddie Lee's
This all-purpose, gluten-free gourmet sauce has sweet, tangy, slightly spicy flavor, and pairs well with any meat.



Jones BBQ
Sisters Mary and Deborah are sharing their secret family barbecue recipe with each bottle of sweet and tangy sauce.



Lillie's of Charleston
This thick, peppery hot sauce and mild mustard barbecue sauce are family recipes passed down for generations.



Moe Cason BBQ
Try award-winning pitmaster Moe Cason's sweet, savory, tangy barbecue sauces and rubs on a range of meats.



Pearlie's Pickles
Based on her grandmother's sweet pickle recipe, founder Nicole Bailey's pickles come in flavors such as sweet garlic.



TPH by Taraji
From actress Taraji P. Henson, TPH takes a scalp-first approach to protect and cleanse every hair type and texture.



Sienna Sauce
Available in a variety of flavors, these "everything" sauces can be used as dips, marinades and glazes.



T&T BBQ
T&T's mop sauce, based on a southern family recipe, is a vinegar-base barbecue sauce for marinating and basting.



Urban Hydration
Created by Psyche and Vontoba Terry, all Urban Hydration skin and hair products are made with natural ingredients.

VERY BELLISSIMA™



VERY BOLD.
VERY AFFORDABLE.

Long Wearing | High Shine Nail Lacquer
100% Vegan | Not Tested On Animals
17-Free | Made In The USA

EXCLUSIVELY AT HyVee



YOU'LL FALL IN LOVE WITH OUR BURGERS!



Find the perfect match for your appetite at Fast & Fresh. Choose from a variety of burgers crafted with our unique seasoning blend, bakery fresh sweet buns and stacked with your favorite fresh toppings.

HyVee
Fast & Fresh™

101

Grapefruit

Learn the benefits of this star citrus, plus discover a new recipe to try.

Grapefruit has a tart flavor with some bitterness, and is in season from November through June. It has an orange-yellow peel, thick rind and pink-red flesh. Grapefruit is a member of the citrus family but earned its name because it grows in clusters on trees, similar to grapes. Hy-Vee carries pink and red grapefruit varieties. The main difference is the color of the flesh, with pink grapefruit being slightly sweeter, while red varieties tend to be smaller. One medium-size grapefruit contains 100% of the USDA-recommended daily amount of vitamin C, which supports immune health, and over 50% of daily vitamin A, which protects against inflammation.

BUY A ripe grapefruit should have a smooth peel with no green patches. The fruit should feel firm when lightly squeezed.

STORE Grapefruit will keep at room temperature for 4 to 5 days, and for up to 3 weeks in a low-humidity drawer in the refrigerator.

PREP To prevent any dirt from transferring from peel to flesh when slicing, rinse in cool water beforehand. Slice grapefruit in half, then cut between the flesh and rind. Slice through the membranes between each segment.



WAYS TO ENJOY

Fresh

After cutting a grapefruit into segments, eat the slices plain or use to top a salad or a bowl of yogurt.

Juiced

Use both the juice and zest from grapefruit to add strong citrus flavor to drinks or baked goods.

Broiled

Sweeten grapefruit by slicing in half, then broiling in the oven to caramelize the fruit's natural sugars.

Source: hopkinsmedicine.org/health/wellness-and-prevention/grapefruit-benefits



TIP

Sugar helps caramelize the grapefruit and a touch of salt in the almond mixture helps reduce any remaining bitterness.

Smoky Grapefruit

Paloma Parfait

Hands On 15 minutes

Total Time 25 minutes

Serves 4

4 medium deep red grapefruit
3 Tbsp. Hy-Vee granulated sugar
½ cup Hy-Vee smoked whole almonds, chopped
1 Tbsp. lime zest, plus additional for garnish
2 tsp. ground Aleppo pepper

¼ tsp. coarsely ground Hy-Vee sea salt
2 cups Hy-Vee vanilla Greek yogurt

1. PLACE oven rack 6 in. from heat; preheat broiler to HIGH. Line a rimmed baking pan with foil; set aside.

2. CUT off a ½-in. slice from top and bottom of each grapefruit. Using a sharp knife, remove the entire peel and outer white membranes from each grapefruit by cutting from top to bottom. Cut each

grapefruit crosswise in half; remove seeds with point of paring knife.

3. PLACE grapefruit halves, cut sides up, in prepared baking pan. Sprinkle with sugar. Broil for 8 to 10 minutes or until sugar is caramelized and dark brown. Cool slightly. Reserve grapefruit juices in pan for serving.

4. COMBINE almonds, lime zest, Aleppo pepper and salt in a small bowl; set aside.

5. TO SERVE, divide yogurt among 4 serving plates. Arrange 2 grapefruit halves on each plate. Sprinkle with almond mixture. Drizzle with grapefruit juices, if desired.

Per serving: 310 calories, 9 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 240 mg sodium, 48 g carbohydrates, 5 g fiber, 42g sugar (19 g added sugar), 14 g protein. **Daily Values:** Vitamin D 10%, Calcium 20%, Iron 6%, Potassium 15%

30
minutes
or less

GF
option

GLUTEN-FREE

V
option

VEGETARIAN DISH



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BASICS

Melting Chocolate

Already a staple in cookies and cakes, chocolate finds even more culinary uses when it's melted.



1. Fill a saucepan with 1 to 2 in. of water. Place a stainless steel or heat-safe glass bowl on top of saucepan. The bowl should nest in the saucepan without touching the water.



2. Bring water to a boil over medium heat; reduce heat to low. Add chopped chocolate to bowl.



3. Stir frequently with a heat-safe rubber spatula until chocolate is melted and smooth. Do not allow chocolate to come into contact with steam or water. When chocolate is melted, lift bowl from saucepan and immediately dry bottom of bowl with a towel.

IF YOUR MELTED CHOCOLATE TAKES ON A GRAINY OR PASTY CONSISTENCY—KNOWN AS SEIZING—YOU HAVE EITHER BURNED IT OR IT'S COME IN CONTACT WITH WATER AND CAN'T BE SAVED. ALWAYS MELT CHOCOLATE OVER LOW HEAT AND KEEP IT FREE OF WATER TO AVOID SEIZING.

WHICH CHOCOLATE IS BEST TO MELT?

Save your **chocolate chips** for cookies: they contain stabilizers that help them hold their shape when heated. Dark, milk and white **chocolate-flavored melting wafers** and **baking chocolate bars** yield the best melting results. Dark chocolates have a higher percentage of cacao and melt the quickest. Milk and white chocolates contain more sugar and must be heated at a lower temperature and stirred continuously to avoid burning.

TO TEMPER OR NOT?

For a smooth, glossy finish, tempering—the involved process of heating and cooling—helps stabilize the chocolate's fat crystals so it stays snappy and firm at room temperature on desserts like dipped candies and truffles. If you're adding melted chocolate to a ganache, mousse, or batter, or if your chocolate is made with vegetable oil, there is no need to temper.

USES FOR MELTED CHOCOLATE:

- drizzle on desserts, like cupcakes, as seen on the cover.
- make a chocolate icing or frosting.
- pour over nuts, seeds or dried fruit to make bark.
- make candy.
- create a rich fondue for dipping.

SOLUTIONS

Tips for Cooking the Best Chicken

Ensure chicken is tender, juicy and full of flavor every time by following a few easy suggestions for buying, prepping and cooking poultry.



SCAN TO SHOP this Lodge cast iron pan at HSTV.

LOOK FOR MARINATED CHICKEN FROM THE HY-VEE MEAT DEPARTMENT TO GET A HEAD START ON COOKING A FLAVORFUL DINNER. TRY LEMON PEPPER, CILANTRO LIME, HONEY TERIYAKI AND MORE.

TIPS FOR TOP CHICKEN

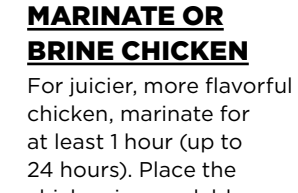


BUY DARK MEAT OR BONE-IN

Dark meat chicken pieces, such as thighs, have more fat than white meat, such as breasts. Fat helps chicken stay juicy and flavorful while it cooks, so start with thighs or bone-in breasts when possible. Bone-in chicken also has extra fat connecting the meat to the bone.

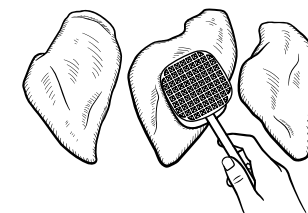
PAT DRY BEFORE COOKING

Before cooking chicken, pat the outside dry with a paper towel (even if the chicken was marinated). Any liquid left on the chicken will have to evaporate as it cooks, which can make the skin soggy or increase the cook time.



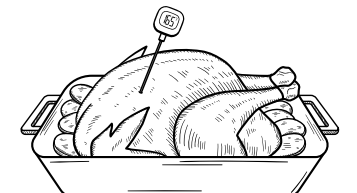
MARINATE OR BRINE CHICKEN

For juicier, more flavorful chicken, marinate for at least 1 hour (up to 24 hours). Place the chicken in a sealable plastic bag with sauce or seasoning, and marinate in the fridge. Or, fill a bowl with water and stir in a handful of salt. Place the chicken in the bowl and brine for up to 1 hour.



POUND OR CUT TO EVEN THICKNESS

Before cooking, pound boneless chicken breasts to an even thickness with a meat mallet, or butterfly (slice the breast almost in half and open like a book). This will help it cook evenly and prevent overcooking or undercooking any portion.



USE A MEAT THERMOMETER

For food safety, all chicken needs to be cooked to 165°F, according to the U.S. Department of Agriculture. Insert an instant-read thermometer into the thickest part of the chicken to check the temperature. More moisture will evaporate as chicken overcooks.

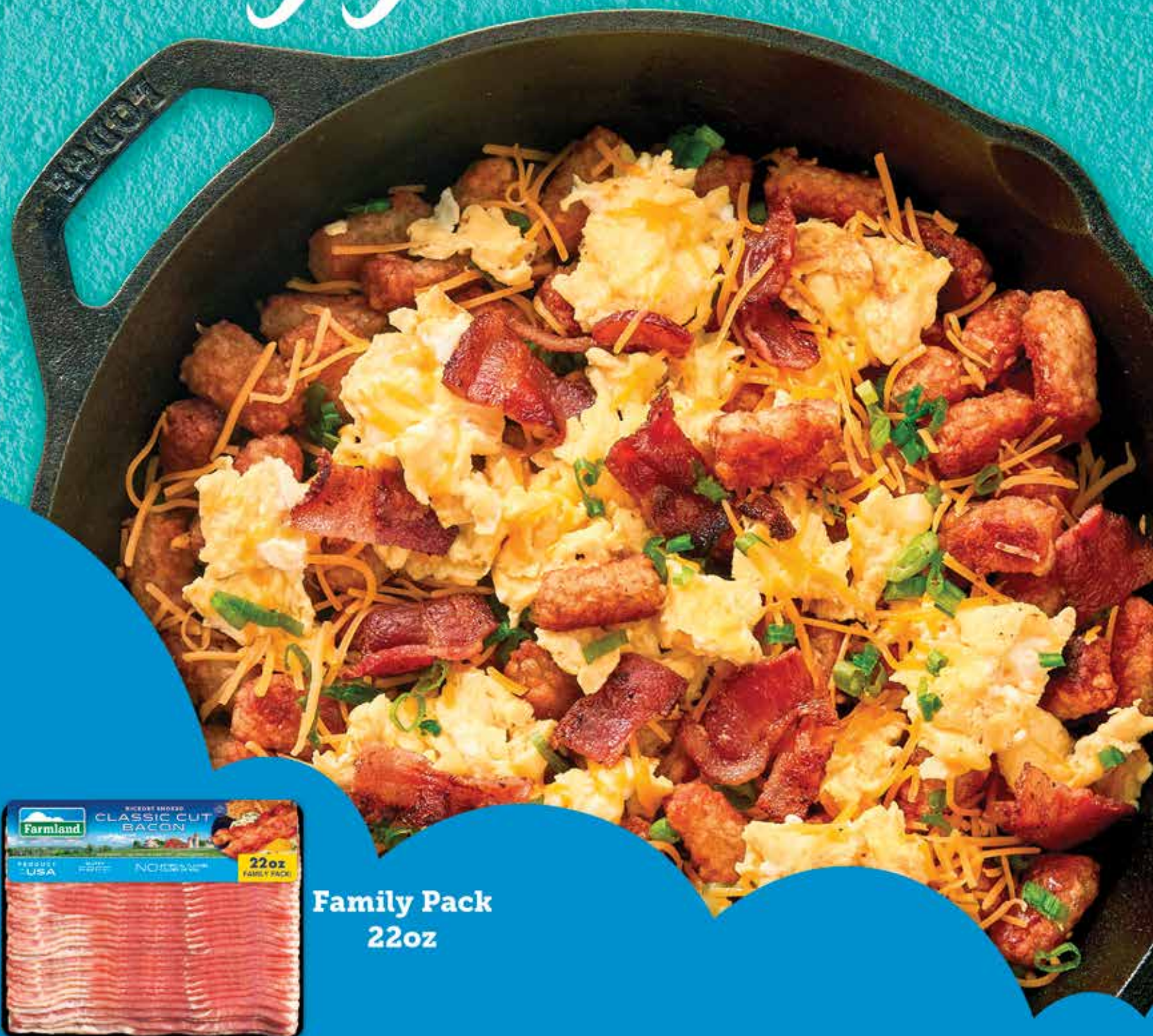
LET REST BEFORE SLICING

If you slice into a piece of chicken immediately after removing it from heat, some juices will flow out. To retain the most moisture, rest at room temperature for at least 10 minutes (rest whole chickens for at least 20 minutes).

165°F

IS THE TEMPERATURE TO WHICH ALL CHICKEN SHOULD BE COOKED—INCLUDING WHOLE BIRDS AND CUT PIECES.

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DEALS Get the hottest coupons for shopping in-store or online by logging onto *Hy-VeeDeals.com* to take advantage of unbeatable prices on favorites like frozen pizza, fresh ground beef, Basket & Bushel berries and so much more.

WEEKLY ADS Find out what's on sale each week at your local Hy-Vee, and get Red-Hot Weekend Deals on everyday items such as sugar, peanut butter, cereal, laundry detergent (among many others). You can also access special Hy-Vee coupon books for even more savings.

COUPONS Download hundreds of coupons to save on everything from food and cleaning supplies to personal care and beauty items. Deals like these can have a big impact on your weekly grocery bill.

PERKS Fuel Saver + Perks is a free program that lets you earn discounts on gas when you buy designated products at Hy-Vee. You can also take advantage of Hy-Vee Financial Services in conjunction with Midwest Heritage Bank. You'll receive discounts on home mortgages, auto loans, home and auto insurance, and more (like 5% off pet insurance).

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SPOIL
ME!



HOT
DOG!



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for lovebugs everywhere.



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Add chocolate and
fruit to transform
this dessert
into something
extraordinary.



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FACTORY BAKERY[®]
ORIGINAL PLAIN
CHEESECAKE



Double Chocolate Mousse Mix



Hy-Vee Whole Milk



Basket & Bushel
Fresh Raspberries



Hy-Vee Chocolate-
Covered Strawberries



CHOCOLATE & BERRIES

Berries and dollops of
mousse add flavor—
and provide a visual
flourish—to plain
cheesecake.

CHOCOLATE-COVERED STRAWBERRY CHEESECAKE

REMOVE 1 (10-in.) The Cheesecake Factory Bakery frozen plain cheesecake from its packaging and place on a serving platter. Remove paper separators from between cheesecake slices. Thaw cheesecake according to pkg. directions. Prepare 1 (4-oz.) pkg. Southern Gourmet double chocolate mousse mix according to pkg. directions using 1 cup Hy-Vee whole milk. Spoon mousse into a pastry bag

fitted with a large star tip. Pipe 1¼-in.-round rosettes near the top edge on alternating slices of cheesecake. Cover and chill remaining mousse and reserve for another use. Arrange 7 Hy-Vee Kitchen chocolate-covered strawberries on remaining cheesecake slices. Place Basket & Bushel raspberries in center, if desired. Serves 14.

VEGETARIAN DISH

SCAN CODE.
GET DEALS.



HyVeedeals\$.com

FEBRUARY 2023



VALENTINE'S ALL DAY ON A BUDGET | PERFECT PAIR | SOUTHERN SEAFOOD | STUFFED! |
SIMMERING SOUPS & SANDWICHES | WINTER FRUIT SALADS | FOODS OF MISSOURI |
GRAD VIBES ONLY | WATCH PARTY | SHARE THE LOVE



breakfast

RISE AND SHINE WITH SWEET AND SAVORY FAVORITES IN THE COLOR OF THE DAY.

VALENTINE'S BREAKFAST BOARD

- Heart-Shape Pancakes
- Hy-Vee lowfat strawberry yogurt
- Red Delicious apple, cut into ½-in. slices
- Powdered mini donuts
- Basket & Bushel raspberries
- That's Smart! original fully cooked sausage links
- Basket & Bushel strawberries, tops removed and cut into heart shapes
- Mini Egg Bites
- Hy-Vee Bakery mini cinnamon rolls
- Hy-Vee strawberry flavored syrup
- Hy-Vee frosted cherry toaster pastries
- Red grapes

MINI EGG BITES

Preheat oven to 350°F. Generously spray 12 (1¼-in.) muffin cups with nonstick spray; set aside. Whisk together 4 That's Smart! large eggs, 1 Tbsp. That's Smart! 2% reduced-fat milk, ¼ tsp. Hy-Vee salt and ¼ tsp. Hy-Vee black pepper in a medium bowl. Stir in 2 Tbsp. chopped red bell pepper; 2 Tbsp. Hy-Vee imitation bacon bits; and 1 Tbsp. Hy-Vee canned mushroom stems & pieces, drained and chopped. Divide egg mixture among prepared muffin cups. Bake for 10 to 12 minutes or until eggs are set and puffy. Remove egg bites from muffin cups; let stand 1 minute before serving. Store leftovers in a covered container in the refrigerator up to 3 days. Serves 6 (2 each).

30 minutes or less **GF** option **GLUTEN-FREE**

HOT ESPRESSO COCOA

Bring 1 cup water to a boil in a medium saucepan. Place 1 Tbsp. Hy-Vee baking cocoa in a small heatproof bowl; gradually whisk in ½ cup boiling water until smooth. Gradually whisk in 1 Tbsp. Hy-Vee granulated sugar until combined. Add cocoa mixture to remaining ½ cup boiling water in saucepan; remove from heat. Add ¼ cup brewed Hy-Vee espresso ground coffee; whisk for 30 to 60 seconds or until combined. Gently whisk in 1 cup That's Smart! 2% reduced-fat milk. Pour into 2 (10-oz.) mugs. Top each with 1 Tbsp. thawed That's Smart! frozen whipped topping; garnish with additional cocoa, if desired. Serves 2 (8 oz.) each.

HEART-SHAPE PANCAKES

Stir together 1¼ cups That's Smart! complete buttermilk pancake & waffle mix and ¾ cup water in medium bowl until large lumps disappear. Spray a medium nonstick skillet and a 4½-in.-wide heart-shape metal cookie cutter with Hy-Vee nonstick cooking spray. Heat skillet over medium-low heat. Place cookie cutter in skillet. Pour ¼ cup pancake batter into cookie cutter shape. Cook for 3 to 4 minutes or until bubbles begin to break on the surface. Remove cookie cutter using tongs. Carefully flip pancake, using a large spatula. Continue cooking for 2 to 3 minutes more or until pancake is lightly browned on both sides and cooked through. Repeat cooking 5 more heart-shape pancakes with remaining batter. Serves 3 (2 each).

UNDER
\$25*
This affordable board for four has a dozen selections to please even finicky family members.

VALENTINE'S

SHARE THE LOVE FROM MORNING TO NIGHT WITH BUDGET-FRIENDLY MEAL AND SNACK IDEAS FROM HY-VEE TO MAKE EVERYONE IN YOUR FAMILY FEEL SPECIAL.

Valentine's Breakfast

ON A BUDGET



UNDER \$5*
Snacks with fun shapes and a variety of flavors make this a kid-friendly lunch.

lunch

SEND YOUR LITTLE ONES OFF TO SCHOOL WITH A BOX FULL OF VALENTINE-THEMED LUNCH SURPRISES—PACKED WITH AN EXTRA BIT OF LOVE.

VALENTINE LUNCH BOX

Place 2 slices That's Smart! white bread on a cutting board. Cut a heart from center of 1 bread slice using a ½-in.-wide heart-shape cookie cutter. Spread 2 Tbsp. Hy-Vee no stir creamy almond butter on remaining bread slice; spread 2 Tbsp. That's Smart! strawberry preserves over almond butter. Place bread with cutout on top of sandwich. Cut sandwich into a heart using a 3-in.-wide heart-shape cookie cutter. Place heart-shape sprinkles inside heart cutout on top of the sandwich, if desired. To assemble, place 1 cup Hy-Vee lightly salted popcorn in the large compartment of 1 (3.7-cup) Rubbermaid TakeAlongs divided rectangular container with lid; top with ¼ cup Hy-Vee strawberry mini pretzels. Place prepared sandwich on top of popcorn. Spoon ¼ cup Hy-Vee roasted red pepper hummus in a 2½-in. paper muffin cup liner; place in the small compartment of container. Add 6 cherry tomatoes to the small compartment with hummus. Top hummus with 4 (1-in.-wide) orange and/or red bell pepper heart-shape cutouts. Cut 1 slice Hy-Vee sliced mozzarella cheese into 1-in.-long X shapes using a cookie cutter. Place cheese cutouts on top of tomatoes. Seal container with lid. Serves 1.

NOTE: Hummus must be kept cool; pack container in an insulated lunch bag with an ice pack.

20
minutes
or less

MORE LUNCH-BOX IDEAS

- The natural heart shape of strawberries makes them the perfect Valentine's lollipop. Simply remove the greens and insert a pretzel stick into the pointed part of the berry.
- Slip in a sweet message written on a pretty heart-shape, lacy doily describing the things you love most about your little one.
- Fill a small heart-shape baking cup with specially chosen messages written on Valentine conversational hearts.
- Decorate a favorite family photo with multicolor Valentine stickers.

snack ideas

WARM YOUR KIDS' HEARTS WITH WHIMSICAL LITTLE BITES THAT MAKE THE PERFECT AFTER-SCHOOL SNACK.



Find the recipe for Rice Cereal Treats at [Hy-Vee.com/recipes-ideas/recipes/rice-cereal-treats](https://www.hy-vee.com/recipes-ideas/recipes/rice-cereal-treats)

CRISPY RICE CEREAL HEART TREATS Prepare 1 recipe Rice Cereal Treats; cut into 6 (4-in.) hearts. Melt 1 (10-oz.) pkg. white chocolate melting wafers with 1 Tbsp. That's Smart! pre-creamed shortening according to pkg. directions. Transfer ¾ cup melted chocolate mixture to a small deep bowl; tint with 8 drops Over the Top pretty pastel pink food coloring gel. Place 1 (3.5-oz.) bottle Valentine nonpareils sprinkles in another small deep bowl. Dip one-half of cereal treats into melted chocolate, then dip in sprinkles. Place on parchment paper-lined baking sheet. Drizzle with remaining melted white chocolate. Let stand until chocolate is set. Serves 6 (1 each).



LOVEBUG APPLE SAUCE Create this cute, little creature with 4-oz. strawberry- or raspberry-flavor That's Smart! apple sauce cups. Turn each cup upside down and attach a pair of adhesive wiggle eyes to the front. For the lovebug's wings and antennae, cut two hearts from a sheet of red foam and glue two Valentine conversation hearts to the ends of two 2-in. pipe cleaners bent in a curlicue shape. Glue pipe cleaners to the front of wings and affix to back of cup.



HEART TIC-TAC-TOE When you swap Xs and Os for Valentine's conversational hearts with their sweet messages of love, everyone's a winner. This easy take on the classic game starts by using a graham cracker square as the "board" and piping on frosting to form a grid. Challenge your sweetheart to a match by each picking a different color of hearts to place in horizontal, vertical or diagonal rows.



LOVE NOTE FRUITS Personalize these healthy snacks by writing a message of love on a banana with a black ballpoint pen and using a red-colored pen to surround it with hearts. Use a permanent marker on the oranges' thick rinds to draw emojis of hearts and winking eyes, along with smiles and kisses.

FAMILY DINNER

dinner

PREPARE A CUPID-INSPIRED VALENTINE FAMILY FEAST OR A ROMANTIC DINNER FOR TWO WITH THESE ECONOMICAL RECIPES FROM HY-VEE.

UNDER
\$25*
Feed a family of four with this meal, which features a main dish, sides, punch and dessert.

SPICE THINGS UP
with flavorful (and easy-to-fix) boxed Hy-Vee Spanish rice and vermicelli mix with green peppers.

DIGITAL
SEASONS
EXTRA

CLASSIC GUAC
Visit Seasons.Hy-Vee.com to get the recipe for this Classic Guacamole Dip that has just the right amount of heat balanced with lime juice and cilantro. (Cut the recipe in half to make it a family-friendly size and to stay on budget.)

*Cost calculated by amount of food shown.

LOADED-HEART QUESADILLAS

Customize each quesadilla with your favorite fillings, such as combinations of veggies, refried beans and peppers ranging from mild to wild.

30
minutes
or less

SMOOTH-SALSA QUESADILLA

	+		+		+	
Hy-Vee street taco flour tortillas, cut into heart shapes		shredded Hy-Vee Kitchen rotisserie chicken		That's Smart! mild salsa		Hy-Vee finely shredded Mexican cheese

GREEN GODDESS QUESADILLA

	+		+		+	
Hy-Vee street taco flour tortillas, cut into heart shapes		shredded Hy-Vee Kitchen rotisserie chicken		Hy-Vee spinach-artichoke dip		Hy-Vee finely shredded Mexican cheese

GUAC 'N' GOOD QUESADILLA

	+		+		+	
Hy-Vee street taco flour tortillas, cut into heart shapes		shredded Hy-Vee Kitchen rotisserie chicken		Classic Guacamole		Hy-Vee finely shredded Mexican cheese

TRICOLOR QUESADILLA

	+		+		+	
Hy-Vee street taco flour tortillas, cut into heart shapes		shredded Hy-Vee Kitchen rotisserie chicken		Hy-Vee Short Cuts chopped tricolor bell peppers		Hy-Vee finely shredded Mexican cheese

LOVE POTION PUNCH

Pour 3 cups Hy-Vee lemon lime soda, chilled, and 1 cup Hy-Vee refrigerated raspberry lemonade in a 1½-qt. pitcher. Add ¼ cup Hy-Vee strawberry gelatin dessert powder. When foaming subsides, stir until combined. Pour into 4 (12-oz.) ice-filled glasses. Garnish with Hy-Vee maraschino cherries, lemon and/or orange slices and mint, if desired. Serves 4 (8 oz. each).

10
minutes
or less

FOR GROWN-UPS: Add 6 oz. raspberry vodka to the recipe, which amounts to 1½ oz. of vodka per person when serving 4.

XOXO CHURROS

Combine 1 cup That's Smart! 2% reduced-fat milk and 6 Tbsp. Hy-Vee unsalted butter in a medium saucepan. Bring to a boil over medium-high heat. Remove from heat; stir in 1 cup That's Smart! all-purpose flour and ½ tsp. Hy-Vee ground cinnamon until combined. Cook and stir over low heat for 5 minutes. Transfer mixture to a large mixing bowl. Beat dough with an electric mixer on low until cooled slightly. Add 4 That's Smart! large eggs, one at a time, beating well after each addition. Spoon dough into a pastry bag fitted with a medium star-shape piping tip. Pipe 3-in.-wide X and O shapes onto a baking sheet lined with waxed paper. Freeze for 45 to 60 minutes or until set. Heat at least 2 in. Hy-Vee canola oil to 300°F in a 4-qt. heavy saucepan suitable for deep-fat frying. Carefully place 3 to 4 dough Xs and Os into hot oil. Fry for 5 to 7 minutes or until golden brown, turning halfway through. Remove with a slotted spoon; drain on paper towels. Place ¼ cup Over the Top wispy white sanding sugar and ¼ cup Over the Top rosy red sanding sugar in separate medium shallow bowls. While churros are still slightly warm, brush tops with ¼ cup That's Smart! light corn syrup. Dip Os in white sanding sugar and Xs in red sanding sugar to coat. Serves 7 (2 each).

 **VEGETARIAN DISH**

DATE NIGHT

BEAUTIFUL BLOOMS FROM THE HY-VEE FLORAL DEPARTMENT ADD TO THE AMBIENCE OF THIS ROMANTIC MEAL.

Air-Fried Stuffed Chicken 'n' Spaghetti Dinner

Total Time 35 minutes
Serves 2

4 oz. Hy-Vee spaghetti
2 (8-oz.) Hy-Vee Meat Department Parmesan pesto marinated chicken breasts
2 tsp. That's Smart! Italian seasoning
1 cup Hy-Vee finely shredded Italian cheese
1 cup lightly packed arugula
¼ cup chopped Gustare Vita sundried tomato bruschetta topping

4 slices Culinary Tours prosciutto
Hy-Vee nonstick cooking spray
3 Tbsp. Gustare Vita extra virgin olive oil
2 Tbsp. bottled chopped garlic
¼ tsp. Hy-Vee crushed red pepper
2 tsp. Gustare Vita white wine vinegar
¼ cup chopped Italian parsley
Soirée grated Parmesan cheese, for garnish
Fresh oregano, for garnish

1. PREHEAT air fryer to 375°F according to manufacturer's directions.

2. BRING a large saucepan of water to a boil for the spaghetti. Meanwhile, starting at the thickest side of each chicken breast, cut a wide pocket three-fourths through, cutting to, but not through, the opposite side, and not through the top and bottom sides of the chicken. Sprinkle 1 tsp. Italian seasoning inside each pocket.

3. STIR together Italian cheese, arugula and bruschetta topping in a

medium bowl. Fill pockets with cheese mixture. Lightly press chicken to flatten and close.

4. WRAP each stuffed chicken breast with 2 slices of prosciutto to completely cover chicken. Lightly spray air fryer basket with nonstick spray. Air-fry for 14 to 16 minutes or until chicken reaches 165°F.

5. COOK spaghetti according to pkg. directions. Drain spaghetti, reserving ¼ cup pasta water.

6. HEAT olive oil in a large skillet over medium-low heat. Add garlic and red pepper; cook for 3 to 4 minutes or until lightly browned, stirring occasionally.

7. ADD spaghetti and vinegar to mixture in skillet; toss to coat. Add reserved ¼ cup pasta water and parsley; toss to combine. Serve spaghetti mixture with chicken. Garnish with Parmesan cheese and oregano, if desired.

Per serving: 790 calories, 38 g fat, 9 g saturated fat, 0 g trans fat, 145 mg cholesterol, 1,540 mg sodium, 55 g carbohydrates, 4 g fiber, 5 g sugar (1 g added sugar), 56 g protein. **Daily Values:** Vitamin D 0%, Calcium 25%, Iron 30%, Potassium 20%

UNDER
\$10*

PER SERVING

Enjoy a full meal—including marinated chicken and wine—for less than the cost of fast food.

HY-VEE PARMESAN PESTO MARINATED CHICKEN BREAST

Let Hy-Vee do all the seasoning and marinating for you. Pick up the prepared chicken breasts in the Meat Department for bold flavor with less prep work.

*Cost calculated by amount of food shown.

meal packs

SHORT ON TIME? LET HY-VEE PREPARE AN INTIMATE VALENTINE MEAL FOR TWO. WITH THREE DIFFERENT BUDGET OPTIONS, THERE'S EVEN MORE TO CELEBRATE.

SWEETHEART DINNER

Enhance the flavor of this sirloin steak dinner even more by garnishing the meat and potatoes with savory herbs.

- 2 (8-oz.) Prime Reserve bacon-wrapped beef sirloin fillets
- 2 (5-oz.) twice-baked potatoes
- 1 (8-oz.) bacon-wrapped asparagus bundle
- 1 (10-oz.) Hy-Vee Bakery Fresh baguette
- 1 Di Lusso classic chef's salad
- 4 (4-oz.) Hy-Vee Bakery Fresh mini gourmet cupcakes

\$30

Make your Meal Pack into a grazing board with ideas from



WATCH & SHOP ONLY ON

HSTV.com

KISS THE COOK

Season the prime rib to your taste, and simply heat it up in the oven before serving.

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

\$45



HOW TO ORDER

Choose from a variety of Hy-Vee restaurant-quality meal packs for pickup or delivery with a 7-day notice. Not all meal packs come precooked. Please allow time for cooking. To order, contact your local store or go to [Hy-Vee.com/catering](https://hy-vee.com/catering).

COUPLE'S FARE

Savor your favorite surf and turf cuisine with lobster tail and beef tenderloin, complemented with perfectly prepared side dishes.

- 2 (5-oz.) Hy-Vee Choice Reserve beef tenderloins
- 2 (4-oz.) lobster tails
- 2 (5-oz.) twice-baked potatoes
- 1 (8-oz.) bacon-wrapped asparagus bundle
- 1 (10-oz.) Hy-Vee Bakery Fresh baguette
- 1 Di Lusso classic chef's salad
- 4 (4-oz.) Hy-Vee Bakery Fresh mini gourmet cupcakes

\$65



HY-VEE DESSERTS TO GO

END THE DAY ON A DELECTABLE NOTE BY PICKING UP A SWEET TREAT AT YOUR LOCAL HY-VEE TO DELIGHT YOUR SWEETHEART.



Ghirardelli Chocolate-Covered Strawberries

Bite into juicy strawberries drizzled in fine chocolate, available in the Hy-Vee Produce Department.



Cut-Out Cookies

Make a loving gesture with heart-shape cookies frosted in romantic red.



German Chocolate Double Layer Cake

This Hy-Vee Bakery work of art is swirled in chocolate and chock-full of pecans.



Gourmet French Silk Pie

Tempt taste buds with luscious cocoa filling, whipped cream topping and chocolate curls.



perfect

pair

MAKE YOUR TIME TOGETHER EXTRA SPECIAL BY ARTFULLY MATCHING DRINKS AND DESSERT. THESE CUSTOM DRINK RECIPES CAN GET YOU STARTED.

cupcake & martini

A red velvet martini and the intense chocolate flavor of the red velvet cupcake is a well-balanced affair. This cocktail helps to even out the creaminess of the cupcake, so you don't feel heavy—and you won't feel guilty if you have one more.

RED VELVET MARTINI

Add 2 oz. vanilla vodka, 1 oz. crème de cacao, 1 oz. Godiva white chocolate liqueur, 1 oz. whipped vodka, ¾ oz. grenadine and ¼ tsp. Hy-Vee powdered sugar to an ice-filled cocktail shaker. Cover and shake well until chilled. Strain into 2 (6-oz.) stemless martini glasses. Garnish with Hy-Vee frozen original whipped topping, thawed, and white chocolate curls, if desired. Serves 2 (4 oz. each).

+

HY-VEE BAKERY FRESH GOURMET RED VELVET CUPCAKE

10
minutes
or less

MAKE IT ALCOHOL- FREE

Substitute Stella Rosa Non Alcoholic Rosé, a semisweet, semisparkling wine at Hy-Vee, as an alternative.

macarons & rosé

This is a match made in heaven. The light, airy texture of macarons combined with this sparkling rosé wine cocktail create floral and fruity flavor that's both refreshing and exciting.

ROSÉ-COLORED GLASSES

Add 1 oz. simple syrup, ¾ oz. fresh lemon juice, ¼ oz. Angostura bitters (1½ tsp.) and ½ tsp. grenadine in an ice-filled cocktail shaker. Cover and shake well until chilled. Strain into 2 (10-oz.) ice-filled Collins glasses. Top each with 5 oz. rosé sparkling wine. Garnish with fresh mint and strawberry slices threaded onto cocktail picks, if desired. Serves 2 (6 oz. each).

+

HY-VEE BAKERY FRESH MACARONS

10
minutes
or less



SCAN
TO SHOP
cocktail
glasses from
Hy-Vee.

sips & sweets

THIS VALENTINE'S DAY, TRY SOMETHING DIFFERENT WITH TASTY PAIRINGS RECOMMENDED BY BLAIR ZACHARIASEN, CERTIFIED SOMMELIER AND CICERONE AT HY-VEE. ENJOY THE DELECTABLE DUOS AS AN AFTER-DINNER TREAT OR ON THEIR OWN!



pro tip: PAIRING DRINKS AND DESSERTS

“Beverage pairing really doesn't have a lot of rules. The most important thing to remember is the wine should be at least one step sweeter than the food you are pairing with it; otherwise, the wine will taste bitter. With beer, weight and texture play a big role, but contrasting flavors are what makes beer pairing a fun surprise.”

—Blair Zachariasen
Certified Sommelier and Cicerone,
Assistant General Manager,
Hy-Vee Wall to Wall Wine & Spirits,
West Des Moines, IA

TRY THIS VALUE PAIRING

Grain Belt Nordeast Amber Lager and It's Your Churn salted caramel ice cream in a beer and ice cream float.



BROWN ALE + HAZELNUT DESSERTS

“The roasted, toasted notes of brown ale are a great accompaniment to milk chocolate and nuts, while the beer's effervescence helps to cut through the richness of sticky sauces.”

STOUT + CHOCOLATES OR CHOCOLATE CAKE

“A big, bold beer and a big, bold dessert are a decadent match of complementary flavors that no one can resist.”

SWEET RIESLING + APPLE FLAVORS

“Pair a Riesling with fresh apple or pear slices and a salty blue cheese with a drizzle of honey. Riesling's natural acidity keeps the wine from being cloying, while the sweetness contrasts the salty quality of the cheese.”

PILSNER + FRESH FRUIT

“Light beer calls for lighter flavors, so pick up some fresh fruit with a dollop of freshly whipped cream to serve with pilsner for a light treat.”

SEMISWEET SPARKLING WINE + VANILLA CRÈME BRÛLÉE

“Dry wines can taste bitter next to sweet items, so look for a sparkling wine with sweetness. The bubbly fizz of the wine is palate cleansing.”

WHEAT + BAKED GOODS WITH LEMONY FLAVORS

“Wheat beer has notes of citrus peel and cloves, which would be a nice match to pie crust with a lemon curd filling or lemon cream pie.”

DRY ROSÉ + FRESH BERRIES

“Rosé is known for its light, crisp, red-fruited nature, and the perfect way to pair this pink pour is by combining those notes with fresh berries like strawberries, raspberries, blueberries or blackberries.”

TAWNY PORT + NUTS AND CARAMEL

“Skip the coffee and pour a tawny port while you savor treats like pecan pie or a classic caramel turtle candy. The similar notes of toffee, caramel and nuts complement each other very well.”

ZINFANDEL + DARK CHOCOLATE

“Dark chocolate's richness is matched by the bold, full body of Zinfandel, while the jammy, ripe fruit contrasts the bitter nature of a darker chocolate.”

PALE ALE + SALTED PEANUTS AND SALTED CARAMEL

“The slightly bitter, floral pine and citrus notes of hops need a savory element to match its intensity and the salty flavor would be a great contrast to the beer.”



brownies & blinker

Citrus tang and earthy bourbon are joined in this cocktail, which balances the bitter sweetness of dark chocolate in the brownies.

THE BLINKER

For raspberry simple syrup, combine $\frac{1}{4}$ cup Hy-Vee granulated sugar and 2 oz. water in a small saucepan. Cook over medium heat for 2 to 4 minutes or until mixture thickens and is syrup-like, stirring frequently. Remove from heat. Stir in $\frac{1}{4}$ cup fresh or frozen raspberries and slightly mash with the back of a spoon; cool completely. Strain mixture through a fine-mesh sieve set over a bowl, pressing with back of spoon. Discard pulp. Store syrup covered in refrigerator up to 5 days. For cocktail, add 4 oz. bourbon whiskey, 2 oz. refrigerated grapefruit juice and 1 oz. raspberry simple syrup to an ice-filled cocktail shaker. Cover and shake well until chilled.

Strain into 2 (6-oz.) martini glasses. Garnish with grapefruit slice, halved, and fresh thyme, if desired. Serves 2 (5 oz. each).

+
**HY-VEE BAKERY
GOURMET BROWNIES**

10
minutes
or less

MAKE IT ALCOHOL- FREE

Substitute Free Spirits, a rich, oaky nonalcoholic bourbon from California, available at Hy-Vee.



**MAKE IT
ALCOHOL-FREE**
Substitute Ritual Zero Proof Rum Alternative, available at Hy-Vee.

tiramisu & coffee cocktail

Feel like a million bucks sipping this robust, spiked coffee, which marries well with the creamy notes of chocolate in the tiramisu and balances its overall richness.

THE MILLIONAIRE COFFEE COCKTAIL

For infused rum, pour 1 (500-ml) bottle of Captain Morgan spiced rum into a Viski Alchemi spirit infusion kit's 500-ml infusion bottle to the fill line. Fill infusion rod with 1 Tbsp. Hy-Vee espresso dark roast whole bean coffee. Place rod into infusion bottle. Let stand for 24 hours. For stronger flavor, let stand 2 to 3 days. To store, remove infusion rod; place stopper in bottle. Refrigerate up to 1 month.

For cocktail, add 4 oz. brewed Hy-Vee espresso coffee, chilled; 2 oz. espresso-infused spiced rum; $1\frac{1}{2}$ oz. Godiva chocolate liqueur; 1 oz. Hy-Vee Select 100% pure maple syrup and 4 dashes orange bitters to an ice-filled cocktail shaker. Cover and shake well until chilled. Strain into 2 (6-oz.) coupe glasses. Garnish with cocoa powder, if desired. Serves 2 (5 oz. each).

+
**HY-VEE BAKERY
TIRAMISU**



SOUTHERN SEAFOOD

Take a trip to the South with these seafood dishes inspired by popular recipes from the Gulf Coast and other southern states.

Spicy Fried “Nashville” Shrimp & Grits

Hands On 40 minutes

Total Time 1 hour 5 minutes

Serves 4

Hy-Vee nonstick cooking spray

2½ cups Hy-Vee chicken stock

1¼ cups Hy-Vee lowfat buttermilk, divided

5 Tbsp. Hy-Vee unsalted butter, divided

1 cup quick 5-minute grits

1 cup Soirée grated Parmesan cheese, plus additional for garnish

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

1 cup Hy-Vee all-purpose flour

1½ Tbsp. Hy-Vee seasoned salt

½ tsp. Hy-Vee cayenne pepper

2 Hy-Vee large eggs

1½ tsp. minced garlic

½ cup Louisiana hot sauce

2 Tbsp. packed Hy-Vee brown sugar

Hy-Vee vegetable oil, for frying

Fresh parsley sprigs, for garnish

Sweet bread and butter chips

pickles, for garnish

1. FOR GRIT CAKES, spray a 12×8-in. baking dish with nonstick spray. Set aside. Bring chicken stock, 1 cup buttermilk and 2 Tbsp. butter to a boil in a medium saucepan over medium-low heat. Gradually stir in grits. Cook for 4 to 5 minutes or until very thick, stirring constantly. Remove from heat. Stir in 1 cup Parmesan cheese until melted.

2. LINE a rimmed baking pan with waxed paper; set aside. Peel shrimp, leaving tails attached; pat dry with paper towels. Combine flour, seasoned salt and cayenne pepper in a medium shallow bowl. Whisk together eggs and remaining ¾ cup buttermilk in a small bowl. Dip shrimp, a few at a time, into flour mixture to coat; shake off excess and place in prepared baking pan. Then dip shrimp, a few at a time, into egg mixture; return to flour mixture to coat. Return shrimp to the baking pan; let stand at room temperature for 10 minutes.

Spread evenly in prepared pan. Cool completely. Cover and refrigerate for 2 to 24 hours.

3. FOR SAUCE, melt remaining 3 Tbsp. butter in a large skillet over medium heat. Stir in garlic; cook for 1 minute. Stir in hot sauce and brown sugar; remove from heat. Remove and reserve 3 Tbsp. sauce for garnish. Set aside remaining sauce in skillet.

4. PLACE oven rack 6 in. from heat. Preheat broiler to HIGH. Spray baking sheet with nonstick spray. Cut grits into 8 or 12 (2- to 3-in.) rounds using a round biscuit or cookie cutter. Place on prepared baking sheet. Broil for 6 to 10 minutes or until golden and crisp, turning halfway through. Keep warm.

5. HEAT ½ in. oil to 350°F in 12-in. cast iron skillet over medium heat. Fry shrimp in 2 batches for 3 to 4 minutes or until shrimp reaches 145°F and coating is golden brown, turning halfway through. Drain on paper towels. Add fried shrimp to sauce in the skillet; gently toss to coat.

6. TO SERVE, arrange 2 or 3 grit cakes on each serving plate; top with shrimp. Drizzle shrimp with reserved sauce. Garnish with additional Parmesan cheese, parsley and pickles, if desired.

Nutrition facts are not available for fried foods.

CAYENNE PEPPER
AND HOT SAUCE
UNITE TO CREATE THE
POPULAR “NASHVILLE
HOT” SEASONING
FEATURED IN THIS
RECIPE.

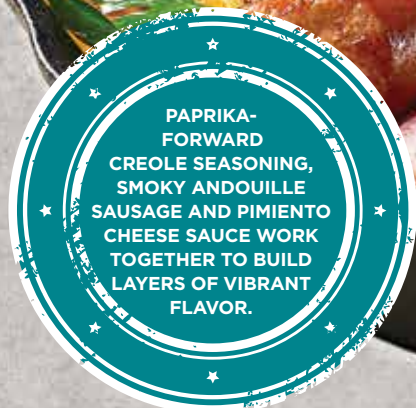
GULF COAST SEAFOOD

The Gulf of Mexico is home to some of the best-tasting, highest-quality fish and shellfish. Hy-Vee carries some of the most popular types of Gulf seafood, such as shrimp and Louisiana crawfish. Many of the fish found in the region also migrate long distances to live in cold water, which gives the seafood a firm texture and clean taste. Border states and neighboring southern states have each developed their own traditional recipes using seafood from the region.





ALL FRESH AND FROZEN HY-VEE SEAFOOD WITH THE “RESPONSIBLE CHOICE” LABEL IS CAUGHT IN A SUSTAINABLE WAY. THIS HELPS PROTECT FISH POPULATIONS FOR FUTURE GENERATIONS.



Cheesy Southern Shrimp Skillet

Total Time 45 minutes
Serves 8 (1¼ cups each)

12 Basket & Bushel potatoes (1¼ lb.)
1 (16-oz.) pkg. Fish Market frozen shell-on, EZ peel & deveined raw shrimp (16 to 20 ct.), thawed
1½ cups Hy-Vee finely shredded extra sharp Cheddar cheese
4 oz. Hy-Vee cream cheese, softened

½ cup Hy-Vee mayonnaise
1 (4-oz.) jar diced pimientos, drained, divided
½ tsp. Hy-Vee original yellow mustard
½ tsp. Hy-Vee less sodium Worcestershire sauce
½ tsp. Hy-Vee cayenne pepper
3 Tbsp. Hy-Vee salted butter, divided
¾ cup yellow onion slices
¾ cup sliced celery
8 oz. fully cooked andouille smoked sausage, sliced ½ in. thick
1½ tsp. Creole seasoning
1 (12-oz.) pkg. frozen That's Smart! cut golden corn, thawed
1 tsp. bottled minced garlic
Italian parsley, for garnish

1. PLACE potatoes in a medium saucepan; add enough water to cover. Bring to a boil; reduce heat to medium-low and simmer for 15 to 20 minutes or until fork-tender. Drain; cool. Meanwhile, peel shrimp, leaving tails attached; cover and refrigerate.

2. STIR together Cheddar cheese, cream cheese, mayonnaise, ½ cup pimientos, mustard, Worcestershire sauce and cayenne pepper in a medium bowl; set aside. Cover and refrigerate until ready to use.

3. MELT 1 Tbsp. butter in 12-in. cast iron skillet over medium heat. Add onion and celery; cook for 2 minutes, stirring frequently. Stir in sausage; cook for 3 to 5 minutes or until sausage is browned,

stirring frequently. Transfer from skillet to a medium bowl.

4. PAT shrimp dry with paper towels. Melt 1 Tbsp. butter in same skillet over medium heat. Add shrimp; sprinkle with Creole seasoning. Cook for 3 to 4 minutes or until shrimp reach 145°F, stirring frequently. Stir in remaining pimientos. Transfer from skillet to another medium bowl.

5. PLACE oven rack 4 to 5 in. from heat. Preheat broiler to HIGH.

6. CUT each cooked potato into 4 wedges. Melt remaining 1 Tbsp. butter in same skillet over medium-high heat. Add potato wedges; cook for 2 to 3 minutes or until potatoes are lightly browned. Add corn and garlic; cook for 3 to 4 minutes

more or until corn is tender, stirring frequently. Return sausage mixture to skillet; stir gently to combine. Remove from heat.

7. DOLLOP 9 to 10 spoonfuls of pimiento cheese mixture on top of skillet mixture. Broil for 1 to 2 minutes or until cheese mixture begins to melt. Arrange shrimp mixture on top. Broil for 1 minute more or until heated through. Garnish with parsley sprigs, if desired.

Per serving: 480 calories, 31 g fat, 13 g saturated fat, 0 g trans fat, 135 mg cholesterol, 960 mg sodium, 31 g carbohydrates, 3 g fiber, 3 g sugar (0 g added sugar), 20 g protein.
Daily Values: Vitamin D 0%, Calcium 15%, Iron 6%, Potassium 15%

GF GLUTEN-FREE

Cod-Stuffed Hush Puppies

with Savory Peach Jam

Hands On 45 minutes

Total Time 45 minutes plus cooling time

Serves 20 (2 each)

2 Tbsp. Hy-Vee salted butter
1 medium onion, chopped
½ cup peach preserves
½ cup That's Smart! original barbeque sauce
⅛ tsp. Hy-Vee cayenne pepper
Hy-Vee vegetable oil, for frying

1 (12-oz.) pkg. frozen Fish Market Alaska cod fillets, thawed
1 (12-oz.) pkg. onion flavored hush puppy mix
1 cup water
¾ cup Hy-Vee finely shredded extra sharp Cheddar cheese

4 slices Hy-Vee sweet smoked bacon, cooked and finely chopped
1 jalapeño pepper, seeded and finely chopped, plus additional for garnish*

1. MELT butter in a medium saucepan over medium heat. Add onion; cook for 15 minutes over medium-low heat or until very tender, stirring frequently.

2. STIR in preserves, barbeque sauce and cayenne pepper. Cook for 1 minute or until bubbly, stirring frequently. Cool jam to room temperature.

3. HEAT oil to 350°F in a deep-fat fryer or large

heavy saucepan suitable for deep-fat frying. Follow manufacturer's instructions for quantity of oil in deep-fat fryer. For heavy saucepan, use at least 1½ in. of oil.

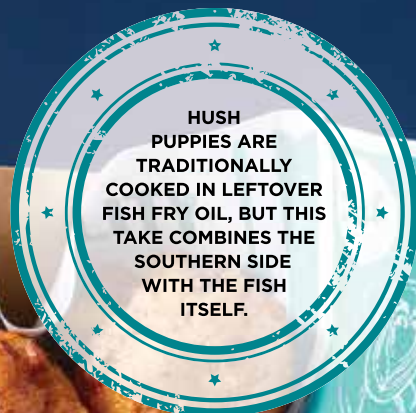
4. PAT cod fillets dry with paper towels. Chop into ¼ in. pieces. Combine hush puppy mix, water, cheese, bacon, 1 finely chopped jalapeño pepper and cod in a medium bowl until combined.

5. DROP batter into hot oil using a 1 Tbsp. rounded metal scoop. Fry in batches of 6 to 8 for 3 to 3½ minutes or until golden and cooked through, turning once. Drain on paper towels.

6. TO SERVE, transfer to a paper-lined basket or bowl. Garnish with additional jalapeño pepper, if desired. Serve with peach jam.

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

Nutrition facts are not available for fried foods.



READY-TO-GO SEAFOOD

GET A HEAD START ON DINNER WITH SEASONED SEAFOOD FROM HY-VEE.



Parmesan Tuscan Herb Encrusted Tilapia Fillets

Try ready-to-cook tilapia with a Parmesan, garlic and onion crust.



Marinated Cod Loins

Pick up marinated cod at the seafood counter, then bake, pan-fry, air-fry or grill.



Honey Chipotle Wild Salmon Fillet

This wild-caught salmon has a sweet and spicy coating.



Sweet Chili Cooked Shrimp

Here is a take-and-heat cooked shrimp seasoned with hot cayenne pepper sauce.



CHEWY CORN BREAD CROUTONS PROVIDE A MILD SWEETNESS THAT ENHANCES THE RICH FLAVOR OF CRISPY BUTTERMILK-BATTERED CATFISH.

Corn Bread Salad with Fried Catfish Tenders

Hands On 35 minutes
Total Time 35 minutes, plus standing time
Serves 4

- 1 (16-oz.) pkg. Hy-Vee Bakery yellow corn bread, cut into 1½-in. cubes
- 1 (15-oz.) can Hy-Vee pinto beans, drained and rinsed
- 1 (11-oz.) can Hy-Vee Mexican style corn, drained
- 1 cup cherry tomatoes, halved
- ¾ cup chopped green bell pepper
- ½ cup sliced green onions
- ½ cup Hy-Vee zesty Italian salad dressing
- ½ cup Hy-Vee shredded mild Cheddar cheese
- 1 cup Hy-Vee lowfat buttermilk
- 1½ lb. Fish Market fresh farm-raised skinless catfish fillets
- 1½ cups Hy-Vee vegetable oil

- 1 cup yellow corn meal
- 2 tsp. Hy-Vee cayenne pepper
- 1 tsp. Hy-Vee salt
- 1 tsp. Hy-Vee black pepper
- 1 head romaine lettuce, torn into 2- to 3-in. pieces
- Hy-Vee ranch salad dressing
- Lemon wedges, for garnish

1. **PREHEAT** oven to 350°F. Place corn bread cubes on a large baking sheet. Bake for 8 to 10 minutes or until lightly toasted; set croutons aside to cool.

2. **COMBINE** pinto beans, corn, cherry tomatoes, bell pepper, green onions and Italian dressing in a medium bowl; stir to coat. Sprinkle with cheese. Cover and refrigerate.

3. **PLACE** buttermilk in a medium bowl. Cut catfish fillets to make 12 (1-in.-wide) strips; stir into buttermilk until coated. Let stand for 10 minutes.

4. **HEAT** oil to 350°F in a 12-in. heavy skillet over medium heat. Meanwhile, stir together corn meal, cayenne pepper, salt and black pepper in a pie pan. Cook buttermilk-coated catfish strips, a few at a time, in corn meal mixture; shake off excess. Fry, in 2 batches, for 3 to 5 minutes or until fish reaches 145°F and coating is golden brown, turning halfway through. Drain on paper towels.

5. **TO SERVE**, line serving plates with romaine lettuce leaves. Top with salad mixture and catfish pieces; add corn bread croutons. Serve with ranch salad dressing. Garnish with lemon wedges, if desired.

Nutrition facts are not available for fried foods.

Cajun Seafood Lasagna

Hands On 40 minutes
Total Time 1 hour 45 minutes plus standing time
Serves 12

- Hy-Vee nonstick cooking spray
- 1 (12-oz.) pkg. Fish Market Alaska cod fillets, thawed
- 3 tsp. Cajun seasoning, divided, plus additional for garnish
- 2 Tbsp. Gustare Vita olive oil
- 2 (5.5-oz.) pkg. baby spinach
- 1 Tbsp. bottled minced garlic
- 2 (12.5-oz.) jars Gustare Vita Alfredo sauce
- 2 cups Hy-Vee half-and-half
- ½ tsp. Zatarain's concentrated shrimp & crab boil
- 2 (8-oz.) pkg. Fish Market flake style imitation crabmeat
- 2 Tbsp. fresh lemon juice
- 1 Hy-Vee large egg, lightly beaten

- 1 (15-oz.) container Hy-Vee whole milk ricotta cheese
- 1 (8-oz.) pkg. Hy-Vee finely shredded Italian cheese (2 cups), divided
- 1 cup Soirée grated Parmesan cheese
- 1 (12-oz.) pkg. Hy-Vee oven ready lasagna noodles (16 noodles)
- Fresh chives, for garnish

1. **PREHEAT** oven to 375°F. Spray a small rimmed baking pan with nonstick spray. Pat cod fillets dry with paper towels; place in prepared pan. Sprinkle with 1 tsp. Cajun seasoning. Bake for 12 to 18 minutes or until fish flakes easily with a fork (145°F). Set aside.

2. **HEAT** olive oil in a large Dutch oven over medium heat. Add spinach and garlic; cook for 1 to 2 minutes or until spinach is wilted, stirring constantly. Set aside to cool slightly.

3. **WHISK** together Alfredo sauce, half-and-half, remaining 2 tsp. Cajun seasoning and shrimp & crab boil in a large bowl until smooth. Set aside.

4. **COARSELY SHRED** crabmeat pieces, then coarsely chop into ½-in. pieces. Place in another large bowl. Flake cooked cod into 1-in. pieces; add to bowl. Add lemon juice; toss to coat and set aside.

5. **STIR** together egg and ricotta cheese in medium bowl. Stir in 1 cup Italian cheese and Parmesan cheese.

6. **SPRAY** a 13×9-in. baking dish with nonstick spray. Spread ¾ cup Alfredo sauce mixture in bottom of the prepared baking dish. Top with 4 uncooked lasagna noodles, breaking noodles as necessary to cover. Layer with 1 cup ricotta mixture, 1½ cups crabmeat mixture, ¾ cup sauce mixture and half of spinach mixture. Repeat layers 2 more times using noodles, ricotta mixture, crabmeat mixture and sauce mixture. Top with remaining half of spinach mixture and remaining lasagna noodles.

Gently press down on noodles to compact layers. Spread remaining sauce evenly to completely cover noodles.

7. **TIGHTLY COVER** baking dish with foil; place on a large baking sheet. Bake for 40 minutes. Remove foil; sprinkle with remaining 1 cup Italian cheese. Bake for 15 to 20 minutes or until bubbly and lightly browned. Remove from oven; let stand 15 minutes before cutting. Garnish with chives and additional Cajun seasoning, if desired.

Per serving: 510 calories, 28 g fat, 11 g saturated fat, 0 g trans fat, 95 mg cholesterol, 1,150 mg sodium, 38 g carbohydrates, 2 g fiber, 8 g sugar (2 g added sugar), 27 g protein. Daily Values: Vitamin D 0%, Calcium 40%, Iron 10%, Potassium 4%



CAJUN COOKING IS A BLEND OF FRENCH, WEST AFRICAN AND INDIGENOUS AMERICAN CUISINES, BUT THIS RECIPE ALSO HAS ITALIAN INFLUENCES.

Stuffed!



Find a surprise inside these over-the-top cookies. Whether the middles are melty or crunchy, there is delight in every bite.

Mississippi Mud Pie Cookies

Hands On 30 minutes
Total Time 44 minutes plus
chilling and cooling time
Serves 6 (1 each)

1½ cups Hy-Vee all-purpose flour
½ cup Hy-Vee baking cocoa
½ tsp. Hy-Vee baking soda
½ tsp. Hy-Vee salt
**½ cup Hy-Vee unsalted
butter, softened**
1 cup packed Hy-Vee brown sugar
2 tsp. Hy-Vee vanilla extract
1 Hy-Vee large egg
**60 Hy-Vee miniature
marshmallows (about
¾ cup), divided**
**¼ cup Hy-Vee semisweet
chocolate baking chips**

¼ cup Hy-Vee pecan pieces
3 Tbsp. caramel bits

1. WHISK together flour, cocoa, baking soda and salt in a medium bowl; set aside.

2. BEAT butter in a large mixing bowl with an electric mixer on medium for 30 seconds. Add brown sugar and vanilla. Beat until combined, scraping side of bowl occasionally. Beat in egg until combined. Stir in flour mixture until combined.

3. LINE a large cookie sheet with parchment paper. Shape dough into 12 balls. Flatten each ball into a 3-in.-round disk on the prepared baking sheet. Cover and refrigerate for 30 minutes or until firm.

4. PLACE oven rack in center of oven. Preheat oven to 350°F. To assemble cookies, top 6 cookie dough disks with 10 marshmallows each. Then top with remaining

cookie dough disks. Press edges to seal in marshmallows; smooth any cracks in the dough. Place filled cookies 2½ in. apart on prepared cookie sheet. Sprinkle tops with chocolate chips, pecan pieces and caramel bits; gently press into dough.

5. BAKE for 13 to 14 minutes or until tops are firm to the touch. Cool cookies on cookie sheet for 5 to 7 minutes. Transfer to a wire rack and cool completely. Store in an airtight container in the refrigerator up to 5 days. To soften centers of chilled cookies, microwave each cookie on HIGH for 10 to 15 seconds just before serving.

Per serving: 540 calories, 24 g fat, 13 g saturated fat, 0.5 g trans fat, 70 mg cholesterol, 350 mg sodium, 81 g carbohydrates, 5 g fiber, 49 g sugar (48 g added sugar), 7 g protein.
Daily Values: Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 4%

HOW TO FILL

Create a surprise center in stuffed cookies with this simple method that works with almost any cookie dough and filling.



Refrigerate dough, then divide dough into equal portions and shape into balls.



Use your fingers to flatten each dough ball into a 3-in.-diameter disk.



Place the filling (ganache, marzipan, etc.) in the center of half of the disks.



Cover the filling with the remaining disks and seal the edges with fingers.

Marzipan-Stuffed Lemon Ricotta Cookies

Hands On 40 minutes

Total Time 58 minutes plus chilling and cooling time

Serves 6 (1 each)

4 oz. marzipan almond candy dough, chilled

1¾ cups plus 2 Tbsp. Hy-Vee all-purpose flour, plus additional for hands

1 tsp. Hy-Vee baking powder

¼ tsp. Hy-Vee baking soda

¼ tsp. Hy-Vee salt

½ cup Hy-Vee unsalted butter, softened

¾ cup Hy-Vee granulated sugar

2 tsp. lemon zest, plus additional for garnish

3 Tbsp. fresh lemon juice, divided

½ tsp. Hy-Vee vanilla extract

½ cup Hy-Vee whole milk ricotta cheese, at room temperature

1 Hy-Vee large egg

1 cup Hy-Vee powdered sugar

¼ cup Hy-Vee sliced almonds

1. LINE 2 cookie sheets with parchment paper. Slice marzipan evenly into 6 (½-in.-thick) slices. Flatten each slice into 2½-in. rounds; place on a prepared cookie sheet. Refrigerate until ready to assemble cookies.

2. FOR COOKIES, whisk together 1¾ cups plus 2 Tbsp. flour, baking powder, baking soda and salt in a medium bowl; set aside.

3. BEAT butter in a large mixing bowl with an electric mixer on medium for 30 seconds. Add sugar, 2 tsp. lemon zest, 1 Tbsp. lemon juice and vanilla. Beat until combined, scraping side of bowl occasionally. Beat in ricotta and egg until combined. Stir in flour mixture until combined. Cover and refrigerate dough for 1 hour or until firm.

4. USING lightly floured hands, shape dough into 12 balls. Flatten each ball into a 3-in.-round disk on the other prepared cookie sheet. Cover and freeze for 15 to 20 minutes.

5. PLACE oven rack in center of oven. Preheat oven to 350°F. To assemble cookies, top 6 cookie dough disks with marzipan rounds, then top with remaining cookie dough disks. Press edges to seal in marzipan; smooth any cracks in the dough. Place filled cookies 2 in. apart on the prepared cookie sheet.

6. BAKE for 16 to 18 minutes or until edges of cookies begin to brown. Cool on cookie sheet for 4 minutes. Transfer cookies to a wire rack and cool completely.

7. FOR GLAZE, whisk together powdered sugar and remaining 2 Tbsp. lemon juice in a small bowl until smooth. Drizzle over the tops of cookies; sprinkle with sliced almonds. Garnish with additional lemon zest, if desired. Let stand until glaze is set. Store in an airtight container in the refrigerator up to 5 days. To soften centers of chilled cookies, microwave each cookie on HIGH for 10 to 15 seconds just before serving.

Per serving: 610 calories, 26 g fat, 12 g saturated fat, 0.5 g trans fat, 80 mg cholesterol, 260 mg sodium, 87 g carbohydrates, 2 g fiber, 53 g sugar (51 g added sugar), 9 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 4%

V **VEGETARIAN DISH**



SCAN THE CODE to shop bakeware at Hy-Vee.

A TASTE OF EUROPE

Marzipan, which is similar to almond paste, is popular in Europe and pairs well with the soft, Italian-style cookie featured in this recipe. With its pliable texture, marzipan is often molded into figures and eaten as candy, but it works well as filling that softens nicely when baked in the cookie.

4-IN-1

This recipe uses a mash-up of four types of cookies for extra-indulgent flavor.

Blue Monster Cookies

Hands On 35 minutes

Total Time 53 minutes plus freezing, chilling and cooling time

Serves 6 (1 each)

½ cup Crav'n Flavor edible chocolate chip cookie dough, softened

1½ cups Hy-Vee all-purpose flour

1 cup Hy-Vee old fashioned oats

¼ tsp. Hy-Vee baking powder

¼ tsp. Hy-Vee salt

½ cup Hy-Vee unsalted butter, softened

¼ cup Hy-Vee granulated sugar

¼ cup packed Hy-Vee brown sugar

¼ cup That's Smart! creamy peanut butter

1 tsp. Hy-Vee vanilla extract

1 Hy-Vee large egg

½ tsp. blue food coloring gel

2 drops red food coloring gel

½ cup Hy-Vee creamy white vanilla baking chips

9 Crav'n Flavor double stuffed vanilla crème chocolate sandwich cookies, divided

2 That's Smart! chocolate chip flavored soft baked cookies

1. LINE a small cookie sheet with parchment paper; set aside. Shape edible cookie dough into 6 balls using a slightly rounded tablespoon of dough

for each. Place on prepared cookie sheet. Flatten each to a 2-in. round. Freeze until ready to assemble cookies.

2. WHISK together flour, oats, baking powder and salt in a medium bowl; set aside.

3. BEAT butter in a large mixing bowl with an electric mixer on medium for 30 seconds. Add granulated and brown sugars, peanut butter and vanilla. Beat until combined, scraping side of bowl occasionally. Beat in egg until combined. Stir in flour mixture until combined. Add blue and red food coloring gels. Knead by hand until dough is evenly colored. Stir in baking chips.

4. LINE a large cookie sheet with parchment paper. Shape dough

into 12 balls. Flatten each ball into a 3-in.-round disk on the prepared cookie sheet. Cover and refrigerate for 30 minutes.

5. PLACE oven rack in center of oven. Preheat oven to 350°F. Coarsely chop 3 chocolate sandwich and chocolate chip cookies; place in small bowl and set aside.

6. TO ASSEMBLE cookies, top 6 cookie dough disks with 1 frozen edible cookie dough round and 1 remaining chocolate sandwich cookie, then top with remaining 6 cookie dough disks. Press edges together to seal in edible cookie dough; smooth any cracks in the dough. Sprinkle crumbled cookie mixture onto tops; gently press into dough.

Place filled cookies 2 in. apart on the prepared large cookie sheet.

7. BAKE for 16 to 18 minutes or until tops are firm to the touch. Cool cookies on cookie sheet for 3 to 4 minutes. Transfer cookies to wire rack and cool completely. Store in an airtight container in the refrigerator up to 5 days. To soften centers of chilled cookies, microwave each cookie on HIGH for 15 to 20 seconds just before serving.

Per serving: 780 calories, 37 g fat, 19 g saturated fat, 0.5 g trans fat, 75 mg cholesterol, 320 mg sodium, 102 g carbohydrates, 5 g fiber, 50 g sugar (49 g added sugar), 13 g protein. Daily Values: Vitamin D 6%, Calcium 6%, Iron 20%, Potassium 4%

V **VEGETARIAN DISH**

Almond Butter Chocolate Ganache Cookies

Hands On 45 minutes
Total Time 1 hour plus chilling and cooling time
Serves 6 (1 each)

- 1½ cups Hy-Vee all-purpose flour
- ¼ tsp. Hy-Vee baking powder
- ¼ tsp. Hy-Vee salt
- ½ cup Hy-Vee unsalted butter, softened
- ¼ cup Hy-Vee granulated sugar

- ¼ cup packed Hy-Vee brown sugar
- ¼ cup Hy-Vee no stir creamy almond butter
- 1 tsp. Hy-Vee vanilla extract
- 1 Hy-Vee large egg
- 2 (1.4-oz.) milk chocolate English toffee candy bars, chopped (½ cup), divided
- 1 (3.5-oz.) bar Zöet 57% cacao dark chocolate bar, chopped
- ¼ cup Hy-Vee heavy whipping cream

- 1. **SIFT** together flour, baking powder and salt in a medium bowl; set aside.
- 2. **BEAT** butter in a large mixing bowl with an electric mixer on medium for 30 seconds. Add granulated and brown sugars, almond butter and vanilla. Beat

- until combined, scraping side of bowl occasionally. Beat in egg until combined. Stir in flour mixture until combined; stir in ¼ cup chopped toffee candy bar.
- 3. **LINE** a large cookie sheet with parchment paper. Shape dough into 12 balls. Flatten each ball into a 3-in.-round disks on the prepared cookie sheet. Cover and refrigerate for 45 minutes.
- 4. **FOR GANACHE**, place chopped dark chocolate in a medium bowl; set aside. Microwave cream in a 1-cup microwave-safe measuring cup on HIGH for 30 to 60 seconds or until very hot but not boiling. Pour cream over chocolate; let stand for 20 seconds. Whisk until melted and smooth.

- Cool chocolate mixture for 20 minutes or until slightly thickened, stirring occasionally.
- 5. **LINE** another cookie sheet with parchment paper; set aside. Spoon chocolate ganache into a disposable pastry bag; cut off a ½-in. tip from the bag. Pipe 6 (2½-in.) rounds onto prepared cookie sheet. Freeze for 20 to 30 minutes or until completely set.
- 6. **PLACE** oven rack in center of oven. Preheat oven to 350°F. To assemble cookies, top 6 cookie dough disks with chocolate ganache rounds, then top with remaining 6 cookie dough disks. Press edges together to seal in ganache; smooth any cracks in the dough. Place filled cookies

- 2 in. apart on the prepared large cookie sheet.
- 7. **BAKE** for 14 to 16 minutes or until golden brown around bottom edges. Remove from oven; top with remaining ¼ cup chopped toffee candy bar. Cool cookies on cookie sheet for 5 minutes. Transfer cookies to a wire rack and cool completely. Store in an airtight container in the refrigerator up to 5 days. To soften centers of chilled cookies, microwave each cookie on HIGH for 15 to 20 seconds just before serving.
- Per serving: 600 calories, 36 g fat, 19 g saturated fat, 0.5 g trans fat, 85 mg cholesterol, 150 mg sodium, 62 g carbohydrates, 3 g fiber, 33 g sugar (32 g added sugar), 8 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 30%, Potassium 4%
-  **VEGETARIAN DISH**

NEW TWIST ON A CLASSIC

This recipe reimagines the traditional peanut butter cookie by substituting almond butter. Using a filler of ganache (a mixture of equal parts chocolate and cream) instead of just chocolate keeps the cookie's center soft, even after it cools. The toffee topping's sweet, buttery flavor complements the ganache.



Unicorn Cookie

Hands On 50 minutes
Total Time 1 hour 10 minutes plus freezing, chilling and cooling time
Serves 6 (1 each)

- 3 Tbsp. plus ½ cup Hy-Vee vegetable shortening, divided
- ¾ cup Hy-Vee powdered sugar
- ½ cup Over the Top rainbow sprinkles
- 1½ cups Hy-Vee all-purpose flour
- 1 tsp. Hy-Vee baking powder
- ¼ tsp. Hy-Vee salt
- ½ cup Hy-Vee granulated sugar
- ½ tsp. Hy-Vee vanilla extract
- 2 Hy-Vee large eggs
- 24 drops pastel pink food coloring gel, divided

- 16 drops pastel blue food coloring gel, divided
- 3 Tbsp. Over the Top wispy white sanding sugar
- 1. **STIR** together 3 Tbsp. shortening and powdered sugar in a small bowl; knead until combined. Add sprinkles; knead just until combined. Shape into 6 balls. Freeze frosting balls until ready to assemble cookies.
- 2. **FOR COOKIES**, whisk together flour, baking powder and salt in a medium bowl; set aside.
- 3. **BEAT** remaining ½ cup shortening in a large mixing bowl with an electric mixer on medium for 30 seconds. Beat in sugar and vanilla. Beat in eggs until combined. Stir in flour mixture until combined.
- 4. **DIVIDE** dough evenly into 3 medium bowls. Add 12 drops

- pink food color to one bowl. Add 12 drops blue food color to another bowl. Add 12 drops pink and 4 drops blue food color to the third bowl. Using a spoon, stir each dough mixture until evenly colored.
- 5. **LINE** a large cookie sheet with parchment paper. Pinch off about 1 Tbsp. of each color of dough; press together and roll into a ball. Flatten ball into a 3-in.-round disk on the prepared cookie sheet. Repeat to make 11 more dough disks. Cover and refrigerate for 1 hour.
- 6. **PLACE** oven rack in center of oven. Preheat oven to 350°F. To assemble cookies, top 6 cookie dough disks with 1 frosting ball, then top with remaining 6 cookie dough disks. Press edges together to seal in frosting ball; smooth any cracks in the dough.

- 7. **PLACE** sanding sugar in a small bowl. Gently coat filled cookie with sanding sugar; place 2 in. apart on the prepared cookie sheet.
- 8. **BAKE** for 18 to 20 minutes or until tops are firm to the touch. Cool on the cookie sheet for 5 minutes. Transfer cookies to a wire rack and cool completely. Store in an airtight container in the refrigerator up to 5 days. To soften centers of chilled cookies, microwave each cookie on HIGH for 15 to 20 seconds just before serving.
- Per serving: 480 calories, 25 g fat, 7 g saturated fat, 0 g trans fat, 60 mg cholesterol, 200 mg sodium, 55 g carbohydrates, 1 g fiber, 31 g sugar (31 g added sugar), 5 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 2%
-  **VEGETARIAN DISH**

ADD-INS

The choices are nearly limitless. Find these options and more at Hy-Vee.



SPREADS: Nutella, frosting, cream cheese



MINI CANDIES: Reese's peanut butter cups, Snickers, Rolo



CHIPS: Chocolate chips, chopped nuts, raisins



SPRINKLES: Jimmies, nonpareils



DESSERTS: Brownies, sandwich cookies

SIMMERING

soups & sandwiches

Serve hot, hearty soups with warm, toasty sandwiches for a cozy winter pairing. Plus, look for ready-made options at Hy-Vee you can enjoy with no cooking.

Slow-Cooker Sweet Potato Soup

Hands On 10 minutes

Total Time 4 hours 10 minutes

Serves 8 (1 cup each)

2 Tbsp. Hy-Vee salted butter, for garnish

8 fresh sage leaves, for garnish

2 medium Honeycrisp apples, cored and cut into ¼-in. slices

2 medium sweet potatoes, peeled and cut into 1-in. cubes (about 1¼ lb.)

1 large shallot, finely chopped

1 (32-oz.) container low sodium vegetable broth

¼ cup Full Circle Market organic raw unfiltered apple cider vinegar

2 Tbsp. chopped fresh sage, divided

1 Tbsp. Hy-Vee ground cinnamon

1 Tbsp. Hy-Vee Select 100% pure maple syrup

½ tsp. Hy-Vee salt, plus additional to taste

1 tsp. ground turmeric

Hy-Vee heavy whipping cream, for garnish

Coarsely ground Hy-Vee black pepper, for garnish

1. FOR GARNISH, if desired, melt butter in a large nonstick skillet over medium-high heat. Add sage leaves; cook for 1 to 2 minutes or until leaves begin to crisp. Remove leaves from skillet; reserve butter in skillet. Drain sage leaves on paper towels; set aside.

2. FOR SOUP, add apples, sweet potatoes and shallot to the same skillet. Cook over medium-high heat for 2 to 3 minutes or until apples are softened. Transfer to a 5- to 6-qt. slow cooker. Stir in vegetable broth, vinegar, 1 Tbsp. chopped sage, cinnamon, maple syrup, ½ tsp. salt and turmeric. Cover and cook on HIGH for 3 to 3½ hours or until apples and sweet potatoes are very tender, stirring occasionally.

3. BLEND soup mixture using an immersion blender until completely smooth. Stir in remaining 1 Tbsp. chopped sage. Cover and cook on LOW for 30 minutes.

4. TO SERVE, ladle soup into serving bowls. Garnish with cream, black pepper and fried sage leaves, if desired. Season to taste with additional salt.

Per serving: 130 calories, 3 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 210 mg sodium, 25 g carbohydrates, 4 g fiber, 10 g sugar (2 g added sugar), 1 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 6%

GF GLUTEN-FREE

V VEGETARIAN DISH

OPPOSITES ATTRACT

This starchy soup's natural sweetness complements each rich bite of bacon, ham and cheese.



CHEESY APPLE-HAM MELTS

Place 2 medium Granny Smith apples, cored and cut into ¼-in.-thick slices, in a medium heat-proof bowl; set aside. Stir together ½ cup water, ½ cup Gustare Vita white wine vinegar and 2 tsp. Hy-Vee granulated sugar in a small saucepan. Bring to a boil; reduce heat. Simmer, uncovered, for 4 minutes, stirring frequently. Pour over apple slices. Cool, stirring occasionally. Meanwhile, cook 8 slices Hy-Vee sweet smoked thick-sliced bacon in a large nonstick skillet over medium heat for 8 to 10 minutes or until crisp. Discard bacon drippings; wipe skillet clean. Heat the same skillet over medium heat. Brush each side of 8 (½-in.) slices Hy-Vee Bakery San Francisco sour dough bread with ½ Tbsp. Gustare Vita olive oil. Cook bread slices in batches for 1 to 2 minutes or until lightly toasted on both sides, turning halfway through. Place oven rack 6 in. from heat; preheat broiler to HIGH. Line a large rimmed baking pan with foil. Place toasted bread slices, in a single layer, in prepared baking pan. Spread 4 Tbsp. apple butter on 4 bread slices; layer with 8 oz. Hy-Vee Deli thinly sliced Black Forest smoked ham, bacon and 4 slices Hy-Vee sliced sharp Cheddar cheese. Drain apple slices; arrange on remaining 4 bread slices and top with 2 cups shredded Fontina cheese. Broil topped bread slices for 2 to 3 minutes or until cheeses are melted and begin to bubble. To assemble sandwiches, invert Fontina-topped bread slices and place on top of Cheddar-topped bread slices. Cut each in half to serve. Serves 8 (½ each).



Thai Corn Chowder

Hands On 30 minutes
Total Time 1 hour
Serves 8 (1 cup each)

- 1 (13.66-oz.) can unsweetened coconut cream, divided
- 2 Tbsp. unseasoned rice vinegar, divided
- 3 (11-oz.) cans Hy-Vee Mexican style corn, drained; divided
- ½ cup chopped red onion
- 1 (4-oz.) jar green curry paste

- 2 Tbsp. refrigerated lemongrass paste
- 2 Tbsp. fresh lime juice
- 1 Tbsp. sambal oelek chili paste
- 1 (32-oz.) container low sodium vegetable broth
- 2 (14.11-oz.) cans whole baby corn, drained, cut into ½-in. pieces
- Sliced green onions, for garnish

1. **COOK** ½ cup coconut cream and 1 Tbsp. rice vinegar in a 5- to 6-qt. Dutch oven over medium heat until heated. Add 1½ cans drained Mexican-style corn and red onion; cook for 2 to 3 minutes or until onion is softened.
2. **ADD** curry paste, lemongrass paste, lime juice, chili paste, remaining 1 Tbsp. vinegar; cook for 3 to 4 minutes or until fragrant, stirring frequently. Stir in vegetable broth.

3. **BLEND** soup mixture with an immersion blender until completely smooth. Stir in baby corn and remaining 1½ cans Mexican-style corn and coconut cream. Cook, uncovered, for 45 to 60 minutes or until soup is thickened, stirring occasionally.

4. **TO SERVE**, ladle soup into serving bowls. Garnish with green onions, if desired.

Per serving: 250 calories, 12 g fat, 10 g saturated fat, 0 g trans fat, 0 mg cholesterol, 1,040 mg sodium, 33 g carbohydrates, 5 g fiber, 12 g sugar (0 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%



GLUTEN-FREE



VEGETARIAN DISH

WELL BALANCED

This combo teeters between sweet and spicy—and crunchy, quick-pickled vegetables help tame the heat.



Toasted Bahn Mi

Hands On 30 minutes
Total Time 34 minutes plus cooling time
Serves 8 (1 each)

- 1 cup coarsely shredded or julienne-cut peeled carrots
- 1 cup coarsely shredded or julienne-cut daikon radish
- 1 cup thinly sliced red bell pepper slices
- 1¼ cups Gustare Vita white wine vinegar, divided
- 1 cup water
- 2 Tbsp. Hy-Vee granulated sugar
- 4 Tbsp. Hy-Vee toasted sesame oil
- 1 lb. Hy-Vee Hickory House dry pulled pork
- 2 (10-oz.) loaves Hy-Vee Bakery unsliced baguette bread
- ½ cup Hy-Vee mayonnaise
- Fresh cilantro, for garnish
- Heinz 57 Collection Culinary Crunch chili pepper crunch, for garnish

1. **PLACE** carrots, daikon and bell pepper slices in a medium heat-proof bowl; set aside.
2. **COMBINE** 1 cup vinegar, water and sugar in a small saucepan; bring to a boil. Reduce heat. Cook over medium heat for 2 to 3 minutes or until sugar is completely dissolved, stirring frequently. Pour over vegetable mixture. Cool to room temperature, stirring occasionally.
3. **COMBINE** remaining ¼ cup vinegar and toasted sesame oil in a medium bowl; stir in pulled pork to coat. Set aside.
4. **PLACE** oven rack 6 in. from heat; preheat broiler to HIGH. Line a large rimmed baking pan with foil; set aside. Cut baguettes lengthwise in half. Remove soft bread from the inside of baguette halves; reserve bread for another use. Place baguette halves, cut sides up, in prepared baking pan. Broil for 1 to 2 minutes or until golden and crisp; rotate pan if needed for even toasting.

5. **SPREAD** 2 Tbsp. mayonnaise in each bread half. Spoon pulled pork mixture in the bottom halves. Drain pickled vegetables; spoon vegetables in the top halves. Broil for 2 to 4 minutes or until pork is heated through (165°F).
6. **GARNISH** pork with cilantro and chili crunch, if desired. Press top and bottom halves of loaves together to form sandwiches. Cut each sandwich into 4 serving pieces to serve.

Per serving: 390 calories, 20 g fat, 3 g saturated fat, 0 g trans fat, 20 mg cholesterol, 620 mg sodium, 41 g carbohydrates, 2 g fiber, 7 g sugar (4 g added sugar), 8 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 6%

READY @ HY-VEE

Mix and match these ready-to-go soups and sandwiches.



Chicken Noodle Soup

Tender chicken, carrots and celery simmered in a rich broth with soft egg noodles.



Chicken Tortilla Soup

Spicy, cheesy chicken soup seasoned with cayenne pepper and jalapeños.



Tomato Basil Soup

Smooth, puréed tomato soup seasoned with garlic, basil and Parmesan cheese.



Cream of Broccoli Soup

Thick, creamy, satisfying broccoli soup mixed with American cheese.



Di Lusso Italian Style 9-in. Sub

Smoked ham, pepperoni, salami and provolone cheese on a white sub bun.



Di Lusso Black Forest Ham, Bacon and Sharp Cheddar Croissant

Flaky croissant piled high with meat and cheese.



Di Lusso Reuben

Savory corned beef sandwiched between cheese and sauerkraut on soft rye bread.



Di Lusso Smoked Turkey & Swiss Harvester

Sliced turkey breast and Swiss cheese between slices of wheat bread.



VERY VEGGIE
Roasting mellow
garlic's pungent flavor and
adds a hint of sweetness
to both recipes in
this pairing.

Vegetarian Italian Party Sandwich

Total Time 1 hour 15 minutes
Serves 6

1 medium bulb garlic
3 tsp. plus 3 Tbsp. Gustare Vita olive oil, divided
¼ cup marinated artichoke hearts, drained
½ (8-oz.) container DeLallo seasoned pitted olive medley, drained
½ cup julienne-cut sun-dried tomatoes, chopped
3 Tbsp. Gustare Vita white wine vinegar, divided
¼ tsp. Hy-Vee salt, plus additional to taste
1 (8-oz.) pkg. sliced baby bella mushrooms
1 large shallot, finely chopped
1 (21-oz.) loaf Hy-Vee Bakery unsliced ciabatta bread
1 (8-oz.) container burrata cheese, drained
2 tsp. Hy-Vee Italian seasoning
1½ cups lightly packed arugula
2 Tbsp. lemon herb aioli

1. PREHEAT oven to 375°F. Cut off a thin slice from the top of a garlic bulb to expose ends of individual cloves. Remove any loose, papery outer layers. Place garlic bulb, cut side up, on a sheet of foil. Drizzle with 1½ tsp. olive oil. Wrap in foil. Place in a small baking pan. Bake for 35 to 40 minutes or until garlic is brown and soft; set aside.

2. PLACE artichokes, olives, sun-dried tomatoes, 1 Tbsp. vinegar and ¼ tsp. salt in a food processor. Cover and pulse until coarsely chopped.

3. HEAT 1 Tbsp. olive oil in medium nonstick skillet over medium heat. Add mushrooms and shallot; cook for 5 to 6 minutes or until mushrooms are golden brown. Add 1 Tbsp. vinegar; cook for 30 to 60 seconds or until vinegar evaporates, stirring frequently. Season to taste with salt.

4. PLACE oven rack 6 in. from heat; preheat broiler to HIGH. Line a large rimmed baking pan with foil; set aside. Cut ciabatta horizontally in half. Remove soft bread from the inside of ciabatta halves; reserve bread for another use. Place ciabatta halves, cut sides up, in prepared baking pan. Drizzle each half with 1 Tbsp. olive oil.

5. REMOVE garlic from foil; carefully squeeze the base of each garlic clove and push it up and out of its paper husks into a small bowl; mash with a fork until a paste forms. Spread garlic paste in each bread half. Broil for 2 to 3 minutes or until bread is golden and crisp.

6. TO ASSEMBLE, spread olive mixture in the bottom bread half; spread with burrata. Top with mushrooms; drizzle with remaining 1 Tbsp. vinegar and 1½ tsp. olive oil. Sprinkle with Italian seasoning; top with arugula.

7. SPREAD aioli in top bread half. Press top and bottom halves of loaf together to form a sandwich. Cut into pieces to serve.

Per serving: 490 calories, 26 g fat, 7 g saturated fat, 0 g trans fat, 30 mg cholesterol, 1,170 mg sodium, 52 g carbohydrates, 4 g fiber, 7 g sugar (0 g added sugar), 14 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 20%, Potassium 6%



VEGETARIAN DISH

Smoky Tomato Soup

Hands On 1 hour 10 minutes
Total Time 1 hour 55 minutes
plus wood-chip soaking time
Serves 6 (2 cups each)

2 cups hickory smoking chips
2 cups water
Hy-Vee nonstick cooking spray
2 medium bulbs garlic

1 (28-oz.) can Gustare Vita whole peeled San Marzano tomatoes
4 medium tomatoes, each cut into 4 wedges

1 medium yellow onion, cut into 6 wedges

1 medium red bell pepper, seeded and cut into 1-in.-wide strips

½ tsp. Hy-Vee salt, plus additional to taste

½ tsp. smoked paprika

½ tsp. Hy-Vee ground cumin

2 (32-oz.) containers low sodium vegetable broth
Coarsely ground Hy-Vee black pepper, for serving
Fresh oregano, for garnish

1. COMBINE wood chips and water in a medium bowl; soak for 30 to 60 minutes.

2. PLACE oven rack in middle of oven; preheat oven to 275°F. Place a wire rack in a half-sheet (18×13×1-in.) baking pan; spray with nonstick spray. Cut off a thin slice from the top of each garlic bulb to expose ends of individual cloves. Remove any loose, papery outer layers. Place garlic bulbs, cut sides up, on prepared wire rack in a baking pan. Drain canned tomatoes; reserving

juices. Place canned and fresh tomatoes, onion and bell pepper on rack with garlic; set aside.

3. LINE another half-sheet baking pan with heavy foil. Drain smoking chips, reserving ½ cup soaking water. Place smoking chips and reserved ½ cup soaking water in the foil-lined baking pan; spread to cover bottom of pan. Light wood chips with a kitchen torch for 1 to 2 minutes or until significant smoke forms without flame.

4. TRANSFER wire rack with vegetables on top of smoking chips. Quickly invert the baking pan from the vegetables and place it on top of the baking pan with wood chips to cover and trap the smoke. Place the covered pan

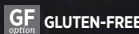
in the oven; smoke vegetables in oven for 45 to 60 minutes or until desired smokiness flavor. Remove from oven.

5. PLACE oven rack 5 in. from heat; preheat broiler to HIGH. Carefully remove top pan from vegetables; transfer wire rack with vegetables to the empty baking pan. Broil vegetables for 4 to 5 minutes or until edges begin to char.

6. CAREFULLY squeeze the base of each garlic clove and push it up and out of its paper husks into a food processor; cover and process until smooth. Add smoked vegetables to food processor; cover and pulse 3 to 5 times or until vegetables are coarsely chopped.

7. TRANSFER vegetable mixture to a medium stockpot. Stir in ½ tsp. salt, paprika and cumin. Add vegetable broth and reserved tomato juices. Bring to a boil; reduce heat to medium-low and simmer for 35 to 45 minutes or until desired consistency, stirring occasionally. To serve, divide into serving bowls. Season with black pepper and garnish with oregano sprigs, if desired.

Per serving: 150 calories, 0.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 260 mg sodium, 30 g carbohydrates, 6 g fiber, 17 g sugar (1 g added sugar), 5 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 20%



GLUTEN-FREE



VEGETARIAN DISH



WINTER

FRUIT SALADS

FRESH PRODUCE IS CALLING! THESE TASTY SALADS BRING A LIGHTER TOUCH TO THE WINTERTIME DINNER TABLE WITH CRISP GREENS AND RIPE VEGETABLES, BERRIES AND FRUITS.

Pear and Goat Cheese Salad

Hands On 28 minutes

Total Time 28 minutes plus cooling time

Serves 6 (1½ cups each)

- ½ cup 100% pomegranate juice
- 2 Tbsp. Gustare Vita white wine vinegar
- 2 Tbsp. Hy-Vee Select 100% pure maple syrup
- 1 Tbsp. poppy seeds
- ¼ tsp. kosher salt
- ¼ cup Gustare Vita extra virgin olive oil
- ½ head butterhead lettuce, cored and separated into leaves
- ½ small head red radicchio, cored and cut into small wedges
- 2 heads red and/or green Belgian endive, separated into leaves
- 2 Anjou pears, cored and thinly sliced
- 1 cup seedless red grapes, halved
- ¼ cup pomegranate arils
- 1 (4-oz.) pkg. Soirée honey goat cheese, coarsely crumbled
- ½ (3.5-oz.) container caramelized walnuts

1. BRING pomegranate juice to a boil in a small saucepan; reduce heat to medium-low. Simmer, uncovered, for 6 to 9 minutes or until reduced to 2 Tbsp. Transfer to a small bowl; cool 5 minutes. Add vinegar, maple syrup, poppy seeds and salt. Gradually whisk in olive oil until combined; set dressing aside.

2. ARRANGE butterhead lettuce, radicchio, endive, pear slices and grapes in a large serving bowl. Sprinkle with pomegranate arils; drizzle with half of the dressing.

3. TOP salad with goat cheese and walnuts. Serve with remaining dressing.

Per serving: 330 calories, 19 g fat, 4 g saturated fat, 0 g trans fat, 15 mg cholesterol, 180 mg sodium, 34 g carbohydrates, 9 g fiber, 22 g sugar (6 g added sugar), 7 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 15%

V VEGETARIAN DISH

Enhance flavor with well-balanced ingredients.

The earthy sweetness of pears creates a mild canvas for the tart and buttery crumbled goat cheese.



Raspberry Orange, Avocado and Shallot Salad

Hands On 25 minutes
Total Time 25 minutes plus chilling and standing time
Serves 4 (1½ cups each)

¼ cup tightly packed fresh cilantro with stems, plus additional for garnish
¼ cup Soirée traditional feta cheese crumbles
2½ Tbsp. Hy-Vee nonfat plain Greek yogurt
2 Tbsp. Gustare Vita extra virgin olive oil

1½ Tbsp. Hy-Vee roasted and salted pepitas
1½ Tbsp. Gustare Vita red wine vinegar
1 clove garlic, peeled
1 small shallot, thinly sliced
3 raspberry oranges, peeled and cut into ¼-in.-thick slices
1 navel orange, peeled and cut into ¼-in.-thick slices
2 large ripe avocados, seeded, peeled and sliced

1 Tbsp. fresh lime juice
Ground sumac, for garnish

1. PLACE ¼ cup cilantro, feta cheese, yogurt, olive oil, pepitas, vinegar and garlic in a food processor. Cover and process until smooth. Transfer dressing to a small bowl. Cover and refrigerate until ready to serve.

2. FILL a small bowl with ice water. Add shallot; let stand for 2 to 3 minutes. Drain and set aside.

3. TO SERVE, arrange raspberry and navel orange slices, avocado slices and shallots on a serving platter; drizzle with lime juice. Sprinkle avocado with sumac. Garnish with additional cilantro, if desired. Serve with dressing.

Per serving: 340 calories, 25 g fat, 4.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 150 mg sodium, 27 g carbohydrates, 10 g fiber, 14 g sugar (0 g added sugar), 7 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 15%

GF option **GLUTEN-FREE**

Add color to salads with ground sumac. This popular, vibrant red spice is often used in Mediterranean and Middle Eastern dishes and has a tart, fruity flavor.

Roasted Strawberry and Fennel Salad

Hands On 30 minutes
Total Time 30 minutes plus cooling time
Serves 6 (1½ cups each)

Hy-Vee nonstick cooking spray

1 medium fennel bulb, cored and thinly sliced; reserved fronds for garnish

1 Tbsp. plus ¼ cup Gustare Vita extra virgin olive oil, divided

½ tsp. coarsely ground Hy-Vee Himalayan pink salt, divided

½ tsp. coarsely ground Hy-Vee black pepper, divided

2 cups Hy-Vee Short Cuts strawberries, halved lengthwise

1 tsp. lemon zest

1 Tbsp. fresh lemon juice

1 Tbsp. Gustare Vita white balsamic vinegar

1 Tbsp. Hy-Vee honey

1½ tsp. Hy-Vee vanilla extract

6 cups organic spring mix baby lettuces and baby greens blend

1 cup Hy-Vee Short Cuts honeydew, sliced

Roasted and salted shelled pistachios, for garnish

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

2. TOSS fennel, 1 Tbsp. olive oil, ¼ tsp. salt and ¼ tsp. pepper in a medium bowl until coated. Spread evenly in half of the prepared baking pan. Place strawberries, cut sides down, in other half of pan.

3. ROAST fennel and strawberries for 8 to 10 minutes or until tender and lightly browned (do not stir). Cool slightly.

4. COMBINE lemon zest and juice, vinegar, honey, vanilla and remaining ¼ tsp. salt and ¼ tsp. pepper in a small bowl. Gradually whisk in remaining ¼ cup olive oil until combined.

5. COMBINE mixed greens, roasted fennel and strawberries and honeydew in a large serving bowl. Drizzle with 2 Tbsp. dressing; gently toss to coat.

6. GARNISH with fennel fronds and pistachios, if desired. Serve with remaining dressing.

Per serving: 160 calories, 12 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 200 mg sodium, 15 g carbohydrates, 3 g fiber, 10 g sugar (3 g added sugar), 1 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 10%

30
minutes or less

GF option **GLUTEN-FREE**

V option **VEGETARIAN DISH**

Fennel is known for its subtle notes of anise. This licorice flavor offers the perfect counterpart to the sweetness of the strawberries.

Melon, Crispy Prosciutto and Burrata Salad

Total Time 35 minutes
Serves 6 (1½ cups each)

- 1 (3-oz.) pkg. Culinary Tours prosciutto dry cured ham
- ¾ cup tightly packed fresh parsley with stems
- ½ cup loosely packed fresh mint with stems
- ½ cup Gustare Vita extra virgin olive oil
- 1 large jalapeño pepper, halved lengthwise and seeded*
- 1 Tbsp. lime zest
- 2 Tbsp. fresh lime juice

- 1 tsp. Hy-Vee Dijon mustard
- 4 cups organic baby arugula
- 2 cups Hy-Vee Short Cuts honeydew, halved
- 2 cups Hy-Vee Short Cuts cantaloupe, halved
- ½ cup Basket & Bushel blackberries
- 1 (8-oz.) container burrata cheese, drained

- 1. **PREHEAT** oven to 375°F. Line a large rimmed baking pan with parchment paper
- 2. **PLACE** prosciutto slices, in a single layer, in the prepared

- baking pan. Bake for 12 to 15 minutes or until fat turns golden and meat is crispy. Drain on paper towels; set aside.
- 3. **PLACE** parsley, mint, olive oil, jalapeño pepper, lime zest, lime juice and mustard in a food processor. Cover and process until smooth. Transfer dressing to a small bowl; set aside.
- 4. **COMBINE** arugula, honeydew, cantaloupe and blackberries in a large shallow serving bowl. Top with burrata and prosciutto; drizzle with

¼ cup dressing. Serve with remaining dressing.

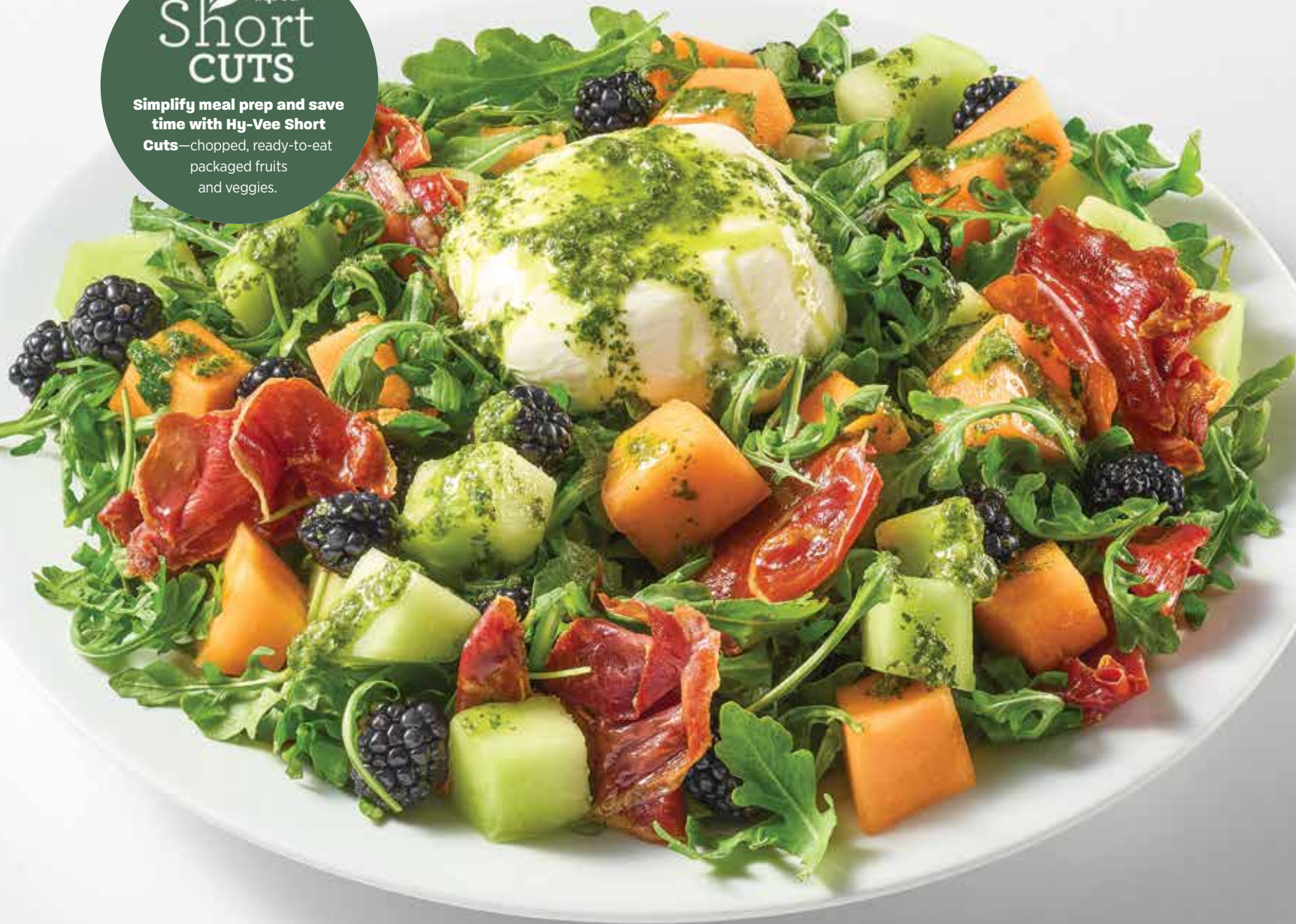
***NOTE:** Chile peppers contain volatile oils that can burn your skin and eyes. When working with jalapeño peppers, wear protective gloves.

Per serving: 340 calories, 28 g fat, 9 g saturated fat, 0 g trans fat, 35 mg cholesterol, 400 mg sodium, 15 g carbohydrates, 2 g fiber, 10 g sugar (0 g added sugar), 10 g protein. Daily Values: Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 10%

GF **GLUTEN-FREE**

Hy-Vee
Short CUTS

Simplify meal prep and save time with Hy-Vee Short Cuts—chopped, ready-to-eat packaged fruits and veggies.



Miso Salmon and Roasted Vegetable Salad

Total Time 50 minutes
Serves 4
(2¼ cups each)

- Hy-Vee nonstick cooking spray
- 1 (10-oz.) sweet potato, peeled; cut into 1-in. cubes
- 2 cups trimmed and quartered red radishes
- 6 Tbsp. Gustare Vita extra virgin olive oil, divided
- ½ tsp. kosher salt, divided
- ¼ cup sweet white miso paste
- ¼ cup seasoned rice vinegar
- ¼ cup Hy-Vee refrigerated 100% orange juice
- 1 Tbsp. grated gingerroot
- 1 tsp. Hy-Vee toasted sesame oil
- 6 cups trimmed and coarsely chopped lacinato kale
- 1 (1-lb.) Fish Market Alaska Coho salmon fillet
- 2 mandarin oranges, peeled and separated into segments
- 1 tsp. black sesame seeds, for garnish

- 1. **PREHEAT** oven to 425°F. Line a large rimmed baking pan with foil; spray with nonstick spray.
- 2. **COMBINE** sweet potato cubes and radishes in a large bowl. Drizzle with 1 Tbsp. olive oil; sprinkle with ¼ tsp. salt. Toss to coat. Transfer to a prepared

baking pan. Roast for 10 to 12 minutes or until crisp-tender.

3. **FOR DRESSING**, whisk together 4 Tbsp. olive oil, miso paste, rice vinegar, orange juice, gingerroot and sesame oil in a small bowl; set aside.

4. **PLACE** kale in a medium bowl. Drizzle with remaining 1 Tbsp. olive oil; sprinkle with remaining ¼ tsp. salt. Gently massage kale with fingertips until kale is dark green and tender; set aside.

5. **PUSH** roasted vegetables toward the edges of the baking pan. Place salmon, skin side down, in center of the pan. Brush salmon with ½ cup dressing. Roast for 7 to 9 minutes or until salmon flakes easily with a fork (145°F) and vegetables are fork-tender.

6. **REMOVE** and discard skin from salmon; flake salmon into 1½-in. pieces. Arrange kale and roasted vegetables on a serving platter. Top with salmon and orange segments. Drizzle with remaining dressing. Garnish with sesame seeds, if desired.

Per serving: 480 calories, 26 g fat, 4 g saturated fat, 0 g trans fat, 55 mg cholesterol, 1,130 mg sodium, 36 g carbohydrates, 8 g fiber, 17 g sugar (3 g added sugar), 29 g protein. Daily Values: Vitamin D 60%, Calcium 10%, Iron 15%, Potassium 20%

GF **GLUTEN-FREE**

The mix of textures in this salad provides a palate-pleasing experience. And the combination of sweet and slightly bitter vegetables with the salmon further enhances the flavor profile.

MISSOURI FOODS



DISCOVER CLASSIC RECIPES AND TRY
PRODUCTS FROM “THE SHOW-ME” STATE
AVAILABLE AT HY-VEE.

PHOTO VisitMo.com



WHAT MAKES IT LOCAL

St. Louis-style pizza has an ultra-thin, crunchy, yeast-free crust similar to a cracker. It's also traditionally cut in squares, beginning in the 1960s with the St. Louis-based pizza chain Imo's. The restaurant's square-cut slices originated from founder Ed Imo's first profession, as a tile setter, making it more natural to cut square slices.

St. Louis-Style BBQ Pizza

Hands On 15 minutes
Total Time 20 minutes plus
resting time
Serves 4

⅓ cup water
3 Tbsp. Gustare Vita olive oil, divided
1 cup Hy-Vee all-purpose flour
½ tsp. Hy-Vee salt
½ tsp. Hy-Vee baking powder
**½ cup chopped Cracker Barrel
rich & bold aged reserve
Cheddar cheese cubes (2 oz.)**
**¼ cup Hy-Vee finely shredded
Swiss cheese**
**2 slices Hy-Vee deli style smoked
provolone cheese slices, chopped**
**¾ cup Hy-Vee rich & zesty
pizza sauce**
**1 cup chopped meat from Hy-Vee
Hickory House dry rub ribs**
1 tsp. Weber KC BBQ rub
½ tsp. Hy-Vee Italian seasoning
Barbecue sauce, for serving

1. PREHEAT oven to 475°F. Place large
baking sheet in oven to preheat.

2. STIR together water and 1 Tbsp.
olive oil in a large bowl. Add flour,
salt and baking powder; stir with a
fork until dough forms. Turn dough
out onto a lightly floured surface;
knead for 3 to 5 minutes or until

smooth and elastic. Shape into
a smooth ball. Cover with plastic
wrap; let rest for 10 minutes.

3. ROLL dough on a lightly floured
surface into a 12-in. round. Brush with
1 Tbsp. olive oil. Invert dough round
onto a large sheet of parchment
paper; brush with remaining olive oil.

4. PLACE dough, on parchment
paper, onto hot baking sheet. Bake
for 7 minutes. Meanwhile, combine
Cheddar, Swiss and provolone
cheeses in a small bowl; set aside.

5. REMOVE parbaked crust from
oven; spread with pizza sauce. Top
with cheese mixture, chopped rib
meat, BBQ rub and Italian seasoning.
Bake for 5 to 7 minutes more or until
cheese is melted and bubbly. Drizzle
with barbecue sauce. Cut into squares
or rectangles to serve.

Per serving: 430 calories, 27 g fat,
10 g saturated fat, 0 g trans fat,
45 mg cholesterol, 1,120 mg sodium,
31 g carbohydrates, 2 g fiber,
5 g sugar (1 g added sugar), 17 g protein.
Daily Values: Vitamin D 0%, Calcium 25%,
Iron 10%, Potassium 2%

SAY CHEESE

Provel cheese was created
in St. Louis in the 1950s
by pizza makers seeking a
cheese that melted without
becoming stringy. This
recipe recreates the flavor
with a mix of Cheddar, Swiss
and provolone.

Goosey Buttery Cake



WHAT MAKES IT LOCAL

Goosey butter cake is a dense, rich cake with a sticky, custard-like filling. A St. Louis baker may have created it by accident in the 1930s or '40s. It's thought that the baker added too much butter when making a coffee cake, and goosey butter cake was born. Today, it's sold at most St. Louis bakeries.

Hands On 40 minutes
Total Time 1 hour
5 minutes plus rising and standing time
Serves 12 (2 each)

CAKE

Hy-Vee nonstick cooking spray

¼ cup warm Hy-Vee whole milk (100°F to 115°F)

1 (¼-oz.) pkg. active dry yeast

½ cup Hy-Vee unsalted butter, softened

¼ cup Hy-Vee granulated sugar

1 tsp. kosher salt

2 Hy-Vee large eggs

2 cups Hy-Vee all-purpose flour

TOPPING

1½ cups Hy-Vee granulated sugar

1 cup Hy-Vee unsalted butter, softened

¾ tsp. kosher salt

1 Hy-Vee large egg, plus 1 large egg yolk

1 Tbsp. Hy-Vee vanilla extract

1½ cups Hy-Vee all-purpose flour

¼ cup That's Smart! light corn syrup
Hy-Vee powdered sugar, for garnish

1. LIGHTLY SPRAY

a 13×9-in. baking dish with nonstick spray. Line the baking dish with parchment paper, extending paper over edges. Spray parchment with nonstick spray; set aside.

2. FOR CAKE,

stir together warm milk and yeast in a small bowl. Let stand for 3 to 5 minutes or until slightly foamy.

3. BEAT

butter, sugar and salt in a large mixing bowl

with an electric mixer on high for 2 minutes or until light and fluffy. Add eggs, one at a time, beating well after each addition. Alternately add flour and milk mixture, beating on low after each addition until combined. Beat on medium for 3 to 5 minutes or until a soft dough forms.

4. PRESS dough into an even layer in prepared baking dish. Loosely cover with plastic wrap; let rise in a warm place for 1 to 1½ hours or until doubled in size.

5. PREHEAT oven to 350°F. For topping, beat sugar, butter and salt in a large mixing bowl with an electric mixer on medium-high for 2 minutes or until light and fluffy. Add egg, egg yolk and vanilla. Beat for 1 to 2 minutes or until combined, scraping side of bowl occasionally. Alternately add flour and corn syrup, beating on medium speed after each addition until thoroughly combined.

6. PLACE small spoonfuls of topping on top of dough; spread evenly to cover dough. Bake for 20 to 25 minutes or until edges are lightly browned. Cool completely in baking dish on a wire rack.

7. TO SERVE, use paper to lift cake out of the baking dish; cut into pieces. Sprinkle with powdered sugar, if desired.

Per serving: 480 calories, 25 g fat, 15 g saturated fat, 1 g trans fat, 125 mg cholesterol, 310 mg sodium, 59 g carbohydrates, 1 g fiber, 29 g sugar (28 g added sugar), 6 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 2%

GATES BAR-B-Q SAUCE

Gates Bar-B-Q has been a Kansas City staple since 1946. Sample the famous classic sauce or a sweet and mild variation.

ICE CREAM FACTORY

Founded by a husband-and-wife team in Eldon, Ice Cream Factory has quickly earned a reputation for making premium ice cream with quality ingredients and inventive flavors.

ZUM MIST

Based in Kansas City, Zum by Indigo Wild produces room sprays, hand soaps, Epsom salts, lip balms and more in a variety of scents.

CHASE'S CHERRY MASH

Created in 1918 in St. Joseph, these Midwest-favorite candies have a cherry-fondant center with a chocolate-peanut coating.

PEARLIE'S PICKLES

This St. Louis-based family-owned company specializes in dozens of delicious pickle flavors such as sweet hot and sweet garlic.



MADE IN
MISSOURI

Find these items and more at Hy-Vee.

PHOTO VisitMo.com

GRAD VIBES ONLY

GET A HEAD START ON GRAD PARTY PLANNING WITH THESE TIPS FOR SELECTING A PARTY THEME. PLUS, LEARN HOW TO ORDER FOOD, DESSERTS, DECOR AND MORE FROM HY-VEE TO MATCH.

Cool Cacti
Use basic party items from Hy-Vee, such as balloons and tissue paper, to create extraordinary grad decorations, like this towering flowering cactus.

Party Punch
Mix up a batch of punch for guests, then pour into a glass drink dispenser from Hy-Vee for easy serving.

Hy-Vee helps set the theme

Turn to Hy-Vee for food to coordinate with the theme you choose. This taco bar from Hy-Vee Catering is piled high with a range of fixings that fit a southwestern motif.

5 TIPS TO PICK THE PERFECT THEME

The foundation of graduation party planning is the theme. Consider your grad's favorite hobbies, activities and interests as a starting point, and develop a theme unique to them. These steps will help get you started.

1. make it specific

Start with the activities, hobbies, foods and places your grad loves the most. You might choose a destination they've always dreamed of visiting, such as Italy, then serve Hy-Vee's pasta bar with tiramisu. Or, if your grad plays a sport, you might serve desserts decorated to reflect that interest.

and order food and decorations. It can also help you determine which party elements are most important. For example, if you want to serve over-the-top custom Hy-Vee desserts, you might plan to have simpler decorations.

4. try to include trends

Keep an eye on pop culture for more inspiration. You could take cues from fashion trends and host a '90s-theme party. Or choose a theme related to one of your grad's favorite movies or TV shows.

2. consider color

Your grad's favorite colors can play into the theme, especially when you're planning decor. Serve foods of their choice, and coordinate the plates and napkins with hues they love or their school colors. You could also add balloons or a floral arrangement from Hy-Vee.

3. stick to a budget

Set a budget before committing to an idea. Knowing how much you want to spend will make it easier to choose a venue, plan the guest list

5. think about your venue

Where you hold the gathering might help you decide on a theme. If you're planning to host at home, you could make it a picnic party, or a campfire cookout with s'mores. Or choose one of the grad's favorite places, such as a local park.

TIMELESS THEMES

Stumped for ideas? These simple themes can be customized for your grad, and include suggestions for pairing with Hy-Vee food, decor and desserts.

sporty

Celebrate a graduating athlete with tailgate-theme food, such as Hy-Vee's brat or slider bars, helium balloons and decorated cupcakes.



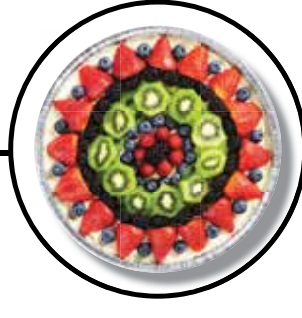
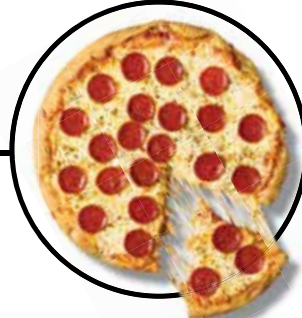
tropical

For a grad who dreams of seeing the world, try a tropical theme. Serve Hy-Vee's Nori sushi, decorate with lush plants and arrangements from Hy-Vee Floral and set out colorful cookies.



pizza party

Celebrate your grad's success (and their favorite food) with a pizza party. Hy-Vee can provide MIA Italian pizzas, plates and napkins in coordinating colors and Bakery fruit pizzas.



brunch

If your grad loves breakfast food, host a brunch-theme gathering. Order Hy-Vee's yogurt or oatmeal bar, decorate the table with a Hy-Vee Floral centerpiece and serve Hy-Vee Bakery treats like donuts.



HOW TO ORDER Call or visit your local Hy-Vee to get the planning process started. If you're ready to place an order, scan the code or visit [Hy-Vee.com/shop](https://www.hy-vee.com/shop) and click "Catering," "Bakery" or "Flowers" to start your order.

ON-THEME CUSTOM CAKES AT HY-VEE

Hy-Vee's talented cake artists can prepare a decorated layer or sheet cake to fit almost any vision. Contact your store to talk to a cake designer who can provide a custom creation to match your theme.

Cute Cupcakes

To feed a crowd, order matching cupcakes with your Hy-Vee Bakery cake.



HY-VEE MAKES IT EASY

Let the Hy-Vee Bakery connect decorated desserts with your theme.

In addition to cakes, the Hy-Vee Bakery can also provide cookies, cupcakes, donuts, pies, cookie cakes, brownies and more. Call your store's bakery to learn more.

WATCH



PARTY

Host a fun and interactive viewing party for a sports event or awards ceremony with appetizers and sweet treats that rival the main event.

Whether it's awards shows, seat-of-your-pants auto racing or football's ultimate Big Game, February is a month of competition! So gather the gang to cheer on favorite performers, race car drivers or athletes at a watch party. Prepare delicious dips, sandwiches and appetizers with these recipes. Or order party and dessert trays from Hy-Vee to keep things going strong, even if the festivities head into overtime.

CARMELIZED ONION-AND-BACON DIP

Cook 6 slices chopped Hy-Vee sweet smoked bacon in an 8-in. cast iron skillet over medium heat for 5 to 6 minutes or until crispy. Remove from skillet; reserve 1 Tbsp. drippings in skillet. Drain bacon on paper towels. Add 3 Tbsp. Hy-Vee unsalted butter to bacon drippings in skillet; cook over medium heat until melted. Slice 2 medium onions into ¼-in.-thick strips. Add half of the onions to skillet. Cook for 3 to 5 minutes or until onions begin to soften, stirring frequently. Add remaining onions to skillet; cook for 3 minutes. Stir in 1 tsp. That's Smart! garlic salt and ¼ tsp. Hy-Vee baking soda. Reduce heat to medium-low; cook for 45 to 55 minutes more or until onions have a jam-like consistency and are golden brown, stirring frequently. Preheat oven to 425°F. Stir together 1 (8-oz.) pkg. softened That's Smart! cream cheese style blend, ½ cup Hy-Vee mayonnaise and 1 Tbsp. Hy-Vee less sodium Worcestershire sauce in a medium bowl until smooth. Set aside 2 Tbsp. bacon for garnish; stir remaining bacon and 2 Tbsp. chopped fresh chives into mayonnaise mixture. Stir about ¼ cup cooked onion mixture into mayonnaise mixture. Add the mayonnaise mixture to remaining onion mixture in skillet; stir until combined. Bake for 8 to 10 minutes or until heated through. Top with 1 Tbsp. bacon and an additional 1 Tbsp. chopped fresh chives. Serve with pretzel crisps and assorted vegetables for dippers. Serves 20 (2 Tbsp. each).

LASAGNA DIP

Preheat oven to 425°F. Heat an 8-in. cast iron skillet over medium heat. Add 9-oz. ground mild Italian pork sausage; cook for 5 to 6 minutes or until browned (165°F), stirring occasionally to break sausage into small crumbles. Drain sausage on paper towels; set aside. Remove skillet from heat; discard drippings in skillet. Add ¾ cup Gustare Vita tomato basil pasta sauce to same skillet. Spread evenly in bottom of skillet. Sprinkle with 1 Tbsp. Hy-Vee Italian seasoning and 2 tsp. Hy-Vee garlic powder. Top with layers of cooked sausage, ½ cup Hy-Vee whole milk ricotta cheese and ½ cup fresh mozzarella cheese pearls. Drizzle with ¼ cup additional pasta sauce. Top with ¾ cup Hy-Vee finely shredded Italian cheese. Bake for 15 to 20 minutes or until golden brown and bubbly. Let stand for 5 to 10 minutes. Garnish with thinly sliced fresh basil, if desired. Serve with Gustare Vita extra virgin olive oil crostini. Serves 24 (2 Tbsp. each).

ALTHOUGH FOOD IS THE FOCUS AT MOST WATCH PARTIES, EVENT-RELATED GAMES OR CONTESTS BECKON GUESTS OFF THE COUCH. A LITTLE FRIENDLY COMPETITION WILL GET EVERYONE INTO THE SPIRIT. HERE ARE A FEW IDEAS TO GET YOU STARTED.

Baby, You're a Star!

Break out the karaoke machine and see how your guests' renditions of this year's songs nominated for music awards stack up to the actual performances.

GIVE OUT AWARDS

At the end of the evening, present "Hammy" awards in the categories of "Don't Quit Your Day Job," "Most Over-the-Top Performance" and "Secret Superstar."

The Big Game Plan

Ask guests to dress in their favorite team's colors. In between the serious football action, lighten the competitive mood with fun games.

HOST A TRIVIA CONTEST

Put your guests to the test with their knowledge

of current or past-year players, coaches and stats. Or blow up photos of guests who played high school football, and have the group guess their identities and the positions they played.

And the Winner Is ...

Bring a touch of Hollywood to your party and have guests shop their closets or thrift stores to re-create inexpensive versions of the most chic or ridiculous outfits worn by celebrities to awards shows in past years.

PASS OUT THE BALLOTS

Have guests fill in their predictions of the night's winners before the show starts. Repurpose a thrift-store trophy (or a gold foil-wrapped chocolate statue) to present to the guest who makes the most correct picks.

THE BIG GAME DAY GASTRONOMICS, BY THE NUMBERS: CHICKEN WINGS ARE THE NO. 1 SNACK, WITH AMERICANS CONSUMING MORE THAN 100 MILLION POUNDS. PIZZA RANKS SECOND, WITH MORE THAN 12.5 MILLION PIZZAS ORDERED. ALSO, MORE THAN 11.2 MILLION POUNDS OF CHIPS ARE MUNCHED.

FUN FACT

See how to make an easy air fryer appetizer and football-shape fry holder.

HOLLYWOOD
HOW-TO'S

WATCH & SHOP ONLY ON

HSTV.com

KEEP SOME COLD ONES ON ICE

Be sure to have plenty of beer, wine, soft drinks and water on hand in ice-filled tubs or coolers.

Sources: premiofoods.com/premio-foods-inc-super-bowl-food-facts/; mashed.com/75731/this-is-how-much-pizza-gets-eaten-during-the-super-bowl/

SPANISH FOR "CORNCOB," ELOTE IS MEXICAN STREET CORN THAT GIVES A SPICY NEW TWIST TO CLASSIC GARLIC BREAD WHEN COMBINED WITH PEPPERS AND PICKLED ONIONS.

Elote Garlic Bread with Pickled Onions

Total Time 35 minutes
Serves 12

1 (20-oz.) loaf Hy-Vee Baking Stone Bread heat and eat garlic bread, split

Hy-Vee nonstick cooking spray

1 (15.25-oz.) can That's Smart! whole kernel golden corn, drained and rinsed

1 large poblano pepper, stemmed, seeded and chopped*

1 (10-oz.) container Hy-Vee street corn dip

1 Tbsp. Hy-Vee light sour cream

1 Tbsp. Hy-Vee mayonnaise

1½ tsp. fresh lime juice
¼ cup jarred pickled red onions, drained

2 Tbsp. crumbled Cotija cheese
¼ tsp. Hy-Vee cayenne pepper

Fresh cilantro, for garnish
Lime wedges, for serving

1. PREHEAT oven to 425°F. Place garlic bread halves in a large rimmed baking pan with cut sides up. Bake for 15 to 20 minutes or until edges are golden brown.

2. SPRAY a large nonstick skillet with nonstick

spray. Add corn and poblano pepper; cook over medium heat for 4 to 5 minutes or until lightly charred, stirring frequently.

3. SPREAD street corn dip onto cut sides of toasted garlic bread. Top evenly with corn mixture. Bake for 3 to 5 minutes or until heated through.

4. COMBINE sour cream, mayonnaise and lime juice in a small bowl. Drizzle over garlic bread. Top evenly with pickled onions and Cotija cheese; sprinkle with cayenne pepper. Garnish with cilantro, if desired. Cut into slices; serve with lime wedges.

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

Per serving: 260 calories, 16 g fat, 5 g saturated fat, 1.5 g trans fat, 10 mg cholesterol, 490 mg sodium, 26 g carbohydrates, 2 g fiber, 4 g sugar (1 g added sugar), 5 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 2%

V **VEGETARIAN DISH**

No-Worry Tableware

SIMPLIFY SERVING AND CLEANUP WITH DISPOSABLE OPTIONS FROM HY-VEE.



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Simply Done
Designer
Paper Plates



Simply Done
Everyday
Assorted Cutlery



Simply Done
Soft & Extra
Strong Napkins

Philly Brat Party Sandwich

Hands On 35 minutes
Total Time 41 minutes
Serves 10

4 Hy-Vee skinless beer bratwursts
1 Tbsp. Gustare Vita olive oil
3 cups Hy-Vee Short Cuts fajita vegetables
1 tsp. That's Smart! seasoned salt
1 tsp. coarsely ground Hy-Vee black pepper
1 (20-oz.) loaf Hy-Vee Baking Stone Bread French bread
4 Tbsp. Hy-Vee unsalted butter, softened
16 slices Di Lusso provolone cheese

1. PREHEAT oven to 425°F. Cook bratwursts in a large nonstick skillet over medium heat for 6 to 7 minutes or until browned (165°F), stirring occasionally to break bratwursts into large crumbles. Drain on paper towels; set aside.

2. HEAT oil in same skillet over medium heat. Add fajita vegetables, seasoned salt and pepper to skillet. Cook for 4 to 5 minutes or until vegetables are softened, stirring frequently. Remove skillet from heat. Stir in bratwurst crumbles.

3. SPLIT bread lengthwise in half, cutting to, but not through, the other side.

Open bread loaf; place on a wire rack in a large rimmed baking pan with cut side up. Spread butter on cut sides of bread. Bake for 12 to 14 minutes or until lightly toasted.

4. CUT 2 (30×12-in.) sheets of foil. Place foil sheets on a flat surface, slightly overlapping long edges. Double-fold the overlapped edges to make a 30×22-in. foil rectangle.

5. PLACE open loaf on center of foil rectangle. Layer bottom half of loaf with 6 slices cheese, bratwurst mixture and remaining 10 slices cheese. Fold loaf together with opening on top. Bring up long sides of foil. Double-fold top, then double-fold ends to seal the packet, leaving room for heat circulation inside.

6. RETURN wrapped sandwich to rack in rimmed baking pan. Bake sandwich for 4 to 6 minutes or until cheese is melted. Unwrap and cut into 2-in. portions to serve.

Per serving: 440 calories, 24 g fat, 12 g saturated fat, 0 g trans fat, 60 mg cholesterol, 1,080 mg sodium, 37 g carbohydrates, 2 g fiber, 3 g sugar (0 g added sugar), 20 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 15%, Potassium 4%



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WINGING IT
PLATTER**

**BBQ
WING
PLATTER**

**VEGETABLE
TRAY**

WATCH PARTY- WORTHY TRAYS

Hy-Vee's party platters make entertaining easy. Barbecue chicken wings, fresh fruits and veggies, shrimp and crab along with gourmet meats and cheeses, require no work on your part. Hy-Vee's freshly prepared, ready-to-serve trays are ideal for any-size gathering or budget.

See how to make a cookies and cream football dessert.

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HOW-TO'S**

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SAVORY



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Meat & Cheese Tray

SWEET



Assorted Cookie Tray



Brownie Cocktail Tray



Mini Cupcake Tray

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HY-VEE THAT
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ONE'S INTERESTS.**



TEATIME

ENJOY TEA FOR TWO—AND A FEW SWEET TREATS
 Primula teapot + Cordon Bleu bistro mugs + Bare Honey
 Lavender Blossom honey + Hy-Vee raspberry hibiscus tea +
 Tiesta Tea Chai Love tea + Lotus gingersnaps



BAKERY GOODIES

PRACTICAL & DELECTABLE ITEMS FROM THE HY-VEE BAKERY
wooden serving tray + kitchen towel + coconut pecan cookies +
apple strudel bites + scotcharoos + cream cheese bread +
mini croissants + Stonewall Kitchen strawberry jam



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GET YOUR GRILL ON WITH SAUCE AND ACCESSORIES
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 TableCraft 3-piece grilling tool set + kitchen towel



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 pore cleanser and peel mask



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FINDS

Valentine Gifts

From cute to classy, Hy-Vee has thoughtful presents for your loved ones.



1 KANE CERAMIC MUGS
These delightful mugs are available with a chorus of hearts or a solitary heart shot with Cupid's arrow.

2 HIMALAYAN CANDLES
Vintage-inspired jar candles with unique scents such as this mix of ginger root, patchouli, musk, and sandalwood.

3 TWINE ROSE CRYSTAL WINE GLASSES
The tinted, gold-rimmed glasses set the tone for sharing a bottle of wine with someone special.

4 CERAMIC LOVE BOTTLE STOPPER
Cap an open bottle of wine between servings with a reminder of the connection you share with another.

5 WHITE CERAMIC POT WITH HEARTS
Fill this 4½-in. container with a favorite plant, such as this potted cyclamen from Hy-Vee Floral.



KANE STEMLESS WINE GLASSES
Perfectly sized for your favorite fruit of the vine, these glasses offer Valentine-inspired messages overflowing with intoxicating infatuation.



BLUSHING LOVE BEAR
With pink fur and white accents, this 32-in. jumbo stuffed animal is so cute and cuddly, it's unbearable.



SACRED TEMPLE GARDEN CANDLE
This 12-oz. Himalayan handmade candle features a wild dahlia botanical scent.



SILICONE SPATULAS
Spread some love (and batter or frosting) with heat-resistant, dishwasher-safe spatulas sprinkled with sweet sentiments.



KITCHEN TOWELS
These 18x12-in. embellished kitchen towels send special holiday messages of "Be Mine" or "Love."



TWINE WINE DECANTER
This beautifully shaped crystal carafe features an electroplated gold rim and delicate pink tinting—perfect for enjoying a favorite white or rosé wine.



HIMALAYAN ARTISAN BLOWN GLASS HURRICANE CANDLE
Beautiful, rustic, hand-blown vessel holds a 32-oz. candle offering 120 hours burn time.



BUSHEL & A PECK MUG
One side says, "I love you a bushel and a peck," while the other side completes the phrase with "and a hug around the neck."



V CHOCOLATES
The ribbon-wrapped Turtle Tower gift basket features caramel pecan praline turtles and assorted chocolate caramels with sea salt.

BLOOMS

For Valentine's Sake

Use flowers from Hy-Vee Floral to craft your own arrangements.

 **THE HY-VEE FLORAL DEPARTMENT CAN CREATE CUSTOM BOUQUETS AND FLOWER ARRANGEMENTS UPON REQUEST.**

1 MAKE IT MEMORABLE
SUPERSIZE IT: A big bouquet of roses is hard to ignore. All you have to do is partner classic roses in red, pink and light pink hues with smaller white spray roses and green pittosporum foliage.

2

THAT'S A WRAP
WEAR YOUR HEART ON A SLEEVE: Write a love letter on the craft paper your roses come wrapped in, then tape it around the flower stems as a decorative sleeve.



USE A PASTRY BAG TO HOLD WATER AND ROSES, KEEPING FLOWERS FRESH AND LOVE NOTE PROTECTED.

FOR A MORE DRAMATIC LOOK, USE VARYING HUES OF RED, DARK PINK AND LIGHT PINK TO CREATE AN OMBRE EFFECT.

3

TAKE HEART
THE SHAPE OF THINGS TO COME: Cut floral foam into the shape of a heart for a touching display of affection. Moisten foam, then insert rose blooms with 1-in. stems.



FIND THESE ARRANGEMENTS AT HY-VEE



PURE LOVE
Roses, hydrangea, stock and lilies make a colorful statement.



LOVE BY THE DOZEN
Red roses are a traditional romantic gesture.



ROSES AND ROMANCE
Pastels rule here with roses, lilies, hydrangea and stock.



SCAN TO ORDER
Valentine arrangements from Hy-Vee Floral.

FOODS THAT

Keep Your Mouth Fresh

Tackle bad breath at its source with foods, herbs and spices you probably already have on hand.



In addition to being a social embarrassment, bad breath can sometimes signify a more serious underlying health condition. Consult your doctor if the problem persists.

No one likes to realize (or be told by someone!) that they have bad breath. Medically referred to as halitosis, finding the cause is the first step in alleviating this mostly preventable condition. One of the biggest culprits is bacteria on the tongue, which can interact with amino acids in foods to produce a foul smell. Decreased saliva production also prevents the mouth from cleansing itself by removing odor-causing food debris. Eating foods like garlic and onions, as well as smoking, can also lead to stale breath. But sometimes the origins may require medical intervention, such as periodontal disease, postnasal drip or even a gastrointestinal disorder. For nonmedically related situations, try naturally freshening foods to breathe a little easier—and odor free.

HOW TO BANISH BAD BREATH

These natural remedies break down odorous compounds to keep bacteria at bay.



Apples

An apple a day keeps foul-smelling breath away. The crunchy, fibrous fruit works to remove food particles stuck between teeth, which can lead to offensive breath and potential cavities.



Green Tea

This healthy brew benefits your breath a number of ways with polyphenols (a type of antioxidant) that kill bacteria and also protect teeth from decay and certain mouth cancers.



Cherries

Cherries work to break down one of the main causes of bad breath—methyl mercaptan, a gas that smells like rotten cabbage and is produced by bacteria in the mouth.



Ginger

Long used to settle an upset stomach, ginger treats bad breath, too. A compound called 6-gingerol stimulates the enzymes in saliva to neutralize sulfur compounds that give off a rotten-egg smell.



Parsley

A natural deodorizer, parsley contains chlorophyll, which produces its green hue and has antibacterial properties that kill odor-causing bacteria that feast on food deposits.



Yogurt with Probiotics

The breath fighters in probiotic yogurt get their power from live cultures (good bacteria). They mask odors by eliminating bad-smelling bacteria emitted when food particles break down in your mouth.



Melons

The vitamin C in melons creates an environment in your mouth that makes it hard for bad bacteria to thrive. As an added bonus, it also aids in preventing gum-damaging gingivitis.



Cinnamon

One of the oldest natural remedies for alleviating bad breath is chewing on a cinnamon stick. An essential oil found in cinnamon works to kill oral bacteria that cause stinky breath.

3 Ways to Beat Bad Breath

Stay Hydrated

Sip water regularly throughout the day (at least 8 to 12 glasses).

Chew Gum

Chewing sugarless gum stimulates the salivary glands to increase saliva flow.

Avoid Coffee

Its tannins, a plant compound, can create a dry, puckering effect.

UP TO
65%

of the world's population suffer from halitosis, or bad breath, frequently.

Sources: hopkinsmedicine.org/health/conditions-and-diseases/halitosis-bad-breath, ncbi.nlm.nih.gov/pmc/articles/PMC751082/, health.clevelandclinic.org/8-tips-to-relieve-your-dry-mouth/, ncbi.nlm.nih.gov/pmc/articles/PMC8231527/, citydentists.co.nz/dental-blog/6-foods-that-fight-bad-breath/, crawfordleishmandental.com/10-foods-that-help-get-rid-of-bad-breath/, pubmed.ncbi.nlm.nih.gov/18388413/, northviewdental.com/tasty-foods-that-freshen-breath/

DIETITIAN Q&A

High Blood Pressure Prevention

Elisa Sloss, registered and licensed dietitian and senior vice president, Private Brands, offers advice on how diet and lifestyle habits can help prevent hypertension.



Elisa Sloss, RD, LD
Senior Vice President,
Private Brands

Q: What is high blood pressure?

A: As blood circulates, it presses against artery walls, creating pressure. Too much pressure forces the heart to work harder, potentially straining it. A blood pressure reading consists of two numbers: systolic pressure, measured as the heart pumps, and diastolic pressure, recorded between heartbeats. A resting blood pressure below 120/80 mmHg (millimeters of mercury) is considered

normal. Prehypertension is between 120-139/80-89 mmHg, and 140/90 mmHg or higher is high blood pressure, or hypertension.

Q: What causes high blood pressure?

A: Your blood pressure may fluctuate throughout the day. It increases when you're active or feeling strong emotions like excitement or fear. These changes are normal, as long as your blood pressure is most

often within a normal range. Many factors can contribute to consistently high blood pressure, including genetics, some medical conditions, a high-sodium diet, heavy alcohol use, tobacco use, stress and limited exercise.

Q: How can diet impact risk of high blood pressure?

A: High sodium intake and a diet low in fruits and vegetables may increase your risk for high blood pressure. The U.S.

Department of Health and Human Services' Dietary Guidelines recommends limiting sodium to no more than 2,300 mg per day and eating at least 1½ cups of fruit and 2 to 3 cups of vegetables every day.

Q: What foods help maintain healthy blood pressure?

A: Add as many fruits and veggies to your diet as you can. These foods are naturally low in sodium, and contain nutrients such as potassium that help control blood pressure. Also, try to eat lean sources of protein, such as chicken, turkey, fish and beans. Choose whole grain breads and pastas, and look for

lower-sodium versions of packaged foods.

Q: Can diet prevent or cure high blood pressure?

A: Diet alone can't completely cure or prevent high blood pressure, but it can help. Some factors are out of your control, such as a family history of high blood pressure or preexisting medical conditions, including diabetes and some autoimmune diseases. People over age 40 should be tested annually—while those under 40 should get tested every 2 to 5 years. If you're diagnosed with hypertension, work with a doctor to help manage it.

How Hy-Vee Can Help

Biometric Screening

Looking to take charge of your heart health? A Hy-Vee dietitian will collect a blood sample from a finger prick to determine cholesterol, triglycerides and glucose levels. They will also measure resting blood pressure, weight, body fat percentage and waist

and hip circumference. Appointments are on a first-come, first-served basis at select Hy-Vee locations in February 2023 while supplies last. Fasting for a period of 10 to 12 hours in advance is required. These screenings are made possible by these generous sponsors: RX Sugar, Perfect

Bars, Sweet Loren's Less Sugar Cookie Dough, Belgioioso Ricotta and Parmesan Cheese, and National Peanut Board. Request your free screening appointment today.



SCAN TO
SCHEDULE
a screening
appointment.

On-Demand Heart Health Virtual Nutrition Tour

Having trouble navigating the grocery store aisles to meet your dietary needs? Your Hy-Vee dietitian offers a complimentary Heart Health Virtual Nutrition Store Tour.

Learn the basics of a heart-healthy meal plan. Plus, get shopping tips and product recommendations to help add more nutrition to your cart. After you register, a link to an on-demand tour topic of your choice will be emailed

directly to you to view from the comfort of your own home at your convenience. Register for your on-demand tour today.



SCAN TO
REGISTER
for heart
health virtual
nutrition tour.



SCAN TO LOCATE
a Hy-Vee dietitian
near you for more
information, tips
and advice.

Sources (entire story): extension.colostate.edu/topic-areas/nutrition-food-safety-health/diet-and-hypertension-9-318/
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MEAL MAKEOVER

Red Velvet Cupcake

Enjoy this version of a Valentine's Day favorite that is lower in sugar and gluten-free!

Gluten-Free, Low-Sugar Red Velvet Cupcakes

Hands On 25 minutes

Total Time 55 minutes plus cooling time

Serves 12 (1 each)

CUPCAKES

1 cup Bob's Red Mill gluten free

1-to-1 baking flour

¾ cup Swerve granular sugar replacement

2 Tbsp. Hy-Vee baking cocoa

½ tsp. Hy-Vee baking soda

½ tsp. Hy-Vee baking powder

½ tsp. Hy-Vee salt

2 Hy-Vee large eggs

½ cup Hy-Vee vegetable oil

½ cup Hy-Vee lowfat buttermilk

1½ tsp. red food coloring gel

1 tsp. Hy-Vee white distilled vinegar

1 tsp. Hy-Vee vanilla extract

¼ cup water

FROSTING

1½ (8-oz.) pkg. Hy-Vee cream cheese, softened

¾ cup Hy-Vee unsalted butter, softened

1½ tsp. Hy-Vee vanilla extract

1 cup Swerve confectioners sugar replacement

5 drops red food coloring gel

1. PREHEAT oven to 350°F. Line 12 (2½-in.) muffin cups with paper liners; set aside.

2. FOR CUPCAKES, whisk together gluten-free flour, granulated sugar replacement, cocoa, baking soda,

baking powder and salt in a medium bowl; set aside.

3. BEAT eggs in large mixing bowl with electric mixer on high for 4 minutes or until thick and pale yellow. Add oil, buttermilk, food coloring, vinegar and vanilla; beat on medium until combined. Add flour mixture and water; beat on low until moistened. Beat on medium for 1 minute.

4. DIVIDE batter evenly into prepared muffin cups. Bake for 22 to 25 minutes or until a toothpick inserted near centers comes out clean. Cool cupcakes in muffin pan on wire rack for 5 minutes. Remove from pan; cool completely on wire rack.

5. FOR FROSTING, beat cream cheese, butter and vanilla in a medium mixing bowl with electric mixer on high until light and fluffy. Add confectioners sugar replacement; beat until smooth and creamy.

6. DROP 5 drops red food coloring gel 1 in. apart around the top inside of a large pastry bag fitted with a large star tip. Hold bag vertical for coloring to run down to form strips inside bag. Carefully spoon frosting into the pastry bag. Pipe frosting in a circular motion on top of cupcakes. Store cupcakes covered in refrigerator up to 4 days.

Per serving: 350 calories, 32 g fat, 15 g saturated fat, 1 g trans fat, 90 mg cholesterol, 290 mg sodium, 37 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 2%

GF GLUTEN-FREE

V VEGETARIAN DISH



NO LESS SWEET

With a few swaps, this treat becomes gluten-free and contains only 2 grams of sugar, about a quarter of the amount in a traditional red velvet cupcake.



See how
to make a
cheesecake
even better,
p. 23

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30
minutes
or less

20
minutes
or less

10
minutes
or less

GF
option

V
option

30 MINUTES
OR LESS

20 MINUTES
OR LESS

10 MINUTES
OR LESS

GLUTEN
FREE

VEGETARIAN
DISH

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

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

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

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

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

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