

seasons

Hy-Vee
EMPLOYEE OWNED

47

BACK TO SCHOOL FAVORITES

including

MAKE-AHEAD PIZZA
JAMS AND JELLY
GARDEN FRESH MEALS



REFRESH WITH FRUITY POPS, SLUSHIES AND MOCKTAILS

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GOURMET CHEESE PAIRINGS

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CHEFS & FARMERS HOME GROWN LOCAL EATS

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kids **SNACKS**

AFTER-SCHOOL FUN!

GO BANANAS!
FROSTY TREATS KIDS
LOVE TO MAKE.

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BACK TO
SCHOOL 2014
\$4.95 FREE
HY-VEE.COM

PRETZEL

BREAD

KNOT YOUR AVERAGE BREAD



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PHOTO Tobin Bennett

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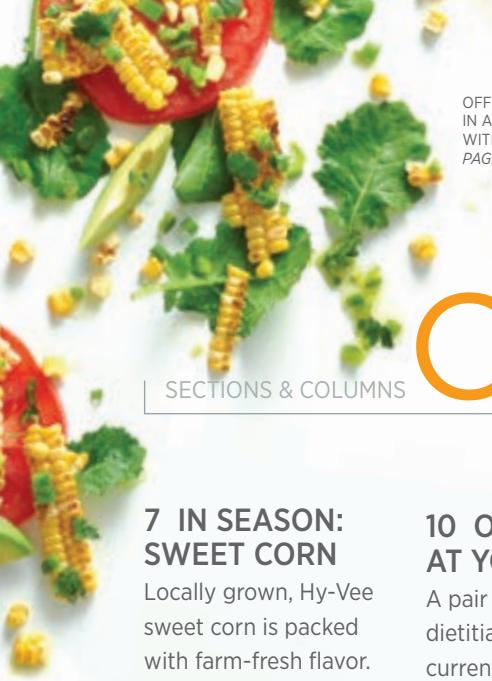
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ENCOURAGE YOU
TO EAT PLENTY OF
FRUIT. YOUR HEALTH
IS THEIR CONCERN.
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HY-VEE SEASONS
VOLUME 8, ISSUE 4

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All products shown in Hy-Vee Seasons are available from local Hy-Vee stores. Please ask our helpful employees if you need assistance locating these products.

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Hy-Vee Seasons recipes are tested by the Hy-Vee Test Kitchen food technologists to guarantee that they are reliable, easy to follow and good-tasting.

Please recycle after use.



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VIDEO

Become a better cook while having fun. Learn helpful kitchen tricks by watching Hy-Vee videos. Find the titles below and more at www.hy-vee.com/resources/videos

- Gourmet Grilled Cheese
- Frosting a Cake
- Selecting and Preparing Steak



Digital

Subscribe to the free digital version of *Hy-Vee Seasons* for Kindle Fire and other digital tablets. Get details at www.hy-vee.com/helpful-ideas/hy-vee-seasons-on-your-tablet.aspx

The Hy-Vee website remains a hub of information. Don't miss these features at www.hy-vee.com

- Gardening help at "Get Growing"
- Nutrition info at the "Health Forum"



FOLLOW US
Be among those in the know with up-to-the-minute tweets about Hy-Vee specials. twitter.com/hyvee



LIKE US
Join our FB community and discover tips for delicious meals that are healthful too. facebook.com/hyvee



PIN US
Grab some smoky-good ideas for grilling. They're pinned at pinterest.com/hyvee



WATCH US
See how easy it is to make chocolate bowls and fill them with ice cream. Check it out at the Hy-Vee Channel on youtube.com



About Our Editor:

A native of Waterloo, Iowa, William Gerstenberger knew when he was seven years old that he wanted to be a chef. By his early twenties, he worked on the West Coast as a personal chef for celebrities. Seven years ago, he returned to the Midwest and began his Hy-Vee career.

DEAR HY-VEE READER,

I've always loved cooking. I got my start in the late 1980s when I left Iowa for California to learn how to be a chef. For the next few years, I worked my way up the ladder from one four- or five-star restaurant to another. Young and star struck, one night I was at a Malibu party and I met Billy Idol, and was soon hired as his chef. It was one of my first big breaks.

Later, I worked for a catering company that did a lot of work for the film industry. Soon I was cooking for Denzel Washington, Meryl Streep and the guys in KISS. The best was actress Jane Seymour. She liked my cooking so well I transitioned to her house, where I cooked for her family. They were great.

In 2008, I decided to return home to Iowa. I signed on with Hy-Vee and couldn't be happier. I often lie awake at night mulling over new dishes I want to create for you.

It's appropriate that this is the Back to School issue because I often feel like a teacher at Hy-Vee. Five years ago, I teamed up with Katie Squires, our store health and wellness specialist, to set up the Healthy Cooking Club. Together we teach families how to make healthy meals that taste great. I also offer a line of Chef William's seasonings at Hy-Vee and appear in cooking segments on KWHL-TV in Waterloo.

To encourage healthy eating, this issue of *Hy-Vee Seasons* magazine opens with "Snack Attack," page 16, which includes seven nutritious recipes for kids that they'll love. Learn about local farmers and fresh produce in "Farm to Table," page 62. We also have great recipes for grilling party foods, an in-depth look at training for amateur athletes and more.

With the new school year just ahead, it's time to offer fresh tastes for your students to enjoy. Let all of us at Hy-Vee help.

Sincerely,
William Gerstenberger, Executive Chef
Waterloo, Iowa

ASK US

How will the new school year impact what is offered in your department?



IT'S BACK-TO-SCHOOL SEASON, WHICH MEANS IT'S TIME TO FOR BAGGED LUNCHES, AFTER-SCHOOL SNACKS & SCHOOL-NIGHT DINNER MENUS.

A: Cheese is a great option for healthy snacking. I'm fortunate to live in a college town where young people know the health benefits of cheese. For them I cut smaller wedges that are affordable. For younger kids, I like to encourage moms to include Laughing Cow cheese or Mini Babybel cheese in their lunches. These snack sizes are perfect for small children and fun to eat.

Kim McDonald
Cheese Specialist
Ames #2, IA



A: Back-to-school time is always an exciting opportunity to showcase the variety of value we have throughout the store, from our large selection of ready-to-eat fruits and veggies to choice reserve beefs, sliced deli meats and much more. Our new bakery cookies are an especially big hit with customers and they make a tasty dessert to finish off a school lunch!

Jayme Michel
Perishables Manager
Overland Park #1, KS



A: THE RICH FLAVORS OF OUR ARTISAN BREADS MAKE THEM GREAT CHOICES FOR GOURMET SANDWICHES. CUSTOMERS CAN ALSO WRAP UP THE GRILLING SEASON WITH OUR FRESHLY BAKED BUNS AND ROLLS.

Bill Schwendinger
Bakery Manager
Rochester #3, MN



A: Hy-Vee Pharmacy begins to administer the current-year flu vaccine by late summer/early fall to all adults and children 12 years of age and older. This fall we will carry a shot that fights four different flu strains and we have a specific vaccine for our customers 65 years and older. The immunization covers the whole year, so it is never too early to get your vaccination once September has begun!

Toni Doster
Pharmacist
Columbia #1, MO

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cookies to go!

Remember the essentials when stuffing a backpack for school. Sure, kids need the obvious: pens, pencils, paper, books and such for class. Include a lunch, too. But most important, don't forget Nabisco favorites—Chips Ahoy Cookies, Oreo Cookies and assorted cookie and cracker snacks.



Nabisco Go Cups: select varieties 3.5 oz. 10/\$10.00

Nabisco Single Serve Tray Packs: select varieties 12 to 24 oz. \$4.98

Nabisco Family Size Cookies: select varieties 13 to 20 oz. \$3.99

Nabisco Family Size Snack Crackers: select varieties 12 to 20.6 oz. \$3.99

MUNCHIES!

When your kitchen fills with the excited sounds of kids on the hunt for after-school snacks, set out cups of M&M's Salty and Sweet Snack Mix. The flavorful blend of roasted almonds, mini pretzels and candy-coated chocolate will quiet them for a few minutes. Then they're off again!



Mars Snack Pouches:
select varieties
4.5 to 8.5 oz. 2/\$6.00



Snickers Ice Cream
Bars: 12 pk. \$6.77



Mars Ice Cream Novelties:
select varieties 3 to 14 pk.
\$3.88



Uncle Ben's Rice:
select varieties
6 to 15.8 oz 2/\$4.00

sweet corn

CERTAIN FOODS JUST TASTE LIKE SUMMER, AND FRESH-FROM-THE-FIELD CORN ON THE COB TOPS THE LIST. VISIT YOUR HY-VEE FOR SOME OF THE FRESHEST LOCALLY GROWN CORN.

WHITE OR YELLOW?

You can't judge sweetness by color. That's because sweet-tasting corn comes in yellow, white or bicolor. If you want to know which variety you're buying, ask a Hy-Vee produce expert. Be prepared to try different kinds each time because they change frequently.

SELECT

Hy-Vee offers the freshest sweetest farm-to-table corn. Look for the "homegrown" sign in your Hy-Vee Produce Department. The best ears are snugly wrapped in vibrant green husks that aren't dried out. When you run your fingers along an ear, you should feel plump, densely packed kernels all the way to the tip.

STORE

Shuck the corn just before you're ready to cook it. If you're not going to eat the corn right away, keep the ears in their husks to retain moisture. Place them in a plastic bag in a crisper drawer of your refrigerator. Use as soon as possible.



Meet local farmers who supply produce to Hy-Vee. Scan this code to link to the videos.

COOKING CORN IS EASY

Remove husks and silks for all cooking methods. Corn can be grilled in husks.

BOIL: Cook corn, covered, submerged in lightly salted boiling water for 5 to 7 minutes.

MICROWAVE: Wrap each ear in waxed paper. Place in the microwave oven on microwave-safe paper towels. Microwave on 100% power (high) for 3 to 5 minutes for one ear, 5 to 7 minutes for two ears or 9 to 12 minutes for four ears, rearranging ears once.

GRILL: See Step 2 below.



DID YOU KNOW?

COMPARED TO AN APPLE, AN EAR OF CORN HAS ABOUT THE SAME NUMBER OF CALORIES AND LESS THAN ONE-FOURTH THE SUGAR. THAT'S WITHOUT THE BUTTER.

GRILLED-CORN SALAD

For this super fresh salad, layer grilled sweet corn with juicy heirloom tomatoes, creamy avocado and fresh baby greens. Drizzle with a jalapeño-lime vinaigrette, infused with a kiss of honey.

Prep: 20 minutes | Grill: 8 to 12 minutes | Serves 6

¼ cup fresh lime juice

1 tablespoon Hy-Vee honey

1 jalapeño chile pepper, seeded and finely chopped*

3 tablespoons chopped fresh cilantro

1 teaspoon Hy-Vee kosher sea salt, divided

3 medium ears sweet corn

3 tablespoons Hy-Vee butter, softened, divided

2 cups baby kale and/or mixed greens

1 avocado, pitted, peeled and sliced

1 large heirloom tomato, thinly sliced
2 tablespoons chopped green onions

1. For vinaigrette, in a small bowl combine lime juice, honey, jalapeño, cilantro and ½ teaspoon salt. Set aside.
2. Prepare a charcoal or gas grill for direct grilling over medium heat. Pull back corn husks, leaving husks attached at stem ends. Remove silk. Gather husks over stem and tie with a string to form a handle. Brush each ear with ½ tablespoon softened butter. Place corn over direct heat with husks away from the fire. Grill for 8 to 12 minutes, turning and brushing every 2 to 3 minutes with additional butter (total of 1 tablespoon per ear), until browned on all sides. Remove from grill and cool slightly.

3. Meanwhile, line a serving platter with kale and/or mixed greens. Top with avocado and tomato slices. Using a sharp knife, cut corn from the cobs; discard cobs. Spoon corn over tomato. Sprinkle with remaining sea salt and chopped green onions. Drizzle vinaigrette over top.

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

Nutrition facts per serving: 180 calories, 12 g fat, 4.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 360 mg sodium, 19 g carbohydrates, 4 g fiber, 7 g sugar, 4 g protein. Daily values: 60% vitamin A, 70% vitamin C, 4% calcium, 6% iron.

Basics MADE BRIGHT

Give a standard glass vase a vibrant pop of color and put it on display with a bouquet from a Hy-Vee Floral Department. Flowers add design energy to your home for the back-to-school season!

WHAT YOU NEED

- 3 GLASS CYLINDER VASES
- PAINTER'S TAPE
- GLOSS SPRAY PAINT
- 2 HY-VEE BOUQUETS
- FLORAL SHEARS
- WATER

STEP 1: Wash, rinse and dry glass vases.

STEP 2: Use painter's tape to mask the top portion of each vase. Spray-paint vases below tape line.

STEP 3: Fill each vase halfway with cool water.

STEP 4: Hold flowers next to vase to determine desired length. Remove leaves that will be below the waterline. Cut the stems on a diagonal while holding them underwater to avoid trapping air in the stems. Divide flowers between the three vases and arrange as needed.

STEP 5: To keep your arrangements fresh, change the water daily.

Fresh from Hy-Vee Floral
Inspiration Bouquet \$25.00



AT YOUR **SERVICE**

Struggling with a health issue that requires a change in diet? Hy-Vee dietitians can help. You'll find these specialists in nearly every store. Two award-winning dietitians answer questions and share their insights.

PHOTOS Tobin Bennett

Long before it became trendy for supermarkets to hire nutrition experts, Hy-Vee placed registered dietitians in its stores to help customers. How can these specialists help you? A pair of award-winning Hy-Vee dietitians have the answers.

Dawn Blocklinger works at Hy-Vee in Moline, Illinois, and has earned the awards Young Dietitian of the Year for Chicago and Outstanding Dietitian of the Year for Illinois. The U.S. Army presented her with an award for educating soldiers about nutrition prior to their deployment overseas in 2010.

Katie Wilhelm works at the Hy-Vee store in New Ulm, Minnesota, and at the nearby store in Windom. She received a Best of the Best Award from Hy-Vee and was named Minnesota Young Dietitian of the Year.

Q: WHY DOES HY-VEE HAVE DIETITIANS IN ITS STORES?

A: Dawn: The company was founded by Mr. Hyde and Mr. Vredenburg—Hy and V—and Mr. Hyde had a son diagnosed with type 1 insulin-dependent diabetes. Unfortunately, the boy died at the age of eight. Out of that experience came a serious discussion about how a grocery store might be equipped to give customers guidance in diet and nutrition.



Dawn Blocklinger, Hy-Vee
Registered Dietitian,
Moline #2, Illinois



Katie Wilhelm, Hy-Vee
Registered Dietitian, New Ulm
and Windom, Minnesota

Katie: Doesn't it make sense? We're right where the food is. We can look at food labels with someone there in the aisles and show them what they are eating and how they can easily make better choices.

Q: WHAT PROBLEMS DO YOU ADDRESS MOST FREQUENTLY?

A: Dawn: I have a huge medical community near me. I think there are 12 gastroenterologists around us, so I see a lot of celiac disease cases. Someone will come in and say, "I need your help. I have to go gluten-free." I also get a lot of questions from customers about lowering salt intake. We come up with other flavors, spices and mixtures that are salt-free—herb blends, spice blends, marinades and chili mixes. These keep the food from becoming too bland.

Katie: One of the most popular questions I receive is about artificial sweeteners and sugar. I created a talk on sugars and what's in popular drinks. I often present that information in an informal way to customers when I'm working in the aisles.

Q: HOW DO YOU ENGAGE WITH CUSTOMERS AS THEY SHOP?

A: Dawn: I see customers stalled out in front of a shelf, reading labels or just staring like the answer is going to jump out at them. I introduce myself as a Hy-Vee dietitian and ask if I can help. Most often, it's a label question. Many of these customers have been diagnosed with type 2 diabetes and they're looking for foods with no carbohydrates. So I teach them about how to make the adjustments needed in their diets.

Katie: I like giving store tours. Usually when we start the tour, people are a little apprehensive because they think we're just doing this to get them to buy new products. But then they see they're actually learning, they appreciate it. A large part of a tour is label reading. This really helps customers who are trying to improve the quality of what they are buying because we can go into the aisles and look at specific categories, comparing the labels. It's easy for them to see, 'Oh, this one has way more fiber.' When we're done, they're always glad they took the tour.

DIETITIAN SERVICES

Turn to Hy-Vee dietitians when you need expert advice about nutrition. Here are some of the key services they offer.

Store tours. These no-cost walk-and-learn sessions give shoppers about an hour with a store dietitian. They discover how to shop smarter and eat wiser, plus get information about such common health concerns as diabetes, celiac disease or food allergies.

Begin Healthy Lifestyle and Weight Management Program

Program. "Begin" is a 10-week lifestyle management program that encourages participants to eat for good health and weight loss, and to become physically active. Participants learn about the importance of portion control.

One-on-one nutrition consultations.

Whether you need to adjust to doctor-ordered diet changes or want help with your eating habits, set up a consultation with a Hy-Vee dietitian. There is a fee for this service.



Land O'Lakes All-Natural Brown and Omega 3 Eggs: Dozen \$2.99



Reser's Main Street Bistro: select varieties 20 or 24 oz. \$2.99



Crunchables Coated Vegetables: select varieties 10 oz. \$2.38



Fast Fixin' Restaurant Style Chicken: select varieties 20 to 25 oz. \$6.99



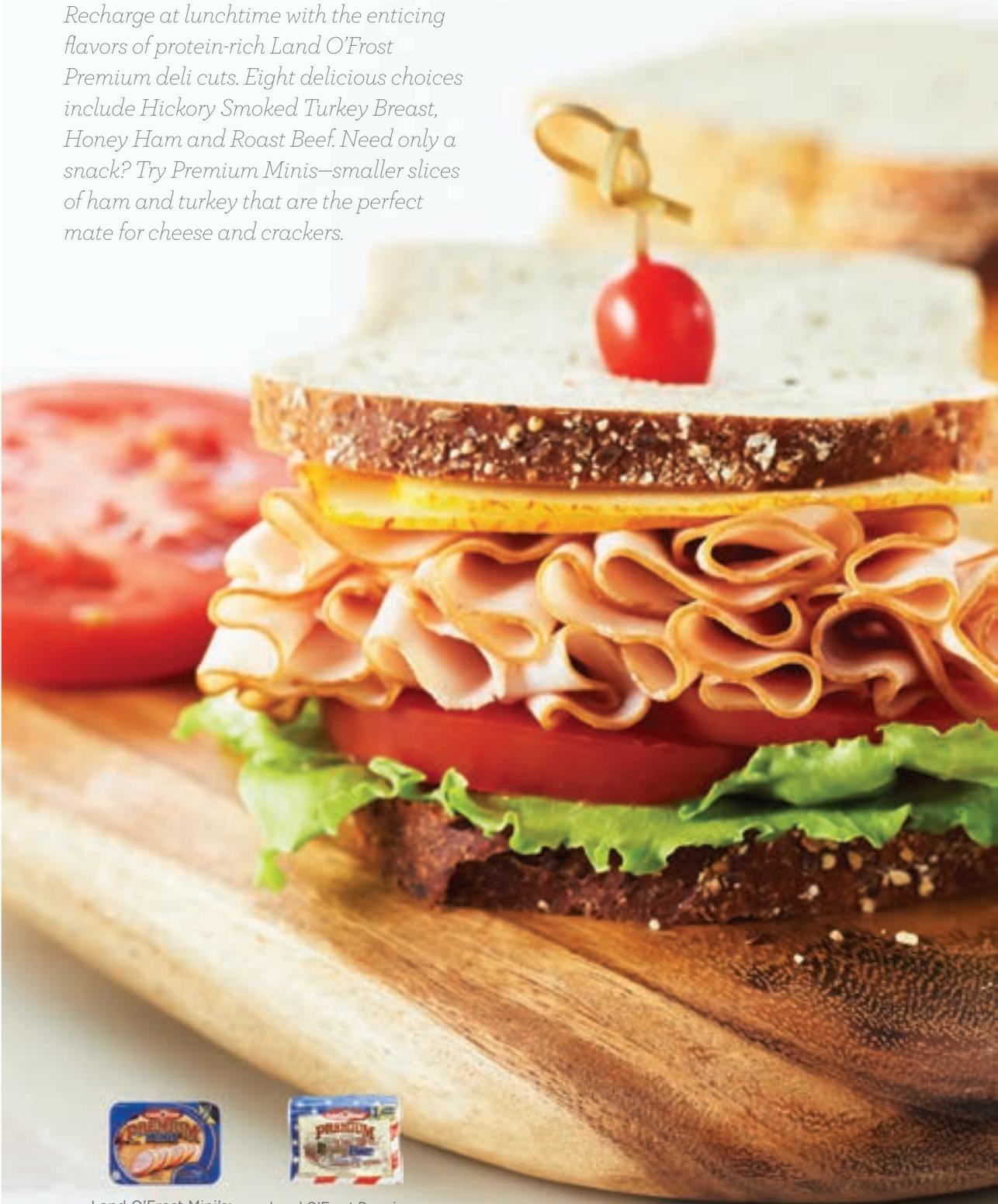
Pasta Prima Refrigerated Pasta: select varieties 8 oz. \$3.68



Creme Horns: select varieties 4 ct. \$2.99

MIDDAY FUEL

Recharge at lunchtime with the enticing flavors of protein-rich Land O'Frost Premium deli cuts. Eight delicious choices include Hickory Smoked Turkey Breast, Honey Ham and Roast Beef. Need only a snack? Try Premium Minis—smaller slices of ham and turkey that are the perfect mate for cheese and crackers.



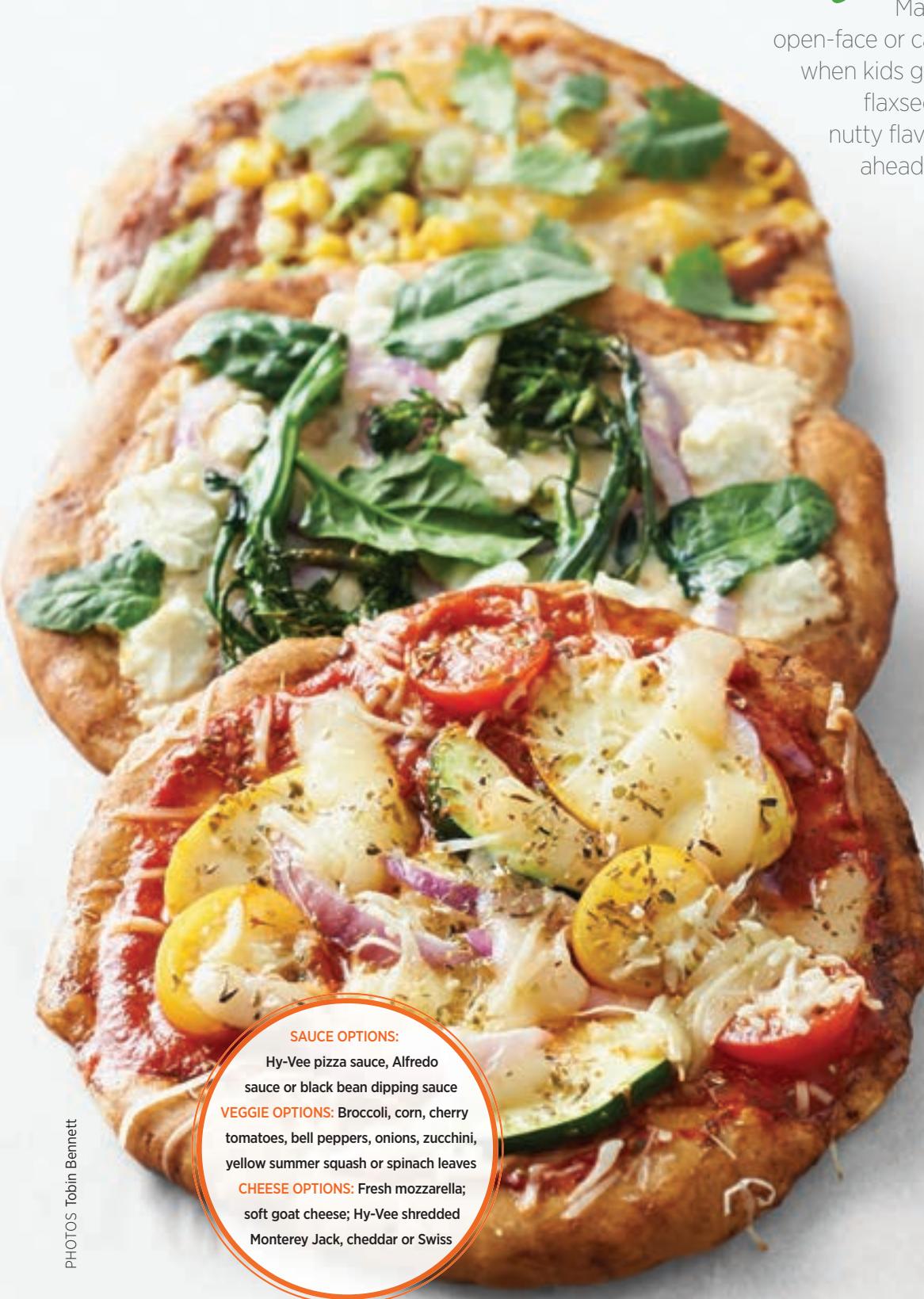
Land O'Frost Mini's: select varieties 10 oz. \$2.99



Land O'Frost Premium Deli Meat: select varieties 10 or 16 oz. \$3.99

healthy PIZZA

Making homemade pizza, whether it's open-face or calzone-style, is great fun, especially when kids get involved. Whole wheat flour and flaxseed add protein, fiber and a yummy, nutty flavor to the crust. Freezing the dough ahead allows busy families to make pizza a possibility anytime.



WHOLE WHEAT PIZZA DOUGH

Prep: 30 minutes | Rest: 45 to 60 minutes

Bake: 10 to 15 minutes | Serves 6

2 cups Hy-Vee all-purpose flour
1 cup Hy-Vee whole wheat flour
1 tablespoon toasted wheat germ
1 tablespoon ground flaxseed
1 cup warm water (110°F to 115°F)
½ teaspoon Hy-Vee sugar
1 (¼-ounce) package active dry yeast
(2½ teaspoons)
2 tablespoons Hy-Vee vegetable oil
¼ teaspoon Hy-Vee salt

1. In a bowl, stir together flours, wheat germ and flaxseed. In a large measuring cup, combine warm water and sugar; sprinkle yeast over top. Let stand for 5 minutes or until bubbles begin to appear. Stir oil and salt into yeast mixture.

2. Pour yeast mixture into flour mixture. Stir to combine ingredients. Continue stirring until dough begins to pull away from sides of bowl.

3. Turn dough out onto a lightly floured surface. Knead until smooth and elastic, about 3 minutes. Shape dough into a ball. Place dough in a lightly greased bowl, turning once. Cover; let rise until double, 45 to 60 minutes.

4. Preheat oven to 400°F. Line a baking sheet with parchment paper; set aside. Punch dough down; divide into six portions.* Roll each portion into a 7-inch circle. Spread desired sauce over dough. Top with desired veggies and cheese. Transfer to prepared baking sheet. Bake for 10 to 15 minutes or until bubbly.

*Note: To freeze dough, wrap individual portions in plastic wrap and place in a freezer bag. Freeze for up to 1 week. Thaw in the refrigerator for 8 to 10 hours or at room temperature about 3 hours before using.



STEP 1: In a bowl, stir together flours, wheat germ and flaxseed.



STEP 2: In a measuring cup, combine warm water and sugar; sprinkle yeast over top. Let stand for 5 minutes or until bubbles begin to appear. Stir oil and salt into mixture.



STEP 3: Pour yeast mixture into flour mixture. Stir to combine ingredients.



STEP 4: Continue stirring until dough begins to pull away from sides of the bowl.



STEP 5: Turn dough out onto a lightly floured surface. Knead until smooth and elastic, about 3 minutes. (When kneading, fold and push dough away with the heel of your hand. Turn dough and repeat until smooth.) Shape dough into a ball.



STEP 6: Place dough ball in a lightly greased bowl, turning once. Cover and let rise until double in size, 45 to 60 minutes. After dough rises, punch it down and divide it into six portions.



STEP 7: Roll each portion into a 7-inch circle.



STEP 8: Spread desired sauce over the dough.



STEP 9: Top with desired veggies and cheese. Transfer pizzas to a parchment-lined baking sheet. Bake in a 400°F oven for 10 to 15 minutes or until bubbly.



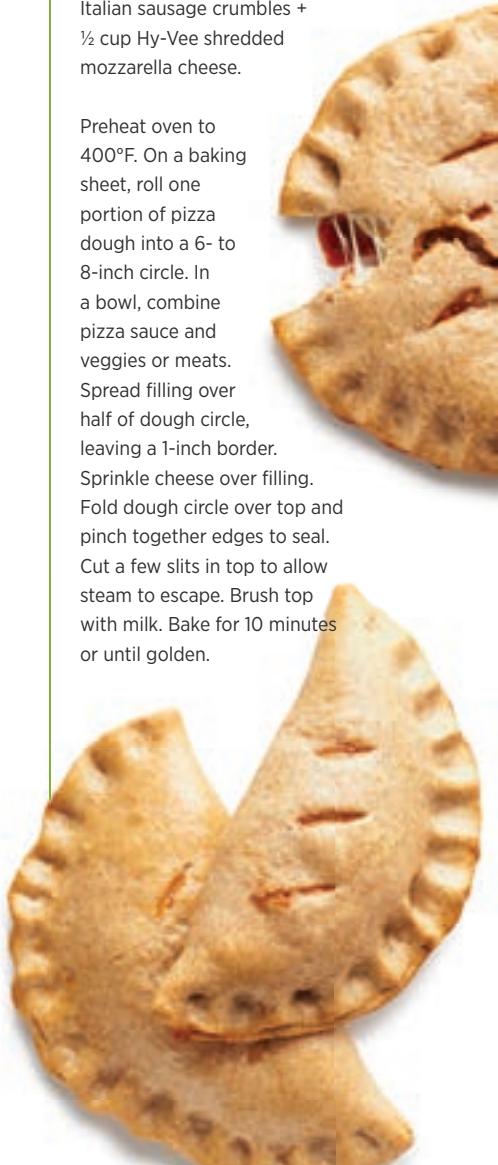
CALZONE-STYLE PIZZA

Stuff gooey cheese, savory sauce and fresh meats and/or veggies inside the crust. Here are two filling options:

VEGGIES: $\frac{1}{4}$ cup Hy-Vee pizza sauce + 1 cup leftover cooked veggies + $\frac{1}{2}$ cup Hy-Vee shredded mozzarella cheese.

MEATS: $\frac{1}{4}$ cup Hy-Vee pizza sauce + $\frac{1}{2}$ cup pepperoni minis and/or fully cooked Italian sausage crumbles + $\frac{1}{2}$ cup Hy-Vee shredded mozzarella cheese.

Preheat oven to 400°F. On a baking sheet, roll one portion of pizza dough into a 6- to 8-inch circle. In a bowl, combine pizza sauce and veggies or meats. Spread filling over half of dough circle, leaving a 1-inch border. Sprinkle cheese over filling. Fold dough circle over top and pinch together edges to seal. Cut a few slits in top to allow steam to escape. Brush top with milk. Bake for 10 minutes or until golden.





BACK TO SCHOOL '14

SNACK ATTACK • PRESERVING SUMMER

HARVESTING FRESH FLAVOR

SUMMERTIME MOCKTAILS

SMALL BITES BIG FLAVOR

JARS BY THE DOZEN

GET IN THE RACE • PHARMACY 101

FARM TO TABLE

CHEESE WITH ATTITUDE

SNACK ATTACK

SATISFY YOUR KIDS' AFTER-SCHOOL HUNGER BY GIVING THEM THESE SUPER-EASY, DELICIOUS SNACKS. EACH GETS AN A+ FOR SNEAKING GOOD NUTRITION INTO SMALL PACKAGES WITHOUT SKIMPING ON TASTE. GROWN-UPS WILL LOVE THEM, TOO.

WORDS Lois White PHOTOS Tobin Bennett



SWEET POTATO & BEET CHIPS

Kids will cheer for these easy-to-make chips. Use a mandoline or handheld slicer to quickly produce very thin, even slices of sweet potatoes and beets. If you don't have a slicer, use a sharp, heavy knife.

Prep: 30 minutes | Bake: 45 to 60 minutes | Serves 8

1/4 cup Hy-Vee Select olive oil
1 clove garlic, minced
1 teaspoon chopped fresh rosemary
1 teaspoon lemon zest
1 teaspoon kosher salt
1/2 teaspoon Hy-Vee black pepper
2 medium (6- to 8-ounce each) sweet potatoes
2 medium (6-ounce each) beets

1. Preheat oven to 350°F. Place oven racks in center and top positions. Line two large baking sheets with parchment paper; set aside.
2. In a small bowl, combine olive oil, garlic, rosemary, lemon zest, kosher salt and pepper; set aside.
3. Peel sweet potatoes and beets; cut into $\frac{1}{16}$ -inch slices using a mandoline or sharp knife. Arrange slices in one layer on prepared baking sheets. Brush slices with olive oil mixture.
4. Bake for 30 minutes, rotating baking sheets after 15 minutes. Turn slices over and brush with remaining olive oil mixture. Bake for 15 to 30 minutes more or until chips are golden and crisp, rotating baking sheets and turning over slices as needed. Remove from oven. Cool chips on a wire rack. Store in an airtight container for up to 3 days.

Nutrition facts per serving: 120 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 290 mg sodium, 13 g carbohydrates, 3 g fiber, 6 g sugar, 2 g protein. Daily values: 160% vitamin A, 20% vitamin C, 2% calcium, 4% iron.

GOOD TO KNOW:
 SWEET POTATOES AND BEETS ARE LOADED WITH POTASSIUM AND VITAMIN C.





TACO QUESADILLA PIZZA BITES

You can't go wrong when you combine two kid favorites—pizza and Mexican food—into one wholesome mini-size snack. Kids can even help prepare the pizza by sprinkling on the toppings.

Prep: 10 minutes | Bake: 10 to 11 minutes |

Serves 4 (2 wedges each)

2 (7-inch each) multigrain-with-flax flatbreads

½ cup Hy-Vee shredded Mexican-blend cheese

¼ cup Hy-Vee salsa

¼ cup chopped cooked chicken (1 ounce)

1 tablespoon Hy-Vee sliced pitted ripe olives

1 green onion, thinly sliced

2 ounces Hy-Vee pepper Jack cheese, shredded

½ cup crushed Hy-Vee tortilla chips

Additional salsa, optional

1. Preheat oven to 400°F.

2. Line a baking sheet with parchment paper. For quesadilla crust, place one flatbread on prepared baking sheet. Sprinkle with Mexican-blend cheese, spreading evenly. Place second flatbread on top of cheese. Bake for 5 minutes. Remove from oven.

3. Spread salsa on top of quesadilla crust. Top with chicken, olives and green onion. Sprinkle with shredded pepper Jack cheese and chips. Return to oven and bake for 5 to 6 minutes more or until edges are brown and crisp and pepper Jack cheese on top is melted. Remove from oven. Cut into eight wedges. If desired, serve with additional salsa.

Nutrition facts per serving: 180 calories, 10 g fat, 4.5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 460 mg sodium, 14 g carbohydrates, 5 g fiber, 2 g sugar, 14 g protein. Daily values: 10% vitamin A, 2% vitamin C, 20% calcium, 6% iron.



FRESH 'N' FRUITY CUBES

These little gelatin jiggles, made from fresh mango or raspberry puree, boast an intense fruit flavor and trigger lots of goofy giggles at snack time.

Prep: 20 minutes | Chill: 2 hours |

Serves 32 (2 cubes each)

9 envelopes unflavored gelatin (2½ ounces total)
5 cups fresh or frozen raspberries or mango chunks, thawed if frozen
2 tablespoons lemon juice
½ cup agave nectar

1. Empty contents of gelatin envelopes into a small bowl; set aside. Line an 8×8-inch baking pan with parchment paper; set aside.
2. In a blender, combine raspberries or mango chunks, lemon juice and agave nectar. (With raspberry, use ½ cup agave nectar. With mango, start with 2 tablespoons agave nectar and add more for desired sweetness.) Cover and blend until pureed. If desired, strain mixture to remove seeds.
3. Transfer puree to a medium saucepan and bring just to boiling over medium heat. Immediately sprinkle a small amount of gelatin over bubbly mixture, whisking thoroughly to combine well. Continue until all gelatin is added. If gelatin clumps, strain mixture to remove any particles.
4. Pour mixture into parchment-lined pan. Refrigerate for at least 2 hours or until firm. Lift parchment paper to remove gelatin from pan. Peel off parchment and cut gelatin into 1-inch cubes. Or, using hors d'oeuvre cutters, cut gelatin into desired shapes. Store cubes in an airtight container in the refrigerator for up to 1 week.

Nutrition facts per serving: 25 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 5 g carbohydrates, 1 g fiber, 4 g sugar, 2 g protein. Daily values: 0% vitamin A, 10% vitamin C, 0% calcium, 0% iron.

ZUCCHINI MUFFINS

These wholesome snacks are low in calories and carbs but high in fiber and protein. Chia seeds and flaxseeds offer healthy doses of omega-3 fatty acids and antioxidants. Freeze extra muffins for up to a month.

Prep: 15 minutes | Bake: 12 to 14 minutes | Serves 24

Hy-Vee nonstick cooking spray

1½ cups Hy-Vee all-purpose flour

¾ cup almond flour

1 cup Hy-Vee brown sugar, packed

¾ cup oat bran or wheat bran

3 tablespoons chia seeds or flaxseeds

2 teaspoons Hy-Vee baking soda

1 teaspoon Hy-Vee baking powder

1 teaspoon Hy-Vee ground cinnamon

2 Hy-Vee large eggs, lightly beaten

¾ cup buttermilk

½ cup Hy-Vee cinnamon applesauce

2 teaspoons Hy-Vee vanilla extract

3 cups grated zucchini, drained (about 2 medium)

Chopped Hy-Vee walnuts, optional

1. Preheat oven to 350°F. Lightly coat mini muffin pan with cooking spray; set aside.
2. In a large bowl, combine flours, brown sugar, oat bran, chia seeds, baking soda, baking powder and cinnamon; set aside.
3. In another large bowl, combine eggs, buttermilk, applesauce and vanilla. Stir in zucchini, mixing just until combined. Stir in flour mixture just until combined. Do not overmix.
4. Spoon 1 tablespoon of batter into each muffin cup. If desired, top with walnuts. Bake for 12 to 14 minutes or until a toothpick inserted in centers comes out clean. Let cool in pan on a wire rack for 5 minutes. Transfer muffins to a wire rack. Cool completely. Repeat with remaining batter.

Nutrition facts per serving: 110 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 15 mg cholesterol, 150 mg sodium, 20 g carbohydrates, 2 g fiber, 10 g sugar, 3 g protein. Daily values: 2% vitamin A, 6% vitamin C, 4% calcium, 6% iron.



CHOCOLATE BANANA POPS

Kids go bananas over sweet bites of frozen chocolatey fruit covered with sweet, crunchy additions, such as coconut, sprinkles and crumbled cookies.

Prep: 20 minutes | Freeze: 15 to 30 minutes plus 1 hour | Refrigerate: 30 minutes | Serves 12

3 firm, ripe medium bananas

12 craft sticks

Assorted coatings, such as crumbled cookies, shredded coconut, candy sprinkles, toffee bits or chopped nuts, optional

1 (12-ounce) bag Hy-Vee semisweet chocolate chips

1 tablespoon Hy-Vee canola oil

1. Line a baking sheet with waxed paper; set aside.
2. Peel bananas; cut each banana into four chunks. Insert a craft stick into each banana chunk. Set on prepared baking sheet. Freeze, uncovered, for 15 to 30 minutes.
3. Meanwhile, place each desired topping option in a separate shallow dish. In a double boiler, combine chocolate chips and oil. Stir over medium-low heat just until smooth. (Or melt chocolate and oil in a heatproof bowl placed over a saucepan of simmering water.)
4. Remove banana pops from freezer. Dip one at a time into melted chocolate, making sure banana is

completely covered with chocolate. If desired, roll each chocolate-coated banana in optional coating. Place banana pops back on baking sheet and freeze for 1 hour more.

5. Store banana pops in a freezeproof container for up to 1 week. Before serving, place banana pops in the refrigerator for at least 30 minutes to soften.

Nutrition facts per serving: 170 calories, 10 g fat, 5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 25 g carbohydrates, 2 g fiber, 19 g sugar, 2 g protein. Daily values: 0% vitamin A, 4% vitamin C, 2% calcium, 6% iron.



CHERRY-MANGO SMOOTHIES

These refreshing smoothies blend the bright flavors of pomegranate juice and cherries with Greek yogurt. Whirl the two mixtures separately in the blender in the morning, then swirl them together after school.

Prep: 10 minutes | Serves 3

1 (6-ounce) container Hy-Vee vanilla Greek yogurt
1 small ripe banana, peeled, cut up and frozen
1 cup cut-up mango
 $\frac{1}{4}$ cup Hy-Vee 1% milk
1 tablespoon ground flaxseeds
1 tablespoon agave nectar
1 cup Hy-Vee frozen dark sweet cherries
 $\frac{1}{4}$ cup pomegranate juice

1. In a blender, combine yogurt, frozen banana, mango, milk, flaxseeds and agave nectar. Cover and blend until smooth. Pour mixture into a 2-cup glass measure.
2. In the same blender, combine cherries and pomegranate juice. Cover and blend until pureed. Divide cherry mixture among three 6-ounce glasses. Pour mango mixture over top. Using a spoon, swirl the cherry mixture through the mango mixture.

Blueberry-Mango Smoothies: Prepare recipe as directed, but substitute fresh blueberries for the cherries.

Nutrition facts per serving: 190 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 5 mg cholesterol, 35 mg sodium, 40 g carbohydrates, 4 g fiber, 33 g sugar, 7 g protein. Daily values: 15% vitamin A, 45% vitamin C, 10% calcium, 2% iron.

GOOD TO KNOW:

GREEK YOGURT HAS TWICE THE AMOUNT OF PROTEIN AS FOUND IN TRADITIONAL YOGURT.





READY-TO-GO SNACKS

100 CALORIES OR LESS!

Fruits

- Blueberries: 1 cup
- Dried apricots: 6
- Dried tart cherries: 3 tablespoons
- Grapes: 1 cup
- Kiwi: 1 whole
- Raspberries: 1 cup
- Tangerine: 1 whole
- Watermelon balls: 2 cups

Vegetables

- (serve with 3 tablespoons low-fat dip)
- Baby carrots: 10
 - Broccoli florets: 1 cup
 - Edamame, shelled: $\frac{1}{3}$ cup
 - Jicama sticks: 5

Nuts & Crackers

- All-natural granola: 3 tablespoons
- Fish-shape crackers, whole grain: 40
- Blue corn tortilla chips: 10
- Pistachios, dry-roasted and unsalted: 25
- Popcorn, un buttered: 2 cups
- Whole almonds: 13



Dairy Case

- Egg, hard-cooked: 1
- Milk, fat-free or 1%: 1 cup
- Mozzarella cheese stick: 1
- Yogurt, fat-free: $\frac{1}{2}$ cup

Desserts

- Dark chocolate bite-size candy: 5
- Oatmeal cookie, small: 1



FOOLPROOF *Fruit Jams*

Start with a simple strawberry jam like this one to break into canning, then substitute blueberries and peaches for three fruit-flavored options.

Strawberry Jam

Prep: 15 minutes | Cook: 6 minutes | Makes 8 half-pints

2½ pounds (6 cups) whole strawberries

7 cups Hy-Vee granulated sugar

3 tablespoons lemon juice

1 (3-ounce) pouch liquid pectin

1. Wash empty canning jars in hot, soapy water. Rinse jars thoroughly. Put jars in boiling-water canner with enough water to completely cover the jars. Bring the canner water to a simmer (180°F). Do not boil. Keep jars in simmering water until needed. Set screw bands aside—they do not require heating or sterilizing. Place lids—the flat, small portion of the two-piece jar closures—in separate saucepan, cover with water and bring to a simmer (180°F). Do not boil. Keep lids hot until ready to use.
2. In a large stockpot, crush strawberries 1 cup at a time. Add sugar and lemon juice. Bring mixture to a full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly.
3. Stir in pectin quickly. Return to full rolling boil and boil exactly 1 minute, stirring constantly. Remove from heat. Skim off any foam with metal spoon.
4. Ladle into jars, leaving ¼-inch headspace. Wipe rim with a clean, damp cloth. Put on lids and bands.
5. With jar lifter, add jars to hot water in canner. If necessary, add more water to cover jars with 1 inch of water. Cover and bring water to a boil over high heat. Process 10 minutes.
6. Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing middle of lid with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.) Let stand at room temperature 24 hours. Store unopened jam in cool, dry, dark place up to 1 year. Refrigerate opened jam up to 3 weeks.

Nutrition facts per serving: 45 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 12 g carbohydrates, 0 g fiber, 11 g sugar, 0 g protein. Daily values: 0% vitamin A, 8% vitamin C, 0% calcium, 0% iron.

Blueberry Jam

Prepare Strawberry Jam, except use 2½ pounds (7 cups) blueberries and crush to total 4½ cups.

Add 2 (3-ounce each) pouches of liquid pectin.

Makes 9 half-pints.

Peach Jam

Prepare Strawberry Jam, except use 2½ pounds (7 or 8 medium) peaches, pitted, peeled and finely chopped to 4 cups. Makes about 8 half-pints.





Preserving Summer

SAVOR *the* FRESHNESS

Canning your own jams and jellies can be incredibly satisfying, and anyone can do it. From classic strawberry to blackberry-chipotle, they taste so good, you'll be tempted to eat them right off the spoon!

WORDS: Leah White PHOTOS: Tobin Bennett

Sweet, irresistible jams and jellies can fill your pantry shelf in a summer afternoon and keep you smiling all winter. Whether you're a canning pro or just starting out, homemade jellied spreads are a terrific way to preserve gorgeous summer fruits.

But the real advantage of home canning is that you control the quality of ingredients that go into every jar. Choose fresh fruit grown as close to home as possible. Your Hy-Vee store works closely with local farmers to deliver an abundance of peak-season fruits and vegetables that fill "homegrown" sections. When you support local farmers, you'll be preserving local agriculture, too.

Once you gather the ripe fruits, follow these tips to make your jams and jellies turn out perfectly.

- * Choose a large kettle or Dutch oven to allow for vigorous boiling.
- * Follow the jam or jelly recipe instructions exactly. Use liquid pectin as specified. Add pectin gels to fruit mixtures quickly to speed up the jam-making process.
- * When making a larger quantity of jam or jelly, do not try to double quantities. Prepare the recipe two or more times.
- * Use sterilized canning jars with two-piece lids. You can reuse jars and bands that are not chipped or dented, but always use new lids (the flat metal disk with the rubberized flange). Prepare jars first; keep them warm while cooking the jam or jelly.
- * Process jars of jellied products in a boiling-water canner to prevent mold growth.



blueberry jam + waffles

Wake up your morning waffles or pancakes with a luscious jam bursting with juicy blueberries.



blackberry-chipotle jam + cream cheese biscuit

Top a warm biscuit with cream cheese and spicy-sweet blackberry-chipotle jam and enjoy it with a cup of tea.



BLACKBERRY-chipotle JAM

This sweet and spicy combo provides a decadent counter to such savory snacks as biscuits and Brie.

Prep: 15 minutes | Cook: 35 to 45 minutes |

Process 15 minutes | Makes about 6 half-pints

5½ cups blackberries (1½ pounds)

1¼ cups finely chopped onion

2 medium tart green apples, cored, peeled and finely chopped

1 cup red wine vinegar

3 to 4 tablespoons finely minced chipotle peppers in adobo sauce*

2 tablespoons Hy-Vee Worcestershire sauce

1 teaspoon Hy-Vee salt

1 clove garlic, minced

4½ cups Hy-Vee granulated sugar

1. Prepare jars as described in Step 1 of the Strawberry Jam instructions, page 24.

2. In a large saucepan, combine blackberries, onion, apples, vinegar, chipotle peppers, Worcestershire sauce, salt and garlic. Over medium-high heat, bring to boiling, stirring occasionally. Reduce heat, cover and simmer until berries soften, 12 to 15 minutes.

3. Stir in sugar. Boil gently, uncovered, over medium heat for 20 to 25 minutes or mixture is thickened and sheets off a cold metal spoon. Stir frequently during last 10 minutes, mashing if a uniform texture is desired.

4. Ladle into jars, leaving ¼-inch headspace. Wipe rim with a clean, damp cloth. Put on lids and bands.

5. With jar lifter, add jars to hot water in canner. If necessary, add more water to cover jars with 1 inch of water. Cover and bring water to a boil over high heat. Process 10 minutes.

6. Remove jars and place upright on a towel to cool. After jars cool, check seals by pressing middle of lid with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.) Let stand at room temperature 24 hours. Store unopened jam in cool, dry, dark place up to 1 year. Refrigerate opened jam up to 3 weeks.

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

peach jam + greek yogurt

A couple of spoonfuls of brilliant peach jam infuses Greek yogurt with sweetness.



strawberry jam + turnovers

What's not to love about tender, flaky, warm jam-filled turnovers?

Cut purchased puff pastry into 3-inch squares, spread each with

strawberry jam and fold over, pinching to seal the edges. Bake in a 375°F oven until golden; let cool. Drizzle with powdered sugar icing.



Nutrition facts per tablespoon: 45 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 30 mg sodium, 11 g carbohydrates, 1 g fiber, 10 g sugar, 0 g protein. Daily values: 0% vitamin A, 4% vitamin C, 0% calcium, 0% iron.

SPICY RED Pepper JELLY

The kick of heat that comes from habanero chile peppers takes this jelly to new heights. Spread tangy goat cheese on crackers and spoon jelly on top for a refreshing flavor burst.

Prep: 30 minutes | Process: 5 minutes | Makes 5 half-pints

1 cup cranberry-pomegranate juice, divided
½ medium red bell pepper, seeded and cut into
1-inch chunks (1 cup)
2 or 3 habanero peppers, seeded*
1 clove garlic
1 cup Hy-Vee white vinegar
5¼ cups Hy-Vee granulated sugar
1 (3-ounce) pouch liquid fruit pectin
Red food coloring, optional

1. Prepare jars as described in Step 1 of the

Strawberry Jam instructions, page 24.

2. In a blender or food processor, combine $\frac{1}{2}$ cup of the cranberry-pomegranate juice, bell pepper chunks, habanero peppers and garlic clove. Cover and blend until peppers and garlic are minced.
3. Transfer to a large stockpot. Add vinegar and remaining $\frac{1}{2}$ cup juice. Bring to boiling. Reduce heat, cover and simmer 8 minutes.
4. Add sugar. Bring mixture to a full rolling boil (a boil that doesn't stop bubbling when stirred) over high heat, stirring constantly.
5. Stir in pectin quickly. Return to a full rolling boil and boil exactly 1 minute, stirring constantly. Remove from heat. Stir in food coloring, if desired. Skim off any foam with a metal spoon.
6. Ladle into jars, leaving $\frac{1}{4}$ -inch headspace. Wipe rim with clean, damp cloth. Put on lids and bands.
7. With jar lifter, add jars to hot water in canner. If

necessary, add enough water to cover jars with 1 inch of water. Cover and bring water to a boil over high heat. Process 5 minutes.

8. Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing middle of lid with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.) Let stand at room temperature 24 hours. Store unopened jelly in cool, dry, dark place up to 1 year. Refrigerate opened jelly up to 3 weeks.

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

Nutrition facts per tablespoon: 50 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 14 g carbohydrates, 0 g fiber, 14 g sugar, 0 g protein. Daily values: 0% vitamin A, 6% vitamin C, 0% calcium, 0% iron.



Jam it Up!

FROM SWEET TO SAVORY, HERE ARE
A DOZEN TASTY WAYS TO USE YOUR
HOMEMADE JAMS AND JELLIES.

Strawberry, Blueberry or Peach Jam

(Sweet)

- Heat and spoon over ice cream or pound cake.
- Swirl into hot cereal.
- Serve on shortbread or scones.
- Use for PB&J.
- Sweeten a smoothie.

Blackberry Chipotle Jam

(Sweet and smoky)

- Serve with cheese, bread and cured meat on an appetizer tray.
- Brush on oven-roasted root vegetables.
- Use as a base for a brush-on sauce for grilled beef kabobs.

Spicy Red Pepper Jelly

(Sweet with a kick of heat)

- Use as a glaze on ham or pork when grilling or roasting.
- Add a tablespoon to pan juices to create a delicious sauce for chicken or pork.
- Spoon onto corn bread.
- Serve with cream cheese and crackers.





HARVESTING *fresh* FLAVORS

In days past, when the pride of many homeowners was a huge backyard garden, families gathered around the table for meals that included just-picked sweet corn, sliced tomatoes and other crops. Cooks knew then as they know now that nothing compares to the flavors of sun-ripened veggies at their seasonal peak. Today, even if your family doesn't garden, you can enjoy the abundance of fresh, locally-grown vegetables available from Hy-Vee. When shopping, look for the "homegrown" sign and displays stocked with fresh corn, asparagus, heirloom tomatoes and more veggies. Use these fresh flavors in the recipes ahead.

Each is a memorable dish. You'll love the results!

WORDS Lois White PHOTOS King Auu





* Bonus feature: See how to make Fresh Pea and Asparagus Risotto by watching a video in the free digital version of *Hy-Vee Seasons*.

App downloading information on page 80.



Heirloom TOMATO PIZZA

Put the season's bounty on full display by topping a homemade pizza crust with shredded zucchini, tangy goat cheese, fresh basil and heirloom tomatoes.

Prep: 30 minutes | Bake: 45 to 60 minutes | Serves 4

Whole Wheat Pizza Dough (recipe, page 13)

1 tablespoon Hy-Vee Select olive oil

1 medium onion, coarsely chopped

1 clove garlic, minced

1 teaspoon Hy-Vee sea salt, divided

½ cup Hy-Vee pizza sauce

4 ounces soft goat cheese (*chèvre*), thinly sliced

8 ounces fresh mozzarella, thinly sliced

1 cup shredded zucchini and/or yellow summer squash

1 medium heirloom tomatoes, cored and cut into ¼-inch-thick slices

Fresh basil leaves or chiffonade

1. Prepare Whole Wheat Pizza Dough as directed. After dough rises, form half the dough into a ball for this recipe; set dough aside. Freeze remaining dough as directed in recipe for future use.

2. Preheat oven to 400°F. Lightly grease a 12-inch pizza pan.* On a lightly floured surface roll pizza dough into a 12-inch circle. Transfer to prepared pizza pan. Bake about 5 minutes or until light brown. Remove from oven.

3. Meanwhile, in a large skillet, heat olive oil over medium-high heat. Add onion and garlic. Cook and stir until onion is soft. Sprinkle with ½ teaspoon salt; set aside.

4. Spread pizza sauce evenly over crust. Dot cheeses over top. Top with onion mixture and shredded zucchini and/or yellow summer squash. Arrange tomato slices on top.

5. Return to oven and bake for 10 to 15 minutes or until heated through and bottom of crust is crisp and brown. Remove from oven. Sprinkle with remaining ½ teaspoon sea salt. Top with basil. Cool in pan on a wire rack for 5 minutes. Cut into 8 wedges.

**Note: If desired, preheat a pizza stone to use instead of the pizza pan.*

Nutrition facts per serving: 540 calories, 29 g fat, 15 g saturated fat, 0 g trans fat, 65 mg cholesterol, 1070 mg sodium, 45 g carbohydrates, 5 g fiber, 6 g sugar, 24 g protein. Daily values: 30% vitamin A, 30% vitamin C, 40% calcium, 15% iron.



FRESH PEA AND ASPARAGUS RISOTTO

Stir tender peas and asparagus into creamy Arborio rice for a upscale take on classic risotto.

Cook: about 30 minutes | Serves 4

5½ cups chicken broth
4 tablespoons Hy-Vee butter, divided
2 cloves garlic, minced
2 cups Arborio rice
½ cup dry white wine, such as Pinot Grigio, or chicken broth
4 ounces asparagus spears, trimmed and cut into 1-inch lengths
2 cups fresh baby peas
1 teaspoon grated lemon zest
2 tablespoons fresh lemon juice
2 tablespoons fresh Italian parsley, chopped
¼ teaspoon black pepper
¼ cup Hy-Vee grated Parmesan cheese

- In a medium saucepan, heat chicken broth over medium-high heat until very hot. Reduce heat to keep broth hot.
- In a large heavy-bottomed saucepan, melt 2 tablespoons butter over medium heat. Add garlic; cook until tender, stirring occasionally with a wooden spoon. Add rice; cook and stir about 3 minutes or until slightly fragrant. Pour in wine and stir until absorbed, about 1 minute.
- Add ½ cup of hot broth to rice; bring to a boil and then adjust heat to maintain a lively simmer. Continue adding broth, ½ cup at a time, cooking and stirring until broth is absorbed each time, at intervals of about 2 to 3 minutes. Add asparagus and peas with last addition of broth. If risotto is too thick, stir in 1 to 2 tablespoons of additional broth.
- Remove saucepan from heat. Stir in lemon zest and juice, parsley and pepper. Add remaining 2 tablespoons butter and Parmesan cheese. Serve risotto immediately.

Nutrition facts per serving: 290 calories, 7 g fat, 4.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 650 mg sodium, 46 g carbohydrates, 4 g fiber, 3 g sugar, 8 g protein. Daily values: 15% vitamin A, 30% vitamin C, 6% calcium, 6% iron.



BETTER-THAN-MOM'S POTATO SOUP

Pureed russets create a rich, smooth base for tender new potato chunks, sharp cheddar and smoky ham.

Prep: 15 minutes | Cook: about 30 minutes |

Serves 10 (1 cup each)

2 tablespoons Hy-Vee Select olive oil
3 large leeks, diced*
¼ cup chopped celery
2 cloves garlic, minced
3 (8 ounces each) russet potatoes, peeled and cubed
4 cups Hy-Vee chicken broth
2 cups Hy-Vee shredded sharp cheddar cheese
1 (8-ounce) package Hy-Vee cubed cooked ham (about 1½ cups)
1 cup Hy-Vee skim milk
8 ounces small red potatoes, unpeeled
Chopped chives, for garnish

- In a large saucepan or Dutch oven, heat olive oil over medium-low heat. Cook leeks, celery and garlic until softened, about 2 minutes, stirring occasionally. Stir in russet potatoes. Add broth and bring mixture to boiling. Reduce heat; cover and simmer until potatoes are very tender, about 15 minutes. Remove from heat. Cool slightly.
- In a blender, puree potato and broth mixture in batches. Return to saucepan. Stir in cheese, ham and milk. Cook over medium heat until cheese melts. (Do not boil.)
- Meanwhile, halve or quarter red potatoes as needed for bite-size chunks. Place in a microwave-safe dish. Cover and cook on HIGH for 5 to 8 minutes or until tender. Stir cooked red potatoes and chives into broth mixture and cook until heated through.

**Note: To clean leeks, trim them, then slit them lengthwise about a third of the way through. You can then open the leaves and wash away dirt from between the layers under cold running water.*

Nutrition facts per serving: 240 calories, 11 g fat, 5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 780 mg sodium, 23 g carbohydrates, 2 g fiber, 4 g sugar, 13 g protein. Daily values: 15% vitamin A, 15% vitamin C, 20% calcium, 8% iron.



QUICK-PICKLED CUCUMBERS & BEANS

Sliced cucumbers and blanched green beans soak up a sweet and tangy marinade. Serve with pulled pork, fish tacos or grilled bratwurst.

Prep: 25 minutes | Stand: 10 to 30 minutes | Serves 6

½ cup cider vinegar
½ cup sugar
1 tablespoon Dijon mustard
1 teaspoon sea salt
¼ teaspoon Hy-Vee black pepper
6 ounces green beans, trimmed and cut into 1-inch pieces (about 1½ cups)
1 seedless cucumber, thinly sliced (about 4 cups)*
6 small radishes, ends trimmed, halved lengthwise and thinly sliced (about ¾ cup)*
1 medium red onion, thinly sliced
1 (12-ounce) package fully-cooked, hickory-smoked and seasoned pulled pork
½ cup Hy-Vee Hickory House Memphis Blue Suede Style BBQ Sauce
6 (10-inch) Hy-Vee flour tortillas

- For marinade, combine vinegar, sugar, mustard, salt and pepper; set aside.
- In a small saucepan, cook beans in a small amount of boiling salted water about 5 minutes or until crisp-tender. Plunge immediately into ice water to cool. Drain.
- In a large bowl, combine cooled beans, cucumber slices, radishes and red onion. Add marinade to cucumber mixture; toss gently to combine. Let stand for 10 to 30 minutes, stirring occasionally.
- Just before serving, in a medium saucepan, combine pork and barbecue sauce. Cook until heated through. Divide pork mixture and cucumber mixture among warmed tortillas.

**Note: If you have a mandoline and are comfortable using it, this is a perfect time to pull it out. It will help you get uniformly thin slices.*

Nutrition facts per serving: 420 calories, 15 g fat, 6 g saturated fat, 0 g trans fat, 35 mg cholesterol, 1,420 mg sodium, 56 g carbohydrates, 3 g fiber, 16 g sugar, 16 g protein. Daily values: 8% vitamin A, 15% vitamin C, 8% calcium, 20% iron.

Corn-and-BACON FRITTATA

Fresh sweet corn, rich smoky bacon and a sharp nutty cheese make this easy egg frittata nearly irresistible.

Prep: 30 minutes | Serves 4

8 Hy-Vee large eggs, lightly beaten

1 tablespoon cilantro leaves

¼ teaspoon Hy-Vee salt

¼ teaspoon Hy-Vee black pepper

5 slices Hy-Vee bacon, cut into 1-inch strips

2 tablespoons Hy-Vee Select olive oil

1½ cups fresh corn

**½ red bell pepper, seeded and
thinly sliced into rings**

¼ cup thinly sliced green onion

½ cup shredded sharp white cheddar cheese

1. Preheat broiler. In a medium bowl, combine eggs, cilantro, salt and black pepper; set aside.

2. In a large broiler-proof skillet, cook bacon over medium-high heat, turning occasionally, until browned, 4 to 6 minutes. Drain bacon; crumble and set aside. Wipe out skillet with paper towels.

3. In same skillet heat oil over medium heat. Add corn, red pepper and green onion. Cook, uncovered, over medium heat about 5 minutes or until vegetables are crisp-tender, stirring occasionally. Remove pepper rings, set aside. Stir in the bacon crumbles.

4. Pour egg mixture over vegetable mixture in skillet. Cook over medium heat. As mixture sets, run a spatula around edge of skillet, lifting egg mixture so uncooked portion flows underneath. Continue

cooking and lifting edges until egg mixture is almost set (surface will be moist). Top with reserved pepper rings and sprinkle with cheese.

5. Place skillet under broiler 4 to 5 inches from heat. Broil for 1 to 2 minutes or until top is just set and cheese melts.

Nutrition facts per serving: 370 calories, 26 g fat, 8 g saturated fat, 0 g trans fat, 400 mg cholesterol, 570 mg sodium, 13 g carbohydrates, 2 g fiber, 5 g sugar, 22 g protein. Daily values: 25% vitamin A, 40% vitamin C, 15% calcium, 15% iron.



Fresh Veggie PANCAKES

Sneak a few nutritious veggies into crisp, golden hotcakes—a breeze to throw together when you shred the carrot, zucchini and squash in a food processor.

Prep: 25 minutes | Cook: about 10 minutes |

Serves 4 (3 each)

2 large bell peppers

1 large carrot

1 (10-ounce) zucchini

1 (10-ounce) yellow summer squash

½ cup chopped green onions

1 fresh jalapeño pepper, seeded and chopped*

¾ cup Hy-Vee all-purpose flour

½ cup Hy-Vee freshly grated Parmesan cheese

½ teaspoon Hy-Vee baking powder

¼ teaspoon Hy-Vee baking soda

⅓ teaspoon Hy-Vee salt

⅓ teaspoon Hy-Vee black pepper

3 Hy-Vee large eggs, lightly beaten

Hy-Vee vegetable oil, for frying

1. Preheat broiler to roast bell peppers. Line a baking

sheet with foil. Halve peppers lengthwise; remove stems, seeds and membranes. Place pepper halves, cut side down, on prepared baking sheet. Broil 4 to 5 inches from heat for 8 to 10 minutes or until skins are blistered and dark. Carefully bring foil up and around peppers to enclose. Let stand about 15 minutes. Using a sharp knife, peel peppers; cut lengthwise into strips. Set aside.

2. Meanwhile, using a food processor or coarse shredder, shred carrot, zucchini and squash; place in a medium bowl. Add green onions and the chopped jalapeño pepper.

3. In a small bowl, combine flour, Parmesan cheese, baking powder, baking soda, salt and black pepper. Toss flour mixture into vegetables. Stir in eggs.

4. In a 10-inch skillet, heat $\frac{1}{4}$ -inch oil over medium-high heat. Drop three $\frac{1}{4}$ -cup mounds of mixture into hot oil; flatten to make $\frac{1}{2}$ -inch-thick pancakes. Fry until golden brown, turning once. Transfer to paper towel-lined plates to drain. Keep warm in a 200°F oven until serving time. Repeat for remaining pancakes. Serve pancakes topped with roasted pepper strips.

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

Note: Nutrition facts cannot be accurately calculated for fried foods.



PINEAPPLE *lemonade*



THE TART CHARACTER OF LEMONADE GETS SMOOTHER AND AROMATIC WITH THE ADDITION OF FRESH PINEAPPLE, GINGER AND MINT.

Prep: 10 minutes | Chill: 2 hours |

Makes 4 (12-ounce) drinks

½ cup Hy-Vee sugar

½ cup water

1½ cups cold water

2 large lemons, juiced

½ teaspoon grated fresh ginger

2 cups fresh pineapple chunks

Crushed ice

12 fresh mint leaves

Additional pineapple chunks, for garnish

1. For simple syrup, in a small saucepan combine sugar and the ½ cup water. Cook and stir over medium-high heat just until sugar is

dissolved. Remove from heat. Cool slightly. Stir in the 1½ cups cold water, lemon juice and ginger. Add pineapple chunks. Cover and refrigerate at least 2 hours.

2. Just before serving, fill each glass halfway with crushed ice and three mint leaves. Using a wooden spoon, gently bruise mint to release flavor.

3. Pour pineapple mixture into a blender. Cover and blend until smooth. Pour into ice-filled glasses; stir to combine. Garnish with additional pineapple chunks, if desired.

Nutrition facts per serving: 115 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 5 mg sodium, 30 g carbohydrates, 2 g fiber, 26 g sugar, 0.5 g protein. Daily values: 1% vitamin A, 85% vitamin C, 2% calcium, 1% iron.

For adults-only version:

Add 1 ounce of rum per drink.





SUMMERTIME

THESE ARE THE SUNSHINE DAYS, WHEN RELAXING ON A DECK REQUIRES A COLD DRINK. MOCKTAILS ARE A SOOTHING CHOICE. WITH THE LOOK OF FANCY ADULT COCKTAILS, MOST OF THESE G-RATED DRINKS ARE MADE WITH THE NATURAL SWEET-AND-TART FLAVORS OF FRESH FRUIT. FOR THOSE WHO PREFER ADULTS-ONLY BEVERAGES, WE'VE INCLUDED A SUGGESTION FOR SPIKING EACH RECIPE. CHEERS TO MODERATE INDULGENCE.

WORDS Steve Cooper PHOTOS Tobin Bennett

Mocktails



* Bonus feature: See how to make colorful homemade pops by watching a video in the free digital version of *Hy-Vee Seasons*.

App downloading information on page 80.



CLEARLY FRUITY *pops*

IT'S NO SECRET THAT REAL FRUIT IS THE ATTRACTION WITH THESE FROZEN POPS. SEE FOR YOURSELF. FREEZE FRUIT ON A STICK FOR A NATURAL REFRESHER.

Prep: 15 minutes | Freeze: 6 hours | Serves 10

2 peaches, thinly sliced
2 kiwis, peeled and sliced
1 cup sliced strawberries
½ cup halved blackberries
½ cup halved green grapes
1½ to 2 cups Hy-Vee white grape juice
1 liter Hy-Vee lemon-lime soda, chilled

1. In a medium bowl, toss together fruit. Divide fruit mixture among ten 3-ounce frozen pop molds.
2. Pour enough grape juice into each mold to just cover fruit.
3. Insert sticks and freeze the pops for at least 6 hours or overnight.
4. To serve, let pops set at room temperature. Pour lemon-lime soda into 10 glasses. Unmold pops and add one to each glass.

Nutrition facts per serving: 100 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 mg sodium, 26 g carbohydrates, 2 g fiber, 23 g sugar, 1 g protein. Daily values: 2% vitamin A, 70% vitamin C, 2% calcium, 2% iron.

For adults-only version:

In Step 4, replace 8 ounces of lemon-lime soda in the 1 liter (33.8-ounce) bottle with 8 ounces of vodka. Fill 10 glasses, unmold pops and add one to each glass.



SUMMER *slushies*

NOT A FAN OF GREEN TEA? DISCOVER HOW ITS FLAVOR BLENDS PERFECTLY WITH FRUIT, THEN SWEETEN IT WITH AGAVE NECTAR. A LIQUID, AGAVE STIRS EFFORTLESSLY INTO DRINKS.

Prep: 10 minutes | Serves: 6

4 cups cut-up watermelon
1 cup cut-up strawberries
1/4 cup green tea, chilled
2 tablespoons agave nectar
1 lime, seeded and juiced
2 cups ice cubes
Watermelon wedges, for garnish

1. Place cut-up watermelon, strawberries, green tea, agave nectar and lime juice in a blender. Cover and blend until smooth. Add ice cubes. Cover and blend until smooth and slushy. Serve immediately. Garnish with watermelon wedges, if desired.

Nutrition facts per serving: 70 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 19 g carbohydrates, 1 g fiber, 16 g sugar, 1 g protein. Daily values: 15% vitamin A, 50% vitamin C, 2% calcium, 2% iron.

For adults-only version:
Add 1 ounce of tequila per drink.

FOR ADULTS  ZIP UP THE DRINK
ADD 1 OUNCE TEQUILA PER DRINK.



RAINBOW icebergs

EACH COLOR IS A LAYER OF FROZEN JUICE IN THESE RAINBOW CUBES. AS THEY MELT, THEY FLOOD YOUR MOUTH WITH FRESH-PICKED FLAVORS.

Prep: 10 minutes / Freeze: at least 4 hours

Ice cube trays

Assorted fruit juices, such as pomegranate, grape, mango-orange and grapefruit, chilled

Sparkling water or club soda, chilled

1. To determine how much juice you need, fill one compartment of an ice-cube tray with water. Pour the water into a measuring cup. Multiply this amount by the number of cubes you plan to make. This is the amount of juice needed.
2. For the first juice layer, add an amount of juice to each ice cube tray compartment; freeze for 30 minutes. Continue to add same amount of other juices and freeze in layers until compartments are full. Freeze cubes thoroughly.
3. Serve cubes in glasses with sparkling water or club soda.

Note: Nutrition information varies with the amount of fruit juices used and size of ice cube trays.

For adults-only version:

Replace water with a dry white wine.

FOAMY & fizzy

HERE'S A TWIST ON THE CLASSIC ROOT BEER FLOAT. CHOCOLATE DRIZZLED INTO EACH GLASS PROVIDES A PERFECT DANCE PARTNER FOR ROOT BEER.

Prep: 5 minutes | Serves 4

**1/4 cup hot fudge ice-cream topping
8 medium scoops (about 3 cups)
Hy-Vee vanilla ice cream, divided
4 cups Hy-Vee root beer**

1. Swirl 1 tablespoon hot fudge topping on the inside of each of four tall glasses. (Don't completely coat the insides; leave some of the glass uncovered.)
2. Spoon two scoops of ice cream into each glass. Slowly pour root beer into glasses, allowing the foam to rise and then recede before adding more root beer.

Nutrition facts per serving:

390 calories, 13 g fat,
7 g saturated fat, 0 g trans fat,
45 mg cholesterol,
140 mg sodium,
66 g carbohydrates, 1 g fiber,
60 g sugar, 4 g protein.
Daily values: 8% vitamin A,
0% vitamin C, 15% calcium,
2% iron.

For adults-only version:

To each glass, add 1 ounce of a coffee liqueur, such as Kahlúa.



small bites

BIG FLAVOR

WORDS Lois White PHOTOS Tobin Bennett

EASY SUMMER EATS straight off the grill make for fun and memorable backyard parties. Skewers, sliders and melty Brie creations offer amazing mouthfuls of flavor in every tantalizing bite.

Simple techniques add big spice to small bites, whether you marinate steak strips for an Asian steak roll or light up your crowd with pepper poppers that combine highly seasoned chorizo and crunchy chips. Wrap pineapple, shrimp, sweet potato fries or even dates in crispy, smoky bacon for exceptional party treats.

Grilling on a wood plank adds sweet, smoky flavors to everyone's favorite party cheese, Brie. Be sure to savor the rind. It enhances the character of the cheese and contrasts deliciously



with the creamy portion of the Brie and the sweet or savory toppers. This cheese goes well with fruit, chopped garlic and fresh herbs such as rosemary and thyme.

Another secret for creating bites that pack a punch is pairing unexpected flavors. Stir feta cheese into a berry-and-kiwi salsa and serve it on grilled watermelon slices. This sweet-and-sassy treat takes a simple summer favorite to a new level.

For the most flavorful Brussels sprouts ever, sear them on a grill. After a brief grilling, the delicate leaves blister and caramelize, yet the little cabbages stay firm. Skewer sprouts between salty prosciutto and sweet dates for bursts of flavor in every bite. Everyone who gets a taste of these sprouts will put them on their "delicious list."



Brie, a soft cow's-milk cheese, is named after the district in France where it originated. Its outer rind is meant to be eaten; it enhances the nutty, earthy flavor and character of the cheese. Plank grilling adds a kiss of smokiness while the cheese turns soft, warm and melty.

Prep: 15 minutes | Soak: 30 minutes | Grill: 15 to 21 minutes
Serves 8 (2 toasts each)

1 cedar plank
1 loaf baguette-style French bread
¼ cup Hy-Vee Select Extra-Virgin Olive Oil
2 teaspoons chopped fresh thyme
2 cloves garlic, minced
½ cup apricot preserves
1 (8-ounce) wheel Brie cheese, at room temperature
1 peach, pitted and sliced
1 plum, pitted and sliced
¼ teaspoon sea salt
¼ teaspoon Hy-Vee black pepper
Fresh thyme sprigs, optional

1. Soak cedar plank in water for at least 30 minutes.
2. Slice baguette diagonally into sixteen ¼-inch slices. Reserve any remaining baguette for another use. For herb oil, in a small bowl combine olive oil, chopped thyme and garlic; set aside. In a small saucepan, heat preserves until melted; cover and keep warm.
3. Preheat grill to medium-high heat. Place plank on grill. Cover grill and preheat plank for about 5 minutes, turning once. (Preheating the plank allows it to begin releasing smoke and flavor.) Place Brie on preheated plank. Brush with some of the melted preserves. Arrange peach and plum slices on grill grate around plank. Cover and grill for 2 to 3 minutes or until fruit slices are slightly charred, turning once. Arrange some of fruit on top of Brie. Place remaining fruit slices on plank. Brush remaining melted preserves on fruit. Cover and grill for 10 to 15 minutes more until Brie is melted. Remove plank from grill. Let stand while grilling toast.
4. For toast, lightly brush baguette slices with herb oil; sprinkle with salt and pepper. Place baguette slices on grill rack over direct heat. Grill for 3 minutes or until crisp and golden on both sides, turning once. Remove from grill.
5. Serve melted Brie on toast; top with fruit. Garnish Brie with thyme sprigs, if desired.

Nutrition facts per serving: 300 calories, 15 g fat, 6 g saturated fat, 0 g trans fat, 30 mg cholesterol, 430 mg sodium, 33 g carbohydrates, 2 g fiber, 12 g sugar, 9 g protein. Daily values: 6% vitamin A, 4% vitamin C, 6% calcium, 6% iron.

BRIE WITH PEACHES, FRESH THYME & GARLIC TOASTS

SLIDERS

MADE-YOUR-WAY SLIDERS



Ooey-gooey melty cheese along with an array of fresh toppers sets these grilled party-style sliders apart. When you grill the mini patties for these delicious combos, be sure not to squeeze them with a turner as they grill. Compressing them causes the juices to ooze out, leaving you with dry burgers. Top each burger with one of the following flavorful combos.

CHIPOTLE CHEDDAR CHEESE + AVOCADO SLICES + RED ONION SLICES A slice of chipotle cheddar cheese is a sure way to spice up your everyday burger, especially a pork burger. Pair the firm, smoky cheese with Monterey Jack, a milder cheese that melts so creamy. Buttery avocado slices add a divine richness while red onion slices add a nice astringency, balancing out the flavors.

BABY SWISS + TOMATO SLICES + BABY SPINACH LEAVES On a beef burger, Swiss cheese becomes the perfect blend of soft and creamy, gooey and stretchy. Or try Emmentaler and Gruyère, also in this family of cheeses, which have amazing tastes and great melting properties. Top the burger with tomato slices and leafy greens such as spinach or arugula for a burst of freshness.

MUENSTER + ROASTED BELL PEPPERS + BACON SLICES If you prefer a mild cheese with excellent melting qualities, try a slice of Muenster cheese. Bacon slices and jarred roasted bell peppers or balsamic sautéed onions help balance the richness of the cheese.

GRILLING INSTRUCTIONS: When using charcoal, grill Hy-Vee gourmet sliders directly over medium coals for 14 to 18 minutes or until done (160°F), turning once halfway through grilling. Or for a gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover and grill as directed.



Chorizo powers these mini sweet pepper poppers. A coarsely ground sausage used extensively in Mexican cooking, chorizo gets a serious flavor boost from chili powder and other spices. Gouda cheese adds a rich, tangy bite, while the peppers are surprisingly mild.

Prep: 30 minutes | Grill: 5 minutes | Serves 24

½ pound chorizo
1 tablespoon Hy-Vee Select olive oil
½ cup finely chopped onion
4 ounces smoked Gouda cheese, shredded
4 ounces cream cheese, softened
12 mini sweet peppers, halved lengthwise and seeded
½ cup crushed Hy-Vee Nacho Cheese Tortilla Chips
½ cup Hy-Vee finely shredded Mexican-blend cheese
1 tablespoon chopped fresh cilantro

1. Remove casing from chorizo, if present. In a large skillet, heat oil over medium heat. Cook onion in hot oil until tender. Add chorizo. Cook until chorizo is cooked through. Drain well. Stir in Gouda cheese and cream cheese. Stuff chorizo mixture into pepper halves, about 1 tablespoon each. Top with crushed tortilla chips.
2. Preheat grill for direct grilling over medium heat. Add peppers to grill rack and grill over direct heat about 5 minutes or until heated through. Transfer to a serving platter. Sprinkle with Mexican-blend cheese and cilantro. Serve immediately.

Nutrition facts per serving: 90 calories, 8 g fat, 3.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 190 mg sodium, 2 g carbohydrates, 0 g fiber, 1 g sugar, 4 g protein. Daily values: 4% vitamin A, 25% vitamin C, 6% calcium, 2% iron.



CHORIZO-NACHO PEPPER POPPERS

SKEWERS

HONEY-DIJON BRUSSELS SPROUT SKEWERS



These sweet-and-sour "little cabbages" are tender, lightly charred and irresistible. It may seem tricky to grill Brussels sprouts, but if you partially cook them on the stove top, they'll be tender by the time they're perfectly seared on the grill.

Prep: 20 minutes | Soak: 30 minutes |

Grill: 2 to 4 minutes | Serves 6

12 (6-inch) bamboo skewers

12 ounces Brussels sprouts

2 tablespoons packed Hy-Vee brown sugar

2 tablespoons Hy-Vee honey

2 tablespoons Hy-Vee coarse ground Dijon mustard

1 tablespoon Hy-Vee apple cider vinegar

3 slices prosciutto

6 whole pitted dates, halved

1. Soak skewers in water for 30 minutes. Bring a large saucepan of salted water to boiling over high heat. Add the sprouts and simmer for 6 to 8 minutes or until just barely tender and still bright green. Spread on a baking sheet to cool slightly.

2. Meanwhile, for honey-mustard glaze, in a microwave-safe bowl, combine brown sugar, honey, mustard and vinegar. Cook on high for 30 to 60 seconds or until boiling to dissolve sugar. Set aside.

3. Preheat grill for direct cooking at medium heat. Cut cooled Brussels sprouts in half. Stack prosciutto slices; make 3 lengthwise cuts through the stack to make 12 prosciutto ribbons. Halve the dates.

4. On each skewer, thread a Brussels sprout half, a prosciutto ribbon folded accordion-style, a date half and another Brussels sprout half. Lightly brush glaze over skewers.

5. Place skewers on an oiled grill rack. Grill for 2 to 4 minutes or until Brussels sprouts begin to char, turning once and brushing with glaze. Remove skewers and serve warm drizzled with any remaining glaze.

Tip: Choose Brussels sprouts with small, tight heads, no more than 1½ inches in diameter. To keep the halved sprouts intact, cut each through the stem (and remove any tough outer leaves).

Nutrition facts per serving: 140 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 5 mg cholesterol, 260 mg sodium, 32 g carbohydrates, 3 g fiber, 27 g sugar, 4 g protein. Daily values: 6% vitamin A, 50% vitamin C, 4% calcium, 6% iron.



Whoever thought grilled watermelon could taste so good? Strawberries, kiwi and mint tossed with jalapeño and lime create a succulent topper for a treat that just seems to scream summer.

Prep: 30 minutes | Grill: 2 minutes | Serves 12

2 cups diced strawberries
2 kiwi, peeled, quartered and thinly sliced
1/4 cup chopped red onion
1 jalapeño pepper, seeded and finely chopped*
1 tablespoon chopped fresh mint
1 tablespoon fresh lime juice
1 (3-pound) seedless watermelon
1/2 teaspoon Hy-Vee kosher salt
1/4 teaspoon Hy-Vee black pepper
1/2 cup feta cheese crumbles

1. For salsa, in a bowl combine strawberries, kiwi, red onion, jalapeño pepper, mint and lime juice. Cover and refrigerate until ready to serve.
2. Preheat grill for direct grilling over medium-high heat. Cut watermelon into 1-inch-thick slices. Place watermelon slices on grill rack. Grill about 2 minutes or until watermelon is lightly seared, turning the watermelon once halfway through grilling.
3. Remove watermelon slices from grill. Sprinkle with salt and pepper. Cut each slice into 6 wedges. Transfer wedges to a serving platter; top with salsa and cheese.

Nutrition facts per serving: 70 calories, 1 g fat, 0.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 130 mg sodium, 14 g carbohydrates, 2 g fiber, 10 g sugar, 2 g protein. Daily values: 15% vitamin A, 70% vitamin C, 4% calcium, 2% iron.

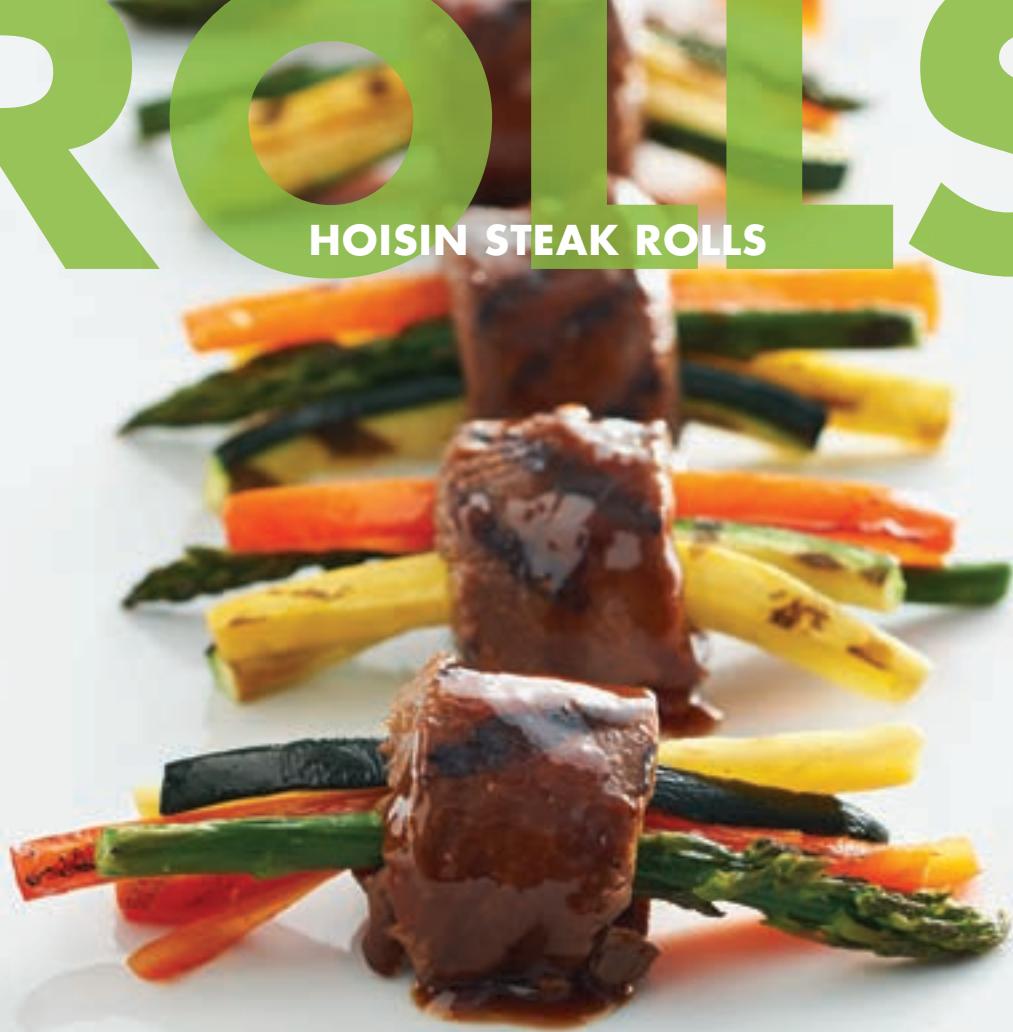
*Note: Chile peppers contain volatile oils that can burn your skin and eyes. When working with chile peppers, wear protective gloves.

GRILLED WATERMELON WITH MINTED SALSA BITES

BITES

ROLLS

HOISIN STEAK ROLLS



This restaurant-worthy steak roll is flavored with an Asian-style marinade made with hoisin sauce, honey, fresh ginger and garlic. Hoisin, often referred to as Chinese barbecue sauce, is a thick sauce made with soybean paste, garlic and chiles.

Prep: 15 minutes | Refrigerate: 4 to 12 hours |

Soak: 30 minutes | Grill: 3 to 5 minutes | Serves 12

1 (12-ounce) New York strip steak

½ cup hoisin sauce

2 tablespoons lime juice

1 tablespoon Hy-Vee honey

1 clove garlic

1 teaspoon kosher salt

1 teaspoon peeled and grated fresh ginger

1 teaspoon sesame oil

1 teaspoon chile-garlic sauce, such as Sriracha Hot Chili Sauce

½ teaspoon Hy-Vee crushed red pepper flakes

¼ teaspoon Hy-Vee black pepper

12 wooden toothpicks

12 asparagus spears

½ red bell pepper

½ medium zucchini

½ medium summer squash

1. Trim fat from steak. Cut steak lengthwise into 12 thin slices. Place steak in a large resealable plastic bag set in a shallow dish.

2. For honey-hoisin marinade, in a small bowl combine hoisin sauce, lime juice, honey, garlic, salt, ginger, sesame oil, chile-garlic sauce, red pepper flakes and black pepper. Pour marinade over steak in bag; seal bag. Turn to coat steak. Marinate in the refrigerator for 4 to 12 hours, turning bag occasionally.

3. Soak toothpicks in water for at least 30 minutes

before grilling. Cut asparagus spears from the top into 2½-inch lengths; reserve bottom of spears for another use. Cut bell pepper, zucchini and summer squash into 2½-inch long matchstick-size pieces. Set aside.

4. Preheat grill for direct grilling over medium heat. Drain steak, reserving marinade. Gather one of each vegetable; wrap a steak strip around the vegetables and secure with a toothpick. Continue with remaining beef strips and veggies. Heat reserved marinade in saucepan to boiling. Place steak rolls on a lightly greased grill rack. Grill for 3 to 5 minutes or until steak is done, turning once and brushing with marinade. To serve, transfer steak rolls to a platter and brush with remaining marinade.

Nutrition facts per serving: 90 calories, 4 g fat, 1.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 410 mg sodium, 8 g carbohydrates, 1 g fiber, 5 g sugar, 6 g protein. Daily values: 6% vitamin A, 20% vitamin C, 0% calcium, 4% iron.



A spicy-sweet glaze of maple syrup and sriracha sauce—a bright red hot-chile sauce—raise the shrimps' flavor temperature. Precooking the bacon helps it crisp up quicker on the grill.

Prep: 20 minutes | Soak: 30 minutes |

Grill: 5 to 7 minutes | Serves 12

12 (6-inch) bamboo skewers

6 ounces fresh or frozen peeled, deveined large shrimp (12 shrimp total)

¼ cup Hy-Vee Select 100% Pure Maple Syrup

2 tablespoons Sriracha Hot Chili Sauce

6 slices Hy-Vee bacon*

1 cup fresh pineapple chunks

1. Soak skewers in water for 30 minutes. Thaw shrimp, if frozen. Rinse shrimp and pat dry with paper towels; set aside. For glaze, combine maple syrup and sriracha sauce; set aside.

2. Cut bacon slices in half crosswise. In a large skillet cook bacon over medium heat about 4 minutes or until partially cooked. Drain well on paper towels.

3. Wrap 1 piece of bacon around each pineapple chunk. On each skewer, thread bacon-wrapped pineapple through the loose bacon ends to secure. Add 1 shrimp to each skewer.

4. Preheat grill for direct cooking at medium heat. Place skewers on oiled grill rack. Grill for 5 to 7 minutes or until shrimp are opaque and bacon is crisp and browned, turning once and brushing with glaze. Drizzle remaining glaze over skewers before serving.

*Tip: Use ordinary bacon, as thick-cut bacon will take too long to crisp on the grill. When wrapping, the bacon slice should fit around pineapple, overlapping just enough to be skewered through both ends.

Nutrition facts per serving: 50 calories, 2 g fat, 0.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 120 mg sodium, 6 g carbohydrates, 0 g fiber, 5 g sugar, 3 g protein. Daily values: 0% vitamin A, 10% vitamin C, 2% calcium, 2% iron.

BACON-WRAPPED SHRIMP WITH PINEAPPLE TIDBITS



JARS BY THE DOZENS

Jars of all shapes and sizes serve a range of uses, such as thoughtful gifts, home organizers and food containers. Here are 24 ideas for easy DIY projects that start with glass jars.

WORDS Kaitlyn Gabriel PHOTOS Tobin Bennett

**1.**

MAKE IT GLOW! Paint jars in vibrant colors using water-base glass paint. Tea lights placed inside create an electric mood.

2. EASY STORAGE: Using a computer, design colorful or imaginative jar labels. Print labels on sticker paper. Adhere labels to jars and fill with dry foods for display as a collection.

8. PENCIL BOUQUET

Glue unsharpened No. 2 pencils around the outside of a jar. Add water and flowers to the jar, and tie on a gift bow.



3. PICKLE PEPPERS: From mild to hot, plenty of ripe-for-pickling peppers are in the Hy-Vee Produce Department. Can them now, eat them later.

4. GIVE A GIFT: Share your grandma's famous cookies. Layer dry ingredients, in a jar and glue the recipe to the lid. Tie on a bow and you've got a perfect gift.

5. MEALS ON THE GO: For a to-go meal, fill a jar with a chilled salad of fresh greens and veggies. Keep the jar cold in a well-insulated bag.

6. SINGLE-STEM STATEMENTS: Position a single cut flower in a jar vase. Make several to create a simple collection that will brighten a desktop or other surface.

7. FRAME IT UP: Insert a photo upside down into a jar, then invert the jar for an easy and unusual photo frame.

9. SWEET COLLECTION

Canning in jars is ideal for preserving summer flavors. For delicious jam recipes, see page 24.

10. BATHROOM ORGANIZATION: Jars provide a neat gathering spot for cotton swabs, makeup sponges and many feminine products.

11. COUNT IT DOWN: Create an Advent calendar using jars. Number the days to Christmas by painting dates on lid tops. Store a seasonal memento in each jar. Open one jar each day up to Christmas.

12. VACATION KEEPSAKES: Use jars to display small vacation trinkets, such as seashells, collected on your latest trip.

13. SAVE FOR A RAINY DAY: Turn jars into children's piggy banks with glass paint and some googly eyes. Cut a coin slot in each jar cap.

14. COMPACT SEWING KIT: Keep thread, sewing needles and spare buttons in a jar. For quick mending projects, common thread colors are tan, black, blue and white.

15. BANANA SPLIT: For a make-your-own ice-cream sundae buffet, set out jars, a scoop, toppings and ice cream.

16. FRESH HERBS: Trim the ends off fresh herbs and place them in a jar with water. Store on a counter or in a fridge.

17. MOVIE-NIGHT TREAT: Forget plain popcorn. Load jars with puppy chow—a mix of cereal squares, chocolate and peanut butter—or other treats.

18. LET IT SNOW: Assemble a snow globe in a jar! Add a drop of liquid glycerin to thicken the water so the glitter will fall slowly when shaken.

19. MINI MUD PIES: Messy never tasted better than chocolate pudding, crumbled cookies and a handful of gummy worms! Serve in jars.

20. STRIKE A MATCH: Always have a flame on hand by filling a jar with wooden matches. Adhere sandpaper to the lid top for easy striking.

**21.**

SERVE YOUR FAVORITE PINK LEMONADE! Add fresh mint and a straw to lemonade in a jar for a perfect picnic companion.

22. TAKE-ALONG DIPS: Need snacks for a party? Pick up a family-size bag of chips and transport homemade salsa, guacamole and other dips in jars.

23. SPELL IT OUT: For nonfood containers, write a favorite word or quote on a jar with adhesive letters. Coat jar with metallic spray paint. After the paint dries, remove the stickers to reveal a transparent message.

**24.**

BAKE-AND-TAKE CAKES: With just 3 tablespoons of batter, you can bake a cupcake in a jar. Once the mini cake cools, add frosting, a candle and a "Happy Birthday" label!

GET IN THE RACE

WORDS Carrie Anton PHOTOS Tobin Bennett

UNIVERSALLY RECOGNIZED as one of the top track and field meets in the world, the Drake Relays in Des Moines attracts elite athletes from across the United States and around the globe. As the presenting sponsor of the Drake Relays as well as other healthy initiatives throughout eight Midwestern states, Hy-Vee wants to motivate the people it serves to pursue fitness. Life is about living, not just watching from the sidelines. Eating right, training for your health goals and giving your body a break when it needs it will get you going in the right direction. What are you waiting for? It's time to get in the race!

1.

FUEL UP. For strong athletic performances you need to fuel the body. Instead of choosing overly processed fare that will let you down, go for high-quality superfoods such as fruits, veggies and lean proteins.

2.

TRAIN. It's not about how fast you go or how much you weigh, but about stamina and focus. Live a long, healthy and active life by following simple training tips and adopting healthy habits every day.

3.

RECOVER. Stress, mental or physical, takes a toll on your body, mind and spirit. Don't let it! Try our awesome ways to ditch what's ailing you so you can sleep, stretch and refuel your way back into the race.

IN EVERY STATE

FITNESS IS AN IMPORTANT PART OF A HEALTHY LIFESTYLE. HERE ARE JUST A FEW WAYS HY-VEE PROMOTES PHYSICAL ACTIVITY FOR YOUNG AND OLD.

IOWA

The Hy-Vee Big Four Classic is a four-team basketball tournament held each year in Des Moines. All of the state's NCAA Division I basketball programs compete.

ILLINOIS

The Quincy Road Race is an annual Hy-Vee Kids Fit event. To promote health, children 7 to 17 are challenged to traverse an untimed 1-mile course or a timed 3.1-mile course.

NEBRASKA

Hy-Vee sponsors the annual "Heroes Game" between the University of Nebraska and University of Iowa football teams. Proceeds benefit the American Red Cross.

MINNESOTA

Fans can follow Mustang athletics at Southwest Minnesota State University by downloading the free Mustang app. Hy-Vee helped sponsor the app.

KANSAS

The Wildcat Classic, featuring Kansas State University's men's basketball team, has been supported by Hy-Vee and broadcasted nationally on ESPN2.

MISSOURI

Hy-Vee has given backing to an online sports report for William Jewell College in Liberty. Basketball, soccer, and more are covered.

WISCONSIN

Just this month Hy-Vee hosted the Madison Road Race—a 5k competition for athletes between the ages of 7 and 17.

SOUTH DAKOTA

Hy-Vee sponsors South Dakota's oldest triathlon. Competitors in the Lake Kampska mini-triathlon swim $\frac{1}{4}$ mile, bike 14 miles and run 3.1 miles.



**TIRED OF SITTING ON THE SIDELINES? HERE'S THE GOOD
NEWS: YOU DON'T HAVE TO ANYMORE. YOU'RE NEVER
TOO YOUNG OR TOO OLD TO BECOME A HEALTHY, ACTIVE
INDIVIDUAL. IT'S TIME TO GET MOVING!**

1 FUEL UP

How your body performs depends on what you eat. Food is fuel. Fill a car with bad gas, and it will run roughly. Your body is no different. Processed, sugar-laden foods can't provide the quality energy you get from nutrients found in whole foods. Make good food choices and your body will reward you with energy and good health.

RAINBOW REWARDS: CHOOSE FRUITS AND VEGETABLES IN A VARIETY OF COLORS TO TAKE IN MORE FIBER, VITAMINS AND ANTIOXIDANTS. THE POT OF GOLD IS A HEALTHIER YOU!



EAT FOR ENERGY. The energy your body needs comes from three macronutrients: lean proteins, carbohydrates and good fats. Combining whole foods rich in these macronutrients, such as those shown below, is the key to a strong athletic performance. Need help with nutrition? See a Hy-Vee dietitian for advice.



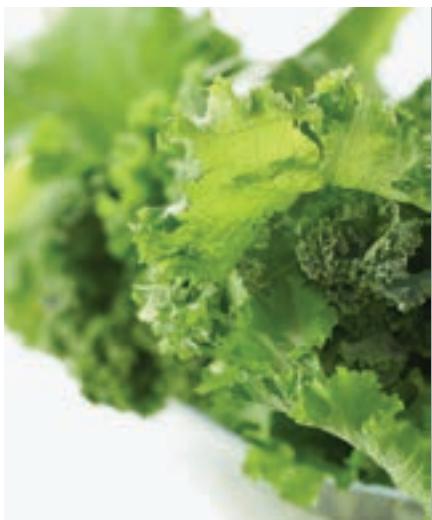
WHOLE GRAINS: Not all carbs are created equal. Refined carbs, those found in processed foods, can leave you feeling flat. Instead, go for whole grain breads or pastas, which provide more fiber and nutrition.



SWEET POTATOES: When prepared in healthy ways, these tubers act as slow-burning carbs. Roasted or mashed, they offer the perfect recipe for lasting energy, leveling blood sugar and an in-check appetite.



SALMON: Although salmon is a tasty source of protein—essential for building muscle—its benefits dive much deeper. Rich in omega-3 fatty acids, this superfood is good for the heart, brain and body.



LEAFY GREENS: Popeye gets points for knowing a good source of strength. Spinach and other leafy greens combine iron, vitamins and fiber to fill you up with the fuel you need. The darker the greens, the greater the benefit.

**UP TO
65%**

DID YOU KNOW: FORTY-FIVE TO 65 PERCENT OF A HEALTHY DIET SHOULD CONSIST OF HIGH-QUALITY CARBS—VEGGIES, FRUITS, WHOLE GRAINS, LEGUMES.

RUN, SWIM, BIKE

AFTER TRAINING, KIDS
AND ADULTS STAY ON TRACK BY
GETTING IN THE RACE.

FOR THE KIDS

Kids of all skill levels from 7 to 17 years old can run in a new series of Hy-Vee Kids Fit road races throughout the Midwest. Each includes an untimed 1-mile fun run and a timed 5K race for more experienced kids.

Though some races have already taken place, others are scheduled through September 28.

Hy-Vee's goal in creating this fun, accessible and fitness-friendly initiative is to help fight childhood obesity.

"We want these to be events where any kid with a pair of tennis shoes who likes to run can join in," says Dan Hirl, director of event marketing at Hy-Vee.

For a schedule and more information, go to www.hyveekidsfit.com

ADULT CHALLENGES

Another chance to enter the Hy-Vee Triathlon is coming next summer. Start training now for the eighth annual competition for amateur athletes on August 31, 2015, in Des Moines.

As always, the event is open to all who want to compete. Whether you are a first time triathlete or a veteran of the sport, there is no qualification process for entry.

Amateurs compete in age groups for men and women. Distances are 1.5 miles for swimming, 40 kilometers for biking and 10 kilometer for running.

As in previous years, there will also be a professional race on the same day as the triathlon. The 5150 US Championship draws competitors from across the country and around the world.

For more information about entering the triathlon, go to www.hy-veetriathlon.com

TOP 10 HEALTHY HABITS

TAKE THESE STEPS TO PICK UP THE PACE IN THE RACE TO A HEALTHIER LIFESTYLE.

1. FLOSS EVERY DAY. You probably hear it from your dentist twice a year, but studies show that giving your gums a once over each day is good for your heart as well as your mouth.

2. STRETCH. Flexibility is crucial to staying injury-free when you work out. However, a lack of everyday movement also causes you to tense up.

3. FILL UP ON FIBER. Found in fruits, veggies, legumes and whole grains, dietary fiber promotes heart health, keeps weight on target, curbs hunger and makes your belly feel better.

4. BREATHE DEEPLY. If you breathe from your chest instead of your belly, you're missing out. Belly breathing increases the amount of oxygen in your cells, which lowers stress levels and improves concentration.

5. ADOPT A MEATLESS MONDAY. According to a Harvard University study, replacing red meat just once a week with another protein reduces your risk of heart disease by up to 19 percent.

6. LAUGH MORE. It's no joke; laughing decreases stress and reduces blood pressure. Need some comic relief? Hang out with funny friends, see a comedian or crack up over your own mishaps.

7. 'TIS THE SEASON. While it may seem obvious, fresh food is most nutritious when it's in season. Eat seasonal produce at peak ripeness and your body and taste buds both benefit.

8. MUSCLE UP. Muscle burns calories more efficiently and also keeps you protected from injury as you age.

9. BUILD YOUR BONES. Get enough vitamin D and calcium, but don't stop there. Bones need plenty of weight-bearing exercise to maintain their strength and density for a lifetime. Walk, lift weights, garden or play a sport.

10. JUST BE. Relaxing may seem impossible thanks to the inner dialogue in your mind. Start meditating 5 to 10 minutes each day, focusing on your breathing and letting your thoughts drift.

SET GOALS Big or small, goals help clear the path to the healthy lifestyle you want to achieve. Make each goal obtainable and action-based—something you can cross off your daily to-do list. For example, ditch "lose weight" for "walk 30 minutes each day." You'll see faster results and learn how to fine-tune your body as it becomes healthier.



BUILD MORE MUSCLE: Want to slim down without spending all your time sweating? Then you need muscle. Lifting weights—even light ones—leads to stronger muscles, which help burn calories, even when you are at rest!



MAKE IT A PRIORITY: Just as driving to a destination is easier with directions, reaching your goals is more likely with a plan. Each week schedule workouts and map out meals. Invest an hour planning and get on your way to a healthier, more vibrant you.

MOVE DAILY: Adults need at least 30 minutes of moderate exercise a day, according to the World Health Organization. Short on time? Build exercise into everyday activities. Take the stairs. Try a standing workstation. Do squats while brushing your teeth. Bike to work.

**\$190.2
BILLION**

DID YOU KNOW: OBESITY-RELATED ILLNESSES ARE RESPONSIBLE FOR NEARLY 21 PERCENT—\$190.2 BILLION—OF ANNUAL U.S. HEALTH CARE COSTS ACCORDING TO A 2012 STUDY IN THE JOURNAL OF HEALTH ECONOMICS.

2 TRAIN

Every day can feel like a race when you look at your ever-growing to-do list. Whether today's challenge means meeting a deadline or crossing a finish line, the tips, *opposite*, will deliver the physical and mental fitness you need to succeed.

NEVER SKIP BREAKFAST:
THERE'S A REASON IT'S CALLED THE MOST IMPORTANT MEAL OF THE DAY. MISS IT AND YOU COULD BE IN FOR A DAY OF FATIGUE, HUNGER AND IRRITABILITY.



GET YOUR CALCIUM

THIS IS THE SWEETEST WAY EVER TO BOOST YOUR CALCIUM INTAKE. ENJOY ONE OF THESE FRUITY, ALMOST-CANDY ADULT GUMMIES EVERY DAY. RESULTS WILL INCLUDE HEALTHIER BONES, MUSCLES AND BLOOD VESSELS. SWEET.



All Nature Made Multi, Melatonin and Calcium Vitamins: select varieties 30 to 300 ct. 50% off

3 RECOVER

It's no news that stress is bad for your body and overall health. If you've had an unbearable week at work or an uphill battle riding your bike, the simple recovery tips, *opposite*, will help you bounce back in no time.

NO TIME FOR PROTEIN? IMMEDIATELY AFTER A WORKOUT, WHEN YOUR MUSCLES MOVE INTO REPAIR AND BUILD MODE, IS THE PERFECT TIME FOR A PROTEIN SHAKE OR BAR.

GIVE YOUR BODY A BREAK: The ache you feel after a workout is actually your muscles getting stronger. Exercise leads to tiny tears in muscle fibers, and through recovery the muscle gains strength as it heals. While mending, use the following tips to boost how you feel as you improve your physical and mental fitness.



REFUEL: Within 30 minutes after moderate to vigorous exercise, your body is depleted and turns to your muscles for energy. Your muscles need nutrients, so take in a small serving of simple carbs, such as chocolate milk, cherry juice, bananas or pomegranate seeds.



HYDRATE: Up to 60 percent of the body is water, which is necessary for metabolism, energy conversion, digestion and more. Staying hydrated maintains your health, rids toxins from the body, keeps joints lubricated and reduces muscle cramps.



KNEAD: The solution to soothing sore muscles lies in upping blood flow and circulation to soft tissues. Massage helps, but you can also stretch your way to relief. Exercise bands and balls, foam rollers and yoga blocks aid in recovery when paired with your body weight.



REST: You may think of sleep as downtime, but it's when your body goes into overdrive, healing muscles, balancing hormone levels and giving your brain a break. You do lose if you don't snooze, so sneak in the recommended 7 to 9 hours of daily ZZZs.

75% **DID YOU KNOW?** SEVENTY-FIVE PERCENT OF AMERICANS ARE CHRONICALLY DEHYDRATED. A MILD CASE DECREASES METABOLISM, AND TRIGGERS FATIGUE AND JOINT SWELLING. TO GET ENOUGH WATER DAILY, DIVIDE YOUR BODY WEIGHT BY TWO AND DRINK THAT MUCH IN OUNCES.

GET YOUR REST

PUT SLEEP HIGH ON YOUR LIST OF REQUIREMENTS FOR WINNING.

There's more to athletic achievement than training hard, eating right and spending the time needed to get ready for competition. Getting enough sleep is also a factor in whether you will hit your times or fall behind.

Just because sleep is a state of reduced consciousness that doesn't mean our brain and body are inactive. Research shows that the brain is highly active during sleep. As brain activity changes during sleep, it works in more regular and synchronized patterns.

During sleep, breathing, temperature, blood sugar, blood pressure and heart rate all slow down. This lets your heart rest. Whether you're an established athlete or a teenager competing just for the fun of it, here are a few things to keep in mind about sleep.

- As you sleep, new pathways are forming in your brain, which helps with learning and remembering information. This helps you make better decisions—"I have to stretch more during warm-ups"—and spurs creativity—"Kick...now!"
- Sleep helps control metabolism and how your body processes sugars to keep your energy level up. The last thing you want when racing is to slump for lack of sleep.
- Lack of sleep alters the immune system's ability to fight infections, boost muscle mass and repair cells and tissues.
- Lack of sleep contributes to being less alert, which can be dangerous when training or competing.
- Athletes experience more injury when they lack sleep, according to a Stanford University study. Ironically, sleep disorders are an indication that athletes are training too hard and/or sleeping too little.

PHARMACY 101

It's not enough to have a skilled doctor. You need to put the Hy-Vee Pharmacy on your medical team to answer your questions, fill prescriptions and handle other services. If you are a college student living away from home with a Hy-Vee in your area, you can still get the pharmacy help you need from Hy-Vee in just moments using a computer, smartphone or digital tablet.



HY-VEE GETS AN "A" FOR PHARMACY SERVICES

In their college years, students start managing their own lives, including taking care of their medical prescriptions. Fortunately, Hy-Vee pharmacists and pharmacy support staffs are ready to help.

"I have a daughter who is away at college in Columbia, Missouri, so I fully understand what families go through concerning prescriptions and college students," says Jennifer Valentine, pharmacy manager for nine years at the Hy-Vee in Independence, Missouri.

With the help of pharmacists like Jennifer, transferring a prescription is simple. If you are attending a college in a city with a Hy-Vee store, ask your hometown Hy-Vee Pharmacy to transfer your records to a different Hy-Vee Pharmacy. Whether it's a new prescription or a refill, the medication will be supplied by the new store as efficiently as by the hometown Hy-Vee.

If no Hy-Vee store is located in the college town or city, students need only provide their hometown Hy-Vee pharmacy with the name of a pharmacy in the college town. Records

will be transferred to this other pharmacy. For uninterrupted service, it's best for college-bound students to make these arrangements before leaving home.

"My own college daughter simply transfers her prescriptions back and forth so they are always available, whether she is here or there," Jennifer says.

QUICK PRESCRIPTION REFILLS

The clock says it's way past pharmacy business hours, but you need a prescription refilled and need to check on the status of another. What to do? Order refills and check status of all orders using a Hy-Vee app on your smartphone or go to the pharmacy page at www.hy-vee.com. The app and website also allow you to search for local Hy-Vee pharmacies and scan a list of generic medications available for \$4 for a 30-day supply.

If you use the online service, Hy-Vee offers two ways to manage your online account. You can use the "Express" features on the Pharmacy page at the Hy-Vee website, or set up a My Hy-Vee account to handle medication needs,

check your Hy-Vee Fuel Saver account and take care of other Hy-Vee business.

To use the no-account-needed Hy-Vee Express feature, visit www.hy-vee.com/health/pharmacy. A "Express Refills" box allows you to refill, transfer or check the status of a prescription. Simply click the appropriate box and fill in your prescription number. You'll have your answer in moments.

Create a My Hy-Vee account, and you can fulfill all the Express services plus submit multiple prescriptions, check your Hy-Vee Pharmacy history or print out a list of your previous prescriptions and costs. Jennifer says, "Customers like that they can print off their medication history for filing income tax returns. That saves people a lot of trouble."

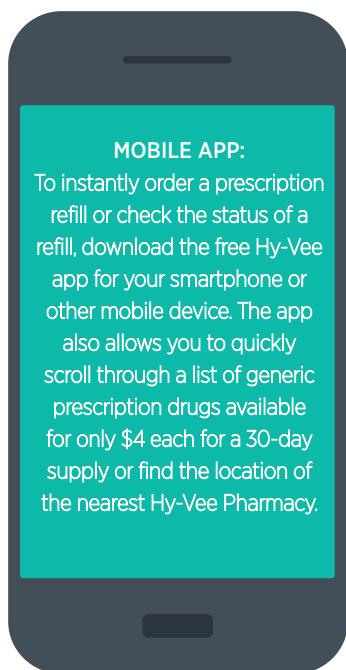
Starting a *My Hy-Vee* account is easy. Click the "My Hy-Vee" account link on the Pharmacy page. You will need to give a valid email address, and set up a password and identify the Hy-Vee store where you most frequently shop. If you'd like, you can request to receive featured recipes, a weekly specials ad, a gardening newsletter and other free information via e-mail.

ADDITIONAL PHARMACY SERVICES

Let the expert Hy-Vee Pharmacy staff help you maintain your health. Here are a few of the other services offered.

FLU SHOTS.

Beat the flu this season by coming in for a low-cost flu shot. Hy-Vee pharmacies offer travel vaccinations as well and a number of other vaccines for everyone, including students going abroad.



FLEXIBLE SPENDING ACCOUNTS:

Hy-Vee Pharmacy can help students manage their Flexible Spending Accounts (FSA). When they purchase over-the-counter products likely to be eligible for an FSA reimbursement, their Hy-Vee receipt shows those items marked with an "H."

ANOTHER WAY TO SAVE:

Here's another money-saving secret for those with Hy-Vee Fuel Saver Cards. If you have students away at college (or even children at home who drive), you can link your Fuel Saver account with theirs. This lets your single linked account accumulate discounts faster.



QUESTIONS ABOUT MEDICATIONS

Should a prescription drug be taken with food? Learn about this and more by clicking on the "Drug Interactions" button at www.hy-vee.com/health/pharmacy

PHARMACY SOLUTIONS:

This is a deeper level of service, Pharmacy Solutions, for those with severe chronic illnesses. The program combines high-quality clinical care with the support, care and counseling needed to treat chronic, complex medical conditions.

PREScription DELIVERY:

College students don't always have access to a car, but many Hy-Vee pharmacies offer free delivery. Contact your Hy-Vee Pharmacy for more information.

DIABETES SERVICES:

All locations provide diabetic meters and basic testing supplies and some stores offer further services, such as shoe fittings for specialized footwear. You pay no out-of-pocket costs if you are a diabetic and on Medicare. Call 800/211-1994 for details.



Farm To Table

Imagine sweet corn so fresh it was in the field hours earlier. Melons filling the air with their sweet aroma. Tomatoes bursting with just-picked flavor. Looking for fresh food from nearby growers? You'll find the "homegrown" fruits—and vegetables—of local labor at your Hy-Vee. To help you take advantage of this delicious bounty, we've brought together farmers and chefs to provide recipes for your table.

WORDS Courtenay Wolf PHOTOS King AU

Hundreds of local farmers supply individual Hy-Vee stores in nearby locations with produce sold under the “homegrown” sign. These are the freshest, most flavorful fruits and vegetables you can find.

Each of these foods comes from farmers within easy driving distance of a Hy-Vee store. These crops may be literally picked in the morning, delivered in the afternoon and be on your table by dinnertime.

Some of the relationships between

these farmers and Hy-Vee go back more than 20 years. These producers include such farmers as Joe Pedersen, page 67, who supplies sweet corn and squash to three northern Iowa stores. Or family farms like Williams Produce, page 68, which delivers seasonal vegetables to stores within 100 miles of the southern Minnesota farm. There are also growers who extend the season by raising crops in greenhouses, as does Marv Fritz, page 65, who delivers Nebraska-grown tomatoes year-round.

Customers taste the advantage of Homegrown produce. “We can grow varieties that taste great but don’t ship well, and get them to the store at their flavor peaks,” says Kerry Williams, a fourth-generation farmer. The “homegrown” program also benefits communities by creating farm jobs and boosting local economies.

On the following pages, three Hy-Vee chefs pair with local farmers to create farm-fresh recipes you’re going to love.





By roasting the pepper for the vinaigrette, you're getting a different flavor than a raw pepper. It's much sweeter, which works well with tomatoes and lettuce.

—Chef Tracy Tonning,
Iowa City, Hy-Vee

FARM SALAD WITH ROASTED PEPPER VINAIGRETTE

Local tomatoes deserve nothing less than a homemade vinaigrette. Sweet and tangy, this one will become your favorite.

Prep: 15 minutes | Cook: 45 minutes | Serves 48

(2 tablespoons each).

2 medium red bell peppers, seeded and coarsely chopped

1 medium white onion, coarsely chopped

1 tablespoon minced garlic

¼ cup plus 3 cups Hy-Vee Select extra virgin olive oil, divided

1 cup Hy-Vee red wine vinegar

2 tablespoons Hy-Vee honey

1 tablespoon Hy-Vee Dijon mustard

1 tablespoon Hy-Vee stone ground mustard

2 tablespoons chopped fresh oregano

1 tablespoon sea salt

1 teaspoon fresh cracked Hy-Vee black pepper

1. Preheat oven to 350°F. In a roasting pan, combine peppers, onion, garlic and ¼ cup olive oil. Cover with foil and roast 45 minutes. Cool.

2. In a food processor or blender, combine roasted vegetables and all the liquid from the roasting process, red wine vinegar, honey and mustards. Puree mixture until smooth. With blender running, slowly add remaining 3 cups olive oil. Add oregano, salt and black pepper.

Nutrition facts per serving: 140 calories, 15 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 150 mg sodium, 1 g carbohydrate, 0 g fiber, 1 g sugar, 0 g protein. Daily values: 4% vitamin A, 10% vitamin C, 0% calcium, 0% iron.



FARMER MARV FRITZ & CHEF TRACY TONNING

For many years, extending the tomato season was Marv Fritz's dream. Now he delivers fresh Nebraska-grown tomatoes 11 months of the year directly to Hy-Vee stores. Grown under glass, his tomatoes are pesticide- and herbicide-free and ripen naturally. The Flavorino Mini Roma have proven so popular he can't keep up with demand.

Trucks are the secret to maintaining the great taste of Marv's produce. Tomatoes don't like the cool air preferred by most veggies. Chill tomatoes below 52°F and they turn mealy. Marv avoids this by delivering to stores in his own trucks. "We keep our tomatoes at about 60°F, the ideal temperature."

Iowa City Hy-Vee chef Tracy Tonning is an enthusiastic supporter. "If that tomato is coming directly out of the greenhouse to the store, it's going to be a great product," he says.

Marv farms in O'Neill, Nebraska. He has 24 acres under glass, 90 full-time staff and 30 summer part-timers, and delivers fresh tomatoes to 31 Nebraska Hy-Vee stores. Though he still manages the greenhouses, he sold the farm recently to Huron Produce, which labels the tomatoes "Suntastic."

Marv's tomato selection tip: Never put tomatoes in the fridge.

FARMER JOE PEDERSEN & CHEF DALE MILLER

During sweet corn season, Joe Pedersen hits the field at sunrise, tasting a few ears to see if they're sweet enough. By 10 a.m., he's already delivering fresh-picked corn to three Iowa Hy-Vee stores. "We always pick in the morning when the corn is coolest and freshest," says Joe. "We sort it, bag it and cover it with wet burlap to keep everything cool."

Once sweet corn is picked, it's a race to get it on tables before sugars turn to starch. Keeping it cool slows the change. Joe delivers corn every other day. "The freshness is the big benefit," says chef Dale Miller of the Hy-Vee in Newton, Iowa. "It's coming right off the farm!"

A retired agriculture education teacher, Joe grows 15 acres of sweet corn, 2 acres of winter squash and 100 tomato plants at his farm in Laurens, Iowa. He's been supplying Hy-Vee stores for 10 years.

Joe's corn selection tip: "Look for bright green ears, and eat it the day you buy it."

For chef Dale's recipe for "Peach-Blueberry Galette with Basil Cream," see page 71.

QUICK GRILLED CORN

Prepare charcoal or gas grill for direct heating over medium heat. Remove husks. Lightly brush cobs with cooking oil. Place cobs directly on grill. Grill for about 6 to 8 minutes, turning frequently to avoid burning corn. When corn browns, move to outer edge of grill or to an upper rack. Close lid if using the upper rack. Cook another 5 to 7 minutes.



Farms from throughout the Midwest supply "homegrown" corn to Hy-Vee stores. Most of this corn doesn't even cross a state line to get to your table. It's delivered at the peak of freshness.

"I like to grill them for a few minutes with husks off, seasoned," says Hy-Vee chef Dale Miller of Newton, Iowa. "Maybe I'll make up some butter with fresh basil and shallots in it."

You'll find instructions for making such butters as Lime-Tarragon, Herb, Chipotle and Honey Spice by clicking on "Recipes" at www.hy-vee.com/meal-solutions



Picked
Today



Joe's Fresh CORNERS

WILLIAMS FAMILY & CHEF SUSANNE BICKNESE

Marketing fresh produce is not new to Kerry and Janna Williams. They began offering fresh melons at their local Hy-Vee 21 years ago. Today, they deliver

"homegrown" fruits and vegetables to Hy-Vee stores within 100 miles of their farm in Brewster, Minnesota.

On their 45 acres, the family grows muskmelon, watermelon, squash, pumpkin, sweet corn, peppers, cucumbers, onions and potatoes. The Williams family delivers to Hy-Vee stores several times a week from July through Christmas, hiring 20 seasonal workers to get the job done.

The three Williams kids also work in the business. This year 19-year-old Laura, an FFA national award winner, is handling weekly Hy-Vee orders and introducing Williams Produce to Hy-Vee stores in

Sioux Falls. The family jokes that Laura is angling to become CEO of the operation. Sixteen-year-old Evan works the fields and sells produce at farmers' markets, while 14-year-old Isaac drives tractors.

Susanne Bicknese, chef at Hy-Vee in Spencer, Iowa, is a fan of Williams Produce. "It's picked, loaded and delivered directly to us, so we can guarantee our customers we're giving them the freshest possible vegetables and melons we can get."

Laura's melon selection tip: To choose a muskmelon, push on the stem end. The end should give a little when pressed.



Lime zest, chipotle powder and salt is a beautiful color combination. Use it to top grilled veggies. It makes the flavors pop. —Chef Susanne Bicknese, Spencer, Iowa, Hy-Vee
The recipe for Grilled Zucchini and Yellow Squash with Chipotle Lime Salt is a bonus feature in the free digital edition of *Hy-Vee Seasons* or visit www.hy-vee.com/seasons



RANCHERO T-BONE WITH CILANTRO LIME CREMA AND VEGGIES

Spicy and full of flavor, this juicy steak and grilled vegetables make a hearty meal.

Prep: 15 minutes | Cook: about 10 minutes | Serves 4

1 tablespoon packed Hy-Vee brown sugar
1 tablespoon chipotle powder
1½ teaspoon paprika
1½ teaspoon Hy-Vee ground mustard
1½ teaspoon ground cumin
2 (about 16 ounces each) thick cut
Choice Reserve T-Bones
Kosher salt, to taste

For Cilantro Lime Cream

1 (5.3-ounce) container Hy-Vee plain Greek yogurt
¼ cup Hy-Vee sour cream
¼ to 1 jalapeño, seeded and chopped (depending on desired taste)
1 stalk green onion, chopped
1 bunch cilantro, chopped
1 lime, zested and juiced
1 pinch Hy-Vee salt

1. For the rub, in a small bowl combine brown sugar, chipotle powder, paprika, ground mustard and cumin. Sprinkle both sides of steak with kosher salt. Sprinkle dry rub over both sides of steak and rub in.
2. Prepare a charcoal or gas grill for direct grilling over medium-high heat. Oil grill grates and grill steaks without moving for 4 minutes or until well-marked.

2. Flip steaks and cook until center registers 125°F for rare, 135°F for medium or 145°F for well on an instant-read thermometer.

3. Allow steak to rest 5 minutes before cutting.
4. For the Cilantro Lime Cream: In a blender or food processor, combine yogurt, sour cream, jalapeño, green onion, cilantro, lime zest, half the lime juice and a pinch of salt. Blend until smooth. Adjust taste as needed with additional lime juice and salt. Serve with steaks and Grilled Zucchini and Yellow Squash with Chipotle Lime Salt or other grilled vegetables.

Nutrition facts per serving: 450 calories, 29 g fat, 12 g saturated fat, 0 g trans fat, 95 mg cholesterol, 115 mg sodium, 8 g carbohydrates, 1 g fiber, 6 g sugar, 36 g protein. Daily values: 25% vitamin A, 20% vitamin C, 10% calcium, 25% iron.



* Bonus feature: See how to make steak and lime cream by watching a video in the free digital version of *Hy-Vee Seasons*.

App downloading information on page 80.

"When the LOCAL FARMER delivers to the store, you're looking directly at the person WHO GREW IT, PICKED IT AND DELIVERED IT. They're very proud of what they do and it shows in the quality."

HY-VEE CHEF TRACY TONNING, *BELow RIGHT*



When you hunger for the freshest, most flavorful fruits and vegetables possible, Hy-Vee chefs recommend watching for colorful "homegrown" produce at your Hy-Vee.

These crops can literally be in the field in the morning, in the store by afternoon and on your table that night. Instead of traveling hundreds or thousands of miles, fruits and veggies are fresh because they came from a farm near you.

"This is the freshest produce available" says Susanne Bicknese, *above left*, Hy-Vee chef in Spencer, Iowa. "The tomatoes are like you grew them in your backyard; the strawberries are big, juicy and colorful; and, of course, there's nothing like fresh sweet corn!"



PEACH-BLUEBERRY GALETTE WITH BASIL CREAM

Fresh basil leaves lightly fried and dusted with sugar turn a rustic fruit galette into a showstopper.

Prep: 45 minutes | Rest: at least 1 hour 45 minutes |

Bake: 25 to 30 minutes | Serves 12

For the Basil Cream

$\frac{3}{4}$ cup heavy cream

$\frac{1}{3}$ cup loosely packed fresh basil, chopped

2 tablespoons Hy-Vee sugar

$\frac{3}{4}$ cup mascarpone cheese

For the Fried Basil

Vegetable oil

18 to 24 large fresh basil leaves

Sugar, for sprinkling

For the Dough

2½ cups Hy-Vee all-purpose flour, plus more for surface

1½ teaspoon Hy-Vee salt

1 teaspoon Hy-Vee sugar

1 cup cold Hy-Vee unsalted butter, cut into small pieces

$\frac{1}{3}$ cup plus 2 tablespoons ice water

For the Galette

1½ cups Santa Maria Winery peach wine

4 large peaches, sliced with skin on

1 tablespoon Hy-Vee cornstarch

$\frac{1}{3}$ cup Hy-Vee sugar

1 pint blueberries, washed and dry

$\frac{1}{2}$ teaspoon Hy-Vee vanilla

Egg wash (1 egg plus 2 teaspoons water)

Coarse sugar for dusting, optional

refrigerate for at least 1 hour (or overnight).

4. Preheat oven to 375°F. On a floured surface, roll dough into a 12-inch round; transfer to a parchment-lined rimmed baking sheet. Refrigerate for 30 minutes.

5. To make the galette: In a small skillet, simmer wine over medium heat until it has reduced by half, about 10 to 15 minutes. Toss the peaches in cornstarch until lightly coated. Add the peaches and sugar to the skillet and sauté about 3 to 4 minutes, or until syrup has thickened and peaches are just soft. Add the blueberries and toss to coat in the peach mixture. Remove from heat and add the vanilla. Pour the mixture into the center of the dough. Gently fold the edge of the dough over the peach and berry mixture. Refrigerate for 15 minutes.

6. Whisk egg with 2 teaspoons water to make egg wash. Brush dough with egg wash and dust with sugar, if desired. Bake for 25-30 minutes or until lightly browned. Allow to sit and cool slightly before serving. Top with basil cream and garnish with fried basil.

Nutrition facts per serving: 490 calories, 34 g fat, 20 g saturated fat, 1 g trans fat, 95 mg cholesterol, 240 mg sodium, 38 g carbohydrates, 2 g fiber, 15 g sugar, 6 g protein. Daily values: 25% vitamin A, 10% vitamin C, 6% calcium, 8% iron.

I took sweet cream and infused fresh basil into it. Then I put a dollop on top of the blueberry and peach galette.

The contrasting flavors work nicely.

— Chef Dale Miller,

Newton, Iowa, Hy-Vee



CHEESE

with attitude

Just when you think you've tried every possible cheese, along comes something unexpected. Check out the great selection of knockout cheeses and delicious food and drink pairings at your Hy-Vee Deli. Savor every bite with a smile.

WORDS Lois White PHOTOS Tobin Bennett



TAKE A BITE!

Among the wheels and wedges, you'll find lots of crazy-good flavors lurking in the Hy-Vee Deli cheese display.

Kay Murray, cheese specialist at Hy-Vee #2 in Ankeny, Iowa, says tasting a new cheese is the best way to learn about it. So be sure to ask for a sample of any cheese you are considering. Your Hy-Vee Deli cheese specialist can tell you all you need to know about any cheese, give you samples and recommend food and beverage pairings.

Kay recommends taking cheese out of the refrigerator about an hour before serving to allow the aroma and flavor to fully develop.

Here are some specialty cheeses you'll find at the Hy-Vee Deli. Serving and beverage suggestions accompany each description.

1. vintage gouda Its rich flavor with pronounced butterscotch notes cuts through the sweet acidity of apples and grapes. Wine: Cabernet Sauvignon.



For a simple cheese dessert choose seasonal pairings that highlight the flavor of the cheese. Try fresh pears or figs, walnuts and hazelnuts, and sweet wines, including ports, sherries and rosés.

2. naked goat This semihard Spanish goat cheese is mild and creamy with a tangy, sweet finish. For a cheese plate, pair it with fig jam and almonds. Wine: Chardonnay.

3. tickler cheddar with red onions This aged white cheddar is bang-up on burgers. Or shred it onto baked potatoes for an extra-special finish. Wine: Zinfandel. Beer: pale ale.

4. henning's mango fire heritage cheddar Delectable mango and bits of hot habanero pepper create a sweet-hot symphony that complements salty prosciutto or dark rustic bread. Beer: India pale ale.

5. carr valley cranberry chipotle cheddar This white cheddar is top-notch at topping nachos or perfect in jalapeño poppers. The heat comes on after the flavor hits your palate and creates a warm finish. Beer: lager. Cocktail: tequila.

6. moody blue smoked blue cheese This creamy, delicately smoked cheese boosts flavor of fondues or a mac and cheese. Or serve it with crackers and honey. Wine: Merlot. Beer: stout.

7. tomato-garlic cheddar With good flavor and meltability, this cheese creates the tastiest, most sublime grilled cheese sandwich. Wine: Pinot Noir. Beer: pale ale.

8. kelly's kitchen chocolate cheese fudge This creamy Havarti cheese mixed with cream, cocoa and sugar is irresistible on pear slices or shortbread cookies. Wine: Zinfandel or tawny port.

9. cahill's farm irish porter With its dramatic mosaic pattern, this vegetarian cheese exhibits a full, rich tangy flavor. It's great on salads. Beer: Guinness extra stout or Irish porter.

10. coombe castle sticky toffee Dates, raisins and toffee mixed with warm spices add character to this rich, dense cheddar cheese. Serve it on raisin-walnut bread or fruit, or enjoy it with black tea. Liqueur: Bailey's Irish Cream coffee drink.

A Brighter Future

TRIGGERING EARLY INTEREST IN SCIENCE, TECHNOLOGY, ENGINEERING AND MATH (STEM) IS VITAL TO OUR CHILDREN'S FUTURES. EDUCATORS ARE MAKING A NATIONAL STEM PUSH, WHICH EQUIPS STUDENTS TO DESIGN AND BUILD SUCH IMAGINATIVE PROJECTS AS A BALL-SHOOTING ROBOT.

WORDS Steve Cooper PHOTOS Tobin Bennett



W

ith thousands of fans cheering them on, members of the Swartdogs robotics team from Cedar Falls High School in Iowa watched anxiously as their robot maneuvered down the court toward the goal. It was joined by robots built by two rival teams. Would a robot score?

The national competition was part of the FIRST (For Inspiration and Recognition of Science and Technology) Championships held last April in a St. Louis arena. The object was simple: Put a large ball in a basket. If a single robot scored, its team earned 10 points. If two robots made a basket by cooperating, that was worth 20 points. A whopping 40 points went to teams when all three robots worked together to make the shot.

As much as Cedar Falls senior Eric Cheng wanted to score the most points possible, he had an even bigger goal. "For me, it's all about getting the experience of helping to design and build our robot."

This was Eric's second season with the Swartdogs, named after Cedar Falls physics teacher Kenton Swartley. When Eric first joined, he had an interest in science and technology. Today he is passionate about science and will continue to pursue that passion next year as a student at the University of California, Berkeley.

"Being involved with this program has definitely made an impact in my life. I'll have a double major in computer science and engineering at Berkeley," he says.

The robotics team is just one small part of a program called STEM (Science, Technology, Engineering and Mathematics). STEM encourages interest in the sciences by giving hands-on experiences to students in kindergarten through high school.

Teachers such as Swartley offer their students practical experience with applied sciences year after year. But STEM grants from federal, state and local school district sources bring more funds to the table, making it possible to fill an arena with 20,000 screaming fans—many of them student participants—for national and international competitions such as the FIRST Championships.

"We have a system where there's excitement if one football player from a school makes it into the pros every 10 years," Swartley says. "But I can tell my students quite honestly that if they apply themselves, all of them can go pro with the skills they start learning in their classes."

One of Swartley's students, senior Colin McIntyre, discovered his teacher is right. "I'd never written any computer programming until I joined the team. Then I found out how much I like doing it, and I'll be going to Iowa State next year to study computer engineering. You certainly can say that being on the team has helped me. Absolutely!"

In the end, the Swartdogs may not have won the robot championships in St. Louis, but all had achieved their goals of learning and discovering a field they are passionate about.



SCIENTISTS IN THE MAKING

Students in kindergarten through high school across the country get hands-on experience with science thanks to STEM (Science, Technology, Engineering and Mathematics) programs.

In Iowa, \$5.2 million was appropriated to fund the Governor's STEM Advisory Council for the 2014-2015 school year. This amount whetted lots of STEM appetites, yet still fell short of meeting demand from schools and clubs across the state.

STEM education is supported by Hy-Vee, says vice president Pat Hensley, who oversees Hy-Vee's governmental affairs. "These are the types of programs we want to support because they help the entire community. Hy-Vee has an interest in seeing education advance in all the states that we serve."

Here are a few STEM programs:

- KIDWIND. Kids in grades 3 to 12 learn about the basics of electricity and wind energy and conduct their own experiments.
- PINT-SIZE SCIENCE. Science centers give young children hands-on experience with plant life, health topics, weather and more.
- PROJECT LEAD THE WAY. Students in grades 6 to 12 discover the principles of engineering, computer science, biomedical science and much more.
- WORLD IN MOTION. Kindergarten to 8th grade students discover the principles of motion.

STEM JOBS
THE U.S. DEPARTMENT OF COMMERCE ESTIMATES THAT JOBS IN SCIENCE, TECHNOLOGY, ENGINEERING AND MATH (STEM) WILL GROW 17 PERCENT BY 2018—NEARLY DOUBLE THE GROWTH FOR NON-STEM FIELDS.



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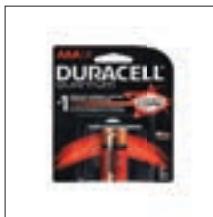
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NEXT ISSUE

FALL 2014
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A season of change is upon us as autumn leaves turn gold, red and orange. But one thing will stay the same—you're going to love the 2014 Fall issue of *Hy-Vee Seasons*. You'll be off to the kitchen right after you see our recipes for succulent roast poultry, seven scrumptious Thanksgiving side dishes and sweet banana donuts and other treats. Look for a full plate of choices when the Fall issue arrives in stores on July 23. For free home delivery of our print edition or to download our new free digital version for tablet devices, visit our website at

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