

# seasons



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MARSHMALLOW CUPCAKES  
& MORE PAGE 56

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that minimizes damage to the environment or other sea life.

**HyVee**

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ASSISTANT VICE PRESIDENT,  
INTERNET AND NEW MEDIA

#### SARA CANADY

DIRECTOR, BRAND IMAGE

#### CREATIVE STAFF: BRITT BUSCH,

MIMI CATIC, LINDSEY FUNK,

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- Grilled Cedar Plank Salmon
- Tropical Chicken Skewers
- Grilling Pizza
- Stuffing Tomatoes



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Discover more delicious recipes for Hy-Vee COOL Chicken on our page at [pinterest.com/hyvee](http://pinterest.com/hyvee)



### WATCH US

For cooking tips, information about Hy-Vee programs and more, check out the Hy-Vee Channel on [youtube.com](http://youtube.com)



*About Our Editor:* After finishing culinary school in 2010, Jackie Biehl honed her skills at hotels, restaurants and catering services around Chicago. Then her husband's work brought her to Missouri a year ago, where she soon signed on as a chef at Hy-Vee in Lee's Summit. She loves creating recipes and sharing them with Hy-Vee customers.

## DEAR HY-VEE READER,

I love food. To me, nothing can match the sweet aromas of fresh fruits or the crisp, just-from-the-field appeal of simply prepared veggies. It's pure joy to spend my days thinking about food, experimenting with new combinations and experiencing the payoff when flavors are even bolder and richer than I expected.

Fresh produce has been a favorite for me since I first picked berries as a girl. Though I'd expect to take home a bountiful harvest, I usually wound up eating more berries than I put in my basket. Few things are more alluring than biting into a juicy strawberry.

Because of the abundance of fresh produce available at Hy-Vee today, I consider myself more of an "outside-of-the-store shopper." This means that most of my main ingredients come from the departments and displays nearest a store's outer walls. There, you'll find the freshest ingredients, such as ripe fruits and vegetables, dairy, meat, seafood and baked goods. These are items that I personally select, cut and cook. I buy whatever is in season that inspires me, then cook and serve it that night, if possible.

You'll also enjoy this issue of *Hy-Vee Seasons*. If you're like me, you'll want to make the delicious recipes in "Sweet Picks," [page 16](#), and "Fresh Spins on Salads," [page 24](#). If chicken is a mainstay for dinner in your house, read about a new line of poultry in "Way COOL Chicken," [page 40](#). Also, learn how fun and easy it is to make homemade marshmallows in "Marshmallow Confections," [page 56](#).

Enjoy this issue as we celebrate the great tastes of the season!

Sincerely,  
Jackie Biehl, Chef  
Hy-Vee store #1  
Lee's Summit, Missouri

# ASK US

“Are you experiencing spring fever? What’s your cure?” For answers, we turned to Hy-Vee department managers.



**SPRING IS HERE. WALK, RUN, SKIP, JUMP. THE SUN IS SHINING AND IT'S TIME TO MOVE IT!**

**A:** Spring is here when I get to put the first fresh coat of wax on my truck. During my kids’ spring break, we go to an indoor water park to celebrate my daughter’s birthday. It gets us all in the mood for warmer weather. It’s also grilling season. Customers can upgrade their meals by serving fresh artisan-style breads from our bakery.

Andrea Raymond  
Bakery Manager  
Milan, IL

**A: I WILL MOST LIKELY DO SOME FISHING AND GET OUTDOORS. MORE THAN ANYTHING, I REALLY THRIVE IN SUNNY WEATHER AND ENJOY THE GREEN GRASS.**

Terry Skinner  
Kitchen Manager  
Brookings, SD

**A:** I already have spring fever! I’m looking forward to breaking in my new jogging stroller and being outside with my family. Since having my son in October, I’ve really missed running outside and going on long walks with my dog. I’m also training for some half marathons! In my work with customers, I encourage them to walk and run too.

Missy Anker  
Dietitian  
Johnston, IA

**A:** Spring fever here in Kansas City Chiefs country runs from the onset of cold temps until the heat of summer arrives. At Hy-Vee, the warm weather will be bringing us berries and fresh homegrown corn on the cob. It’s also time to get outside. For the last three years my family has dedicated most of our free time to our son’s BMX racing.

Kevin Thalken,  
Produce Manager  
Blue Springs, MO

## A SAMPLING OF RECIPES IN THIS ISSUE

- HOMEMADE MARSHMALLOWS *PAGE 13* • STRAWBERRY-RHUBARB GOOEY BARS *PAGE 19* •
- BERRY-BRIE BRUSCHETTA *PAGE 22* • DOUBLE-CHOCOLATE BERRY TART *PAGE 23*
- NUTTY GOAT CHEESE AND APPLE RING SALAD *PAGE 27* • ROMAINE, SPINACH AND GRILLED STEAK SALAD *PAGE 29* • CHICKEN KABOBS WITH SPICED BACON RUB *PAGE 42*
- PASTA PRIMAVERA *PAGE 53* • PEACH-GLAZED SMOKED PORK CHOPS *PAGE 54* •
- MINI CHOCOLATE-COVERED MARSHMALLOW CUPCAKES *PAGE 60*



Creme Curls or Creme Horns:  
Cherry, Vanilla or  
Chocolate 4 ct. \$1.88



Flatout Wraps, Foldit or  
Flatbread Pizza Crusts: select  
varieties 8.5 to 14 oz. 2/\$5.00



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Wimmer's Natural Casing  
Dinner Sausages: select  
varieties 13 oz. \$3.38



Kentucky Legend Ham Steaks:  
regular, brown sugar or honey  
8 oz. \$2.48

# Down-Home Comfort

Flavors are sweet, rich and smoky in a sandwich made with Kentucky Legend hickory-smoked ham steak. Every slice comes from ham that is hand-selected and trimmed, then slow-cooked in its own natural juices for a sugar-cured flavor that lingers as a pure pleasure.



# MORE REASONS TO LOVE SEASONS!



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Introducing the new digital version of *Hy-Vee Seasons* for iPad and similar devices—including [Kindle Fire](#), starting with this issue. Download the app and in a few moments you'll be drawn into this FREE digital magazine. Readers get all print-edition stories and bonus-feature videos that will help with cooking techniques, plus a cooking mode that displays instructions in large, easy-to-read text.

- Enhanced bonus features
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Get the *Hy-Vee Seasons* app. Scan the code, *left*, and you can download the free app today.



# FRESH PICKED

Asparagus can be steamed, sautéed and roasted. Its long, elegant shape is ideal for grilling too.

## SELECT

Asparagus comes in green, purple and white varieties. All are handled the same with little difference in taste. To pick fresh asparagus, choose firm stalks with tight, dry tips.

## STORE

Asparagus is best when very fresh, so use soon after purchasing. To store asparagus, cut about an inch off the stalks at the base and set the bunch upright in a container with a couple inches of water. Store in the fridge for up to 2 days.

## COOKING PREP

Wash asparagus under cool water to remove any dirt or debris. Grasp each spear in the middle and bend until it snaps. It will break naturally at the point where it starts to get tough and stringy. Or you can cut the tough part off with a knife. If spears are thick and have fibrous skin, use a vegetable peeler to pare these sections away from the stalks—starting just below the tips.

**QUICK  
AND EASY  
COOKING**

These cooking methods are based on a 1-pound (15-24 spears) bunch of fresh asparagus. Cooking times depend on thickness of spears. Season asparagus with salt and pepper, and serve buttered.

**Grill:** Preheat grill to medium. Toss asparagus with olive oil. Place spears on oiled grill rack. Grill, turning once or twice until the asparagus is tender, about 3 to 5 minutes.

**Cooktop:** Heat water to boiling in a steamer base. Place asparagus in steamer basket and place over boiling water. Or place about one-half inch of water in a 12- to 14-inch skillet. Lay one layer of asparagus spears in bottom of skillet, turn heat to high and cover. Steam for 3 to 5 minutes or until fork-tender.

**Microwave:** Put asparagus in a baking dish with 2 tablespoons of water. Microwave, covered, on 100% power (high) until spears are tender, about 2 to 4 minutes.

**Oven:** Preheat oven to 400°F. Line a baking sheet with aluminum foil. Toss asparagus with olive oil. Spread in a single layer on baking sheet. Roast, uncovered, for 10 minutes or until fork-tender, lightly tossing once.

**ASPARAGUS WITH CRISPY  
PROSCIUTTO AND ALMONDS**

*Prep: 10 minutes | Cook: 25 to 27 minutes | Serves 8*

**3 ounces sliced prosciutto (about 6 slices)**

**2 pounds fresh asparagus**

**4 teaspoons Hy-Vee Select olive oil**

**¼ teaspoon Hy-Vee ground black pepper**

**1 (2-ounce) package Hy-Vee sliced almonds (½ cup)**

**2 teaspoons grated lemon zest**

**Parmigiano-Reggiano cheese**

**1.** Preheat oven to 375°F. Line baking sheet with parchment paper. Lay prosciutto slices flat on baking sheet. Bake until fat turns golden and meat darkens, about 15 minutes. Transfer prosciutto to paper towels to drain; set aside.

**2.** Increase oven temperature to 400°F. Line a baking sheet with aluminum foil. Snap off and discard woody ends from asparagus. Toss asparagus with olive oil.

Spread in a single layer on baking sheet. Season with pepper. Roast, uncovered, for 10 minutes or until fork-tender, lightly tossing once.

**3.** While asparagus is roasting, place almonds in a shallow baking pan. Toast in oven for 5 to 7 minutes or

until golden, stirring once. Transfer almonds to a bowl. Crumble prosciutto; add prosciutto and lemon zest to almonds.

**4.** Arrange asparagus on a platter and sprinkle almond mixture over top. Using a vegetable peeler, slice Parmigiano-Reggiano over top. Serve immediately.

*Nutrition facts per serving:* 100 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 190 mg sodium, 6 g carbohydrates, 3 g fiber, 2 g sugar, 7 g protein. Daily values: 15% vitamin A, 10% vitamin C, 4% calcium, 15% iron.



*tulips*

# CENTERPIECE

Let the vibrant colors of tulips bring springtime beauty to your table.



## WHAT YOU NEED

- GLASS PEDESTAL VASE
- 20 ORANGE TULIPS
- 20 PINK TULIPS
- 20 WHITE TULIPS

**STEP 1:** Wash and rinse the vase. Fill the vase halfway with cool water.

**STEP 2:** Hold the flowers next to the vase to determine height. Remove leaves that will be below the water line. Cut the stems on a diagonal while holding them underwater to avoid trapping air in the stem. Put flowers in the vase arranging as flowers are added.

Fresh from Hy-Vee Floral  
Tulips 10 stem: \$10.99

# RIPE AND READY

Watching customers carefully choose sweet fruits and healthful vegetables is rewarding for this pair of Hy-Vee produce managers. So was winning national recognition for their work.



PHOTOS: Tobin Bennett

Hundreds of men and women from across the country are nominated each year for the national Retail Produce Manager Awards, sponsored by an industry group, United Fresh Produce Association. Taking home a prize requires not only deep knowledge about produce, but also an understanding of customers' wants and needs.

Nathan Mineart of Hy-Vee in Marion, Iowa, won the 2013 Grand Prize. He has been with Hy-Vee for about 20 years, spending the last 10 years as a produce manager. Another winner was Ray Bowman, produce manager at Hy-Vee #4 in Sioux Falls, South Dakota. He earned the prize in 2008. After 31 years working at Hy-Vee, Ray says he still enjoys stepping into the Produce Department at the start of each workday.

*Hy-Vee Seasons* spoke with Nathan and Ray about fruits, vegetables and their careers.

**Q: WHAT ABOUT YOUR JOB HAS KEPT YOU ENGAGED?**

**A: Nathan:** I am a “go big or go home” kind of guy. I like things that stop people in their tracks. For example, one year a local guy won a prize for the biggest watermelon at the state fair. So I had him bring it by to show our customers that they can grow things like that here in our area. That really helped us push the message that fresh, homegrown fruits and vegetables are always available at Hy-Vee.

**Ray:** I love it. A big factor is working in produce. The seasons always change, so you don't see the same thing every single day. I'm always having to keep my display up to speed and stay on top of what's new. It keeps me involved and busy.

**Q: ARE YOU GLAD IT'S SPRING?**

**A: Nathan:** One of the best parts of the year is April. It's a transition month. We're still in citrus season and just starting to get into the first of the soft fruit. We're headed into the best time of year for Hy-Vee produce—with nice stone fruit that will be getting here over the next few months. We're getting ready to do the annual

push into summer season with fresh fruits that all of us enjoy. Berries will start looking good and there will be cantaloupes, grapes and all the other varieties of delicious produce.

**Ray:** This time of year people start asking for what's new, what's different. Lately we've had a surprising number of people going to Southeast Asia, and they come in wanting something they've seen while traveling. Not too long ago, it was a fruit called a Buddha's Hand. It has these spiky fingers on it, so we had a freaky fruit promotion. There was a lot of excitement about Jackfruit. It grows up to 70 pounds. A lot of vegetarian people and a lot of Asian people who grew up eating it started showing up to buy it. Suddenly, we were selling a lot of Jackfruit. You never know what's going to be next.

**Q: WHAT'S THE BIGGEST RECENT TREND IN PRODUCE ?**

**A: Nathan:** Not that long ago, we probably had 15 to 20 organic items on display, but now it is probably up over 100 or 120 organic items—and the demand is still increasing. Customers are also excited about the fresh, local fruits and veggies offered in the Produce Department. (See “Homegrown Veggies,” *right*.)

**Ray:** People have become so concerned about eating healthier foods. They want low-calorie foods with high nutritional value. There's a lot of juicing going on. And they want the biggest bang for their bucks. When they grab ingredients for juicing, they don't just go for a bunch of fruit, they also want some gingerroot for the extra flavor and nutrition.

**HOMEGROWN VEGGIES**

Everyone loves the fresh produce available at local farmer's markets. Do you know that you will also find fresh local produce at your neighborhood Hy-Vee store? Look for the “Hy-Vee Homegrown” sign. You will also see signs giving you the name of the local farm where produce was grown. By buying local foods, you support farmers and ranchers who live in our communities. Go to the Hy-Vee website and check out the Homegrown Map. It highlights some of our Homegrown farmers and shows you what they produce. See the map at [www.hy-vee.com/resources/homegrown.aspx](http://www.hy-vee.com/resources/homegrown.aspx)



Nathan Mineart, Hy-Vee Produce Manager, Marion, Iowa



Ray Bowman, Hy-Vee Produce Manager, Sioux Falls, South Dakota





# Happy Snacking!

Make your sweet tooth feel loved and pampered by feeding it Sara Lee Snack Cakes. They're so yummy, we gift-wrapped ours. When purchased, each comes individually wrapped and is available in such flavors as pound cake, iced brownie, iced carrot cake and iced banana cake.



Sara Lee Snack Cakes: select varieties 6 or 8 ct. 2/\$6.00

Sara Lee Bagels: select varieties 20 oz. 2/\$6.00

Sara Lee Honey Wheat Bread 20 oz. 2/\$6.00

# *how to make* MARSHMALLOWS

You're in for a treat when you whip up soft, fluffy marshmallow confections at home. Compared to purchased, these marshmallows have a slightly more vanilla taste and are not quite as sugary.

## WHAT YOU NEED

*Prep: approximately 1 hour |*

*Stand time: 4 to 12 hours | Makes 16 (2-inch) or about 25 (1½-inch) marshmallows*

**Hy-Vee nonstick cooking spray**

**¾ cup Hy-Vee powdered sugar, divided**

**⅓ cup ice cold water**

**2 envelopes unflavored Knox Gelatin**

**½ cup water**

**1½ cups Hy-Vee granulated sugar**

**½ cup Hy-Vee light-color corn syrup**

**2 tablespoons + 2 teaspoons agave nectar**

**¼ teaspoon Hy-Vee kosher salt**

**¾ teaspoon Hy-Vee vanilla extract**

**GET STARTED:** Spray an 8×8×2-inch square collapsible no-bake pan or regular baking pan with nonstick spray. Lightly dust with some of the powdered sugar; set aside.

Pour ice cold water into the bowl of a stand mixer fitted with the whisk attachment. Add the gelatin and allow to soften, about 3 minutes.

Continue to step-by-step cooking instructions, *page 14*.



**STEP 1:** Combine  $\frac{1}{3}$  cup water, granulated sugar, corn syrup, agave nectar and salt in a 2-quart heavy saucepan. Heat over medium-high heat, stirring until sugar is dissolved. Cover; let bubble 2 minutes to remove any sugar crystals on side of pan.



**STEP 2:** Uncover saucepan. Attach a candy thermometer to the side of the pan. Cook, without stirring, over medium-high heat until the thermometer registers 240°F. (Adjust the temperature as needed so mixture cooks at a moderate, steady rate.)



**STEP 3:** Remove saucepan from heat. Slowly pour the hot candy mixture over the gelatin mixture in the mixing bowl and stir well to combine. The mixture will foam and bubble up in the bowl.



**STEP 4:** Mix on low speed. Gradually increase speed to high and beat until mixture is opaque and thick, 8 to 9 minutes total. Add vanilla.



**STEP 5:** Continue beating mixture on high until thoroughly combined. The mixture should appear thick, yet have a spreadable consistency.



**STEP 6:** Immediately transfer the marshmallow mixture to the prepared pan. Using an oiled spatula makes it easier to work with the mixture.



**STEP 7:** Quickly and gently spread the marshmallow mixture evenly in the pan, applying more oil to the spatula, if needed.



**STEP 8:** Sift some of remaining powdered sugar, covering the top. Let stand, uncovered, 4 to 12 hours. If using collapsible pan, open the sides. If using baking pan, run an oiled knife along edges of pan to loosen sides of marshmallow mixture and invert onto cutting board.



**STEP 9:** Using a nonstick perforated cutting wheel or slicing knife, cut marshmallow into  $1\frac{1}{2}$ - to 2-inch pieces. (If the knife sticks, sprinkle it with powdered sugar.) Toss the marshmallows in the remaining powdered sugar to coat.

## UPGRADED 'MALLOWS

Here are easy ways to upgrade our vanilla marshmallow recipe.

### FLAVORS

In place of vanilla extract, consider extracts of orange, coconut, caramel, key lime, amaretto and many more. Start by adding  $\frac{1}{4}$  teaspoon of an extract until desired flavor is achieved.

### COAT

Toasted flaked coconut, crushed peppermint, chopped nuts or an unsweetened cocoa powder and powdered sugar blend—any of these can turn marshmallows into gourmet creations. Use these in place of the powdered sugar in our recipe.

### SHAPE

Once the marshmallow mixture is firm, use cookie cutters coated with nonstick spray to create your favorite shapes. Or mini marshmallows can be made using a piping bag with  $\frac{1}{2}$ -inch round tip.

### DIP

Melted white and/or dark chocolate add decadence to marshmallows. After dipping, sprinkle on chopped nuts, shredded coconut, crushed graham crackers or colorful candies.

### STORE

Store marshmallows between sheets of waxed paper or parchment paper in an airtight container in the refrigerator for up to 1 week or in the freezer up to 1 month.

*For a special offer on marshmallow-making utensils, see page 58.*



# SPRING '14

- SWEET PICKS • FRESH SPINS ON SALADS • JUST FOR MOM
- WAY COOL CHICKEN • GLUTEN-FREE BREWS
- 10 DISHES 20 MINUTES • MARSHMALLOW CONFECTIONS
- FARM-FRESH FLAVOR • ONE STEP GARDENS



PHOTO Tobin Bennett



# sweet picks

PLUMP, JUICY STRAWBERRIES ARE EASY TO LOVE. THEIR SWEET FLAVOR MINGLES BEAUTIFULLY WITH BARS, TARTS AND SHORTBREAD—EVEN BRIE CHEESE. OUR FABULOUS LINEUP OF RECIPES AND TEMPTING IDEAS WILL GET YOUR MOUTH WATERING.

WORDS Lois White PHOTOS Tobin Bennett



S

trawberries ooze with irresistible sweetness. Vivid red jewels, they are perfectly delicious eaten whole and unadorned, sliced and dusted with sugar or topped with whipped cream. Their bright flavors are also welcome in a variety of dishes.

### FRESH FOR YOU YEAR-ROUND

To keep fresh strawberries available year-round, Hy-Vee stocks trusted brands that deliver red fruit that is plump and juicy. One of the top companies, Driscoll's, has its strawberries grown on family farms throughout the world. Locations are carefully chosen for soil, climate and other environmental factors that promote sweetness. In business since 1904, Driscoll's has long been in the forefront of developing new strawberry varieties with sweet, ripe flavors.

### FROM SALSA TO SHORTCAKE

Strawberries are good for more than desserts. Toss them into your favorite salad for fabulous color, texture and a touch of refreshing sweetness. Add berries to a mixture of greens, moist cooked chicken, tangy vinaigrette and blue cheese. Or create harmony by serving sliced berries on flatbread with peppery arugula leaves, tangy goat cheese and crunchy pistachios.

Some of the best salsas are made with strawberries. Dice a few berries and toss them into a mixture of chopped avocado, red onion and jalapeño pepper. Squeeze in some fresh lime juice and you're done. The clean, fresh flavors meld nicely, making this a perfect topper for slices of roast chicken or grilled pork tenderloin.

When you're going the sweet route, sugar the berries ever so slightly to bring out their juices. Cut them up, toss with sugar (using 1 tablespoon per pint) and let stand for 30 minutes. Spoon them onto ice cream or shortcake, and enjoy.



### SURPRISE PAIRINGS

If you feel this is a good day to experiment with unexpected taste combinations, try pairing strawberries with balsamic vinegar. A honey and balsamic reduction used in the Berry-Brie Bruschetta, on page 22, brings out the berries' floral notes and makes these sweet/tart appetizers perfect for most gatherings.

Rhubarb is commonly paired with strawberries in pies and crisps. The two go well together because the sweetness of the berries plays off the tart rhubarb. It's a winning combo in the Strawberry-Rhubarb Goopy Bars, on page 19. Or serve the berry sauce over Greek yogurt.

Nut butters—almond, cashew and hazelnut—are popular for spreading on crackers or bread. Try them on strawberries because it's a match made in heaven! The rich, hearty flavors of the butters add more depth to the taste of sweet, juicy berries.

### CHOCOLATE LOVERS REJOICE!

Chocolate is a classic pairing partner, transforming strawberries into a gourmet treat. Add an even greater dimension to chocolate-dipped berries by serving them with a nice wine that brings out their sweetness.

Choose a wine that is at least as sweet or sweeter than the chocolate coating on the strawberries to avoid a bitter or sour taste. Pair mild chocolate-dipped berries—ones using white or milk chocolate—with light-bodied wines, such as Riesling, or dessert wines, sparkling wines, champagnes or ports. Full-bodied wines such as buttery chardonnay or red cabernet sauvignon enhance and complement dark or bittersweet chocolate-dipped strawberries.

*Strawberry season is never-ending with fresh, sweet fruit shipped to Hy-Vee from around the world.*



## STRAWBERRIES AND CREAM SEMIFREDDO

*This lush, creamy Italian dessert marries the richness of ice cream with the light and delicate texture of frozen mousse. Both dramatic and easy, it freezes in a loaf pan rather than an ice cream maker.*

Prep: 30 minutes | Freeze: 8 to 24 hours | Serves 8

**4 egg yolks**

**¾ cup Hy-Vee granulated sugar, divided**

**1½ cups Hy-Vee whole milk**

**½ teaspoon Hy-Vee vanilla extract**

**8 ounces Hy-Vee frozen unsweetened strawberries, thawed (about 1½ cups)**

**2 cups heavy whipping cream, divided**

**2 cups sliced fresh strawberries**

**¼ cup coarsely chopped pistachios**

**Additional fresh strawberries, for garnish**

1. Line a 9x5-inch loaf pan with plastic wrap; set aside.

2. In a medium saucepan, whisk egg yolks and ½ cup sugar. Stir in whole milk. Cook and stir over medium heat just until mixture coats the back of a spatula. Do not boil mixture. Place saucepan in a large bowl of ice water and stir frequently until mixture is cool. Stir in vanilla.

3. Puree thawed strawberries and 2 tablespoons sugar in a food processor; strain mixture into a bowl, discarding seeds. Set aside.

4. In a mixing bowl, beat 1 cup whipping cream and 1 tablespoon sugar until stiff peaks form. Gently fold egg mixture into whipped cream. Fold 1½ cups cream mixture into strained strawberries. Spread berry mixture in bottom of prepared pan. Freeze for 2 hours.

5. Meanwhile, stir fresh sliced strawberries into

remaining cream mixture. Cover and chill while first mixture is freezing. After 2 hours, spread mixture over frozen layer. Cover and freeze for 6 to 24 hours.

6. Just before serving, uncover and invert loaf onto a serving platter; remove plastic wrap. In a mixing bowl, beat remaining 1 cup whipping cream and remaining 1 tablespoon sugar until stiff peaks form. Spread whipped cream over loaf. Sprinkle pistachios on top. If desired, garnish with additional strawberries.

*Nutrition facts per serving:* 380 calories, 28 g fat, 16 g saturated fat, 0.5 g trans fat, 180 mg cholesterol, 45 mg sodium, 30 g carbohydrates, 2 g fiber, 25 g sugar, 5 g protein. Daily values: 20% vitamin A, 60% vitamin C, 10% calcium, 4% iron.





## STRAWBERRY- RHUBARB GOOEY BARS

*The sweet, soft filling for these luscious bars has a texture similar to lemon bars or pecan pie filling. For best eating, serve bars within 6 hours of topping with the berry sauce.*

*Prep: 15 minutes | Cook: about 35 minutes | Serves 16*

**1 (9-ounce) golden yellow 1-layer cake mix**  
(such as Jiffy)

**1 egg white**

**4 tablespoons Hy-Vee butter, melted**

**4 ounces Hy-Vee cream cheese, softened**

**1 Hy-Vee large egg**

**2 cups Hy-Vee powdered sugar**

**½ teaspoon Hy-Vee vanilla extract**

### SAUCE:

**½ cup fresh or Hy-Vee frozen unsweetened**  
**cut-up rhubarb**

**2 tablespoons water**

**¼ cup Hy-Vee granulated sugar**

**2 teaspoons Hy-Vee cornstarch**

**1 cup sliced fresh strawberries**

1. Preheat oven to 350°F. Spray an 8-inch square baking pan with nonstick cooking spray; set aside.
2. In a medium bowl, combine cake mix, egg white and melted butter until thoroughly combined. Spread in prepared baking pan.
3. In a mixing bowl, combine cream cheese, whole egg, powdered sugar and vanilla using an electric mixer until

creamy. Spread mixture over batter in pan. Bake for 30 to 32 minutes or until golden and center jiggles slightly. Cool completely.

4. For sauce, in a small saucepan combine rhubarb and water; bring to a boil over high heat. Reduce heat; cover and simmer 2 minutes. Stir together granulated sugar and cornstarch; stir into rhubarb. Bring to a boil over high heat; cook and stir 1 minute. Cool completely.
5. Stir in strawberries. Spread sauce over cooled bars.

*Nutrition facts per serving:* 200 calories, 7 g fat, 3.5 g fat, 0.5 g trans fat, 25 mg cholesterol, 140 mg sodium, 32 g carbohydrates, 0 g fiber, 26 g sugar, 2 g protein. Daily values: 4% vitamin A, 10% vitamin C, 2% calcium, 2% iron.



## berry basics

### PICK THE BEST

Purchase strawberries that are bright red, fragrant and plump with no soft spots. Berries should have fresh-looking green caps attached.

### KEEP THEM FRESH

If using strawberries soon after purchase, leave them on a counter for just a few hours covered by a light kitchen towel or paper towel. For longer keeping, line a storage container with a dry towel, put in single layer of strawberries, attach container lid and refrigerate for up to 2 days. Do not rinse or hull until ready to use.

### PREPARATION

Just before using, gently wash the berries in cool water; spread out onto a clean kitchen towel to dry. Cut out the green cap with the tip of a small paring knife and serve whole or sliced.

## STRAWBERRY CREAM MINI CAKES

Create picture-perfect layers with slices of berries, ladyfingers and cream using the 5 Minute Stackable Appetizer Maker.

Prep: about 20 minutes | Serves 6

- 1 cup sliced fresh strawberries
- 2 tablespoons strawberry glaze
- 1 (8-ounce) container mascarpone cheese
- ½ (8-ounce) container frozen whipped topping, thawed
- 30 ladyfingers
- Mint leaves, optional

1. Toss berries with glaze; set aside.
2. Fold mascarpone cheese into whipped topping. Reserve 1 cup mixture for topping.
3. Layer ladyfingers in bottom of Appetizer Maker. Spread some whipped topping mixture on top; add layer of fresh strawberries. Repeat layers, topping with remaining ladyfingers. Spoon reserved topping mixture on top. If desired, garnish with mint leaves.



Making layered desserts is easy with this handy tool that helps you build and cut the pieces. Perfect for party sandwiches too.



5 Minute Stackable  
Appetizer Maker  
\$15.00

## STRAWBERRY SHORTBREAD COOKIE STACK

Luscious berries enveloped in their sweet juices top a cloud of lemon cream—all sandwiched between buttery shortbread.

Prep: about 25 minutes | Cook: 18 to 20 minutes |

Serves 5

**1¼ cups fresh sliced strawberries**

**6 tablespoons Hy-Vee sugar, divided**

**1¼ cups Hy-Vee all-purpose flour**

**½ cup Hy-Vee butter, chilled and cut into**

**⅛-inch-thick slices**

**Coarse sugar**

**½ cup mascarpone cheese**

**¼ cup lemon curd**

**½ cup heavy whipping cream**

1. In a medium bowl, toss strawberry slices with 2 tablespoons sugar. Cover and refrigerate.
2. Preheat oven to 325°F.
3. Using an electric mixer with a paddle attachment, mix together flour and 3 tablespoons sugar. Add butter and continue to mix just until dough forms and pulls away from sides of bowl, about 5 minutes. Form into a ball. On a lightly floured surface, roll dough about ¼-inch thick. Using a 3-inch round cookie cutter, cut out 10 dough circles. Place 1 inch apart on an ungreased cookie sheet. Sprinkle with coarse sugar. Bake for 18 to 20 minutes or until edges are firm. Cool on cookie sheet for 5 minutes. Transfer cookies to a wire rack; cool completely.
4. In a medium bowl, combine mascarpone cheese and lemon curd; set aside. In a mixing bowl, beat whipping cream and remaining 1 tablespoon sugar until stiff peaks form. Fold whipped cream into mascarpone mixture.
5. To serve, place one shortbread cookie on a plate. Spoon mascarpone mixture on top. Add berries and top with another cookie. Serve immediately.

*Nutrition facts per serving:* 680 calories, 49 g fat, 29 g saturated fat, 1 g trans fat, 150 mg cholesterol, 50 mg sodium, 54 g carbohydrates, 2 g fiber, 28 g sugar, 7 g protein. Daily values: 30% vitamin A, 40% vitamin C, 10% calcium, 10% iron.

\* Bonus feature:  
See how to make this  
Strawberry Shortbread  
Cookie Stack by  
watching a video in  
the new digital version  
of *Hy-Vee Seasons*.



Downloading  
information  
on page 6.



## BERRY-BRIE BRUSCHETTA

*The sweet, sharp flavor of the balsamic reduction sparkles with fresh berries. It's a nice finishing touch that takes bruschetta to a more sophisticated level.*

*Prep: 15 minutes | Cook: 50 minutes | Serves 12*

**¾ cup aged balsamic vinegar**

**1 teaspoon Hy-Vee honey**

**1 (14-ounce) loaf Hy-Vee Baking Stone ciabatta bread**

**1 pound Brie cheese**

**1 to 1½ cups sliced strawberries**

**Basil leaves, for garnish**

1. For balsamic syrup, pour balsamic vinegar in a small heavy saucepan and place over medium heat. Stir in honey. Bring to a low boil; adjust heat to maintain a steady simmer and allow vinegar to reduce in volume slowly. After about 20 minutes, when it has reduced to half its original volume, the vinegar will appear syrupy. Watch it closely; remove from heat.

2. Meanwhile, preheat oven to 450°F. Make a horizontal cut through ciabatta, forming two halves. Place halves, cut-side-up, on a large baking pan. Toast in oven for 10 minutes. Turn bread over and toast for an additional 4 to 6 minutes or until crisp. Cool on a wire rack.

3. Reduce heat to 350°F.

4. Place Brie in a glass pie plate. Bake for 15 to 20 minutes or until melted. Let stand for 5 to 10 minutes. Remove rind; discard. Spread cheese onto cut sides of toasted bread. Scatter strawberry slices over top. Gently press berry slices into cheese. Return ciabatta to oven and bake for 10 minutes or until heated through. Drizzle with prepared balsamic syrup and sprinkle with basil. Cut each bread portion into 6 wedges.

*Nutrition facts per serving:* 220 calories, 11 g fat, 7 g saturated fat, 0 g trans fat, 40 mg cholesterol, 420 mg sodium, 20 g carbohydrates, 1 g fiber, 4 g sugar, 10 g protein. Daily values: 4% vitamin A, 15% vitamin C, 8% calcium, 2% iron.





## DOUBLE-CHOCOLATE BERRY TART

*Strawberries and chocolate make a scrumptious duet. Layer whole berries atop a creamy white chocolate filling and drizzle with melted chocolate baking chips.*

*Prep: 25 minutes | Cook: 13 to 14 minutes | Serves 12*

**½ cup Hy-Vee butter, chilled and cut into ½-inch-thick slices**

**1¼ cups Hy-Vee all-purpose flour**

**1 egg yolk**

**3 to 5 tablespoons ice water, divided**

**½ cup Hy-Vee strawberry jelly**

**1 tablespoon orange liqueur**

**1 (10-ounce) package high-quality white chocolate baking chips**

**¼ cup heavy whipping cream**

**1 (8-ounce) package Hy-Vee cream cheese, softened**

**2 cups whole medium strawberries, hulled**

**1 cup high-quality semisweet chocolate baking chips, melted**

1. Preheat oven to 450°F. For pastry, in a medium bowl, cut butter into flour until pieces are size of small peas.

2. In a small bowl, combine egg yolk and 1 tablespoon ice water. Gradually stir egg yolk mixture into flour mixture. Add remaining 2 to 4 tablespoons ice water, 1 tablespoon at a time, until all the dough is moistened. Shape into a ball. Roll dough between two lightly floured sheets of parchment paper to an 11-inch circle. Ease pastry into a 9-inch tart pan with removable bottom. Cover pastry with double thickness of foil. Bake for 8 minutes. Remove foil. Bake 5 to 6 minutes more or until crust is golden. Cool on a wire rack.

3. For strawberry glaze, in a small saucepan heat strawberry jelly until melted. Stir in orange liqueur. Remove from heat; set aside.

4. For white chocolate filling, melt white baking chips in a double boiler, stirring constantly. Cool slightly. In a mixing bowl combine melted chips and whipping cream; beat until smooth. Add cream cheese and beat until smooth. Spread white chocolate filling over cooled crust. Top with whole strawberries. Drizzle strawberry glaze over top.

5. Place melted semisweet chocolate chips in a heavy resealable plastic bag. Snip one corner of the bag and drizzle chocolate over glazed berries.

*Nutrition facts per serving:* 440 calories, 27 g fat, 19 g saturated fat, 0.5 g trans fat, 65 mg cholesterol, 100 mg sodium, 48 g carbohydrates, 2 g fiber, 35 g sugar, 4 g protein. Daily values: 10% vitamin A, 25% vitamin C, 4% calcium, 6% iron.



# FRESH SPINS ON SALADS

LUSH, TENDER GREENS AND FRESH SEASONAL OFFERINGS MAKE EASY-TO-CREATE SALADS.

WORDS Lois White PHOTOS Tobin Bennett

Some of the most beautiful salads are the simplest to make. With just a handful of ingredients, they take on a whole range of flavors, textures and colors.

Like many salads, this one starts with fresh greens. Wash lettuce and leafy greens in cold water then spin dry using a salad spinner. This will perk up the leaves and help the salad dressing cling to the greens rather than pool at the bottom of the bowl.

Try blending soft, mild butter lettuce such as Boston or Bibb with other spring greens, such as peppery arugula or watercress for

contrasting color and flavor. Add visual interest by mixing light and dark greens, reds, yellows and oranges.

Texture adds an important element. Contrast wedges of crisp Granny Smith apple with soft goat cheese and crunchy walnuts. Other flavor pairings include sweet candied pecans and salty prosciutto or smoked salmon and sweet melon.

Boost flavors in your salad with a fresh-tasting dressing you make yourself. Choose high-quality oils and vinegars, adding favorite herbs and spices to create a distinctive flavor.

## GRILLED ASPARAGUS AND SALMON SALAD

*Fresh herbs brighten the flavor of the lemon dressing and perfectly complement the asparagus and salmon.*

*Prep: 15 minutes | Cook: 6 to 8 minutes | Serves 4*

2 cloves garlic, minced  
½ teaspoon Hy-Vee kosher salt  
½ cup Hy-Vee sour cream  
⅓ cup plus 2 tablespoons Hy-Vee Select olive oil, divided  
3 tablespoons fresh lemon juice  
2 tablespoons chopped fresh parsley  
2 tablespoons chopped fresh chives  
1 pound asparagus spears

1 pound salmon fillet  
Hy-Vee kosher salt and Hy-Vee ground black pepper, to taste

8 cups assorted salad greens (Boston, Bibb, escarole and/or kale)

2 cups yellow cherry tomatoes, halved

1. For dressing, in a small bowl stir garlic and ½ teaspoon salt together until mixture forms a paste. Stir in sour cream, ⅓ cup olive oil, lemon juice, parsley and chives. Cover and chill.

2. Wash asparagus; snap off woody ends. Brush salmon and toss asparagus with remaining 2 tablespoons olive oil; sprinkle with salt and pepper.

3. Grill salmon, skin-side-down, over medium-high heat for 6 to 8 minutes or until fish flakes with a fork.  
4. Grill asparagus for 3 to 5 minutes or until tender, turning occasionally.  
5. Divide greens among 4 plates; top with asparagus spears. Flake salmon into large pieces and add to salad along with tomatoes. Drizzle prepared dressing over top.

*Nutrition facts per serving:* 580 calories, 45 g fat, 10 g saturated fat, 0 g trans fat, 80 mg cholesterol, 370 mg sodium, 15 g carbohydrates, 6 g fiber, 8 g sugar, 29 g protein. Daily values: 120% vitamin A, 50% vitamin C, 10% calcium, 25% iron.





## SPRING PEA SALAD WITH LIME-CAYENNE DRESSING

*The lime and cayenne are complementary flavors that put a vibrant spark into a vinaigrette when used together.*

*Prep: 20 minutes | Serves 4*

2 tablespoons fresh lime juice  
2 tablespoons finely chopped shallot  
1 clove garlic, minced  
1½ teaspoons Hy-Vee granulated sugar  
½ teaspoon Hy-Vee kosher salt  
¼ teaspoon cayenne pepper  
2 tablespoons Hy-Vee Select extra-virgin olive oil  
1 tablespoon chopped fresh cilantro  
1 (5-ounce) package Hy-Vee spring mix salad greens  
½ small zucchini or cucumber  
½ medium yellow summer squash  
2 cups fresh sugar snap peas, divided  
Toasted pine nuts and fresh cilantro leaves, optional

1. For Lime-Cayenne Dressing, whisk together lime juice, shallot, garlic, sugar, salt and cayenne pepper. Slowly whisk in oil. Add cilantro. Cover and set aside.  
2. Divide lettuce among 4 plates. Using a vegetable peeler, peel ribbons of zucchini or cucumber and squash over each salad. Top each with sugar snap peas and prepared vinaigrette. Serve topped with pine nuts and cilantro, if desired.

*Nutrition facts per serving:* 110 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 280 mg sodium, 9 g carbohydrates, 2 g fiber, 4 g sugar, 3 g protein. Daily values: 60% vitamin A, 50% vitamin C, 6% calcium, 10% iron.

## NUTTY GOAT CHEESE AND APPLE RING SALAD

*Creamy and tangy walnut-encrusted goat cheese and crisp Granny Smith apple, dressed with a white balsamic vinaigrette, make a winning combo.*

Prep: 20 minutes | Serves 4

**¼ cup Hy-Vee Select extra-virgin olive oil**  
**2 tablespoons aged white balsamic vinegar**  
**1 tablespoon Hy-Vee honey**  
**1 teaspoon Hy-Vee Dijon mustard**  
**Hy-Vee kosher salt and Hy-Vee ground black pepper, to taste**

**½ cup Hy-Vee walnuts**  
**1 (4-ounce) log goat cheese (chèvre), sliced into 4 pieces**  
**4 medium Granny Smith apples**  
**1 head Belgian endive**  
**¼ cup Hy-Vee dried cranberries**

1. For dressing, in a small bowl whisk together oil, vinegar, honey and mustard. Season to taste with salt and pepper; set aside.  
2. In a food processor, pulse walnuts until coarsely chopped. In a medium skillet, toast the chopped walnuts until golden. Cool.

3. Form pieces of goat cheese into 2½-inch round patties. Coat cheese rounds with cooled walnuts, pressing walnuts into cheese if necessary.  
4. Core apples. Using a sharp knife, slice apples crosswise into ⅛-inch-thick slices.  
5. To serve, stack apple slices with endive and drizzle with prepared dressing on four salad plates. Top each with cranberries and serve with walnut-covered goat cheese rounds.

*Nutrition facts per serving:* 450 calories, 31 g fat, 9 g saturated fat, 0 g trans fat, 20 mg cholesterol, 180 mg sodium, 36 g carbohydrates, 6 g fiber, 27 g sugar, 9 g protein. Daily values: 10% vitamin A, 15% vitamin C, 10% calcium, 6% iron.



## SPRING GREENS AND FENNEL SALAD

*This bright, fresh salad packs a real punch when paired with Gorgonzola cheese toasts. Fennel supplies a bit of crunch and a tasty hint of licorice.*

*Prep: 20 minutes | Cook: 10 minutes | Serves 6*

12 slices Hy-Vee bakery Italian loaf bread  
2 tablespoons Hy-Vee butter  
¼ cup aged red wine vinegar  
¼ cup Hy-Vee Select olive oil  
2 teaspoons Hy-Vee honey  
Hy-Vee kosher salt  
Hy-Vee ground black pepper  
6 cups Hy-Vee spring mix salad greens  
1 small fennel bulb, trimmed, cored and thinly shaved (about 1½ cups)  
¾ cup very thinly sliced red onion  
1 tablespoon chopped fresh Italian parsley  
2 teaspoons chopped fresh dill  
3 slices Hy-Vee bacon, crisp-cooked and crumbled  
5 ounces Gorgonzola or blue cheese, cut into 6 wedges

1. Preheat a panini grill or large skillet. Spread one side of each bread slice with butter. Working in batches, toast bread slices on panini grill or skillet for 3 to 4 minutes or until golden brown. Cool and set bread aside.

2. For red wine vinaigrette, whisk together vinegar, oil, honey, salt and pepper. Cover and set aside.

3. In a large bowl, toss the salad greens, fennel, red onion, parsley and dill. Arrange greens on six salad plates. Sprinkle each with bacon. Serve each salad with two prepared bread slices, cheese wedge and prepared vinaigrette.

*Nutrition facts per serving:* 290 calories, 22 g fat, 9 g saturated fat, 0 g trans fat, 35 mg cholesterol, 440 mg sodium, 16 g carbohydrates, 2 g fiber, 3 g sugar, 9 g protein. Daily values: 45% vitamin A, 25% vitamin C, 15% calcium, 10% iron.





## ROMAINE, SPINACH AND GRILLED STEAK SALAD

The lemon-mustard vinaigrette does double duty as a brush-on sauce for the steaks. Oven-baked cheese crisps add a light, salty bite.

Prep: 20 minutes | Cook: 20 to 25 minutes | Serves 4

- ¼ cup fresh lemon juice
- 1 small shallot, finely chopped
- 2 tablespoons finely chopped fresh basil
- 2 cloves garlic, minced
- 1 teaspoon Hy-Vee granulated sugar
- 1 teaspoon Hy-Vee Dijon mustard
- 1 teaspoon Hy-Vee kosher salt
- ½ teaspoon Hy-Vee ground black pepper
- ¼ cup Hy-Vee Select olive oil
- 2 Angus New York strip steaks, cut 1 inch thick (about 2 pounds total)
- 1 tablespoon steak seasoning-pepper blend
- 8 ounces haricots verts or thin green beans, trimmed
- 8 ounces broccolini, trimmed
- 2 whole romaine lettuce hearts, leaves separated
- 2 cups baby spinach leaves
- 1 recipe Cheese Crisps, *below*

1. For dressing, in a small bowl whisk together lemon juice, shallot, basil, garlic, sugar, mustard, salt and pepper. Slowly whisk in oil until smooth.
2. Brush steaks with 2 tablespoons of the dressing mixture; rub steaks with seasoning-pepper blend.
3. Grill steaks directly over medium to medium-high heat. Cover and grill for medium-rare (145°F) for 12 to 14 minutes or until desired doneness. Remove from grill; let stand for 5 minutes.
4. Meanwhile, bring a large pot of water to a boil. Add beans and broccolini and cook 3 minutes. Drain in colander and immediately add to a bowl of ice water to stop cooking. Drain well.
5. To assemble salads, arrange romaine and spinach on four salad plates. Cut steak into strips and add to each salad. Add one-fourth beans and broccolini to each. Drizzle dressing over each salad. Serve with Cheese Crisps.

**Cheese Crisps:** Preheat oven to 400°F. Line a baking pan with parchment paper. Finely shred 1 cup Parmigiano-Reggiano cheese. For each cheese crisp, place ¼ cup cheese on parchment-lined pan. Bake for 5 minutes or until firm.

*Nutrition facts per serving:* 660 calories, 44 g fat, 16 g saturated fat, 0 g trans fat, 140 mg cholesterol, 1350 mg sodium, 14 g carbohydrates, 5 g fiber, 5 g sugar, 54 g protein. Daily values: 110% vitamin A, 130% vitamin C, 35% calcium, 30% iron.



“Think of your dressing as the link that brings ALL THE INGREDIENTS in your salad together. I like to use lime in dressing because the tartness goes well with ginger and garlic.”

Donna Duvall, Hy-Vee Chef,  
Dubuque #1, Iowa



# CHEF VS.

She says the key to making a salad absolutely delicious is to think about the contrasts of color, taste and texture in the greens and mix-ins. We eat with our eyes first, so make it look as appealing as it tastes.



## STACKED WONTON

*A fresh lime, ginger and garlic dressing livens up this colorful medley of crisp veggies. When you're short on time, purchased lemon-ginger-sesame vinaigrette is a tasty alternative.*

Prep: 30 minutes | Cook: 5 to 7 minutes | Serves 4

- 2 tablespoons plus ¼ cup Hy-Vee Select olive oil, divided
- 12 wonton wrappers
- 2 teaspoons black and/or white sesame seeds
- 1 tablespoon rice wine vinegar
- 2 teaspoons Hy-Vee honey
- ½ teaspoon finely grated lime zest
- 1 tablespoon fresh lime juice
- 1½ teaspoons finely minced fresh ginger
- ½ teaspoon minced garlic

- ¼ teaspoon Hy-Vee Dijon mustard
- Hy-Vee kosher salt and Hy-Vee ground black pepper, to taste
- 2 cups thinly cut julienne shreds Napa cabbage
- 2 cups thinly cut julienne shreds romaine lettuce
- ½ medium red bell pepper, seeded and thinly julienned
- 1 carrot, peeled and finely julienned
- ½ cucumber, peeled, seeded and diced
- 3 radishes, thinly sliced
- 3 green onions, thinly sliced diagonally
- ¼ cup chopped cashews, toasted

1. Preheat oven to 400°F. For wonton crisps, brush a large baking sheet with 1 tablespoon olive oil. Arrange wonton wrappers in single layer on baking sheet. Brush top of wrappers with remaining 1 tablespoon olive oil. Sprinkle with sesame seeds.

Bake for 5 to 7 minutes or until golden. Cool in pan on a wire rack.

2. For dressing, whisk together vinegar, honey, lime zest, lime juice, ginger, garlic and mustard. Whisk in remaining ¼ cup olive oil until well blended. Season to taste with salt and black pepper.

3. In a large bowl, toss together cabbage, romaine, bell pepper, carrot, cucumber, radishes and green onions. Add dressing; toss to combine well. To assemble salads, place a wonton crisp on each plate. Top with about ½ cup salad mixture. Repeat two more times. Sprinkle cashews on top. Serve immediately.

*Nutrition facts per serving:* 350 calories, 25 g fat, 3.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 170 mg sodium, 26 g carbohydrates, 3 g fiber, 6 g sugar, 6 g protein. Daily values: 120% vitamin A, 60% vitamin C, 6% calcium, 10% iron.

# DIETITIAN

She says you get a lot of mileage out of a salad when you pack in whole grains and protein. It becomes a meal. The pasta, chicken and beans used here will fill you up and keep you feeling full longer.



“Spinach is loaded with nutrients. It’s one of the salad greens that’s **PERFECT FOR YOU** because of its high nutritional content.”

Sarah Nelson, Hy-Vee Dietitian,  
Council Bluffs #1, Iowa



## BASIL AND CHICKEN PASTA SALAD

*Full of garden-fresh flavors, this is perfect potluck fare. After chilling, it's even more flavorful.*

*Prep: 30 minutes | Refrigerate: 2 hours to overnight | Serves 12 (about 1 cup each)*

- 3 cups dry Hy-Vee whole wheat rotini pasta
- 1 pound Hy-Vee skinless, boneless COOL chicken breasts
- 1 tablespoon prepared pesto
- 2 medium carrots, thinly sliced
- 2 cups halved cherry tomatoes
- 1 medium red onion, chopped
- 1 (14-ounce) can quartered artichoke hearts, drained and rinsed
- 1 (15-ounce) can Hy-Vee cannellini beans, drained and rinsed

- 1 cup roughly-chopped basil leaves
- 1 shallot, chopped
- ¼ cup Hy-Vee Select white wine vinegar
- Zest and juice of 1 lemon
- 1 teaspoon agave nectar
- 1 teaspoon Hy-Vee Dijon mustard
- ¾ teaspoon Hy-Vee salt
- ½ teaspoon Hy-Vee ground black pepper
- 2 cloves garlic, minced
- ¾ cup Hy-Vee Select extra-virgin olive oil
- 3 cups baby spinach
- 5 ounces Hy-Vee traditional crumbled feta cheese

1. Cook pasta according to package directions; drain and transfer to a large bowl. Set aside.
2. Meanwhile, preheat grill to medium heat. Rub chicken breasts with pesto. Grill chicken until internal temperature reaches 165°F. Cut chicken into

- bite-size strips. Stir into pasta. Add carrots, cherry tomatoes, red onion, artichoke hearts and beans.
3. For vinaigrette, in a blender or food processor add basil, shallot, vinegar, lemon zest and juice, agave nectar, mustard, salt, pepper and garlic. Cover and blend until combined. Turn the blender on low and take off the cap in the center of the blender's lid. Slowly pour in the olive oil, blending until combined.
4. Stir vinaigrette into pasta mixture. Cover and chill for at least 2 hours or overnight. Just before serving, add spinach and feta cheese.

*Nutrition facts per serving:* 330 calories, 17 g fat, 3.5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 520 mg sodium, 27 g carbohydrates, 5 g fiber, 4 g sugar, 16 g protein. Daily values: 50% vitamin A, 15% vitamin C, 10% calcium, 15% iron.



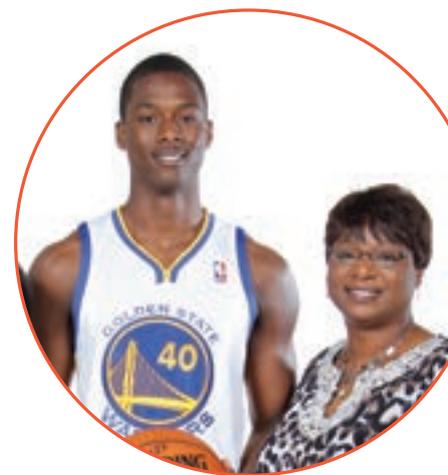
# JUST FOR MOM

WORDS Steve Cooper PHOTOS Tobin Bennett



YOUR MOM LOVES YOU. LOVE HER BACK ON MOTHER'S DAY WITH DESIGNER COOKIES, A DECORATOR CAKE OR A BOUQUET OF COLOR FROM HY-VEE. LET US HELP YOU EXPRESS HOW YOU REALLY FEEL ABOUT THIS SPECIAL LADY.





As much as Harrison Barnes is thrilled to be playing professional basketball in the NBA, he says the real blessing is having Shirley Barnes as his mother. A single parent, Shirley invested her life in her children.

“My mother believed in me even before I believed in me,” Harrison says. “Everything that I am and everything that I have is because my mother showed me the way.”

For him, growing up in the Barnes household in Ames, Iowa, meant having a mother devoted to his well-being. In a home filled with laughter, he always felt encouraged and supported.

Missing from the list? Money. It wasn't always easy financially, but Shirley managed as a secretary at Iowa State University.

“She sacrificed her own dreams to take care of my sister and me,” Harrison says. “Honestly, my mom set an example that I follow to this very day. She did everything possible to help me achieve my dreams and now I can fulfill some of her dreams. She's set for life, which means a great deal to me.”

Harrison won't yet divulge his plans for Shirley this Mother's Day. But she knows she'll enjoy it because they will be together.

While Harrison and his sister, Jourdan-Ashle, were growing up, they often gave Mother's Day gifts to Shirley that were handmade. He created greetings cards, wrote her letters and once crafted her a clay statue.

“It was a little statue of a person waving at her. You'd expect a kid to make something like that,” he says, laughing at the memory. “Well, she's very sentimental and keeps anything we made for her. We're like, ‘Mom, you have got to get rid of all this stuff.’ But I know she has that little statue somewhere.”

At nine years old, Harrison started looking for jobs. Over time, he helped out on a friend's farm, had a paper route and started his own mowing and snow-shoveling services. Though he saved most of his earnings, he set aside enough to buy tokens of affection for Shirley every now and then, including groceries from Hy-Vee.

### TURNING PRO

Gift-giving radically changed in the last couple of years. The shift came in 2012 when Harrison was a first-round draft pick for the Golden State Warriors. To celebrate Mother's Day last year, Harrison flew his mother out to California, where she cheered him on as the Warriors won a post-season playoff game.

“Then he gave me this beautiful designer purse,” Shirley says. “It's wonderful. I haven't had many things like that. What I really loved was that he felt so good after giving me something like that.”

### THE JORDAN FACTOR

Among those who played roles in Harrison's success, a notable name is basketball great Michael Jordan. Though Shirley has only once met Jordan—and then just for a brief moment—the retired NBA star played a key role in shaping Harrison's future. It started back in the mid-1980s when Jordan was a rising hoops star. Already a fan of the game, Shirley became passionate about watching him play.

“As soon as I got a VCR [videocassette recorder], I started taping Michael's games,” she says. “Harrison started watching those when he was about two years old.”

## From Iowa to the NBA

Pro basketball is only the latest step for Harrison Barnes of Ames, Iowa. Here are highlights from his sports career.

### EARLY YEARS

- Joined the Little Dunkers to learn about basketball when he was five years old.
- Played for the AAU All-Iowa Attack team starting in seventh grade.

### HIGH SCHOOL

- In 2009 and 2010, Harrison led Ames High School to consecutive undefeated seasons and the state 4A championships.
- With 1,787 points scored, he is the all-time leading scorer at Ames High.
- In 2010, he was named a McDonald's All-American. He was ranked #1 high school player in the nation by ESPN.

### COLLEGE

- In two seasons with The University of North Carolina at Chapel Hill, he scored 1,226 points in 75 games.
- He was the Atlantic Coast Conference Rookie of the Year in his first season.

### NBA

- Only 20 years old in 2012, he signed as a first-round draft pick with the Golden State Warriors.
- After his first season, he was named to the NBA All-Rookie First Team.



“My mother  
believed in me  
even before I  
believed in me.”

*Harrison Barnes*

She was so enthusiastic about Jordan that she named her son Harrison Bryce Jordan Barnes. Yes, Jordan as in Michael.

Harrison says, “When I started playing, everyone always had that cliché expression, ‘I want to be like Mike.’ But that was really the way it was for me.”

Success came early for him. He was a star as Ames High School went undefeated in his junior and senior years. Then after

playing at The University of North Carolina at Chapel Hill, Harrison began his NBA career.

But all the achievements are secondary to the man he has become, Shirley believes. Her job had been to make him the best person possible. She is excited about his

basketball career, but she positively glows when talking about his character.

She says, “My job was equipping my child with a spiritual foundation. I wanted him to strive for excellence. To have goals, and plans for reaching those goals. To be an advocate in the community. I see all that now in Harrison—really I see it in both of my children. He’s there and she’s on the path.”

Harrison knows he has not come this far alone. Without Shirley, he says, the story would be quite different.

“She’s my biggest supporter,” he says. “Honestly, she has gone to the end and back just to make sure I’ve had opportunities in my life. To me, she’s the best mom in the world. No doubt about it.”

## CUSTOM COOKIES

Looking for a special Mother’s Day treat? The Hy-Vee Bakery can create customized cookies. The graphic patterns on the delicious cookies, *above*, were a custom order made by bakers working from computer-generated images.

## FLOWERS FOR HER

Mom loves receiving a gift of flowers on Mother's Day. For a fun project let your kids each pick out their own pot of mini-roses or other favorite potted plant from Hy-Vee. Download our pretty stripe paper at [www.hy-vee.com](http://www.hy-vee.com) and let the kids wrap their pots, tie them with strings and add little tags. Use several containers for a Mother's Day dinner centerpiece.



## CAKES FOR MOM

At 6 inches in diameter, any of these three-layer barrel cakes will delight your mother. We ordered an antique look featuring lacy buttercream frosting topped with handmade flower sweets. Choose vanilla, chocolate, red velvet or any cake flavor you wish. This Mother's Day, work with our in-store cake designers to order a custom creation at your local Hy-Vee Bakery.





## BEAUTIFUL BLOOMS

Celebrating your mother doesn't have to be complicated just because you live far apart or you will be out of town on Mother's Day. Let the Hy-Vee Floral Department help. This arrangement, with its hydrangeas, Gerbera daisies, ranunculus and roses is one example of what you can give Mom this Mother's Day. Order flowers by phone or find what you need at [www.hy-vee.com](http://www.hy-vee.com)

### GIFTS FOR MOM FROM **HY-VEE.COM**

Cookies in delicious flavors, a cake designed with care or a gorgeous flower arrangement are gifts mom will cherish. For these and more ideas check out [www.hy-vee.com/shop](http://www.hy-vee.com/shop) or call your local Hy-Vee store to schedule a pick up or delivery:

- Flowers • Cakes, cookies, dessert trays
- Photograph books, cards, calendars, sweatshirts
- Fruit, gift, spa baskets • Gift cards
- Lawn & Garden items

*Mother's Day is  
Sunday, May 11th*

# LANCASTER CARAMEL

Eating caramels is very pleasant, but somewhat baffling. How can a Lancaster Caramel be so smooth and pliable while it's also incredibly chewy? Solve the mystery for yourself. Try one.

For the first time in 30 years, the Hershey Company is launching a new candy brand—and the focus is not chocolate!

The treats are called Lancaster Caramel Soft Crèmes. Look for the distinctive Lancaster bag, shown *opposite*, at Hy-Vee.

For inspiration, the company is reaching back to the 1880s when candy maker Milton Hershey believed caramels would transform his hard work into a fortune, according to Hershey Community Archives. In those days, he called his business Lancaster Caramel Company. Thoughts of milk chocolate and Kisses were still years ahead.

In 1886, Hershey rented space in a former Edison Electric plant in Lancaster County, Pennsylvania. After he had his cooking kettles going, he figured he would be selling caramel. But he had little cash, and he couldn't afford candy ingredients. The bank wasn't eager to invest. Even when a large order came in, the bank refused to trust the 29-year-old entrepreneur.

But one of the bank tellers thought the boss was missing a good bet. The cashier personally loaned money to fill the order.

It was off to races for Lancaster Caramel. Within three years, the fledgling operation had taken over the old Edison building. By 1894, the company employed 1,400 workers in four locations and sold candy at general stores across the country.

Success came in a dozen types of inch-square caramels, including McGinty's, sold 10 for a penny; Jim Cracks; Roly Poly; and Lotus, with a formula that included whole milk, cream, almonds and chocolate.

Now, Hershey is reviving the Lancaster name. The taste of these Caramel Soft Crèmes is authentically rich and creamy.

Hershey senior vice president Steve Schiller says, "The Lancaster brand will delight all consumers looking for a rich and indulgent experience as they savor the new soft crèmes that are rooted in our deep history."



\* Bonus feature:  
See how to make  
these paper boxes  
and flowers by  
watching a video in  
the new free  
digital version of  
*Hy-Vee Seasons*.

Downloading  
information  
on page 6.



Lancaster Caramels: select varieties 8 oz. \$3.97

# WAY COOL CHICKEN

WORD IS GETTING AROUND ABOUT 100% NATURAL HY-VEE COOL CHICKEN. THE ROBUST FLAVOR AND TEXTURE OF THIS PREMIUM CHICKEN WILL SATISFY EVERYONE AT YOUR TABLE.

WORDS Jill Johnson, Lois White and Tracey Taylor PHOTOS Tobin Bennett

From the first time you bite into COOL Chicken—a Hy-Vee exclusive—the full-flavored taste will make it a regular on your dinner table. Like hand-crafted breads or farm-fresh eggs, this tender chicken is getting recognized for its premium quality and natural goodness.

When you cut through the crisp, brown skin of a roasted COOL Chicken, you'll be drawn to firm, white, juicy meat that is nothing short of tempting. Sauté a slender tenderloin and discover how effortlessly a fork sticks into it. Or bite into a grilled breast fillet and savor the remarkably fresh flavor of this poultry.

What makes COOL Chicken special? Chickens are air-chilled to near freezing, instead of being dipped into water and fully

frozen as chickens are during conventional processing. The air-chilled process promotes freshness by holding the moisture in the birds at an optimal level. Flavors are undiluted, giving you a richer flavor experience in each bite.

All chickens sold under the COOL Chicken label are raised in a cage-free environment, fed a vegetarian diet and never given antibiotics. The goal is to get close to the way chicken tasted when hens pecked freely about the barnyard, but with higher levels of health for the birds and cleanliness in the environment.

COOL Chicken comes packaged in a variety of ways. Plump and delicious whole fryers make an impressive, carefree entrée when roasted or grilled. You can also cut them into pieces for baking or frying, as shown on *page 46*. Skinless, boneless breasts and tenderloins

show off the meatiness and moisture retention of COOL Chicken. Drumsticks, a family favorite, are satisfying when seasoned and oven-baked or grilled. Skinless, boneless thighs absorb marinades well, delivering consistently juicy and flavorful dishes.

Handling at home is the same as other chicken. COOL Chicken remains fresh until it reaches the use-by date stamped on the package, similar to other chicken purchased at the Hy-Vee Meat Department.

For proof, sample the recipes in the pages ahead. There's a taste for almost every palate, including Lemon-Herb Grilled Chicken, *opposite*; Chicken Kabobs with Spiced Bacon Rub on *page 42*; and Asian Chicken Drumsticks with Plum Sauce on *page 43*.

## LEMON-HERB GRILLED CHICKEN

While the grilled bird rests 10 minutes to reabsorb flavorful juices, cook buttered corn on a grill for 8 to 12 minutes, season to taste and dinner is ready.

Prep: 15 minutes | Cook: 1¼ to 1½ hours | Serves 4

2 tablespoons plus 1 teaspoon Hy-Vee butter, divided, softened

1½ tablespoons chopped fresh rosemary

1½ tablespoons chopped fresh thyme

4 garlic cloves, minced

¾ teaspoon Hy-Vee salt, divided

1 (3½- to 4-pound) Hy-Vee 100% natural COOL Chicken whole fryer

½ medium lemon, cut in half

¼ teaspoon Hy-Vee ground black pepper

1. For herb butter, in a small bowl combine 2 tablespoons softened butter, rosemary, thyme, garlic and ½ teaspoon salt.
2. Rinse chicken inside and out; pat dry. With chicken breast-side-up and starting at neck cavity, loosen skin from breast, legs and thighs with your fingers. Push herb butter under skin, distributing as evenly as possible. Rub one lemon piece on outer skin. Stuff both lemon pieces into cavity. Rub chicken with

remaining 1 teaspoon butter. Season with remaining ¼ teaspoon salt and pepper.

3. Preheat grill for indirect cooking to medium-high heat. Place chicken breast-side up on hot grill over indirect heat. Cover grill. Grill for 1¼ to 1½ hours or until internal temperature of thickest part of thigh reaches 180°F or breast reaches 165°F. Remove chicken from grill; let rest 10 minutes before carving.

*Nutrition facts per serving:* 310 calories, 24 g fat, 9 g saturated fat, 0 g trans fat, 105 mg cholesterol, 520 mg sodium, 2 g carbohydrates, 1 g fiber, 0 g sugar, 22 g protein. Daily values: 10% vitamin A, 10% vitamin C, 4% calcium, 8% iron.





## CHICKEN KABOBS WITH SPICED BACON RUB

*The sweet warmth of these skewers is guaranteed to get your party going. The flavor of the premium COOL Chicken only gets better when surrounded by sweet, savory and smoky accompaniments, such as bacon.*

*Prep: 30 minutes | Cook: about 10 minutes | Serves 6 (2 kabobs each)*

- 12 (10-inch-long) wooden skewers
- 2 slices Hy-Vee thick-sliced smoked bacon, uncooked and cut into 1-inch pieces
- 4 teaspoons Hy-Vee chili powder
- 1 tablespoon packed Hy-Vee brown sugar
- $\frac{3}{4}$  teaspoon Hy-Vee salt

- $\frac{1}{4}$  teaspoon Hy-Vee garlic powder
- $\frac{1}{4}$  teaspoon Hy-Vee black pepper
- 1 $\frac{1}{2}$  pounds Hy-Vee 100% natural COOL Chicken boneless, skinless breasts, cut into 1-inch pieces
- 1 small zucchini, halved lengthwise and cut into 1-inch pieces
- 1 large red bell pepper, seeded and cut into 1-inch pieces
- 1 medium pineapple, cut into  $\frac{3}{4}$ -inch pieces
- 1 cup Hy-Vee barbecue sauce

1. Soak skewers in water at least 30 minutes.
2. In a food processor, process bacon, chili powder, brown sugar, salt, garlic powder and pepper until a smooth paste forms. In a large bowl, toss bacon mixture with chicken pieces; stir to coat. Thread coated chicken,

zucchini, pepper and pineapple on skewers.

3. Oil grill grate. Preheat grill for direct cooking to medium-high heat. Reserve half the barbecue sauce for serving. Place kabobs on grill, turning one-quarter turn every 2 minutes until browned and lightly charred. Lightly brush kabobs with the unreserved barbecue sauce; turn and cook 1 minute. Brush and turn again; cook about 1 minute or until internal temperature reaches 165° F. Serve with reserved barbecue sauce.

*Nutrition facts per serving:* 330 calories, 3 g fat, 0.5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 910 mg sodium, 44 g carbohydrates, 4 g fiber, 34 g sugar, 27 g protein. Daily values: 30% vitamin A, 170% vitamin C, 4% calcium, 10% iron.

## ASIAN CHICKEN DRUMSTICKS WITH PLUM SAUCE

*Grilling chicken doesn't get a whole lot easier or tastier than this! Marinating overnight gives you a jump start so all you need to do is fire up the grill and stir up the sweet sauce. Drumstick fans of all ages will love them.*

*Prep: 10 minutes | Refrigerate: 8 to 24 hours | Cook: 40 to 50 minutes | Serves 6 (about 2 drumsticks each)*

**4½ tablespoons Hy-Vee light soy sauce, divided**  
**3 tablespoons Hy-Vee ketchup**  
**6 garlic cloves, minced**  
**2 teaspoons toasted sesame oil**  
**2 teaspoons grated fresh ginger or ½ teaspoon Hy-Vee ground ginger**  
**2 pounds Hy-Vee 100% natural COOL Chicken drumsticks**  
**½ cup Hy-Vee red plum jelly**  
**4 teaspoons Hy-Vee frozen orange juice concentrate**  
**⅛ teaspoon cayenne**  
**Green onions, sliced for garnish (optional)**

1. For marinade, in a small bowl stir together 4 tablespoons soy sauce, ketchup, garlic, sesame oil and ginger. Pour into a resealable plastic bag. Add drumsticks, seal and toss to coat. Refrigerate for 8 to 24 hours.
2. For plum sauce, in a small bowl stir together plum jelly, orange juice concentrate, remaining ½ tablespoon soy sauce and cayenne.

3. Oil grill grate. Preheat grill for indirect cooking to medium-high heat. Remove chicken from bag, discarding marinade. Grill chicken over indirect heat for 40 to 50 minutes, turning halfway through cooking time, until internal temperature reaches 165°F. Brush with plum sauce during last 2 to 3 minutes of grilling. Remove from grill. Serve with remaining sauce. Garnish with sliced green onions, if desired.

*Nutrition facts per serving:* 360 calories, 15 g fat, 3.5 g saturated fat, 0 g trans fat, 120 mg cholesterol, 620 mg sodium, 24 g carbohydrates, 0 g fiber, 21 g sugar, 31 g protein. Daily values: 4% vitamin A, 20% vitamin C, 0% calcium, 8% iron.





## JERK CHICKEN WITH MANGO SALSA

*The amount of heat in the grilled chicken's spicy crust is just enough to make your lips tingle. Add more for a bigger kick.*

*Prep: 20 minutes | Refrigerate: 30 minutes |*

*Cook: 16 to 20 minutes | Serves 4*

**5 teaspoons Jamaican jerk seasoning**

**2 teaspoons Hy-Vee canola oil**

**4 (8 ounces each) Hy-Vee 100% natural COOL**

Chicken boneless, skinless breasts

**2 mangoes, seeded, peeled and chopped**

**¼ cup finely chopped red onion**

**2 tablespoons chopped cilantro**

**2 tablespoons lime juice**

**1 tablespoon agave nectar**

**Cilantro for garnish, optional**

**1.** In a small bowl, stir together jerk seasoning and oil; rub over chicken. Place chicken in a baking dish; cover and refrigerate for 30 minutes.

**2.** Meanwhile, for salsa, in a medium bowl combine mango, red onion, cilantro, lime juice and agave nectar. Set aside.

**3.** Oil grill grate. Preheat grill for direct cooking to medium-high heat. Grill chicken for 8 to 10 minutes per side or until internal temperature reaches 165°F. Serve with mango salsa and, if desired, cilantro.

*Nutrition facts per serving:* 410 calories, 5 g fat, 0 g saturated fat, 0 g trans fat, 140 mg cholesterol, 150 mg sodium, 31 g carbohydrates, 3 g fiber, 27 g sugar, 50 g protein. Daily values: 35% vitamin A, 110% vitamin C, 2% calcium, 6% iron.

## TANDOORI CHICKEN THIGHS

*Tandoori is a barbecue method from India employing a yogurt-based marinade, abundant with traditional spices. Enjoy the chicken's multi-layered flavors with mildly seasoned side dishes such as basmati rice and a creamy cucumber salad.*

*Prep: 15 minutes | Refrigerate: 8 to 24 hours |*

*Cook: 16 to 20 minutes | Serves 8 (1 thigh each)*

**2 tablespoons Hy-Vee lemon juice**

**1 teaspoon Hy-Vee salt**

**3 pounds Hy-Vee 100% natural COOL Chicken boneless, skinless thighs**

**1 (6-ounce) container Hy-Vee plain Greek yogurt**

**2 tablespoons Hy-Vee canola oil**

**1 tablespoon grated fresh ginger**

**3 garlic cloves, minced**

**1 teaspoon Hy-Vee paprika**

**1 teaspoon ground coriander**

**½ teaspoon ground cumin**

**½ teaspoon ground turmeric**

**½ teaspoon cayenne**

**¼ teaspoon Hy-Vee ground cinnamon**

**¼ teaspoon Hy-Vee ground nutmeg**

**¼ teaspoon ground cardamom**

**¼ teaspoon Hy-Vee ground black pepper**

**Cilantro sprigs and sliced radishes, for garnish**

**1.** In a large resealable plastic bag, combine lemon juice and salt. Massage bag until salt crystals dissolve. Add chicken thighs. Seal and refrigerate for 20 minutes.

**2.** Meanwhile, in a medium bowl, whisk together yogurt, oil, ginger, garlic, paprika, coriander, cumin, turmeric, cayenne, cinnamon, nutmeg, cardamom and pepper. Pour over chicken in plastic bag. Seal and toss to coat all surfaces of chicken with marinade. Refrigerate for 8 to 24 hours.

**3.** Oil grill grate. Preheat grill for direct cooking to medium-high heat. Remove chicken from bag, discarding marinade. Grill for 8 to 10 minutes per side or until internal temperature reaches 165°F. Serve garnished with cilantro sprigs and radish slices.

*Nutrition facts per serving: 250 calories, 10 g fat, 2 g saturated fat, 0 g trans fat, 145 mg cholesterol, 440 mg sodium, 2 g carbohydrates, 0 g fiber, 1 g sugar, 36 g protein. Daily values: 6% vitamin A, 2% vitamin C, 6% calcium, 10% iron.*



# How to Cut Up a Whole Chicken

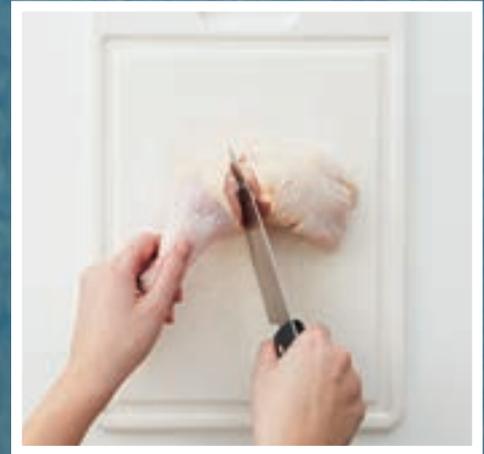
*Why bother with a whole chicken? First, you save money. Second, it gives you the chicken's backbone, which is a prize. Use it for making stock as a starter for soup, sauces and other dishes. To cut up chicken, you need a clean cutting board and a sharp chef's knife.*



**STEP 1:** Gently pull drumstick and thigh away from body and slice skin between thigh and body. Bend the thigh back until the hip joint breaks. Cut through the joint, separating the leg from the body.



**STEP 2:** To remove a wing, pull it away from the body. Slit the skin between the wing and body. Bend the wing back until the joint breaks. Cut through the joint and skin to detach wing completely.



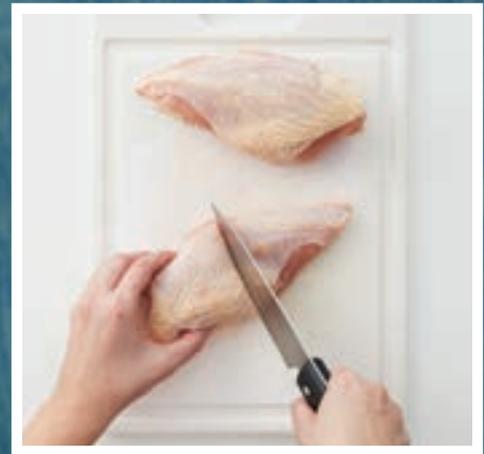
**STEP 3:** To separate a thigh and drumstick, slit the skin above the knee joint, break the joint, then cut apart.



**STEP 4:** Separate the breast from the backbone by cutting along each side of the rib cage toward the neck.



**STEP 5:** Place breast, skin-side-down. Split center bone using a chopping motion, then slice through meat and skin to separate into two pieces.



**STEP 6:** When breast quarters are called for, turn each half breast skin side up and cut crosswise through bone.

## SAFELY HANDLING

To avoid contamination, chicken must be handled properly. Raw poultry can carry salmonella bacteria, a common cause of food poisoning. Prevent problems by following these USDA food-safe practices. To kill bacteria, cook chicken to an internal temperature of 165°F.

- Keep chicken in the refrigerator until you are ready to use it. This includes periods when chicken is defrosting and marinating.
- Do not wash the bird. Washing is not necessary, and any water that splashes onto the countertop may contaminate surrounding foods or utensils.

- When cutting raw chicken, use a plastic cutting board. Plastic is easier to keep clean and disinfect than wood.
- After cutting up chicken, use hot, soapy water to wash everything that has come into contact with raw chicken, including your hands, the cutting board, knives and countertops.
- Never use the same plate or utensils for uncooked and cooked chicken unless you have thoroughly washed kitchen items in hot, soapy water to clean between uses.



## GRILLED CHICKEN AND VEGGIE PIZZA

*When you top a handmade, pesto-sauced, grilled crust with juicy, grilled vegetables and succulent chunks of prime chicken, expect spectacular pizza—and plenty of rave reviews.*

*Prep: 20 minutes | Cook: about 30 minutes | Serves 8 (makes 2 pizzas)*

**Hy-Vee vegetable oil**

**1 medium yellow summer squash, halved lengthwise, then sliced ¼-inch thick**

**3 medium Roma tomatoes, sliced lengthwise into ¼-inch slices**

**½ medium red onion, cut into ¾-inch wedges**

**4 tablespoons Hy-Vee Select olive oil, divided**

**1½ teaspoons Hy-Vee kosher salt, divided**

**¾ pound Hy-Vee 100% natural COOL Chicken breast tenders cut into bite-size pieces**

**2 (6.5 ounce each) packages Hy-Vee pizza crust mix**

**⅓ cup Hy-Vee all-purpose flour**

**1 cup hot tap water**

**6 tablespoons prepared pesto, divided**

**1 cup Hy-Vee shredded Italian blend cheese**

**1 teaspoon Hy-Vee lemon pepper seasoning**

**Basil for garnish, (optional)**

1. Brush grill grates and a grill wok or vegetable grate with cooking oil. Preheat grill and wok for direct cooking over high heat.
2. On a large baking sheet, place summer squash, tomatoes and onion; coat with 1½ tablespoons olive oil and season with 1 teaspoon kosher salt.
3. On a separate baking sheet, place chicken and coat with ½ tablespoon olive oil and season with ½ teaspoon kosher salt. Grill chicken tenders over direct heat for 8 to 10 minutes, turning once, until internal temperature reaches 165°F. Grill vegetables in wok about 8 minutes, stirring occasionally until tender and slightly charred.
4. Decrease grill heat to medium-high.
5. Meanwhile, in a large bowl stir together pizza crust mix, flour and water until combined. Turn out onto a lightly floured surface and knead until smooth, about 1 minute. Cover and let rest about 5 minutes. Divide dough in half. On lightly floured surface, roll out each half to roughly a 13×9-inch oval. Brush each side with ½ tablespoon olive oil and place on baking sheets. Transfer pizza dough to grill. Cook for 3 to 4 minutes or until underside is golden brown and charred. With a large spatula, turn dough. Working quickly, spread 3 tablespoons pesto over each oval almost to edge. Arrange grilled vegetables and chicken over pesto. Top with cheese and lemon pepper seasoning. Grill until underside is golden and charred, about 3 minutes, or until cheese is melted. Garnish with basil, if desired.

*Nutrition facts per serving:* 390 calories, 16 g fat, 4 g saturated fat, 0.5 g trans fat, 35 mg cholesterol, 970 mg sodium, 40 g carbohydrates, 2 g fiber, 4 g sugar, 20 g protein. Daily values: 6% vitamin A, 15% vitamin C, 10% calcium, 15% iron.



### REDBRIDGE

This mild beer is made from sorghum, a cereal grain replacing the wheat or barley typically used in brewing. There is no gluten in sorghum. An Anheuser-Busch brand, this is one of the better-known gluten-free beers.



### NEW PLANET PALE ALE

A new version of a classic American pale ale, New Planet offers bold hops character with caramel and grapefruit notes. Its clean hoppy finish helped it earn gold medals at national beer festivals.



### NEW PLANET BLONDE ALE

Refreshing Blonde Ale has a touch of honey and a subtle floral aroma. New Planet was founded by a Colorado craft beer lover who needed a gluten-free beer for himself.



### OMISSION LAGER

Omission's approach to brewing works well for people who have moderate intolerance to gluten. Made from barley, gluten is removed when processing. If you can handle a trace of gluten, this a refreshing taste.

# GLUTEN-FREE BREWS

Pour yourself a tall cold one and fear gluten no more, beer drinkers. The market is now awash in ales and lagers that you can enjoy. There are even a few gluten-free wines.

WORDS Jim Matthews PHOTOS Tobin Bennett BEER RECOMMENDATIONS Blake Ohloff, Hy-Vee Wine & Spirits, Ankeny, Iowa



## NEW PLANET RASPBERRY ALE

Ingredients include sorghum, orange peel and hops, but the vine-ripened personality of this beer comes mostly from natural raspberry puree. You'll enjoy the fruity character.



## NEW PLANET BELGIAN ALE

Since the flavors include spices, citrus and honey, this Belgian brew from New Planet pairs nicely with mussels, crab and grilled salmon and is also good with sharp cheeses, such as blue and cheddar.



## OMISSION PALE ALE

A deep copper draws your eyes into this pale ale, but its the bold, hoppy flavor that will bring you back for more. This brew has a citrusy aroma. Omission brews also have a hint of gluten.



## NEW PLANET AMBER ALE

This friendly ale comes to you with a balanced malt profile, lightly toasted caramel notes and subtle citrus hints on the finish. It's one reason why the market is growing for gluten-free.

# 10 DISHES

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## MINUTES

Ready, set, serve! It's that simple when you use a handful of ingredients and quick cooking techniques. Whether you prepare Skillet Shepherd's Pie, Cajun Rice and Shrimp or any of these 10 recipes, each is a fast, no-fuss way to tame a wild weeknight.

WORDS Lois White PHOTOS Tobin Bennett



## PASTA PRIMAVERA

*To save time, peppers are cooked in the pan with the pasta. A fresh Italian herb paste makes the sauce super flavorful. If prepared paste is not available, make it with chopped parsley, basil and/or oregano.*

## PEPPER-TOMATO SOUP & CROUTONS

*Add a fun twist to purchased tomato soup by topping it with croutons made from a grilled cheddar cheese sandwich.*



## DELI GYROS

*Greek yogurt dip provides a shortcut to tzatziki sauce, the creamy cucumber topping popular in Greek cuisine.*

*\*See recipes on page 53*



## TURKEY BRUSCHETTA SANDWICH

*The bakery, deli and produce sections have everything you need for this tasty turkey melt. Bruschetta spread gives it a big flavor boost.*

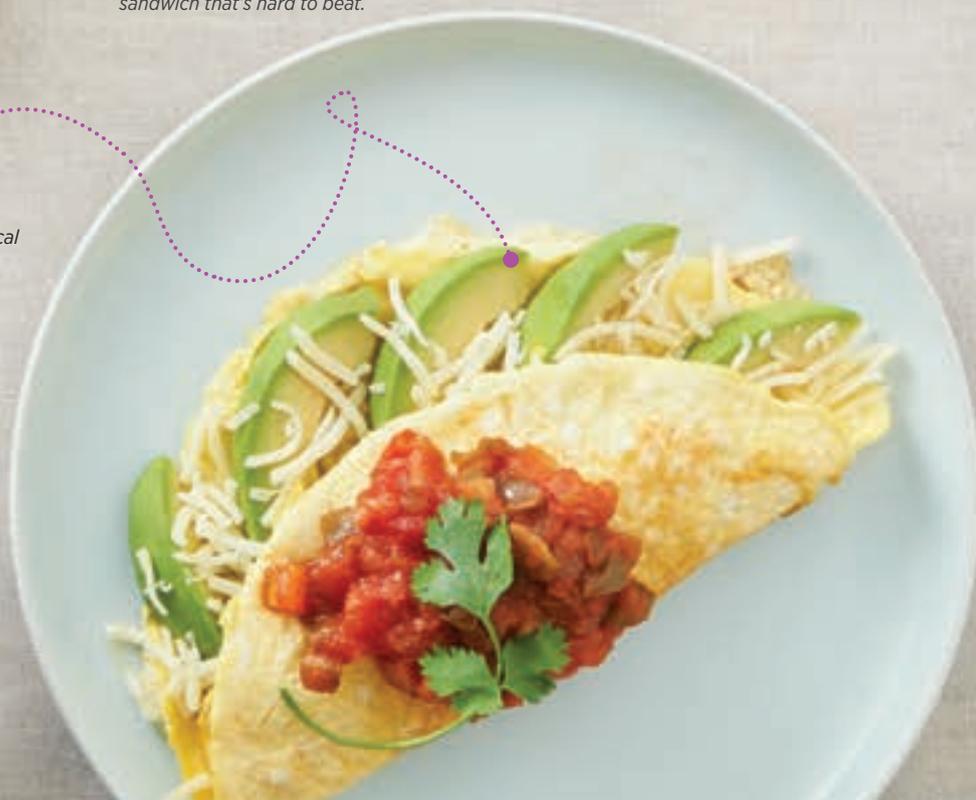


## MINI MEATBALL SUBS

*A package of meatballs, a jar of marinara sauce and fresh mozzarella cheese make an Italian sandwich that's hard to beat.*

## AVOCADO OMELET

*Omelets are an amazing time saver and economical too. For fast assembly, cut up the avocado and measure the cheese before cooking the eggs.*



## PASTA PRIMAVERA

Prep and Cook: 20 minutes | Serves 5  
(about 1¼ cups each)

- 1 (20-ounce) package refrigerated four-cheese ravioli pasta
- 1 large red bell pepper, chopped
- 1 (10-ounce) container refrigerated Alfredo sauce
- 1 tablespoon Italian herb paste
- Fresh basil, for garnish

- In a large saucepan, boil pasta according to package directions, adding pepper during the last 2 to 3 minutes of cooking; drain. Return pasta mixture to pan.
- Combine Alfredo sauce and herb paste. Pour over pasta mixture in pan; toss gently to coat. Heat mixture through. Garnish with basil, if desired.

*Nutrition facts per serving:* 490 calories, 21 g fat, 13 g saturated fat, 0 g trans fat, 95 mg cholesterol, 960 mg sodium, 54 g carbohydrates, 4 g fiber, 6 g sugar, 19 g protein. Daily values: 30% vitamin A, 70% vitamin C, 25% calcium, 10% iron.

Shown left

## MINI MEATBALL SUBS

Prep and Cook: 20 minutes | Serves 4

- 4 hoagie buns
- 4 teaspoons Hy-Vee Select olive oil
- ¼ teaspoon garlic powder
- 1 (14-ounce package) Hy-Vee frozen Italian meatballs
- ½ cup Hy-Vee traditional pasta sauce, divided
- 4 ounces fresh mozzarella, sliced
- Finely sliced fresh basil (optional)

- Preheat broiler to HIGH.
- Open hoagie buns and place, cut side up, on a baking sheet. Combine olive oil and garlic powder; brush over cut-side of buns.
- Microwave meatballs according to package directions. Place 5 meatballs and 2 tablespoons pasta sauce on each sandwich. Arrange sliced fresh mozzarella over meatballs. Broil 5 inches from heat about 2 minutes or until edges of buns are toasted and cheese is melted. Garnish with basil, if desired.

*Nutrition facts per serving:* 550 calories, 26 g fat, 11 g saturated fat, 0 g trans fat, 65 mg cholesterol, 1120 mg sodium, 55 g carbohydrates, 3 g fiber, 5 g sugar, 24 g protein. Daily values: 6% vitamin A, 4% vitamin C, 20% calcium, 20% iron.

## PEPPER-TOMATO SOUP & CROUTONS

Prep and Cook: 20 minutes | Serves 2

- 2 slices sharp cheddar cheese
- 2 slices Baking Stone Sourdough Bread
- 2 tablespoons Hy-Vee butter
- 2 cups purchased roasted red pepper and tomato soup
- ¼ teaspoon crushed red pepper

- Sandwich cheese slices between bread slices. In a sauté pan, heat 1 tablespoon butter until melted over medium heat. Add sandwich; gently press down and continue to cook until golden. Add remaining 1 tablespoon butter, flip sandwich over and continue to cook until golden. Transfer to a cutting board and cut into bite-size croutons.
- In a medium saucepan, combine soup and crushed red pepper. Cook until heated through. Serve soup with prepared croutons.

*Nutrition facts per serving:* 470 calories, 20 g fat, 12 g saturated fat, 0 g trans fat, 55 mg cholesterol, 1240 mg sodium, 53 g carbohydrates, 3 g fiber, 14 g sugar, 19 g protein. Daily values: 25% vitamin A, 4% vitamin C, 35% calcium, 15% iron.

## DELI GYROS

Prep: 20 minutes | Serves 4

- 4 (7-inch) whole pitas or flatbread rounds
- 4 lettuce leaves
- 12 ounces deli roast beef
- ½ red onion, thinly sliced
- 3 medium Roma tomatoes, chopped
- ½ medium cucumber, halved and thinly sliced
- 6 tablespoons cucumber-dill Greek yogurt dip

- On each whole pita, top with one-fourth of lettuce, roast beef, onion, tomatoes, cucumber and dip. Fold pita in half to serve.

*Nutrition facts per serving:* 310 calories, 6 g fat, 2.5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 1110 mg sodium, 41 g carbohydrates, 6 g fiber, 4 g sugar, 24 g protein. Daily values: 45% vitamin A, 20% vitamin C, 4% calcium, 60% iron.

## TURKEY BRUSCHETTA SANDWICH

Prep and Cook: 20 minutes | Serves 8

- 1 (16-ounce) loaf Baking Stone Asiago Cheese Focaccia Bread
- 8 tablespoons prepared tomato bruschetta with garlic and basil, divided
- 6 ounces Genoa salami
- 8 ounces cracked pepper turkey
- 8 slices Hy-Vee provolone cheese
- 1 cup baby spinach

- Preheat broiler to HIGH.
- Cut focaccia into 4 equal parts; slice each in half. Place on baking sheet. Spread each half with 1 tablespoon bruschetta and top each with one-fourth the salami, turkey and provolone. Broil 5 inches from heat for 2 to 3 minutes or until cheese is melted and edges of bread begin to brown. Top with spinach, and serve.

*Nutrition facts per serving:* 360 calories, 19 g fat, 8 g saturated fat, 0 g trans fat, 55 mg cholesterol, 1150 mg sodium, 22 g carbohydrates, 1 g fiber, 2 g sugar, 17 g protein. Daily values: 6% vitamin A, 8% vitamin C, 25% calcium, 10% iron.

## AVOCADO OMELET

Prep and Cook: 20 minutes | Serves 1

- 2 Hy-Vee large eggs
- 2 tablespoons water
- ¼ teaspoon Hy-Vee kosher salt
- ¼ teaspoon Hy-Vee ground black pepper
- Dash bottled hot pepper sauce
- 1 tablespoon Hy-Vee butter
- ½ medium avocado, peeled, seeded and sliced
- ¼ cup shredded Monterey Jack cheese
- 2 tablespoons purchased Hy-Vee salsa
- Fresh cilantro, optional

- Whisk together eggs, water, salt, black pepper and hot pepper sauce.
- Heat an 8-inch nonstick skillet over medium-high heat until hot. Melt butter in skillet. Pour egg mixture into skillet and cook for about 10 seconds. Use a heat-safe spatula to gently scoot the set eggs toward the middle of the pan, then tilt the pan so runny eggs take their place. Repeat around omelet until eggs set.
- Arrange avocado slices on one half of omelet; top with cheese. Fold other half of omelet on top. Serve topped with salsa. Garnish with cilantro, if desired.

*Nutrition facts per serving:* 520 calories, 44 g fat, 18 g saturated fat, 0.5 g trans fat, 430 mg cholesterol, 780 mg sodium, 12 g carbohydrates, 8 g fiber, 2 g sugar, 22 g protein. Daily values: 25% vitamin A, 20% vitamin C, 30% calcium, 15% iron.

## A DOZEN MORE

Here are 12 additional quick-to-fix dinners that will give you an upper hand on the clock, while putting tasty meals on the table.

### MICROWAVE

- Canned cream soup + steamed fresh veggies
- Packaged meatballs + purchased chutney + blue cheese crumbles + crusty bread
- Ramen noodles + peanut butter + soy sauce + frozen vegetables

### STOVETOP

- Pasta + spicy chicken sausage + broccolini + purchased Alfredo sauce + fresh herbs
- Rice + ground beef + Mexican stewed tomatoes + Mexican-blend cheese
- Fresh spinach + purchased bean with bacon soup + baguette croutons

### OVEN

- Toasted ciabatta rolls + shredded deli roasted chicken + barbecue sauce + Italian-blend cheese
- Breaded fish chunks + shredded cabbage mix + tortilla shells
- Toasted hoagie buns + cooked shredded beef + sliced provolone cheese + roasted sweet peppers

### NO COOK

- Packaged spring salad + garbanzo beans + tuna + Italian dressing
- Beef and broccoli (Hy-Vee Chinese takeout) + mixed spring salad greens + bottled ginger vinaigrette salad dressing + chow mein noodles
- Toasted bread + lettuce + egg salad + crumbly bacon + pickle

## SKILLET SHEPHERD'S PIE

Prep and Cook: 20 minutes | Serves 4

- 1 (15-ounce) package refrigerated fully cooked beef roast with au jus
- 1 shallot, cut into thin slices
- 1 cup petite carrots
- 1 cup frozen peas, thawed
- 1 (12-ounce) jar Hy-Vee chicken gravy
- 1 (24-ounce) package refrigerated sour cream and chive mashed potatoes

1. Remove beef from package; place on cutting board. Pour au jus into a 1-cup glass measuring cup. Add water to total 1 cup. In a 10-inch skillet, cook shallot in au jus mixture over medium heat until tender, about 10 minutes.
2. Meanwhile, place carrots and peas in a microwave-safe bowl with a small amount of water. Cover and cook on HIGH until crisp-tender, 3 to 5 minutes; drain and set aside. Cut beef into bite-size pieces; set aside.
3. When vegetables are cooked, heat mashed potatoes in microwave at HIGH until heated through, about 3 minutes, or according to package directions.
4. When shallot is tender, stir beef, vegetables and gravy into skillet. Top with mashed potatoes. Cover and heat through.

*Nutrition facts per serving:* 390 calories, 16 g fat, 9 g saturated fat, 0 g trans fat, 80 mg cholesterol, 1450 mg sodium, 38 g carbohydrates, 4 g fiber, 9 g sugar, 25 g protein. Daily values: 45% vitamin A, 8% vitamin C, 10% calcium, 15% iron.

## CAJUN RICE AND SHRIMP

Prep and Cook: 20 minutes | Serves 4  
(about 1¼ cups each)

- 1 tablespoon Hy-Vee Select olive oil
- ½ cup chopped celery
- 2 (8.5-ounce each) packages instant red beans and rice, cooked
- 1 (12-ounce) Hy-Vee Seafood Market shrimp platter with cocktail sauce
- 1½ cups frozen sliced okra, thawed

1. In a large skillet, heat olive oil over medium-high heat. Add celery and cook until tender, 3 to 4 minutes. Stir in cooked beans and rice, shrimp, cocktail sauce and okra. Heat mixture through.

*Nutrition facts per serving:* 290 calories, 6 g fat, 0.5 g saturated fat, 0 g trans fat, 80 mg cholesterol, 840 mg sodium, 46 g carbohydrates, 6 g fiber, 10 g sugar, 16 g protein. Daily values: 6% vitamin A, 10% vitamin C, 15% calcium, 20% iron.

## PEACH-GLAZED SMOKED PORK CHOPS

Prep and Cook: 20 minutes | Serves 2

- 1 teaspoon ground sage
- ¼ teaspoon Hy-Vee ground black pepper
- 2 thick-cut bone-in smoked pork chops, about 15 ounces total
- 1 tablespoon Hy-Vee Select olive oil
- ½ cup Hy-Vee peach preserves
- 2 tablespoons water
- 1 tablespoon Dijon mustard
- Hot cooked white rice and cooked fresh green beans, optional

1. Combine sage and pepper; rub seasoning mixture into chops. In a large skillet, heat oil over medium-high heat. Add chops to skillet. Cook for 5 minutes, turning once halfway through.
2. In a small bowl, combine preserves, water and mustard; pour over chops in skillet. Reduce heat to medium. Cook, covered, until heated through, about 5 minutes.
3. Serve with rice and green beans, if desired.

*Nutrition facts per serving:* 620 calories, 30 g fat, 10 g saturated fat, 0 g trans fat, 115 mg cholesterol, 2460 mg sodium, 52 g carbohydrates, 0 g fiber, 48 g sugar, 36 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 6% iron.

## LOADED BAKED POTATOES

Prep and Cook: 20 minutes | Serves 2

- 2 large (10-ounce each) russet baking potatoes
- 1 tablespoon Hy-Vee butter
- 1½ teaspoons veggie grill seasoning, divided
- 1½ cups fresh broccoli florets
- 1 tablespoon water
- ⅔ cup Hy-Vee plain Greek yogurt, divided
- 2 tablespoons Hy-Vee crumbled bacon, divided
- ½ cup Hy-Vee shredded sharp cheddar cheese, divided

1. Make diagonal cuts ½-inch apart and about ¾ of the way deep through potatoes. Rub each potato with butter, pushing some butter into cuts. Sprinkle ¾ teaspoon grill seasoning over each potato and between slices. Place potatoes on microwave-safe plate. Cook on HIGH for 10 to 12 minutes or until tender.
2. Cook broccoli in a vented microwave-safe bowl with water about 2 minutes or until crisp-tender. To assemble, dollop half the yogurt over each potato, spooning between slices. Top each with half the broccoli, bacon and cheese.

*Nutrition facts per serving:* 530 calories, 17 g fat, 11 g saturated fat, 0 g trans fat, 55 mg cholesterol, 990 mg sodium, 72 g carbohydrates, 9 g fiber, 7 g sugar, 28 g protein. Daily values: 40% vitamin A, 130% vitamin C, 35% calcium, 20% iron.



## SKILLET SHEPHERD'S PIE

*One pan is all you need for this family favorite. Serve it right from the skillet.*



## CAJUN RICE AND SHRIMP

*Stir shrimp and cocktail sauce into cooked flavored rice and you've got a homemade meal that's sure to rival most takeout.*

## PEACH-GLAZED SMOKED PORK CHOPS

*While the chops are cooking, steam the beans and cook the rice—in minutes—in the microwave.*



## LOADED BAKED POTATOES

*Slicing potatoes shortens cooking time and provides pockets where butter and seasoning can soak in.*





# Marshmallow

CONFECTIONS



WHIP UP SWEET DELICATE MARSHMALLOW PUFFS AT HOME. THOUGH YOU MAY NEVER HAVE CONSIDERED MAKING THESE TREATS BEFORE, LET THEM STAR IN CAKES, COOKIES AND BARS. YOU'LL DISCOVER MARSHMALLOW IS VERSATILE, EASY TO SHAPE AND EXCEEDINGLY FUN SERVING TO YOUR SURPRISED FRIENDS.

WORDS Lois White PHOTOS Tobin Bennett

# 15% OFF MARSHMALLOW TREAT MAKING ITEMS:



a.



b.



c.



d.

Select bakeware from Chicago Metallic for superior results. Tools include: a) No-Bake Collapsible Pan for easier handling, b) Silicone Mold for up to 18 bite-sized desserts or individual servings, c) Silicone Baking/Cutting Mat for easier lifting and cutting, and d) Crush and Coat Dessert Bowls, an all-in-one coating system for preparing and applying candies for decorating.



\* Bonus feature:  
See how to make  
your own homemade  
marshmallows by  
watching a video in the  
new free digital version  
of *Hy-Vee Seasons*.

Downloading  
information  
on page 6.





## LAVENDER & LIME S'MORES

*Build these sweetly sour treats using lavender shortbread cookies, large marshmallows and lime curd with plenty of zing.*

*Prep: 25 minutes | Cook: 8 to 10 minutes | Serves 15*

**¾ cup Hy-Vee all-purpose flour**

**¾ cup Hy-Vee cornstarch**

**1 teaspoon dried lavender blossoms**

**¼ teaspoon Hy-Vee baking powder**

**¼ teaspoon Hy-Vee salt**

**6 tablespoons Hy-Vee butter, softened**

**½ cup Hy-Vee granulated sugar**

**2 egg yolks**

**5 tablespoons purchased lime curd, divided**

**15 Hy-Vee large marshmallows**

1. For cookies, stir together flour, cornstarch, lavender, baking powder and salt; set aside.

2. In a large mixing bowl, beat butter on medium for 30 seconds. Beat in sugar until mixture is light and fluffy. Beat in egg yolks until combined. Beat in as much flour mixture as you can with the mixer. Stir in any remaining flour mixture. Form dough into a ball, kneading until smooth (mixture may appear crumbly at first, but it will come together as you work with it). Wrap dough in waxed paper or plastic wrap and refrigerate for 30 minutes.

3. Preheat oven to 350°F. Line cookie sheets with parchment paper; set aside.

4. On a well-floured surface, roll dough to ¼-inch thickness. Cut the dough into 2-inch squares. Place cutouts 1 inch apart on prepared cookie sheets. Bake

squares for 8 to 10 minutes or until the bottoms are very lightly browned. Transfer to wire racks; cool.

Repeat with remaining dough.

5. To assemble s'mores, spread half the cookies with 1 teaspoon lime curd each. Top each with one large marshmallow. Use a handheld culinary torch to toast the marshmallows. (Or place cookie stacks on a foil-lined baking sheet and broil 4 inches from heat for 30 to 60 seconds.) Top with another cookie.

*Nutrition facts per serving:* 150 calories, 6 g fat, 3.5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 60 mg sodium, 24 g carbohydrates, 0 g fiber, 13 g sugar, 1 g protein. Daily values: 4% vitamin A, 0% vitamin C, 0% calcium, 2% iron.

## MINI CHOCOLATE-COVERED MARSHMALLOW CUPCAKES

*A buttery salted caramel layer beneath the marshmallow fluff adds intriguing flavors. Chilling helps firm up the fluff before dipping into chocolate.*

*Prep: 50 to 55 minutes | Cook: 30 to 36 minutes |  
Makes 72 mini-size cupcakes*

**1 (15.25-ounce) package chocolate cake mix plus ingredients listed on package**  
**1 (11-ounce) package caramel baking bits**  
**¼ cup whipping cream**  
**1 teaspoon Hy-Vee kosher salt**  
**1 cup Hy-Vee granulated sugar**  
**¼ cup water**  
**2 egg whites**  
**¼ teaspoon cream of tartar**  
**3½ ounces marshmallow crème**  
**1 teaspoon Hy-Vee vanilla extract**  
**2 cups Hy-Vee semisweet chocolate chips**  
**3 tablespoons Hy-Vee canola oil**

1. Preheat oven to 350°F. Line mini muffin pan with paper baking cups; set aside.
2. Prepare cake mix according to package directions. Fill each cup two-thirds full with batter (scant tablespoon

per cup), using one-third the prepared batter. Bake 10 to 12 minutes or until a wooden toothpick inserted in centers comes out clean. Remove cupcakes to a wire rack. Cool completely. Make as many batches as necessary to use all remaining batter, which produces 72 cupcakes.

3. For caramel layer, in a small heavy saucepan heat caramel bits and cream until caramel is melted and smooth, stirring constantly. Stir in kosher salt. Holding each cupcake by its bottom, dip the top in the caramel mixture, letting any excess drip off. Let cool.

4. For marshmallow cream filling, in a 3-quart top of a double boiler combine sugar, water, egg whites and cream of tartar. Place top pan over simmering water. Cook, beating constantly with an electric mixer on high for 10 to 13 minutes, or until an instant-read thermometer registers 160°F when inserted in the mixture. Stop beating and quickly scrape bottom and sides of pan as needed to prevent sticking. Remove top pan from heat; add marshmallow crème and vanilla. Beat about 1 minute

more or until filling is fluffy and holds soft peaks. Spoon filling into pastry bag fitted with large plain pastry tip. Pipe a swirl of filling into a cone-shape mound on top of each cupcake. Place cupcakes in refrigerator, uncovered. 5. For chocolate coating, in a heavy saucepan combine chocolate chips and canola oil. Cook over low heat until melted, stirring constantly. Holding each cupcake by its bottom, dip the top of the mound of filling in the coating, letting any excess drip off; spoon more coating over the rest of the filling to coat it. Let cupcakes stand at room temperature until all are dipped. Place cupcakes in refrigerator, uncovered, for 30 minutes to set the coating. Cover and refrigerate for at least 2 hours or for up to 3 days. Serve cold.

*Nutrition facts per cupcake:* 100 calories, 5 g fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 90 mg sodium, 15 g carbohydrates, 0 g fiber, 11 g sugar, 1 g protein. Daily values: 0% vitamin A, 0% vitamin C, 2% calcium, 2% iron.





## SPRING FLOWER COOKIES

*Part of the fun is twisting apart the spritz to get to the dreamy marshmallow filling.*

*Prep: 30 minutes | Cook: 32 to 40 minutes | Serves 35*

**2½ cups Hy-Vee butter, divided, softened**  
**1 cup Hy-Vee granulated sugar**  
**1 teaspoon Hy-Vee baking powder**  
**1 Hy-Vee large egg**  
**1 teaspoon Hy-Vee vanilla extract**  
**3½ cups Hy-Vee all-purpose flour**  
**Colored sugar sprinkles, to taste**  
**35 small gumdrop candies\***  
**1 cup Hy-Vee powdered sugar**  
**2 tablespoons orange zest**  
**1 tablespoon fresh orange juice**  
**1 (7-ounce) container marshmallow crème**

**1.** Preheat oven to 375°F. In a large mixing bowl, beat 1½ cups butter with an electric mixer on medium for 30 seconds. Add granulated sugar and baking powder. Beat until combined. Beat in egg and vanilla. Beat in as much flour as you can with mixer. Stir in any remaining flour.

**2.** Force unchilled dough through a cookie press, fitted with flower shape, onto an ungreased cookie sheet. Sprinkle half the cookies with sugar sprinkles and lightly press gumdrops into sprinkled cookies. Bake for 8 to 10 minutes or until edges are firm but not brown. Transfer to a wire rack and let cool.

**3.** For orange marshmallow crème, beat remaining 1 cup butter until creamy. Beat in powdered sugar, one-fourth at a time, until fluffy. Beat in orange zest, juice and marshmallow cream until well blended.

**4.** Spread about 1 tablespoon marshmallow crème mixture over flat sides of the plain cookies. Place a sprinkled cookie on top, flat-side-down. Let stand until set.

\*Gumdrop candies can be cut in half to make shorter, if necessary.

*Nutrition facts per serving:* 230 calories, 13 g fat, 8 g saturated fat, 0.5 g trans fat, 40 mg cholesterol, 25 mg sodium, 27 g carbohydrates, 0 g fiber, 15 g sugar, 2 g protein Daily values: 8% vitamin A, 0% vitamin C, 0% calcium, 4% iron.



## S'MORE TOFFEE BARS

Satisfy your cravings for the gooey campfire treat with a bar that's guaranteed to be just as good.

Prep: 10 minutes | Rest: 10 minutes | Cook: 10 minutes |  
Serves 16

**4 tablespoons Hy-Vee butter, melted**

**1 tablespoon packed Hy-Vee brown sugar**

**1 cup finely crushed Hy-Vee graham crackers  
(about 15)**

**1½ cups premium dark chocolate chips**

**½ cup Hy-Vee whole milk**

**2 cups Hy-Vee miniature marshmallows, divided**

**½ cup English toffee bits**

1. Preheat oven to 350°F. Line an 8×8-inch baking pan with foil, leaving about 1 inch of foil extending over the edges of the pan; set aside.
2. In a medium bowl, combine melted butter and brown sugar. Add cracker crumbs, stirring to combine. Spread in prepared pan, pressing evenly onto bottom. Bake for 10 to 12 minutes or until light brown. Cool on a wire rack.
3. Meanwhile, in a medium saucepan combine chocolate chips and milk. Cook over medium heat until chocolate is melted, stirring constantly. Cool for 10 minutes.
4. Preheat broiler. Stir 1 cup marshmallows and toffee bits into dark chocolate mixture. Spread mixture over crust in pan. Sprinkle remaining 1 cup marshmallows over top. Broil for 1 to 2 minutes or until marshmallows are golden and toasted.

*Nutrition facts per serving:* 210 calories, 13 g fat, 7 g saturated fat, 0 g trans fat, 10 mg cholesterol, 70 mg sodium, 26 g carbohydrates, 2 g fiber, 19 g sugar, 1 g protein. Daily values: 2% vitamin A, 0% vitamin A, 2% calcium, 2% iron.



## LEMON-RASPBERRY MARSHMALLOW TORTE

*Sweet marshmallow meringue is swirled onto the cake, then lightly browned in the oven or with a handheld culinary torch. It's an elegant dessert.*

*Prep: 1 hour | Cook: 46 to 57 minutes | Serves 20*

### CAKE LAYERS:

4 cups cake flour, divided  
 4 teaspoons Hy-Vee baking powder, divided  
 1½ teaspoons Hy-Vee baking soda, divided  
 1½ teaspoons Hy-Vee salt, divided  
 6 Hy-Vee large eggs, divided  
 2½ cups Hy-Vee granulated sugar, divided  
 2 tablespoons Hy-Vee vanilla extract, divided  
 1½ cups Hy-Vee vegetable oil, divided  
 1½ cups Hy-Vee buttermilk, divided

### MARSHMALLOW MERINGUE:

6 egg whites, at room temperature  
 1 teaspoon Hy-Vee vanilla extract  
 ½ cup Hy-Vee granulated sugar

2 (7-ounce each) jars marshmallow crème

### FOR ASSEMBLY:

1½ cups purchased lemon curd, divided  
 ⅔ cup seedless raspberry preserves

1. Preheat oven to 350°F. Grease the bottoms of two 9-inch round baking pans; line each with parchment paper. Grease and flour the papers and sides of each pan; set aside.
2. In a medium bowl, stir together 2 cups cake flour, 2 teaspoons baking powder, ¾ teaspoon baking soda and ¾ teaspoon salt; set aside.
3. In a large mixing bowl, beat 3 eggs with an electric mixer on medium for 30 seconds. Add 1½ cups sugar; beat 30 seconds more. Beat in 1 tablespoon vanilla and ¾ cup oil until smooth. With mixer on low, add flour mixture alternately with ¾ cup buttermilk, beating just until combined. Batter will be thin. Divide batter evenly between prepared pans. Bake for 20 to 25 minutes or until cakes spring back when lightly touched. Cool for 10 minutes. Loosen edges of cakes from pans; turn out onto wire rack and cool completely. Repeat all instructions to make two more cake layers.

4. When cakes have completely cooled, preheat oven to 400°F. For marshmallow meringue, beat 6 egg whites and 1 teaspoon vanilla with an electric mixer on high until foamy. Gradually add ½ cup sugar, 1 tablespoon at a time, beating until stiff peaks form (tips stand straight). Beat one-fourth of marshmallow crème into egg white mixture; repeat 3 times with remaining crème, beating until smooth and glossy, about 1 minute.
5. To assemble cake, place one cake layer on serving platter; spread ⅔ cup lemon curd on top. Add second cake layer; spread raspberry preserves on top. Add third cake layer; spread remaining lemon curd on top. Add fourth cake layer. Generously spread meringue onto sides of torte. Mound remaining meringue on top of torte.
6. Bake until meringue is lightly browned, about 6 to 7 minutes.

*Nutrition facts per serving:* 570 calories, 20 g fat, 3.5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 470 mg sodium, 93 g carbohydrates, 0 g fiber, 67 g sugar, 6 g protein. Daily values: 2% vitamin A, 0% vitamin C, 6% calcium, 15% iron.

# Farm-Fresh Flavor

What's smooth and creamy with a bit of zip? Goat cheese. It can awaken an omelet, punch up adult mac and cheese or turn a cracker into a gourmet experience. Try this provocative cheese. You'll love it.

PHOTOS Tobin Bennett

*garlic and herb*



*four pepper*

*honey and almond*

*tomato  
basil*



*honey and vanilla*



*herbes de provence*



*cranberry cinnamon*



*cranberry cinnamon*



*lemon*



## **SURPRISINGLY MILD**

Goats have an image problem. They can be rambunctious, mischievous and quite unruly at times. Quirks aside, the milk of these animals makes a sweet, soft, tangy cheese, often called by its French name, chèvre.

Traditional goat cheese is white and slightly crumbly. It's similar in taste to plain Greek yogurt, but isn't quite as tart.

"The consistency of chèvre is like a cross between white cheddar and brie, only it's creamier," says Ashley Heise, delicatessen manager at Hy-Vee, Ankeny #2, Iowa. "But chèvre is really a category all its own."

Ashley recommends the Cranberry Cinnamon and Honey-and-Almond varieties, which earn high marks from customers. "Both cheeses have a sweetness, and the almonds add a nice texture," she says.

Goat cheese pairs well with wine. Try these recommendations from Michael Johnson, Wine & Spirits manager at Hy-Vee in Waukee, Iowa.

**HONEY AND ALMOND** This has a nutty aftertaste that builds when combined with slivered almonds. Wine: 2011 Martin Codax Albarino.

**GARLIC AND HERB** This Mediterranean flavor puts you seaside in Italy, enjoying a glass of sparkling wine. Wine: NV Segura Viudas Reserva Heredad Cava.

**HONEY AND VANILLA** Sweetness of the honey comes first and then the smooth richness of vanilla rushes in. Wine: 2012 Loosen Bros. Dr. L. Riesling.

**FOUR PEPPER** Cracked peppercorns on the outside add spark, complementing without dominating the taste. Wine: 2009 Beringer Knights Valley Blanc White Blend.

**TOMATO BASIL** Transform a cracker into a mini pizza by spreading on a generous layer of this delicious cheese. Wine: 2010 Kilikanoon Killerman's Run Shiraz.

**HERBES DE PROVENCE** For this French version, the cheese is spiced with rosemary, thyme and other herbs. Wine: 2012 Louis Jadot Macon-Villages Chardonnay.

**CRANBERRY CINNAMON** Sweetened cranberries with a hint of cinnamon take center stage in this combination. Wine: NV Vollereaux Brut Reserve Champagne.

**LEMON** A citrusy freshness shakes up the flavor when goat cheese is nicely spiked with lemon. Wine: NV Nicolas Feuillatte Brut Reserve Champagne.



# ONE STEP GARDENS

WORDS Steve Cooper PHOTOS Tobin Bennett

Eat a Hy-Vee One Step brand russett potato and you'll be supporting community gardens in the Midwest. Funds from the sale of each bag go to support these inspiring projects.

About 50 gardens have been launched since 2011 outside local Hy-Vee stores using funds from the program, and hundreds more are planned this year. Most of the planting is done on store lots or on properties adjacent to stores. Among the success stories are gardens in Omaha and Council Bluffs.

## HEALTHY HARVEST

A rainbow of color greets visitors to the Hy-Vee Garden at Stony Brook in the Millard Highlands neighborhood of Omaha. Set neatly within 15,000 square feet of greenbelt located on the store property, there's plenty of fertile soil to fulfill the promise of harvests to come.

"We grow just about everything," says Marc Montanye, who helped establish the garden as a Hy-Vee employee. "We have tomatoes, peppers, broccoli, celery, cabbages, carrots, corn and other vegetables."

Work in the Omaha garden is done by Hy-Vee staff members and volunteers from the local Open Door Mission. Groups of four to 10 volunteers work two or three days a week during the growing season. Funds raised from the harvest go to community charities.

Though Marc left Hy-Vee to become a pastor at Christ Community Church in Omaha, he is still involved with the project. "The garden experience made it difficult to leave Hy-Vee. But I'm staying involved with the project," Marc says.

Store director Ginny Ward sees the garden as a way for Hy-Vee to increase knowledge of healthy foods among those involved. There are other benefits, too, such as volunteer work leading to paying jobs.

Ginny says. "Two of the men from the mission got full-time jobs with a landscaping company. Good things can happen."

## CHILD-FRIENDLY FARMING

This is the second season for gardening at the Hy-Vee on West Broadway in Council Bluffs. It's a community garden offering a get-your-hands-dirty experience for kids. They are excited, inquisitive and eager to learn, according to one project leader, dietitian Sarah Nelson.

Sixty children ages five to 13 years participated last year, working in teams of about 25. They learned about seeds, plant care and the incredible variety of fresh produce. Health was part of the message too.

"It's a neat program," Sarah says. "We worked with a group called Children's Square U.S.A. to bring in needy kids who can benefit from a program like this. We teach them about nutrition from the ground up.

"At the end of the summer harvest last year, Robert Jackson [assistant manager general merchandise], Lindsay Grote-Rodgers [catering and special events coordinator] and myself cooked up a big meal for 150 kids and many of their families. We made six recipes with vegetables and sent everyone home with the recipes. It was quite an event and we're looking forward to even more great things this year."

## BENEFITS FOR FAMILIES

As children learn about gardening, entire families benefit, says Julie McMillin, Hy-Vee director of health and wellness. The experience brings excitement to the dinner table.

"Children get plenty of quality time preparing and planting the gardens. Then it's important for the kids to eat what they grow. It gives them some pride—and many parents take away just as much as the kids do from these activities," Julie says.

This program is the first opportunity some young gardeners have to taste certain vegetables. Hy-Vee dietitians teach kids about the health benefits of such foods as squash, asparagus and Brussels sprouts, and encourage everyone to eat fruit and vegetables as nutritious snacks.



1.



2.



4.



3.



6.



7.



5.

1. Beautiful sunflowers show off their happy faces in the Hy-Vee Garden at Stony Brook.

2. Grown from April to August, Swiss chard can be used much like spinach—raw in salads or cooked briefly until just tender. Chard is loaded with vitamins A, C and K.

3. As a Hy-Vee produce manager, Ben Smith sells plenty of fresh corn harvested by others. As shown here, he also enjoys picking some of the corn himself.

4. Inspecting a basket of corn fresh from the garden are Ben Smith and floral clerk Michelle Beeson.

5. Teaching children how to grow fruits and veggies is a major goal for community gardens. After harvesting tomatoes, kids get a chance to eat recipes made with freshly picked produce.

6. Though cabbage is commonly green in color, it also comes in purples, many of which seem almost metallic.

7. Proceeds from selling the corn and other crops go to help people in need.



“Last year, we had enough funding for 29 new gardens,” says Brett Bremser, senior vice president of merchandising. “This year, due to the success of the One Step program at our stores, we are hoping to increase the number of grants.” The goal is to provide grants to 500 gardens at stores and in communities. The money raised goes toward the purchase of seeds, plants and other garden needs.

Money for gardens and other worthwhile projects is raised through the sale of four Hy-Vee One Step products—bottled water, shredded wheat cereal, paper towels and potatoes. Funds from each of these products underwrite a specific type of work, as shown *below*. For more information, go to [www.hy-vee.com/company/sustainability/one-step.aspx](http://www.hy-vee.com/company/sustainability/one-step.aspx)

### PROJECTS FUNDED SO FAR



**7**  
water  
wells dug



**125,000**  
meals  
made



**14,000**  
trees  
planted



**50**  
community  
gardens

# GET THE GOODS

Great deals abound at your local Hy-Vee. Save by picking up the foods, drinks and household items shown here and throughout *Hy-Vee Seasons*.

## FRIDGE AND FREEZER



Velveeta Skillets, Casseroles or Singles: select varieties 8.9 to 15.66 oz. \$2.68



Bertolli or P.F. Chang's Dinners: select varieties 22 or 24 oz. \$7.88



Pasta Prima Refrigerated Pasta: select varieties 8 oz. 2/\$7.00



Newman's Own Salad Dressing: select varieties 16 oz. 2/\$6.00



Just BARE Boneless Skinless Breast: 14 oz. \$4.98



Deli Fresh Family Size Lunch Meat: select varieties 11.5 or 16 oz. \$5.99



al fresco Gluten-Free Chicken Sausage: select varieties 12 oz. \$4.77



MaMa Rosa's Frozen Pizza: Pepperoni, Supreme or Combo 6 in. 3/\$3.00



Sargento Shredded Cheese: select varieties 5 to 8 oz. 2/\$5.00



Sargento Sliced Cheese: select varieties 6.7 to 8 oz. \$2.88



Oscar Mayer Fun Pack Lunchables: 8.5 to 11.1 oz. \$2.68



Johnsonville Brat Burgers: select varieties 2 lb. \$6.99

## SNACKS



Famous Dave's BBQ Sauce or Marinades: select varieties 12 to 20 oz. 2/\$5.00



Kraft BBQ Sauce: select varieties 16.25 to 18 oz. \$1.18



Frito-Lay Party Size Tostitos or Jar Dip: select varieties 14.5 to 24 oz. 2/\$7.00



Newman's Own Salsa: select varieties 16 oz. 2/\$5.00



General Mills Chex Mix, Gardetto's or Bugles: select varieties 10.5 to 15 oz. \$2.99



Jolly Time Microwave Popcorn: select varieties 4.8 to 10.5 oz. 2/\$4.00

**PANTRY**



Lucky Leaf Pie Filling:  
Cherry, Apple or  
Blueberry 21 oz.  
\$2.68



Bertolli Olive Oils:  
Extra Virgin, Extra  
Light or Classico  
25.5 oz. \$9.97



Hefty One Zip Resealable  
Bags: select varieties  
13 to 22 ct. \$1.97



Hefty Plates, Dishes or  
Bowls: select varieties  
16 to 60 ct. \$2.28



Claritin Allergy: select  
varieties 24 to 40 ct.  
\$17.97

**BEVERAGES**



Air Wick Scents: select  
varieties .67 to 6.17 oz.  
or 2 ct. \$3.98



Glade Wax Melts:  
select varieties 3.1 oz.  
2/\$6.00



Old Orchard 100%  
Juice: select varieties  
64 oz. \$2.18



Monster Energy Drink:  
select varieties 15.5 or  
16 oz. \$5.99



Newman's Own  
Lemonade: pink or  
regular 59 oz. \$2.18



EVERYBODY  
WANTS  
A HANDFUL



Mars Single Candy Bar: select varieties 1.34 to 1.92 oz. or 1 ct. 4/\$3.00  
Mars Ice Cream Snickers: 12 pk. \$6.77  
Mars Ice Cream Novelties: select varieties 3 to 14 pk. \$3.88  
Mars Uncle Ben's Rice: select varieties 6 to 15.8 oz. 2/\$4.00

# A SPRING-CLEAN HOUSE

For a brighter, fresher home, gear up for spring cleaning season using our recommendations.

Clean systematically room-by-room using our chart on *page 74*. Each room will need the walls, ceilings, windows and floors cleaned, as detailed *below*. The task will seem large at first, but once the front entry sparkles, you'll be inspired to improve the living room and then move on through other rooms until everything feels fresh.

Lorene Bartos, University of Nebraska-Lincoln Extension educator specializing in healthy homes, says, "Don't try to do it all in one big sweep. Break it down so you work one room at a time or you will get overwhelmed. Once you're done, you'll find that maintaining rooms on a regular basis is much easier than doing major cleanup now and then."

It may take several days to do a thorough job. Flood your home with springtime by airing out the house as you go.

## *in all rooms*

### WALLS AND CEILINGS

Take down pictures. Beginning at the ceiling and working down walls, remove cobwebs and dust using a vacuum with a brush attachment. Work slowly over wallpaper. Flocked wallpapers need more frequent vacuuming because they collect dust. Some painted walls can be washed effectively, but walls often look streaked or smeared after washing. Touch up chipped paint and/or repair holes. Remove and vacuum heating and air-conditioning vents. Clean light fixtures.

### WINDOWS

Using a vacuum with a brush attachment, clean interior window frames. Be sure to open windows and clean sills. Remove screens and/or storm windows. Clean inside and outside window glass using window cleaning sprays or a solution of vinegar diluted with water, and paper towels or a squeegee. Clean storm windows the same as window glass. Vacuum screens or, if they are exceptionally dirty, wash them down using a hose equipped with a spray nozzle.

### FLOORS

Vacuum all surfaces including baseboards. Mop hard surfaces with floor-cleaning solutions formulated for your specific surfaces. Polish or wax hardwood, laminate and vinyl floors as needed. Clean carpets. If carpets need deeper cleaning, hire a service or rent a machine and do the job yourself. Deodorize rugs and carpet with baking soda (sprinkle on, allow to sit for 2 to 3 hours, then vacuum).

PHOTO Tobin Bennett



SOAP STRIPS YOUR SKIN. DOVE IS DIFFERENT.



Dove Beauty Bar: select varieties 4 oz. \$6.99  
 Degree or Dove Deodorant or Antiperspirant: select varieties 2.6 to 3 oz. \$3.48  
 Dove Shampoo: Moist Intense, Cool Moisture or Intense Damage 12 oz. \$3.48  
 St. Ives Lotions: select varieties 21 oz. \$4.99

EXPERIENCE YOUR  
 ONE WASH "WOW"



**NOW DEEPER CLEAN\***  
 FIGHTS LINGERING ODORS.

\*vs previous formula

**NOW FRESHNESS  
 LASTS 3X LONGER!**

\*vs Tide Original

**NEW PRE-TREAT CAP**

Zap! Cap™ provides a direct boost of cleaning on your toughest stains, including grease!

**SWITCH & SAVE 50%  
 ON ENERGY BILLS**

\*switching loads from warm to cold

**NOW EVEN  
 BRIGHTER  
 WHITES!**

\*vs previous formula

**NOW 3-IN-1  
 CLEANS, FRESHENS,  
 SOFTENS!**

THE NEW  COLLECTION



Tide Pods or Gain Flings: select varieties 31 ct. \$8.94



Downy or Gain Beads: select varieties 13.2 oz. \$6.44



Tide Washing Machine Cleaner: 3 ct. \$5.99

# ROOM BY ROOM

CLEAN AND REFRESH YOUR HOUSE THIS SPRING FOR A SUMMER OF EASY LIVING. USE OUR HANDY CHART AND CHECK OFF TASKS WHEN THEY ARE FINISHED.

ENTRIES	LIVING	DINING	KITCHEN	BATH	BED
<ul style="list-style-type: none"> <li><input type="checkbox"/> Remove clutter &amp; out-of-season outerwear</li> <li><input type="checkbox"/> Dust lights/fan</li> <li><input type="checkbox"/> Wipe down walls</li> <li><input type="checkbox"/> Dust pictures; clean mirrors</li> <li><input type="checkbox"/> Wash windows</li> <li><input type="checkbox"/> Scrub doors, inside and out</li> <li><input type="checkbox"/> Polish doorknob and hinge metal</li> <li><input type="checkbox"/> Shake rug outside</li> <li><input type="checkbox"/> Wash/clean rug</li> <li><input type="checkbox"/> Sweep/clean floor &amp; threshold</li> <li><input type="checkbox"/> Place clean rug &amp; room fragrance</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Remove clutter</li> <li><input type="checkbox"/> Wipe down walls</li> <li><input type="checkbox"/> Dust pictures; clean mirrors</li> <li><input type="checkbox"/> Wash windows</li> <li><input type="checkbox"/> Clean &amp; organize display items</li> <li><input type="checkbox"/> Dust lights/fan/lamps/accessories</li> <li><input type="checkbox"/> Dust and polish hard surfaces.</li> <li><input type="checkbox"/> Vacuum and clean vents, drapes &amp; upholstery</li> <li><input type="checkbox"/> Sweep and clean floors</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Remove clutter &amp; organize</li> <li><input type="checkbox"/> Clean &amp; organize</li> <li><input type="checkbox"/> Dust lights/fan/lamps/accessories</li> <li><input type="checkbox"/> Wipe down walls</li> <li><input type="checkbox"/> Dust pictures; clean mirrors</li> <li><input type="checkbox"/> Wash windows</li> <li><input type="checkbox"/> Remove table &amp; chairs to clean floor</li> <li><input type="checkbox"/> Wash/polish floor; vacuum carpet/rug</li> <li><input type="checkbox"/> Vacuum &amp; clean vents, drapes &amp; upholstery</li> <li><input type="checkbox"/> Reposition table &amp; chairs; clean &amp; polish furniture</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Clean &amp; organize cabinets and pantry</li> <li><input type="checkbox"/> Clean appliances inside and out</li> <li><input type="checkbox"/> Empty refrigerator drip pan</li> <li><input type="checkbox"/> Pull refrigerator &amp; stove away from wall &amp; clean behind</li> <li><input type="checkbox"/> Clean face of cabinetry</li> <li><input type="checkbox"/> Scrub counters &amp; backsplash; repair grout</li> <li><input type="checkbox"/> Wipe down walls</li> <li><input type="checkbox"/> Dust lights/fan/lamps/accessories</li> <li><input type="checkbox"/> Wash windows</li> <li><input type="checkbox"/> Scrub &amp; polish floor; wash rugs</li> <li><input type="checkbox"/> Scrub trash can &amp; replace liner</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Clean soap scum &amp; lime deposits</li> <li><input type="checkbox"/> Wash shower curtain</li> <li><input type="checkbox"/> Clean &amp; organize cupboards</li> <li><input type="checkbox"/> Wipe down walls</li> <li><input type="checkbox"/> Dust lights/fan/lamps/accessories</li> <li><input type="checkbox"/> Scrub toilet, inside and out</li> <li><input type="checkbox"/> Wash/clean rugs</li> <li><input type="checkbox"/> Clean/polish floor</li> <li><input type="checkbox"/> Place room fragrance &amp; fresh hand soap/towels</li> <li><input type="checkbox"/> Scrub trash can &amp; replace liner</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sort clothing (keep, throw, donate, repair) &amp; organize</li> <li><input type="checkbox"/> Declutter room</li> <li><input type="checkbox"/> Clean ceiling fixture; vacuum vents, wipe down walls</li> <li><input type="checkbox"/> Strip &amp; launder bed linens, including pad</li> <li><input type="checkbox"/> Vacuum mattress &amp; springs; flip</li> <li><input type="checkbox"/> Clean drapes &amp; upholstered pieces</li> <li><input type="checkbox"/> Move bed to clean underneath; replace &amp; remake</li> <li><input type="checkbox"/> Dust accessories &amp; furniture</li> <li><input type="checkbox"/> Clean/vacuum floor &amp; rugs</li> <li><input type="checkbox"/> Spritz with room fragrance</li> </ul>
PRODUCTS & TOOLS					
<ul style="list-style-type: none"> <li><input type="checkbox"/> All-purpose cleaner</li> <li><input type="checkbox"/> Baking soda</li> <li><input type="checkbox"/> Bleach</li> <li><input type="checkbox"/> Brass/metal cleaners</li> <li><input type="checkbox"/> Broom</li> <li><input type="checkbox"/> Dishwashing liquid</li> <li><input type="checkbox"/> Dishwasher soap</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Dust mop</li> <li><input type="checkbox"/> Furniture polish</li> <li><input type="checkbox"/> Granite cleaner</li> <li><input type="checkbox"/> Mop</li> <li><input type="checkbox"/> Nonabrasive powder/liquid</li> <li><input type="checkbox"/> Oil soap</li> <li><input type="checkbox"/> Oven cleaner</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Paper towels</li> <li><input type="checkbox"/> Polishing cloths</li> <li><input type="checkbox"/> Rubber gloves</li> <li><input type="checkbox"/> Scrub brush</li> <li><input type="checkbox"/> Sponge mop</li> <li><input type="checkbox"/> Squeegee</li> <li><input type="checkbox"/> Stainless steel cleaner</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Toilet bowl cleaner</li> <li><input type="checkbox"/> Toilet brush</li> <li><input type="checkbox"/> Toothbrush</li> <li><input type="checkbox"/> Vacuum</li> <li><input type="checkbox"/> White vinegar</li> <li><input type="checkbox"/> Window cleaner</li> </ul>		



## CASH FOR CASTOFFS

ONCE SPRING CLEANING IS DONE, YOU MAY HAVE SOME ITEMS TO SELL. IF SO, MAKING YOUR PITCH ON CRAIGSLIST, FACEBOOK AND OTHER WEBSITES IS A CONVENIENT WAY TO FIND BUYERS.

Lure buyers with visuals. Show off sale items by snapping a few images. Let customers see your treasure from at least two angles against an uncluttered background, and post pictures with your ad.

Soon enough, the phone will be ringing with buyers. But remember: All customers are not friends, nor are all necessarily friendly. Here are a few tips for safely completing face-to-face transactions.

- Meet buyers only in a well-lit public place, such as a mall entry. Let a family member or a friend know when and exactly where you are meeting someone.
- If the size of the sale item requires that the buyer come to your home, have someone with you when the buyer arrives.
- Don't deal with anyone who claims to be an intermediary representing a buyer. Deal directly with buyers.
- From your first contact with a buyer, let him or her know you will only accept cash. Do not turn over an item until you have been paid in full.

If you prefer to avoid a complicated sale, donate items to Salvation Army or other worthy charities in your area.



*MORE  
FUN, LESS  
EFFORT*

Prego Pizza Sauce: traditional  
or vegetable 14 oz. \$1.38

V8 V-Fusion Beverages:  
select varieties 4 to 8 pk. 2/\$6.00

Campbell's Skillet or Slow Cooker Sauces:  
select varieties 9 or 13 oz. 2/\$4.00

Campbell's Canned Pasta: select varieties 14.75 or 15 oz. \$0.88



# Get the Facts

Here's a quick course in deciphering food labels. Knowing what nutrition information to look for can be a major step in improving your health.

**MAKE SPACE  
IN YOUR  
LIFE FOR  
A DAILY  
ROUTINE  
THAT WILL  
HELP YOUR  
HEART.**

Calories count. Find the number of calories per serving. Fat free doesn't mean calorie free. Lower-fat items may have as many calories as full-fat versions.

Note size and number of servings to determine how many nutrients you are actually consuming. All nutrition facts are based on one serving, but one package may contain several servings. If you double the servings you eat, you are doubling everything noted on the label, including calories, nutrients and percentage of daily value (% DV).

Healthy sources of carbohydrates and fiber include fruits, vegetables, legumes. Compare sugar and fiber content among products to make healthier choices.

Purchase foods that are lowest in saturated fats, trans fat and sodium. Replace saturated and trans fat with monounsaturated fats and polyunsaturated fats. Limit sodium.

When choosing a food for protein content, such as meat, poultry, dry beans or milk, make choices that are lean, low-fat or fat free.

Increase these nutrients to promote good health. Many of us do not get enough vitamins, potassium, calcium, and iron. Look for items that list high % DV.



50% off all Nature Made Fish Oil, CoQ10, Flax Seed or Vitamin B: select varieties 30 to 400 ct.

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supplements for healthy living\*

- Six whole-food-based supplements for women's specific needs
- Guided by Martha's concept of healthy living at every age
- Made in consultation with nutritional science experts

# SAVE \$2 on any one box



Martha Stewart Essentials Vitamins or Supplements: select varieties 60 to 120 ct. \$13.98

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

[marthastewartessentials.com](http://marthastewartessentials.com)

## HEALTHY WAKE-UP

BELVITA BREAKFAST BISCUITS PROVIDE NUTRITIOUS, SUSTAINED ENERGY ALL MORNING LONG.



Nabisco Snack Crackers: select varieties 12 to 16 oz. \$3.79



Nabisco Single Serve Packs: select varieties 9 to 24 oz. \$5.49



Nabisco Newtons or Honey Maid Grahams: select varieties 7.04 to 14.4 oz. \$3.79



belVita Breakfast: select varieties 8.8 or 8.81 oz. 2/\$6.00





Egg Beaters: select varieties  
15 oz. \$2.68



Van Camp's Baked Beans: select  
varieties 15 oz. 5/\$5.00



Hunt's Tomato Sauce:  
unsalted, Italian herb or regular  
8 oz. 2/88¢



Reddi-wip: select varieties  
6.5 oz. \$2.39



Orville Redenbacher's Microwavable  
Popcorn: select varieties 2 to 4  
pack or 8.07 or 9.9 oz. 3/\$5.00



Orville Redenbacher's Popcorn  
or Pop Crunch: select varieties  
5 or 6 oz. 2/\$4.00



Healthy Choice Baked Entrées: select  
varieties 8.5 to 9.8 oz. 2/\$4.00



Fleischmann's Sticks or Sleeves:  
select varieties 11.4 to 16 oz. \$1.68



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Help us donate one meal to Feeding America. Go to [ChildHungerEndsHere.com](http://ChildHungerEndsHere.com) and enter this 8-digit code. For every code entered by 8/28/14, ConAgra Foods® will donate 11.1¢, the cost for Feeding America to provide one meal through its network of local food banks. Maximum: 5 million meals. Guaranteed minimum donation: 1 million meals (\$111,111). Limit 5 code entries per person/computer each day. Valid in U.S. and Puerto Rico only.  
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# ROAD MAP FOR OUR WEBSITE

The *Hy-Vee.com* site offers recipes, nutrition information, store coupons and more. How do you find what you want?



## 1. START AT THE RED MENU BAR.

On the website's home page, the main menu is a red ribbon bar near the top. Move your cursor (pointer) over "Stores," "Shop," "Health" or any subject listed. Click on "Meal Solutions," for instance, and a box will descend to offer topics such as "recipes." Or go to "Health" and click on "Hy-Vee Dietitians" to learn about their services.

## 2. EXPLORE.

Wherever you click or search, you'll find information you can use. Click "Shop" in the menu bar and you'll find savings in the "Weekly Ad." Also at "Shop" you can make a "Shopping List" or click onto "Online Shopping."

## 3. CLICK ON LOGOS AND IMAGES.

If an image attracts your attention, click on it and you will be linked to information. For instance, click on the "Easter Ham" image for easy-to-follow prep instructions.

## 4. USE SEARCH TOOLS.

There is a search box near the top right-hand corner of every page on the site. There's a tiny magnifying glass beside the box signaling that this is the place for a search. Click on the box and type in whatever you want to find. Need info on Hy-Vee in Columbia, Missouri? Just type in Columbia. Or, find any Hy-Vee by clicking on "Store" and searching with the "Store Finder."

Celebrate the  
**HEART**  
OF THE  
**HOME.**

This Mother's Day, express affection and appreciation for all she does.



**AND DON'T FORGET YOUR GRADS!**

Congratulate, celebrate and commemorate the grads you love on their special day.

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*Life IS*  
A SPECIAL  
OCCASION.

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SUMMER 2014

# Coming NEXT

Good times will top the menu in the Summer 2014 issue of *Hy-Vee Seasons*. You'll enjoy our taste-tested irresistible recipes and ideas for gourmet hamburgers, lemon flavored desserts, eight great steaks, hot dogs with all the fixin's, fabulous grilled potatoes, and a selection of refreshing drinks. Look for the Summer issue in stores on June 4. For free home delivery of our print edition or for downloading the new free digital version for tablets, visit our website at [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons)



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