

seasons

HyVee®



**IN & OUT
MEALS
ON THE TABLE
IN A FLASH**

PAGE 38

AUGUST 2017
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perfecto!
AUTHENTIC ITALIAN COOKING *made easy*

24/7 CEREAL
NOT JUST FOR BREAKFAST

Contents



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

Please recycle after use.



GET TO KNOW

Starting at a young age, Brooke Knox worked alongside her parents in her family's ice cream shop, which was later transformed into a restaurant. This was where she honed her cooking skills before attending culinary school. Today, Brooke is a Hy-Vee executive chef and whips up tasty to-go dinners for customers.



School starts in just a few weeks, and there's something about having dinner with my family, even if it's just heating up a purchased to-go meal in the microwave. It feels special without effort, as we have time to sit down and chat with the kids and catch up on the events of the day.

Creating to-go meals is what I do, so I can make day-to-day life easier for our customers. I prepare and package meals that people can take home, reheat and eat. I use my own recipes or I create something new and different. Comfort-food meals are popular, so I offer chicken and noodles and pasta bakes on a regular basis. Some of my more unusual creations are chorizo-and-potato enchiladas and chipotle bacon-wrapped pork medallions, which come with a side of mac and cheese. We use microwavable containers that also work in an oven or on a grill. Each meal I create carries a "Chef Brooke" sticker so customers know their meal was personally made by a chef.

Customers love it, because they can enjoy dining at home without having to do extra chopping and pot washing. At

Hy-Vee, we have access to the freshest produce and meat, so we can give our shoppers high-quality meals with more variety.

Feel up to cooking? You'll find plenty of delicious dinner ideas in this issue of *Hy-Vee Seasons* magazine. First up is a salute to the allure of Italian cuisine in "Ciao Italia," page 20. Next, sample quick meals, including frittatas, tuna tostadas and a sheet pan stir-fry, featured in "In & Out Meals," page 38. While some recipes have short ingredient lists, others can easily be tackled in 30 minutes. The makings are familiar—like jarred pasta sauce, instant ramen noodles, and Short Cuts precut veggies from your Hy-Vee Produce Department.

Take a moment, too, to enjoy late summer produce—glorious ripe tomatoes, juicy peaches and corn so sweet—with recipes that show you new ways to savor these seasonal gifts.

Remember, all good things start in the kitchen.

Sincerely,
Brooke Knox | Avenue of the Cities Hy-Vee, Moline, Illinois

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OUR FEATURED INSTAGRAM READERS



ROCHELLE M. CREATED HER OWN JAPANESE STEAK BOWLS. SHE GOT HER INSPIRATION FROM A POWER BOWLS FEATURE IN A PREVIOUS ISSUE OF HY-VEE SEASONS MAGAZINE.



JENNIFER K'S LITTLE GUY ENJOYS HANGING OUT IN THE FROZEN FOOD SECTION AT THEIR NEIGHBORHOOD HY-VEE.

Calling all Seasons lovers. Show us your latest creations. Upload your photos with the hashtag #HyVeeSeasons. Follow us @hyvee

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This is back-to-school season. Check out our quick-fix dinner ideas. pinterest.com/HyVee



WATCH US
See how easy it is to boil an egg, make panko-crusted chicken tenders or build a cheese plate for a party. youtube.com/HyVee



1 HERB BUTTERS

Extend summer's freshness into fall. Combine leftover herbs with softened butter. Fill ice cube trays with the mixtures and freeze. Store the frozen cubes in freezer bags and pull them out to season roasted vegetables, grilled fish or steaks, soups or sauces. Soften some of the herb-infused cubes to spread on your favorite piping hot bread. It's a great way to enjoy another taste of summer!

2. Lunch Box Loaded Dip

STEP 1: Layer in a clean wide-mouth pint-size canning jar: ½ cup each Hy-Vee pico de gallo, chopped Hy-Vee rotisserie chicken, Hy-Vee guacamole and Hy-Vee salsa con queso.

STEP 2: Place the metal lid on the jar.

STEP 3: Fill a clean supersize pudding cup with Hy-Vee bite-size white corn tostados. Invert cup on top of jar lid. Screw on the lid ring to secure pudding cup onto jar.



4. LOOKING FOR AN EASY WAY TO CUT CORN OFF THE COB? HOLD THE EAR IN THE CENTER OF A BUNDT PAN, CUT IN DOWNWARD STROKES AND LET KERNELS FALL INTO THE PAN. YOU CAN ALSO PLACE A CEREAL BOWL UPSIDE DOWN IN A PIE PLATE TO HELP STABILIZE THE EAR WHILE REMOVING KERNELS.



3 WAFFLE 'WICH

Here's a tasty twist for your next PB&J: spread peanut butter on a toasted waffle and layer with banana and strawberry slices. Spread jelly on a second toasted waffle and stack jelly side down to form a sandwich.

Sweet Corn



SO SWEET AND SUCCULENT, SWEET CORN CAN GO NAKED AND STILL BURST WITH FLAVOR. A SWEEP OF MELTED BUTTER MAKES IT DIVINE. AND SIMPLE TOPPERS—FRESH HERBS, CHILI OR CURRY POWDER, PESTO OR PARMESAN—CAN PUT IT RIGHT OVER THE TOP.

need to know

SELECT

Peak season is May through September. Buy ears with bright green, tightly wrapped husks. Gently squeeze along the ear to make sure kernels are uniformly plump. Pull husk back a bit to make sure kernels go all the way to the tip end; replace husk to avoid drying. Avoid ears with discolored or dry-looking husks.

STORE

Corn's natural sugars convert quickly to starch, so try to cook fresh ears as soon as you can. For longer storage, place unshucked ears in a plastic bag and refrigerate for up to two days; pack the ears loosely so air can circulate around them.

NUTRITION

Corn is a good source of vitamin C and of two B vitamins—folic acid, needed for cell growth, and thiamine, for processing carbohydrates, protein and fat. One medium-size ear of corn, cooked, with butter and salt, has about 117 calories. Source: <https://supertracker.usda.gov/foodapedia.aspx>

PHOTOS: Tobin Bennett

PHOTOS: Adam Albright and Cameron Sadeghpour

Corn Cakes

Total Time 30 minutes plus chilling time
Serves 9

- 6 fresh ears of corn or 3½ cups Hy-Vee frozen whole-kernel corn, thawed
- 3 Tbsp. Hy-Vee butter, divided
- ¼ cup chopped onion
- ¼ cup chopped red bell pepper
- 2 Hy-Vee large eggs, beaten
- ½ cup Hy-Vee light sour cream
- 2 tsp. Hy-Vee stone ground dijon mustard
- 1 tsp. Hy-Vee Worcestershire sauce
- ½ tsp. Hy-Vee salt
- ¼ to ½ tsp. Hy-Vee cayenne pepper
- 1¼ cups Hy-Vee plain bread crumbs, divided
- ¼ cup cornmeal
- 2 Tbsp. Hy-Vee cooking oil, divided
- Purchased aioli, for serving
- Sliced green onions, for serving

1. CUT kernels off cobs, if using fresh corn. Melt 1 Tbsp. butter in a large skillet. Add corn, onion and bell pepper. Cook about 5 minutes or until onion and pepper are soft. Cool for 10 minutes.

2. STIR together eggs, sour cream, mustard, Worcestershire sauce, salt and cayenne pepper in a large bowl. Stir in cooled corn mixture. Gently fold in 1 cup bread crumbs. Chill mixture in the freezer for 10 minutes.

3. USE a ½ cup measure to shape 9 (½-in.-thick) patties. Place on a baking sheet; freeze patties for 15 minutes for easier handling.

4. STIR together remaining ¼ cup bread crumbs and the cornmeal in a 9-in. pie plate. Dip patties into crumb mixture, turning to coat.

5. HEAT 1 Tbsp. butter and 1 Tbsp. cooking oil in large skillet over medium heat. Add half of patties; cook for 8 to 10 minutes or until golden brown, turning once halfway through. Add remaining 1 Tbsp. butter and 1 Tbsp. oil to skillet and cook remaining patties. Serve topped with aioli and green onions.

Per serving: 240 calories, 11 g fat, 3.5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 400 mg sodium, 31 g carbohydrates, 2 g fiber, 5 g sugar, 6 g protein



What makes these sweet summer corn cakes so addictive? Topping them with a spoonful of garlicky aioli.

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GET TO KNOW

SUE NOVAK

Title

Checker, Hy-Vee Drugstore in Cedar Rapids, IA

Years at Hy-Vee
24 years

Awards/Accolades
Recipient of 2012 Hy-Vee Legendary Customer Service Award

What departments have you worked in?

"I started here in 1993. I went through the cosmetics department as a manager, and the pharmacy as a pharmacy tech, and then I was asked to be a checker, and I like that a lot. The Hy-Vee Drugstore is like a small Hy-Vee (grocery) store. We have a little bit of everything but on a smaller scale."

What's the best part of your job?

"It's the people. Every day is different. There has never been a day that's the same as the day before. Every day has its surprise."

check it out

I look at every challenge as an opportunity. I have a dear customer who cannot talk and cannot hear. But he understands a smile."
— Sue Novak, Hy-Vee checker



THE HY-VEE DRUGSTORE CHECKOUT LINE IS JUST ONE MORE PLACE WHERE CHECKER SUE NOVAK CONNECTS WITH PEOPLE.

Sue Novak greets customers at the Sixth Street Hy-Vee Drugstore in Cedar Rapids, Iowa, with a friendly blue-eyed gaze and a welcoming smile. Most likely, she calls them by name. She'll help an elderly customer open his bottle of soda or sprint after a woman who left her sunglasses in the cart. "Each customer is special," she says. "When we're with them for that brief time, we can make a relationship and form a friendship. I treat each customer as I would want to be treated." Sue has been helping customers at Hy-Vee for 24 years. She scans and bags items, asks people about their weekend plans and in general makes customers feel good. She's so consistently attentive and friendly that she won the Hy-Vee Legendary Customer Service Award in 2012, which surprised no one except Sue.

"Sue is a true example of the Hy-Vee culture and is the face of our store," says Melissa Worley, store director. "She'll do anything for a customer or employee. She says we are all family and we should stick together and take care of each other."

Customer Katie Meisterling, who swings by the store regularly, was quick to warm up to Sue. "I opened a day-care business nearby, and we connected right away," says Katie.

"She asks how business is going, how the kids are. She cares; it's not just her being polite."

For Sue, customer service often goes beyond the checkout line. "There was this lady who had a hard time getting around. After she got her groceries and was getting into her van I noticed she had left her pretty pink flowered cane in her cart. I went running with her cane and said 'You forgot this!' We both started laughing, and she said, 'It's a miracle! I can walk,' Sue says.

"I look at every challenge as an opportunity. I have a dear customer who cannot talk and cannot hear. But he understands a smile. He understands what his total is when I point to the register."

Some days are more unusual than others. One day, a fisherman brought in some fish that he'd caught because Sue had shown interest in the fishing pictures he had on his phone. "He thought I'd like them for dinner. I was pretty honored by that."

One final thing makes Sue's job as a checker most rewarding. "I get a ton of personal contact with people in this job. When a customer looks me in the eye and says, 'thank you for helping me,' I think that is beautiful."

Orchids

GIVE THESE RAINFOREST BEAUTIES AIR, LIGHT FEEDINGS AND INDIRECT SUNLIGHT AND THEY'LL REWARD WITH EXOTIC BLOOMS FOR MONTHS AND SOMETIMES YEARS.

need to know

SELECT

Look for strong stems with healthy attached flowers. Roots should be plump and white- or green-hued, not brown and mushy. Leaves should be bright green with no yellow spots or white bumps. Smell is also an indicator of plant health—if it smells foul, it's rotting.

KEEP FRESH

Repot when the growing medium breaks down or the plant outgrows the pot. Use a bark- or peat-based mix, or a blend of bark, perlite and charcoal, that allows air to circulate around the roots and that drains well.

KEYS TO GROWING SUCCESS

Sunlight

Set your orchid in bright indirect sunlight. An east-facing window works well. Direct sun will burn the leaves.

Temperature

Orchids like the same temperatures we do: 65 to 80°F in the daytime and a bit cooler at night.

Watering

Generally, water only when the mix is dry—about once a week; read the plant tag. Make sure pot drains well.

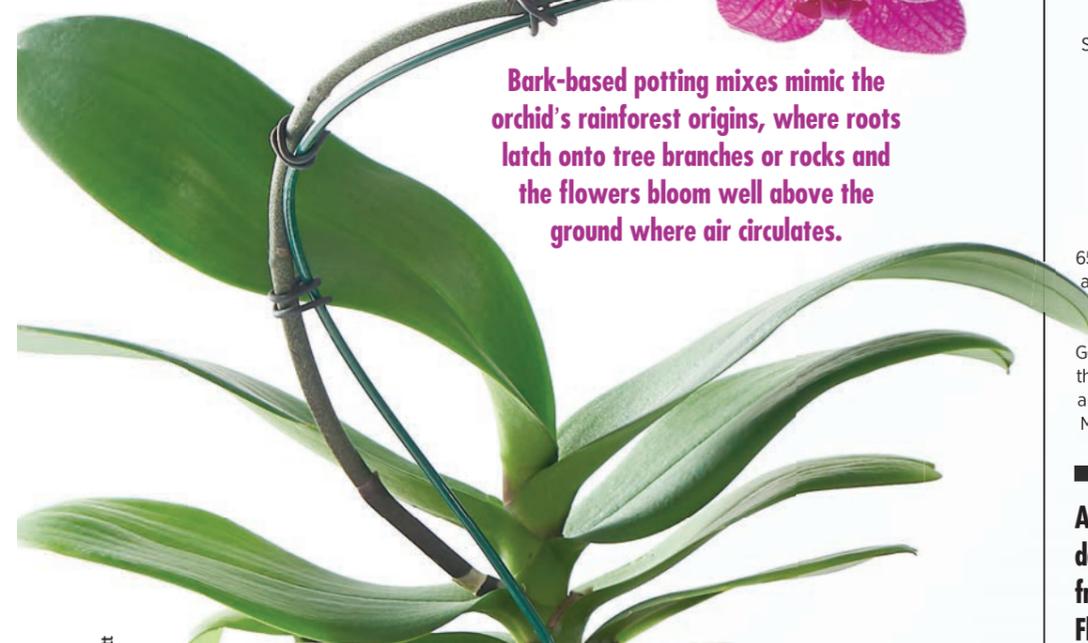
Snipping

An orchid can rebloom from its old stem. When it's done flowering, cut the stem off near the base of the plant so the orchid can build up energy for the next flowering.

Nourishing

Feed weekly with a general-purpose food with little or no urea. Dilute to half the strength used for other houseplants (think "weakly, weekly").

Bark-based potting mixes mimic the orchid's rainforest origins, where roots latch onto tree branches or rocks and the flowers bloom well above the ground where air circulates.



Add sunshine to your day with sunflowers from the Hy-Vee Floral Department. To keep fresh, cut stems at a 45-degree angle and change the water daily.



PHOTO: Greg Scheldemann

PHOTOS: Tobin Bennett



DISCOVER FRESH NEW FLAVORS

Elevate dinner to a whole new level with **DOLE® Bananas** and **DOLE Salad Blends**.

Mini Cuban-Style Sandwiches with Grilled Bananas

Prep: 45 min. Makes: 6 servings

- 3 cups **DOLE® Baby Spinach**
- 2 **DOLE Bananas**, peeled
- ¼ cup sliced green onions
- ¼ cup orange juice
- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- 1 pound boneless, skinless chicken breast
- Salt, to taste
- 6 small multi-grain rolls, halved
- 2 tablespoons yellow mustard
- 6 slices dill pickle
- 3 slices low-fat Swiss cheese, halved

Slice the chicken into thin strips. Toss with green onions, orange juice, olive oil, garlic and salt. Cover and refrigerate for 30 minutes.

Preheat grill or broiler to high. Slice bananas diagonally and grill or broil until charred, about 2 minutes. Set aside.

Sauté chicken mixture over high heat until cooked, about 4 minutes. Remove from heat and add baby spinach to the pan, tossing until lightly wilted. Set aside.

Spread mustard inside the rolls. Layer with banana slices, dill pickle, chicken and cheese. Press sandwiches in a panini grill or skillet until the cheese melts.

Per Serving: 420 calories, 12g fat (2.5g sat.), 70mg cholesterol, 500mg sodium, 48g carbohydrates (7g dietary fiber, 12g sugars), 35g protein, 30% Vit. A, 25% Vit. C, 25% calcium, 20% iron.

IN A PICKLE

QUICK PICKLES ARE SIMPLE TO MAKE AND CAN LAST ABOUT A COUPLE WEEKS IN THE FRIDGE. TRY OUR COMBOS OF VINEGARS AND SPICES FOR YOUR PICKLING PLEASURE. NO CANNING REQUIRED!



QUICK PICKLING

Cool, briny veggies pulled from the fridge are a welcome addition to weeknight meals. Master the pickling technique using the recipes on page 14. You can also customize your own flavors by seasoning the brine with one or more of the following:

Fresh herbs: dill, thyme, oregano, rosemary

Garlic and fresh ginger

Whole spices: mustard seed, coriander, crushed red pepper, peppercorns

Ground spices: turmeric, cumin, smoked paprika



* Bonus Feature: Learn how to pickle vegetables. Watch the video at [youtube.com/HyVee](https://www.youtube.com/HyVee)

Visit dole.com



get picklin'

HELPFUL TIPS

Use wide-mouth pint-size jars and wash before use.

Pack veggies into jars, leaving ½ inch of space from the jar rim to the tops of the veggies.

Pour in hot brine. Remove air bubbles by gently tapping jars against the counter a few times. Top off with more brine, if necessary.

Cool the jars to room temperature before refrigerating. Pickles' flavor improves while they're in the fridge.

BASIC BRINE

COMBINE 1 cup Hy-Vee vinegar, 1 cup water, 1 Tbsp. Hy-Vee kosher salt and 1 Tbsp. Hy-Vee sugar in a small saucepan. Bring mixture to boiling, stirring to dissolve salt and sugar. Makes about 2 cups.

NOTE: Best vinegars for pickling include Hy-Vee white vinegar, Hy-Vee apple cider vinegar, Hy-Vee Select white wine vinegar and rice vinegar.

PICKLED ONIONS

PREPARE 1 recipe Basic Brine, above, using ½ cup each rice vinegar and Hy-Vee white wine vinegar; keep hot. **CUT** 1 red onion (6 oz.) into ¼-in. slices; place in a colander. Pour boiling water over onion; drain.

ADD onion; 1 clove garlic, sliced; 3 sprigs thyme and 1 tsp. Hy-Vee peppercorns to a pint jar. Fill jar with hot brine; stir gently. Discard any leftover brine.

COOL. Cover and refrigerate at least 2 hours before serving. Serve within a week. Makes 1 pint.

QUICKEST PICKLES

PREPARE 1 recipe Basic Brine, above, using Hy-Vee white wine vinegar; keep hot. **CUT** 2 large pickling cucumbers (1 lb.) into spears; pack into a quart jar.

ADD 6 sprigs fresh dill; 4 cloves garlic, smashed; 2 bay leaves; and 1 tsp. mustard seeds. Fill jar with hot brine; stir gently. Discard any leftover brine. **COOL.** Cover and refrigerate for 2 hours before serving. Serve within 2 weeks. Makes 1 quart.

PICKLED CAULIFLOWER

PREPARE 1 recipe Basic Brine, above, using Hy-Vee apple cider vinegar; keep hot. **DIVIDE** evenly 2 cups cauliflower florets and ½ red and ½ yellow bell pepper, cut into strips, into two pint jars. **ADD** 1 tsp. Hy-Vee black peppercorns and ¼ tsp. each coriander seeds, mustard seeds and Hy-Vee crushed red pepper to each jar. Fill jars with hot brine; stir gently. Discard any leftover brine. **COOL.** Cover and refrigerate at least 2 hours before serving. Serve within 2 weeks. Makes 2 pints.

PICKLED CARROTS

PREPARE 1 recipe Basic Brine, above, using Hy-Vee apple cider vinegar; keep hot. **PEEL** 6 medium carrots; cut into sticks. **ADD** carrots to two pint jars. Add ½ tsp. whole coriander seeds, 3 slices peeled fresh ginger and ¼ tsp. each turmeric and thyme to each jar. Fill jars with hot brine; stir gently. Discard any leftover brine. **COOL.** Cover and refrigerate at least 2 hours before serving. Serve within 2 weeks. Makes 2 pints.



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Vodka Slushy

ROSEMARY-CHERRY LIMEADE VODKA SLUSHY

Total Time 30 minutes
Serves 8 (8 oz. each)

- ¾ cup Hy-Vee sugar
- ¾ cup water
- 2 sprigs rosemary
- 1 tsp. lime zest
- 1 cup Hy-Vee 100% cherry juice
- ½ cup Hy-Vee lemon-lime soda
- 1 (16-oz.) pkg. Hy-Vee frozen unsweetened red tart cherries
- 3 cups ice cubes
- 6 oz. vodka
- Additional rosemary sprigs, for garnish**
- Lime slices, for garnish**

1. COMBINE sugar, water, 2 rosemary sprigs and zest in a large saucepan. Bring to boiling; reduce heat. Simmer for 3 minutes or until sugar has dissolved, stirring occasionally. Remove from heat; discard rosemary. Cool for 20 minutes.

2. PLACE rosemary syrup, cherry juice and lemon-lime soda in a blender. Use immediately or cover and refrigerate for up to 2 days.

3. ADD frozen cherries, ice cubes and vodka to blender. Cover and blend until slushy. If desired, garnish each drink with a rosemary sprig and lime slices.

Per serving: 170 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 5 mg sodium, 31 g carbohydrates, 1 g fiber, 29 g sugar, 0 g protein

VODKA'S CLEAR, CLEAN TASTE PAIRS WELL WITH ANY FLAVOR, INCLUDING LIGHT AND FRUITY SLUSHIES THAT BRING TRUE SUMMER DELIGHT. TRY OTHER FROZEN FRUITS, SUCH AS MIXED BERRIES OR PEACHES, IN THIS BLENDER-FRIENDLY DRINK.

ROSEMARY AND CITRUS BRIGHTEN THE FLAVOR OF COCKTAILS.

30
minutes
or less



A VERSATILE BASE

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Grey Goose

Made from winter wheat in northern France; has a floral aroma and a subtle citrus note.



Absolut

A Swedish vodka that's complex yet mellow, made from winter wheat. It has a flavor hint of dried fruit.



Smirnoff

A gently distilled vodka that is light on smell and taste and has hints of pepper.



Svedka

Made from winter wheat; has aromatic notes of sweet cream, mineral and tarragon, with a peppery finish.



Ketel One

Has hints of citrus and honey, with a mild spiciness.

PHOTOS: Cameron Sadeqhpour



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BEEF RAGU

A rich, robust meat sauce cooks on its own in a slow cooker for a delicious, family-friendly meal, page 40

August '17

CIAO ITALIA | FUN (AND TASTY) SNACKS | BOX TOPS FOR EDUCATION | EVERYBODY LOVES RAMEN
IN & OUT MEALS | 24/7 CEREAL FIX | 7 WAYS TO SHOP & SAVE | TAPAS | SEASON'S BEST PEACH SLAB PIE

PHOTO Cameron Sadeghpour



Ciao
italia

IN ITALY, FAMILIES GATHER AT THE TABLE TO ENJOY TOGETHERNESS, TRADITION AND GREAT TASTE. NOW, GUSTARE VITA ITALIAN-CRAFTED PRODUCTS, OFFERED EXCLUSIVELY AT HY-VEE, MAKE IT EASY FOR YOU TO DO THE SAME. EACH SPECIALTY ITEM HELPS YOU BRING AUTHENTIC FLAVORS OF ITALY TO YOUR TABLE. SAVOR THESE HANDPICKED FOODS IN OUR SIMPLE YET SPLENDID RECIPES THAT CELEBRATE THE GOOD LIFE—ITALIAN STYLE.

WORDS Wini Moranville PHOTOS Cameron Sadeghpour and Greg Scheidemann

Close your eyes and think of Italy. What comes to mind? Perhaps the steep, narrow alleys of a medieval stone village, where you catch the unmistakable fragrance of garlic warmed in olive oil. From the open windows above, you hear the clang of cutlery on plates amidst the laughter and conversation of those at the table. Or, you might envision a farmhouse perched atop terraced fields in Tuscany, where three or four generations gather at a table underneath a leafy grape arbor as the Sunday dinner stretches from midday until the sun sets; the family cooks bring out just one more delight to savor before their time together ends.

Maybe you picture more well-known landmarks, like St. Mark's Square in Venice or the Colosseum in Rome. And yet, even from this far away, you can smell robust red sauces simmering and luscious dabs of fresh mozzarella melting atop pizza pies in the trattorias that surround the historic landmarks.

Indeed, when you picture Italy, even if you've never been to the country, chances are that somewhere in your mind's eye are the sights, the sounds and the smells of *la dolce vita*—the good life—a life lived fully and sweetly in a beautiful place, surrounded by family and friends. And always, food is somewhere in the frame.

TIME-HONORED INGREDIENTS FOR LONG-STANDING TRADITIONS

Although the cuisine in Italy varies from region to region, throughout the country, cooks share a singular devotion to putting a gratifying meal on the table at the end of each day. Uncomplicated but brimming with pleasure, these dinners are daily celebrations of the great luck to be surrounded by the people they love the most.

Time-honored ingredients make Italy's culinary traditions even more meaningful. From top-quality pasta, olive oil and cheeses at the heart of so many Italian dishes, to one-of-a-kind flourishes like buttery Castelvetrano olives and citrusy capers, many products are harvested and crafted by producers using methods built on generations of passion and expertise. Wrought through long-standing traditions, these delicacies deepen and enrich the time spent at the table.

THE GUSTARE VITA STORY

The food professionals at Hy-Vee recently handpicked 50 such products to bring home to the Great Midwest. These top-quality foods carrying the Gustare Vita label are now sold in the U.S. exclusively by Hy-Vee. The term *gustare vita* means "savor life," and each authentic product is designed to make it easy for cooks to savor life, the Italian way.

"Gustare Vita will give our customers the opportunity to bring the traditional tastes of Italy and the Italian food experience to their homes," says Eric Long, Hy-Vee Group Vice President, Private Brands. To source the best products, Long and his team met with hundreds of food suppliers in Italy. They traveled from culinary epicenters like Parma and Milan in the north, to lesser-known outposts, like Broccostella in south-central Italy, where they discovered a producer that's been crafting olive oil since 1905.

"We were able to pick and choose from the best products available," says Long. The specialties they chose include pasta, Italian sodas, extra virgin olive oil, balsamic vinegar, frozen pizza and breadsticks, among other items.

FUSS-FREE AND AFFORDABLE

Although Italian food easily ranks in the top tier of the world's most-admired cuisines, the food of Italy isn't overly complex or difficult to make. In fact, much Italian food is based on a secret that Italian cooks have known for generations: When you use high-quality ingredients, it takes very little effort to bring a meal to the table in extraordinary ways.

The Gustare Vita products will help you tap into this secret. Gustare Vita offers convenience products, including long-simmered sauces (such as arrabiatta, Mediterranean, and tomato), prepared pesto, refrigerated filled pasta and packaged gelato, that let you offer the true tastes and joys of Italy to your family and friends, even on your busiest days.

Hy-Vee is also committed to making Gustare Vita products affordable. "Most will be priced similar to domestic national brands, but will cost less than other imported Italian brands," explains Long.

Thanks to Gustare Vita, gathering around the table for the conversation, togetherness, and reassurance that true Italian cooking brings can be a daily event. And suddenly, Italy doesn't seem that far away.

Total Time 25 minutes
Serves 4

10 oz. Gustare Vita dry penne pasta
¼ cup Gustare Vita extra virgin olive oil,
divided
1 oz. prosciutto, cut into thin strips
2 cloves garlic, minced
3 cups chopped heirloom tomatoes
1 tsp. Hy-Vee salt
½ tsp. Hy-Vee black pepper
1 (8-oz.) pkg. fresh mozzarella pearls, drained
1 cup cherry tomatoes, halved
2 cups baby arugula

1. COOK penne according to package directions. Drain and keep warm.

2. HEAT 1 Tbsp. olive oil in large skillet over medium-high heat. Add prosciutto. Cook and stir for 3 to 4 minutes until prosciutto is crisp. Remove and set aside.

3. HEAT remaining 3 Tbsp. olive oil in same large skillet over medium heat. Add garlic; cook until softened, about 2 minutes. Stir in chopped heirloom tomatoes, salt and pepper. Cook for 4 minutes or until tomatoes are softened.

4. STIR tomato sauce mixture, mozzarella pearls and cherry tomatoes into hot pasta. Transfer to serving platter. Top with arugula and crispy prosciutto. Serve immediately.

WINE PAIRING: Count on the lively freshness and crisp character of Mantellassi Morellino di Scansano to play nice with the tart and feisty tomatoes in this pasta.

Per serving: 380 calories, 17 g fat, 5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 630 mg sodium, 40 g carbohydrates, 4 g fiber, 5 g sugar, 15 g protein

tomato margherita pasta

30
minutes
or less



THIS BRONZE-DIE-CUT PASTA ABSORBS SAUCES EXCEPTIONALLY WELL.

MANGIA BENE (EAT WELL!)

A TUSCAN-STYLE SPAGHETTI SAUCE FEATURES FRESH, FLAVORFUL TOMATOES, WITHOUT A LOT OF OTHER INGREDIENTS. IT PAIRS WELL WITH ANY TYPE OF PASTA.

heirloom tomato ricotta tart



Total Time 45 minutes
Serves 8

2 lb. heirloom tomatoes in assorted sizes and colors, cut into ½-in. slices
Hy-Vee salt
1 Hy-Vee refrigerated piecrust (½ of a 15-oz. pkg.)
2 oz. Parmigiano-Reggiano cheese, grated
2 Tbsp. plus 1 tsp. Gustare Vita extra virgin olive oil, divided
1 clove garlic, minced
1 tsp. each chopped fresh basil, thyme and oregano
½ cup whole milk ricotta cheese
½ cup shredded Monterey Jack cheese
Additional Hy-Vee salt and black pepper, to taste
Fresh basil leaves, for garnish

1. LINE a rimmed baking pan with a double layer of paper towels. Arrange tomato slices in pan. Sprinkle with ½ tsp. salt. Let stand 30 minutes, gently blotting tops of tomatoes dry with paper towels.

2. PREHEAT oven to 425°F. Place piecrust in a 10-in. tart pan with removable bottom, pressing into sides of pan. Trim edge. Prick with a fork. Bake for 5 minutes. Sprinkle Parmigiano-Reggiano cheese on pastry. Bake for 5 to 7 minutes more or until golden brown. Cool.

3. WHISK together 2 Tbsp oil, garlic and herbs; set aside. Combine ricotta and Monterey Jack cheeses, remaining 1 tsp. olive oil and additional salt and pepper in a medium bowl. Spread mixture on bottom of pastry. Arrange tomatoes on top. Drizzle with garlic-oil mixture. Cut into wedges. If desired, garnish with basil leaves.

WINE PAIRING: The light and refreshing appeal of Mantellassi Lucumone Maremma Toscana Vermentino will delightfully contrast with this tart's trio of rich cheeses.

Per serving: 240 calories, 17 g fat, 7 g saturated fat, 0 g trans fat, 25 mg cholesterol, 390 mg sodium, 18 g carbohydrates, 1 g fiber, 4 g sugar, 7 g protein

THIS FRESH AND FRUITY OIL IS MADE FROM HAND-PRESSED OLIVES IN ITALY'S LAZIO REGION.



* Bonus Feature: Learn how to make a tomato tart. Watch the video at [youtube.com/HyVee](https://www.youtube.com/HyVee)

CROSTINI
(LITTLE TOASTS)
 FRESH MOZZARELLA
 HEIGHTENS THE
 FLAVOR OF SWEET
 GRILLED CHERRY
 TOMATOES. PESTO
 ADDS A SAVORY NOTE.

tomato toasts **30**
 minutes
 or less

Total Time 30 minutes
 Serves 8

- 6 Tbsp. Hy-Vee butter
- 2 cloves garlic, minced
- 8 (1 ½-oz., ½-in.-thick) slices Hy-Vee Bakery whole grain bread
- 1 pint cherry tomatoes, whole and halved
- Gustare Vita olive oil
- 8 oz. fresh mozzarella cheese, torn into slices
- 3 Tbsp. Gustare Vita pesto
- Fresh Italian parsley, for garnish

- 1. PREHEAT** a charcoal or gas grill for direct cooking over medium-high heat. Add butter to a microwave-safe bowl. Microwave on high for 30 seconds or until melted. Stir in garlic. Brush garlic butter on both sides of each bread slice. Grill for 3 minutes or until crisp and golden, turning once. Cool on a rack.
- 2. THREAD** tomatoes on skewers; brush with olive oil. Grill for 2 to 3 minutes or until tomatoes are slightly charred, turning once.
- 3. TOP** bread with mozzarella, pesto and tomatoes. If desired, garnish with parsley.

WINE PAIRING: Crisp, pink Rosato di Toscana will harmonize with the fresh mozzarella cheese and bright, herbal qualities in the pesto.

Per serving: 260 calories, 18 g fat, 9 g saturated fat, 0 g trans fat, 45 mg cholesterol, 280 mg sodium, 22 g carbohydrates, 4 g fiber, 4 g sugar, 12 g protein

Gustare
 — VITA —
 PRODUCT OF ITALY



THIS FLAVORFUL HERB, NUT AND CHEESE COMBO HAILS FROM ITALY'S LIGURIA REGION, THE ANCESTRAL HOMETOWN OF PESTO.

Gustare vita means "savor life." It's also the name of authentic Italian-made foods that you'll find only at Hy-Vee stores. Here are just a few of the handpicked Gustare Vita products, from pastas and sauces to sodas, that can help you bring Italy to your table—tonight.

- **Bronze-die-cut pasta:** This specialty pasta, crafted by a company in business since 1908, is cut with a bronze die—a tool that scores the outside of each noodle. The ridged surface helps sauces stick to the pasta, rather than slipping down the noodle and back into the bowl.
- **Olive oil:** Gustare Vita olive oils hail from the small town of Broccostella, in the Lazio region of Italy, where they are blended and packed by a company that knows a thing or two about olive oil. They've been in business for over a century.

- **Gelato:** Italy's famous gelato shops sparkle with tubs of colorful ice cream, piled high in pretty swirls. Now you can bring the specialty home, in hand-packed cartons filled with the rich and creamy treat.
- **Balsamic vinegar of Modena:** Gustare Vita's bottles hail from the Italian province of Modena, home of the world's most prized balsamic vinegars. The vinegar undergoes a complex aging process, which concentrates and intensifies the flavors of this fascinatingly sweet-tart condiment.
- **Italian sodas:** Bring the sunny brightness of the Mediterranean to your picnics and parties with these vibrant, gently sparkling sips. They're made from organic Sicilian fruit juices and gently sparkling Italian mineral water.

INSALATA (SALAD)

CRUNCHY ROMAINE AND VEGGIES TOSSED WITH FETA CHEESE, FRESH HERBS AND KALAMATA OLIVES IS AN AMAZING EXPERIENCE FOR YOUR TASTE BUDS BECAUSE SO MANY FLAVORS POP AT ONCE.



Roman tomato salad

30
minutes
or less

Total Time 30 minutes
Serves 6

- 1 recipe Red Wine Vinaigrette, right
- 2 pints cherry tomatoes, halved
- 1 (4-oz.) romaine heart, chopped
- ½ radicchio, thinly sliced
- ¼ fennel bulb, cored and thinly sliced
- 1 large seedless cucumber, quartered lengthwise and chopped
- ½ red onion, chopped
- ½ cup chopped marinated artichoke hearts
- ½ cup chopped Castelvetrano pitted green olives, halved

3 oz. shredded Pecorino Romano or Asiago cheese
Fennel fronds, for garnish

- 1. PREPARE** Red Wine Vinaigrette; cover and refrigerate until ready to serve.
- 2. TOSS** together tomatoes, romaine, radicchio, fennel, cucumber, red onion, artichoke and olives in a large bowl. Sprinkle with cheese. If desired, garnish with fennel fronds. Serve with Red Wine Vinaigrette.

RED WINE VINAIGRETTE: Add ¼ cup Gustare Vita red wine vinegar, 2 Tbsp.

fresh oregano leaves, 3 cloves garlic and ¼ tsp. Hy-Vee black pepper to a blender. Cover and blend until minced. Slowly add ½ cup Gustare Vita extra virgin olive oil; cover and blend well.

WINE PAIRING: With its crisp character and zesty cherry notes, Mantellassi Mentore Morellino di Scansano is a terrific red wine to accompany fresh tomato dishes.

Per serving: 230 calories, 19 g fat, 4 g saturated fat, 0 g trans fat, 15 mg cholesterol, 360 mg sodium, 10 g carbohydrates, 3 g fiber, 5 g sugar, 5 g protein



THIS 100% NATURAL PRODUCT IS MADE FROM THE FERMENTATION OF QUALITY RED WINE THAT HAILS FROM SELECTED ITALIAN WINE CELLARS.



Total Time 2 hours
Serves 8 (½ cup each)

- 4 lb. fresh tomatoes
- ¼ cup Gustare Vita olive oil
- 1 medium onion, chopped
- 2 stalks celery, chopped
- 1 large carrot, peeled and chopped
- 2 Tbsp. chopped fresh rosemary
- 2 cloves garlic, minced
- 1 cup dry red wine or Hy-Vee chicken broth
- 1 tsp. Hy-Vee kosher salt
- ¼ tsp. Hy-Vee crushed red pepper

1. BRING a large pot of water to boiling. Cut a shallow “X”

in the bottom of each tomato. Slide tomatoes into boiling water for 45 to 60 seconds. As soon as their skins start to split, remove and place in an ice water bath. When cool, drain tomatoes and remove the skins. Chop tomatoes and transfer to a bowl; set aside.

2. HEAT oil in a 2-quart Dutch oven over medium heat. Add onion, celery and carrot. Cook for 5 minutes or until softened, stirring frequently. Add rosemary and garlic. Cook for 3 minutes more. Add tomatoes and juices, wine, salt and crushed red pepper. Bring mixture to boiling; reduce heat. Cook, covered, for 1 hour.

Uncover; cook for 30 minutes more or until thickened.

3. SERVE sauce over cooked pasta, such as Gustare Vita rigatoni or penne. Top with shredded Parmigiano-Reggiano cheese. Store sauce in an airtight container in the refrigerator for up to 3 days, or freeze for up to 3 months.

WINE PAIRING: Crisp, light Pinot Grigio Concilio will complement the fresh vegetables in this sauce.

Per serving (sauce only): 140 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 270 mg sodium, 13 g carbohydrates, 4 g fiber, 7 g sugar, 2 g protein

Tuscan-style tomato sauce



WITH FRUITY CHARACTERISTICS, THIS HIGH-QUALITY OLIVE OIL HAS BEEN PRODUCED FOR OVER A CENTURY.

seafood arrabbiata 30 minutes or less

Total Time 30 minutes
Serves 4

- 8 oz. dry Gustare Vita spaghetti
- 8 oz. peeled and deveined shrimp, with tails
- 8 oz. sea scallops
- 1 tsp. Hy-Vee salt
- 1 tsp. Hy-Vee crushed red pepper
- 2 Tbsp. Gustare Vita olive oil
- 1 (17.6-oz.) jar Gustare Vita arrabbiata sauce
- Lemon wedges, for serving
- Fresh basil leaves, for garnish

1. COOK spaghetti according to package directions; drain and keep warm.

2. RINSE shrimp and scallops; pat dry and place in a medium bowl. Toss with salt and crushed red pepper.

3. HEAT oil in a large skillet over medium-high heat. Add shrimp and scallops. Cook for 5 to 6 minutes or until seafood is opaque.



* Bonus Feature:
Learn how to make seafood arrabbiata. Watch the video at [youtube.com/HyVee](https://www.youtube.com/HyVee)

4. ADD arrabbiata sauce to skillet. Heat mixture through. Serve over spaghetti. Serve with lemon wedges. If desired, garnish with basil.

WINE PAIRING: *Arrabbiata* means “angry” and refers to the spiciness of this dish. When it comes to choosing a wine, in this case, opposites attract. Look for crisp, light Pinot Grigio Concilio to help tame the fire.

Per serving: 410 calories, 10 g fat, 1.5 g saturated fat, 0 g trans fat, 85 mg cholesterol, 1,580 mg sodium, 56 g carbohydrates, 4 g fiber, 6 g sugar, 23 g protein



MADE FROM A TOMATO UNIQUE TO THE ABRUZZO REGION OF ITALY, THIS SAUCE IS TASTEFULLY SPICY, WITHOUT OVERPOWERING HEAT.



Gustare
— VITA™ —
PRODUCT OF ITALY



When you can't make it to Italy for dinner, we bring Italy to you. We've curated foods and flavors made fresh by Italian families who truly enjoy life and love what they do. You'll be able to taste their passion for food in every bite.

EXCLUSIVELY AT **HyVee**®



fun (and tasty)

SNACKS

PUT A NEW SPIN ON SNACK TIME WITH COLORFUL TREATS MADE FROM FRESH FRUIT AND FRUIT JUICES. WHILE SMOOTHIES BLEND UP QUICKLY, THE GUMMIES AND BANANA POPS CAN BE MADE AHEAD AND STORED IN THE FRIDGE OR FREEZER.

PHOTOS Tobin Bennett and Greg Scheidemann



RASPBERRY SMOOTHIES

Total Time 10 minutes
Serves 2 (10 oz. each)

1 cup Hy-Vee frozen unsweetened raspberries
1 medium banana

1 (5.3-oz.) container Hy-Vee raspberry Greek yogurt
½ cup Hy-Vee no-sugar-added pineapple juice
¼ cup beet juice
Honey, to taste

1. **ADD** raspberries, banana, yogurt, pineapple juice, beet juice and honey to a blender. Cover and blend until smooth. Serve immediately.

Per serving: 200 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 5 mg cholesterol, 95 mg sodium, 46 g carbohydrates, 6 g fiber, 30 g sugar, 9 g protein



pineapple-mango GUMMIES

Total Time 20 minutes plus chilling
Serves 10 (5 gummies each)

½ cup Hy-Vee no-sugar-added pineapple juice
½ cup mango-peach juice
2 envelopes unflavored gelatin
2 Tbsp. Hy-Vee honey

1. **LINE** a 9×5×3-in. loaf pan with foil, extending foil over edges of pan; set aside.

2. **PLACE** fruit juices in a medium saucepan. Bring to simmering. Add gelatin and whisk until dissolved. Whisk in honey until combined.

3. **POUR** fruit mixture into prepared pan and refrigerate 2 hours or until firm. Lift foil edges to remove uncut gummies from pan. Place on cutting board; cut into 50 (¾-in.) cubes.

Per serving: 25 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 6 g carbohydrates, 0 g fiber, 5 g sugar, 1 g protein

Cran-Grape Gummies: Prepare recipe as directed, except use 1 cup Hy-Vee light grape-cranberry juice instead of pineapple and mango-peach juices.

Per serving: 25 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 5 g carbohydrates, 0 g fiber, 4 g sugar, 1 g protein

Grapefruit-Guava Gummies: Prepare recipe as directed, except use ½ cup Hy-Vee ruby red grapefruit juice and ½ cup guava nectar instead of pineapple and mango-peach juices.

Per serving: 30 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 5 mg sodium, 7 g carbohydrates, 0 g fiber, 6 g sugar, 1 g protein

GOOD CHOICE

JIGGLY FRUIT CUBES WITH **NO ADDED SUGAR** OFFER THE MOST **FUN** WHEN KIDS **CRAVE** A LITTLE SOMETHING TO EAT.

FROZEN BANANA POPS

Total Time 15 minutes plus freezing
Serves 8

4 medium bananas
8 pop sticks
¾ cup Skippy creamy peanut butter
½ cup tasty topper, such as freeze-dried strawberries or raspberries, cacao nibs, chopped almonds or pistachios, or finely shredded unsweetened coconut and/or coconut flakes

1. **LINE** a baking sheet with parchment paper and set aside.

2. **PEEL** bananas and cut in half crosswise. Insert pop sticks into cut end of each banana half.

3. **SPREAD** peanut butter on banana pops, partially covering bananas. Dip bananas into desired tasty topper. Place on prepared baking sheet. Freeze until set before serving. Store banana pops in an airtight container in the freezer for up to 1 month.

Per serving (with chopped almonds and coconut): 230 calories, 15 g fat, 3.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 120 mg sodium, 20 g carbohydrates, 4 g fiber, 11 g sugar, 7 g protein

Per serving (with cacao nibs and freeze-dried raspberries): 250 calories, 15 g fat, 4.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 115 mg sodium, 23 g carbohydrates, 4 g fiber, 13 g sugar, 6 g protein



Skippy P.B. Bites: select varieties
5 to 6 oz. \$3.29



Skippy Peanut Butter: select varieties
15 or 16.3 oz. \$2.49



Skippy Peanut Butter: select varieties
26.5 or 28 oz. \$3.99



Skippy Peanut Butter: select varieties
40 oz. \$5.49



30 minutes or less

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General Mills Cereal:
select varieties
10.7 to 13 oz. 2/\$5.00



Nature Valley or Fiber One Grain Snacks:
select varieties
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select varieties
6 ct. 2/\$4.00



Betty Crocker Fruit Snacks:
select varieties
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Totino's Pizza Rolls 40 ct., Nachos 34 ct. or Bites 18 ct.
select varieties
3/\$10.00



Betty Crocker Supreme Brownie Mix:
select varieties
13.75 to 22.25 oz.
\$2.29



Yoplait GoGurt:
select varieties
8 ct. 3/\$5.00



Annie's Popcorn and Puffs:
select varieties
4.4 oz. 3/\$10.00



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select varieties
9 to 15 oz. 2/\$5.00



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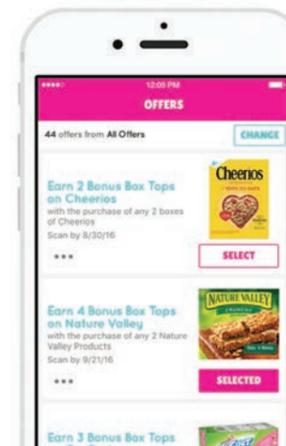
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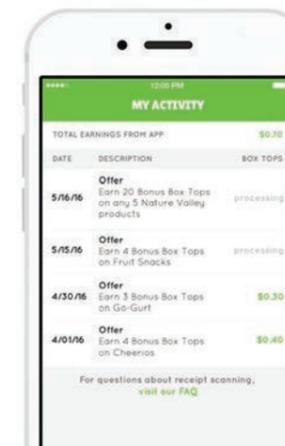
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everybody loves RAMEN

THE NO-FAIL NOODLE THAT YOU LOVED IN COLLEGE COMES BACK IN CREATIVE NEW WAYS. IF YOU'VE NEVER TRIED NOODLE BUNS OR GRANOLA BARS, WHERE RAMEN ADDS A GOOD CRUNCH, YOU'RE IN FOR A TREAT.

PHOTOS Cameron Sadeghpour

Ramen Bowls

Total Time 45 minutes plus marinating time
Serves 4

1 (16-oz.) pkg. extra-firm tofu, cut into ¾-in. cubes
¼ cup plus 1 Tbsp. sesame oil, divided
2 Tbsp. Hy-Vee light-sodium soy sauce
2 Tbsp. chili garlic sauce, divided
¼ cup chopped green onions
4 cloves garlic, divided
3 (14.5-oz.) cans Hy-Vee 33%-reduced-sodium chicken broth
1¾ cups water
1 oz. sliced peeled ginger
2 (3-oz.) pkg. instant ramen noodles
4 bunches baby bok choy, quartered
1 cup shredded carrots
2 Hy-Vee large pasteurized eggs, soft-boiled, peeled and halved
4 radishes, thinly sliced
Cilantro leaves, for garnish
Sesame seeds, for garnish

1. PLACE tofu in a large resealable plastic bag. Add ¼ cup sesame oil, soy sauce, 1 Tbsp. chili garlic sauce, green onions, and 2 cloves garlic, minced, to resealable plastic bag; seal. Turn to coat. Marinate in the refrigerator for at least 30 minutes or up to 24 hours, turning bag occasionally.

2. COMBINE broth; water; ginger; remaining garlic, crushed; and remaining 1 Tbsp. chili garlic sauce in a large saucepan. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. Remove ginger and garlic; discard. Add ramen noodles to saucepan; reserve seasoning for another use. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes or until noodles are tender. Drain noodles over a large bowl to reserve cooking liquid.

3. COOK bok choy in a small amount of water in a large nonstick skillet over medium-low heat for 5 minutes or until tender. Transfer bok choy to a platter using a slotted spoon; cover and keep warm. Wipe out skillet.

4. HEAT remaining 1 Tbsp. sesame oil in same skillet over medium-high heat. Drain tofu; discard marinade. Cook and stir tofu in hot oil until lightly crisp.

5. DIVIDE noodles among four serving bowls. Add tofu, bok choy, carrots, egg halves and radishes. Add cooking liquid to each bowl. If desired, garnish with cilantro and sesame seeds.

Per serving: 490 calories, 20 g fat, 6 g saturated fat, 0 g trans fat, 95 mg cholesterol, 1,760 mg sodium, 53 g carbohydrates, 10 g fiber, 14 g sugar, 31 g protein

**TOFU AND EGGS
ARE A GOOD
PROTEIN COMBO
FOR A MEATLESS
DINNER.**



Total Time 45 minutes
Serves 4

4 (3-oz.) pkg. instant chicken-flavor ramen noodles
1 Hy-Vee large egg, beaten
1 lb. ground turkey
2 Tbsp. sliced green onions
2 Tbsp. finely shredded carrot
1 tsp. plus ½ cup Hy-Vee canola oil, divided
4 (1-oz.) slices Gouda cheese
4 large lettuce leaves
8 tomato slices
Pickled Onions, if desired; recipe, page 14

1. LINE two baking sheets with parchment paper. Draw four 4-in. circles, 2 inches apart, on each paper.

2. RESERVE one ramen seasoning packet for burgers. Cook noodles according to package directions; omit seasoning. Rinse noodles; drain thoroughly. Toss noodles with beaten egg in a bowl. Divide noodle mixture into eight ½-cup portions. Shape each portion into a patty and lightly press onto a circle on parchment. Cover with plastic wrap; refrigerate 1 hour.

3. COMBINE turkey, reserved ramen seasoning, green onions and carrot. Form mixture into four patties. Heat 1 tsp. oil over medium heat in a large skillet. Add patties and cook, covered, for 14 minutes, or

until internal temperature registers 165°F. During the last minute, top each patty with a cheese slice. When cheese is melted, transfer patties to a plate; keep warm. Wipe out skillet.

4. ADD ¼ cup oil to skillet; heat over medium-high heat. Cook four noodle patties in hot oil for 8 minutes or until browned and crisp, turning once. Transfer to paper-towel-lined plate. Repeat with remaining ¼ cup oil and four noodle patties. Line four ramen patties with lettuce; top with tomato slices, burgers and, if desired, Pickled Onions. Add remaining ramen patties.

Per serving: 930 calories, 61 g fat, 17 g saturated fat, 0 g trans fat, 160 mg cholesterol, 920 mg sodium, 54 g carbohydrates, 3 g fiber, 2 g sugar, 41 g protein

MAKE RAMEN "BUNS"
BY COOKING SHAPED
NOODLE ROUNDS
IN A SKILLET.

Turkey Ramen BURGERS



Ramen GRANOLA ³⁰_{minutes or less}

**CRUSHED RAMEN NOODLES ADD
A BUTTERY CRUNCH. CRUMBLE
THE BARS AND SERVE ON FRUIT,
FROZEN YOGURT OR OATMEAL.**

Total Time 25 minutes
Serves 10

2 (3-oz.) pkg. instant ramen noodles
1 cup Hy-Vee granola
½ cup Hy-Vee sliced almonds
½ cup Hy-Vee dried cranberries
¼ cup Hy-Vee butter, melted
½ cup Hy-Vee honey
½ tsp. Hy-Vee ground cinnamon

1. PREHEAT oven to 350°F. Line a rimmed baking pan with parchment paper; set aside.

2. COARSELY CRUSH ramen noodles in unopened packages. Open packages and pour noodles into a

large bowl; reserve seasoning for another use. Add granola, almonds and dried cranberries.

3. COMBINE butter, honey and cinnamon in a small bowl. Drizzle butter mixture over ramen mixture; toss to combine.

4. SPREAD ramen mixture evenly in prepared pan. Bake for 13 to 15 minutes or until golden brown. Remove from oven and cool on a wire rack. Break granola into large pieces.

5. STORE in an airtight container for up to 1 week. Eat as a snack or crumble and serve over oatmeal, yogurt, fruit or ice cream.

Per serving: 250 calories, 11 g fat, 4.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 65 mg sodium, 36 g carbohydrates, 2 g fiber, 19 g sugar, 4 g protein

In & Out Meals

QUICK TO MAKE = QUICK TO EAT

RUN HOME, EAT A QUICK MEAL AND BE OFF TO YOUR EVENING ACTIVITIES IN ABOUT AN HOUR. EACH RECIPE HAS BUILT-IN SHORTCUTS TO HELP YOU PULL TOGETHER A WELL-ROUNDED MEAL IN SHORT ORDER.

PICK YOUR FRITTATA

Ham Frittata
 BASIL + ZUCCHINI AND BELL PEPPER + HAM + GRUYÈRE CHEESE

Total Time 30 minutes
 Serves 5

30
 minutes
 or less

12 Hy-Vee large eggs
 1 Tbsp. chopped fresh herb or seasoning
 ½ tsp. Hy-Vee salt
 ½ tsp. Hy-Vee black pepper
 2 Tbsp. Hy-Vee Select olive oil
 1½ cups cut-up vegetables
 ½ cup chopped cooked meat (optional)
 ½ cup shredded cheese
 Additional cut-up vegetables and herbs, optional

1. PREHEAT broiler. Whisk together eggs, seasoning, salt and pepper in a large bowl. Heat oil over medium heat in a 10-in. broilerproof skillet. Add 1½ cups vegetables. Cook for 5 minutes or until crisp-tender, stirring occasionally. Add meat, if using.

2. POUR egg mixture into skillet. Cook over medium heat. As mixture sets, run a spatula around edge of skillet, lifting mixture so uncooked portion flows underneath. Continue cooking and lifting until almost set. Sprinkle with cheese. If desired, top with additional vegetables and herbs.

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

Find nutrition facts at www.hy-vee.com/recipes

Mushroom Frittata
 HY-VEE STONE GROUND DIJON MUSTARD + BABY BELLA MUSHROOMS, RED ONION WEDGES, BROCCOLI FLORETS AND YELLOW CHERRY TOMATOES + SMOKED GOUDA CHEESE



SLOW-COOKER BEEF RAGU

Total Time 15 minutes
plus slow cooking
Serves 6

1½ to 2 lb. flank steak
¼ tsp. Hy-Vee salt
½ tsp. Hy-Vee black pepper
2 (14.5-oz.) cans Hy-Vee diced Italian-style tomatoes with onion and garlic
¼ cup water
2 medium carrots, chopped
6 cloves garlic, peeled and crushed

2 Hy-Vee bay leaves
1 tsp. Hy-Vee Italian seasoning
3 Tbsp. Hy-Vee tomato paste
+ 12 oz. Hy-Vee Select wide homemade egg noodles, cooked and drained.
Hy-Vee grated Parmesan cheese, for serving
Fresh thyme, for garnish

1. **CUT** steak across the grain into four sections; season with salt and pepper.
+ Transfer to a 5- to 6-qt. slow cooker.

2. **COMBINE** tomatoes, water, carrots, garlic, bay leaves and Italian seasoning in a medium bowl; pour over beef in slow cooker.
+

3. **COVER;** cook on low-heat setting for 8 to 10 hours or on high-heat setting for 5 to 6 hours. Discard bay leaves. Shred the steak using two forks. Stir in tomato paste.
+

4. **SERVE** steak mixture over noodles. If desired, top with Parmesan and garnish with fresh thyme.

Per serving:
450 calories, 11 g fat,
4 g saturated fat,
0 g trans fat,
90 mg cholesterol,
740 mg sodium,
53 g carbohydrates,
3 g fiber, 10 g sugar,
34 g protein

THIS MEATY SAUCE COOKS ON ITS OWN WHILE YOU'RE AWAY. SERVE OVER NOODLES, POLENTA OR CRUSTY BREAD.

Total Time 45 minutes
Serves 4

Hy-Vee olive oil
nonstick cooking spray
1 recipe Rosemary Amogio Sauce, right
4 (5- to 6-oz.) skinless, boneless chicken breast halves
1 (0.8-oz.) pkg. fresh basil leaves
4 metal skewers
½ cup Hy-Vee grated Parmesan cheese

1. **PREHEAT** oven to 450°F. Line a rimmed baking pan with foil; lightly coat with cooking spray.
+ Prepare Rosemary Amogio Sauce; reserve half of sauce for serving.

2. **PLACE** chicken pieces on a cutting board; cover with plastic wrap. Pound chicken with flat mallet to ¼-in. thickness. Cut chicken into 1-in. strips. Top each strip with basil and tightly roll up. Thread chicken rolls onto skewers. Place on prepared baking pan.
+

3. **BRUSH** skewers with remaining Rosemary Amogio Sauce. Bake, uncovered, about 15 minutes or until chicken is done (165°F), turning once. During the last two minutes of baking, sprinkle chicken with Parmesan cheese.
+

4. **HEAT** reserved Rosemary Amogio Sauce in a saucepan and serve with chicken.
+ **ROSEMARY AMOGIO SAUCE**
Combine ¼ cup Hy-Vee Select extra virgin olive oil; 2 Tbsp. lemon juice; 1½ tsp. each minced garlic, chopped shallot and chopped fresh rosemary; and ¼ tsp. Hy-Vee crushed

red pepper in a saucepan. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes.
+ Remove from heat; stir in ¼ cup Hy-Vee butter and Hy-Vee kosher salt and black pepper to taste.

Per serving:
400 calories, 29 g fat,
10 g saturated fat,
10 g trans fat,
105 mg cholesterol,
250 mg sodium,
2 g carbohydrates,
0 g fiber, 0 g sugar,
35 g protein

CHICKEN SPIEDINI



MAKE THE GARLICKY AMOGIO SAUCE AHEAD SO YOU CAN HAVE THESE READY IN 30 MINUTES.



30
minutes
or less

TUNA TOSTADAS

Total Time 30 minutes
Serves 4 (2 tostadas each)

- 1 cup Hy-Vee pico de gallo
- ½ cup chopped fresh pineapple
- ½ serrano pepper, sliced (optional)*
- ⅓ cup Hy-Vee Homestyle mild guacamole
- 8 yellow corn tostadas
- 2 cups shredded romaine lettuce
- 1 (12-oz.) can Hy-Vee Select chunk light tuna in water, drained
- ¼ cup Cotija cheese, crumbled
- Fresh cilantro, for garnish
- Lime wedges, for serving



1. COMBINE pico de gallo, chopped pineapple and, if desired, sliced serrano pepper; set aside.



2. SPREAD guacamole on tostadas. Top with romaine, tuna, pico de gallo mixture, cheese. Garnish with cilantro. Serve immediately with lime wedges.



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

Per serving: 320 calories, 13 g fat, 2.5 g saturated fat, 0 g trans fat, 45 mg cholesterol, 760 mg sodium, 30 g carbohydrates, 5 g fiber, 6 g sugar, 22 g protein

USE CANNED TUNA AND PURCHASED PICO DE GALLO FOR THIS NO-COOK MEAL.

Total Time 30 minutes
Serves 4

- Hy-Vee nonstick cooking spray, for greasing
- 1 (1-lb.) pkg. boneless, skinless chicken tenders
- 1 Tbsp. Hy-Vee Select extra-light olive oil
- 2 Tbsp. Hy-Vee paprika
- 1 Tbsp. Hy-Vee garlic powder



- Hy-Vee salt and black pepper, to taste
- 2 (1-lb.) pkg. Hy-Vee Short Cuts stir-fry vegetables
- ⅓ cup bottled orange-ginger sauce
- 2 cups cooked brown rice
- 1 tsp. sesame seeds
- ¼ cup chopped green onions
- Thinly sliced green onion tops, for garnish



1. PREHEAT oven to 450°F. Spray a rimmed baking pan with nonstick spray. Place chicken in pan and brush with oil. Season with paprika, garlic powder, salt and pepper.



2. ARRANGE vegetables in pan next to chicken. Brush orange-ginger sauce over chicken and vegetables. Roast for 14 to 16 minutes or until chicken is done (165°F), turning occasionally. Serve chicken mixture over brown rice. Sprinkle with sesame seeds and chopped green onions. If desired, garnish with green onion tops.

Per serving: 400 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 55 mg cholesterol, 350 mg sodium, 52 g carbohydrates, 8 g fiber, 14 g sugar, 34 g protein

30
minutes
or less

SHEET PAN STIR-FRY



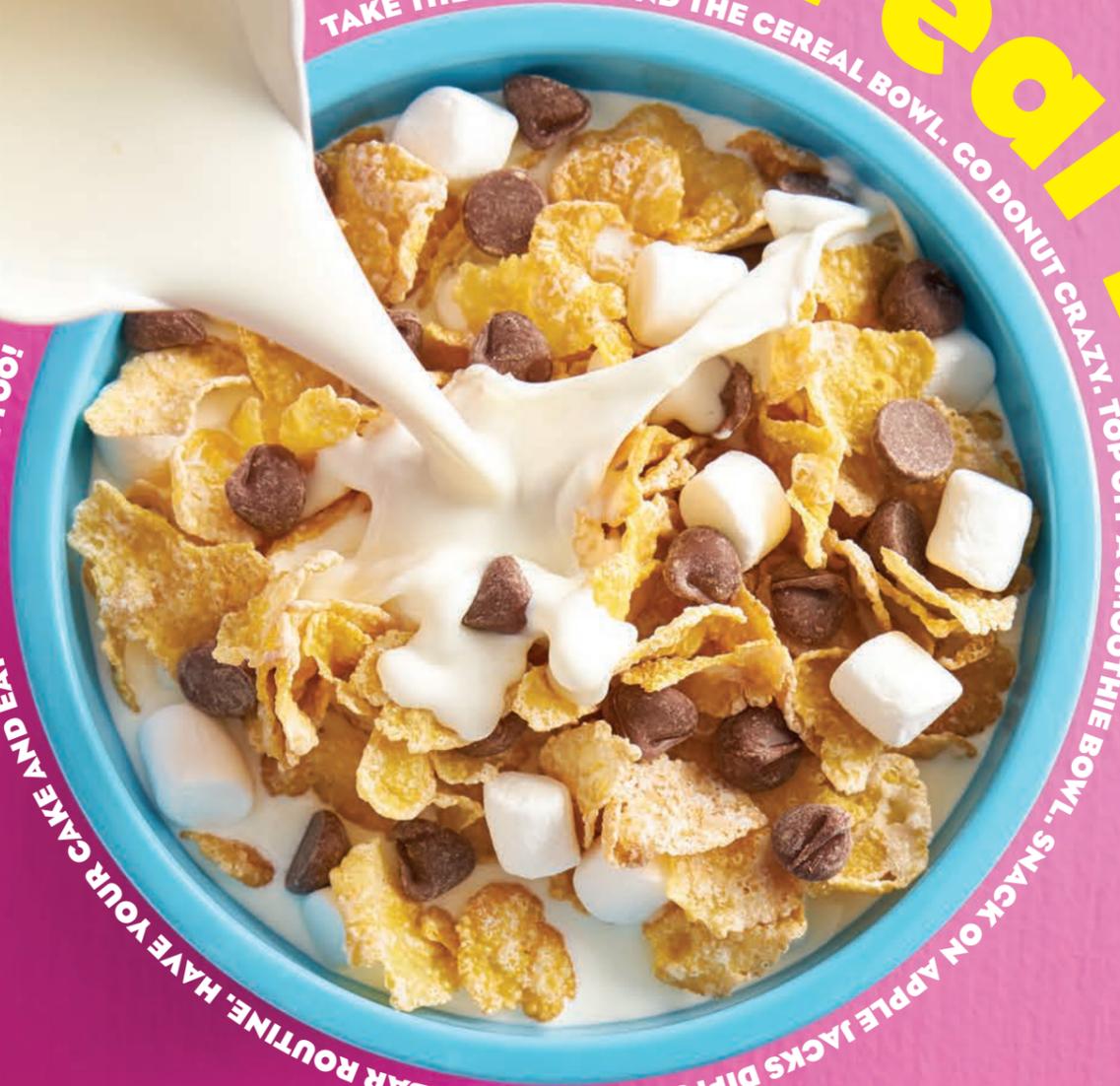
Hy-Vee
**Short
Cuts**

HY-VEE SHORT CUTS
COME TO THE RESCUE!
FIND THE PRECUT
VEGGIES IN YOUR
HY-VEE PRODUCE
DEPARTMENT.

24/7 cereal fix

TAKE THE BOX BEYOND THE CEREAL BOWL. GO DONUT CRAZY. TOP OFF A SMOOTHIE BOWL. SNACK ON APPLE JACKS DIP. SHAKE UP YOUR BAR ROUTINE. HAVE YOUR CAKE AND EAT YOUR CEREAL TOO!

TAKE THE BOX BEYOND THE CEREAL BOWL. GO DONUT CRAZY. TOP OFF A SMOOTHIE BOWL. SNACK ON APPLE JACKS DIP. SHAKE UP YOUR BAR ROUTINE. HAVE YOUR CAKE AND EAT YOUR CEREAL TOO!



We grew up on cereal, now it's grown up on us. Leave the milk behind and add a savory cereal crunch to salads or amp up traditional sweets with frosted treats. Why coat oven-baked chicken in bread crumbs when Snap, Crackle and Pop can get you better texture with Rice Krispies? It's time to think outside the box and find ways to indulge in cereal.

Jump on this latest food craze with Kellogg's, who is opening the minds of everyone at its first-ever cereal café in Manhattan. Kellogg's NYC features a make-your-

own cereal bar, special appearances by fan-favorite mascots like Tony the Tiger and a full menu of unique restaurant-quality creations. These include a variety of favorite Kellogg's cereals and treats (See more, page 50).

If visiting New York isn't in your budget, we've got you covered with nine new recipes that will change the way you look at cereal. Visit stirupbreakfast.kelloggs.com to find great ways to incorporate your childhood favorites into every meal. Cereal isn't just for Saturday morning cartoons anymore.

◀◀ **Almost S'Mores Bowl**
Pour ¾ cup Kellogg's Frosted Flakes cereal into a serving bowl. Sprinkle with 1 Tbsp. semisweet chocolate chips and 1 Tbsp. mini marshmallows. Add ½ cup milk to cereal. Serve immediately.



strawberry shortshake MILK SHAKE

For each shake, cover and blend until smooth. Pour into glass. Top with whipped cream. Garnish with 1 Kellogg's Frosted Strawberry Pop-Tart; add to a blender with about 1 cup vanilla ice cream, ¼ cup whole milk, 2 Tbsp. strawberry jam and 2 chopped fresh strawberries.

Source: Kellogg's NYC

Kellogg's Pop-Tarts: select varieties 8 pack \$2.39



Kellogg's Pop-Tarts: select varieties 8 pack \$2.39



Kellogg's Pop-Tarts: select varieties 12 pack \$3.29



cereal YOGURT DIP

When you crave something sweet, try this protein-rich Kellogg's Apple Jacks dip.

STEP ONE: Combine 2 (5.3-oz.) containers Hy-Vee Greek vanilla yogurt and 1 (3.25-oz.) cup Hy-Vee vanilla pudding in a bowl.

STEP TWO: Transfer dip mixture to a serving bowl. Top with 1 cup Kellogg's Apple Jacks cereal.

STEP THREE: Serve with apple slices for dipping. Makes 1 2/3 cups dip.



Kellogg's Cereal: select varieties 17 to 24 oz. \$3.49



GRANOLA-BERRY POPS

Scrape seeds from 1 vanilla bean. **Whisk** together 1 (13.5-oz.) can unsweetened coconut milk, 1/4 cup Hy-Vee sugar, 1 Tbsp. Hy-Vee honey and vanilla bean seeds. **Divide** 1/2 cup each fresh raspberries and blueberries and half of milk mixture among 10 (3-oz.) ice pop molds, filling each about half full; freeze. **Repeat** with another 1/2 cup fresh raspberries and blueberries and remaining milk mixture, filling each mold 1/2 inch from the top. **Top** each pop with 2 Tbsp. Kellogg's Special K Granola cereal; insert stick. **Freeze** for 4 to 6 hours. To remove pops, dip molds in warm water. Serves 10.



Blueberry-Lemon Donuts

1 Melt 3 Tbsp. Hy-Vee butter in a large saucepan over low heat. Add 1 (10.5-oz.) bag Hy-Vee miniature marshmallows; stir until melted. Remove from heat. Stir in 1 (12.3-oz.) box (6 cups) crushed Kellogg's Special K Blueberry with Lemon Clusters cereal; combine thoroughly.

2 Spray a nonstick, six-unit donut pan with Hy-Vee nonstick spray. Press cereal mixture into prepared pan, using buttered hands, to form donuts. Let stand until firm.

3 Combine 2 cups Hy-Vee powdered sugar and 3 to 4 Tbsp. lemon juice. Dip half of each donut into icing. Place on a wire rack. Top icing with halved fresh blueberries and lemon zest. Serves 6.



Kellogg's Cereal: select varieties 10.2 to 18.7 oz. \$2.99

chocolate peanut butter smoothie bowls

Place 1 frozen banana, 1 (5.3-oz.) container Hy-Vee Greek vanilla yogurt, ½ cup Kellogg's Krave Double Chocolate cereal, ¼ cup Hy-Vee 2% milk and 2 Tbsp. Hy-Vee creamy peanut butter in a blender. Cover; blend until smooth. Divide between two bowls. Top with additional cereal, banana chips, coconut flakes and Hy-Vee mini semisweet chocolate chips. Serves 2.



Kellogg's Cereal: select varieties 10.2 to 18.7 oz. \$2.99



CEREAL SNACK BARS

Total Time 30 minutes plus chilling
Serves 12

- Hy-Vee nonstick cooking spray, for greasing
- 2 cups Kellogg's Special K cereal
- 2 cups Kellogg's Crispix cereal
- 2 cups Kellogg's Corn Pops cereal
- 1 cup Hy-Vee dried cranberries
- ½ cup Hy-Vee chopped pecans
- ½ cup Hy-Vee salted sunflower kernels
- 2 Tbsp. milled flaxseeds
- 1½ cups Hy-Vee creamy peanut butter
- 1 cup Hy-Vee honey
- 1 (10-oz.) bag dark chocolate melting wafers

1. **LINE** a 9×9×2-in. baking pan with foil, extending the foil over edges of pan. Lightly coat foil with cooking spray; set pan aside.

2. **TOSS TOGETHER** cereals, cranberries, pecans, sunflower kernels and flaxseeds in a large bowl; set aside. Combine peanut butter and honey in a saucepan. Cook and stir until boiling. Cook and stir for 1 minute more. Remove from heat.

3. **POUR** peanut butter mixture over cereal mixture; combine thoroughly. Press mixture evenly onto the bottom of prepared pan. Cover and refrigerate for 6 hours or overnight.

4. **LIFT** uncut bars out of pan, using foil edges. Cut into 12 bars.

5. **MELT** chocolate wafers according to package directions. Dip bottom half of each bar into melted chocolate. Let stand until chocolate is set.



Kellogg's Special K Cereal: select varieties 16.9 or 18 oz. \$3.79

cereal ICE CREAM

Everyone screams for ice cream when you pair a scoop of strawberry with Kellogg's Corn Pops, mint chip with Kellogg's Strawberry Mini Wheats and birthday party ice cream with Kellogg's Special K Chocolatey Delight. Create your own cereal and ice cream combos.



7 WAYS TO SHOP & SAVE



YOU WORK HARD FOR YOUR MONEY, BUT YOU DON'T HAVE TO WORK HARD TO SAVE IT. BEFORE YOU HIT THE CHECKOUT, BE SURE TO CHECK OUT THESE SEVEN SIMPLE WAYS TO SAVE.



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2. FLIP TO THE BACK

The "Get the Goods" section—in the back of both *Hy-Vee Seasons* and *Hy-Vee Balance* magazines—features special deals each issue. You'll also find exclusive coupons.

3. BUY HY-VEE BRANDS

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- Everyday Low Price products are listed for every category in the store. Look for items with coupons available to save even more.
- Every item featured in our Weekly Print Ad and digital exclusive monthly ad is also listed on this site for your convenience.

START CLIPPING

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EVERY MONTH, HY-VEE LOOKS FOR ADDITIONAL OPPORTUNITIES TO HELP YOU SAVE MONEY—FROM BABY ITEMS TO PET SUPPLIES TO BACK-TO-SCHOOL. FOR THE ENTIRE MONTH OF AUGUST, COME IN FOR OUR BIG BIG SALE; WE'RE HELPING YOU STOCK UP BY FEATURING BIG SAVINGS ON BIG ITEMS THROUGHOUT THE STORE.

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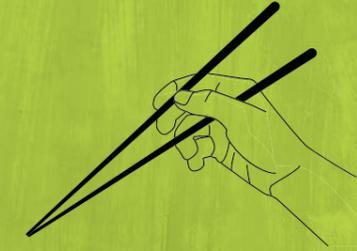


Fig. 1 — Try chopsticks.

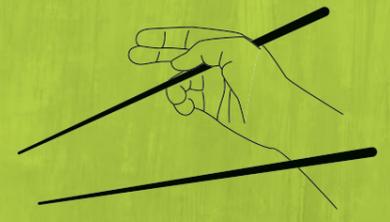


Fig. 2 — Drop chopsticks.



Fig. 3 — Try chopsticks again.

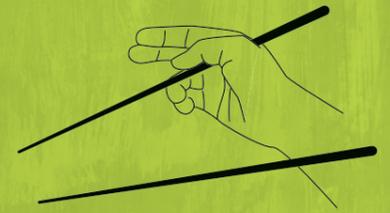


Fig. 4 — Drop chopsticks again.



Fig. 5 — Use hands.

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TAPAS

SMALL BITES OF SPAIN

PHOTOS Cameron Sadeghpour



In Spain, where dinner might not start until 9 or 10 o'clock, bar and restaurant patrons enjoy savory bites with glasses of sherry. The small plates and bowls they pass around contain the simple—olives, bruschetta, shrimp—to the exotic—*chipotas* (squid) or stuffed mussels. The appetizers, or tapas, aren't so much a cuisine as a way of eating: experimenting, sharing and passing around family style. Delectable sauces and oils that complement the hot and cold foods are part of the experience. It's an approach that's caught on in restaurants, bars and kitchens across the U.S. as well, and for good reason: you can sample new flavors, textures and aromas. If you're looking to throw a party, tapas-style finger foods with assertive flavors are exactly the kinds of bites your guests will enjoy, especially when you pair them with good wines and beers (see our choices on [page 59](#)).



ALMONDS BRAVAS
MARCONA (SPANISH) ALMONDS ARE SOFTER AND SWEETER THAN REGULAR ALMONDS. TOSS THE BUTTERY NUTS WITH CAJUN SEASONING.



ALBÓNDIGAS
PREPARE HY-VEE FROZEN MEATBALLS ACCORDING TO PACKAGE DIRECTIONS. DRIZZLE WITH A WARM SAUCE MADE WITH EQUAL PARTS MARINARA AND SPICY CHILI SAUCE AND SERVE ON PICKS.



SALMON-STUFFED OLIVES
STUFF MARINATED JUMBO GREEN OLIVES FROM THE HY-VEE OLIVE BAR WITH SMOKED SALMON.



BANDERILLAS
THESE EASY TAPAS GET THEIR NAME FROM THE BARBED DARTS USED DURING A BULLFIGHT. SKEWER THINLY SLICED SPANISH CHORIZO, CORNICHONS, BLACK OLIVES, BASIL LEAVES, MOZZARELLA PEARLS AND CHERRY TOMATOES.



CHORIZO CHICKPEAS
SAUTÉ CHORIZO, A CURED SPANISH SAUSAGE, WITH CHICKPEAS, CHOPPED ONION, RED BELL PEPPER AND GARLIC. SPRINKLE WITH CHOPPED PARSLEY.



STUFFED PEPPADEWS
FILL PEPPADEW PEPPERS FROM THE OLIVE BAR WITH HY-VEE SELECT NATURAL FRESH GOAT CHEESE.

PUT TOGETHER SMALL-PLATE SAVORIES IN ENDLESS WAYS. TRY THESE TASTY COMBOS OR CREATE YOUR OWN.



ARTICHOKE PINCHO
PINCHOS ARE SMALL SNACKS "SPIKED" WITH A SKEWER TO A PIECE OF BREAD. THIS TASTY BITE HAS A PROSCIUTTO-WRAPPED MARINATED ARTICHOKE QUARTER PLACED ON TOP OF A THIN SLICE OF FRENCH BAGUETTE SPREAD WITH PEPPER-FLAVORED BOURSIN CHEESE AND TOPPED WITH FRESH ARUGULA.



GRAPE & MANCHEGO PICKS
SKEWER GRAPE HALVES, CUBED MANCHEGO CHEESE AND CUBES OF PEAR FRUIT PASTE.

IN SPAIN, SMALL PLATES REIGN

The word *tapa* means top, cover or lid. One theory of how it evolved to describe appetizer grazing: In 18th-century Spain, the habit arose to use small plates of snacks to protect the tops of sherry glasses from fruit flies drawn to the sweet drink. Another theory: Bartenders found they could sell more sherry by serving salty snacks on a small plate. Eventually, topping a drink with a small plate of nibbles just became natural as bar patrons sipped and socialized while standing.



BEEF EMPANADAS

Total Time 1 hour plus chilling time
Makes 24

DOUGH:

3 cups Hy-Vee all-purpose flour
½ cup lard or Hy-Vee shortening, chilled
1 tsp. Hy-Vee salt
¾ cup cold water

FILLING:

1 Tbsp. Hy-Vee cooking oil
⅓ cup Hy-Vee stuffed Manzanilla olives, finely chopped
½ cup finely chopped onion
½ cup finely chopped green bell pepper
½ cup finely chopped red bell pepper
1 Tbsp. minced fresh garlic
1 lb. 93% lean ground beef

1 cup Hy-Vee tomato sauce
1 Tbsp. sherry vinegar
1 Tbsp. Hy-Vee ground cumin
2 to 3 tsp. Hy-Vee ground cinnamon
½ cup finely shredded Monterey Jack cheese
Vegetable oil for deep-frying

1. FOR DOUGH, place flour, lard and salt in a food processor. Process until mixture is crumbly. Slowly add water and continue to process until a dough forms. Shape dough into a ball. Place in a small bowl; cover and refrigerate for 30 minutes.

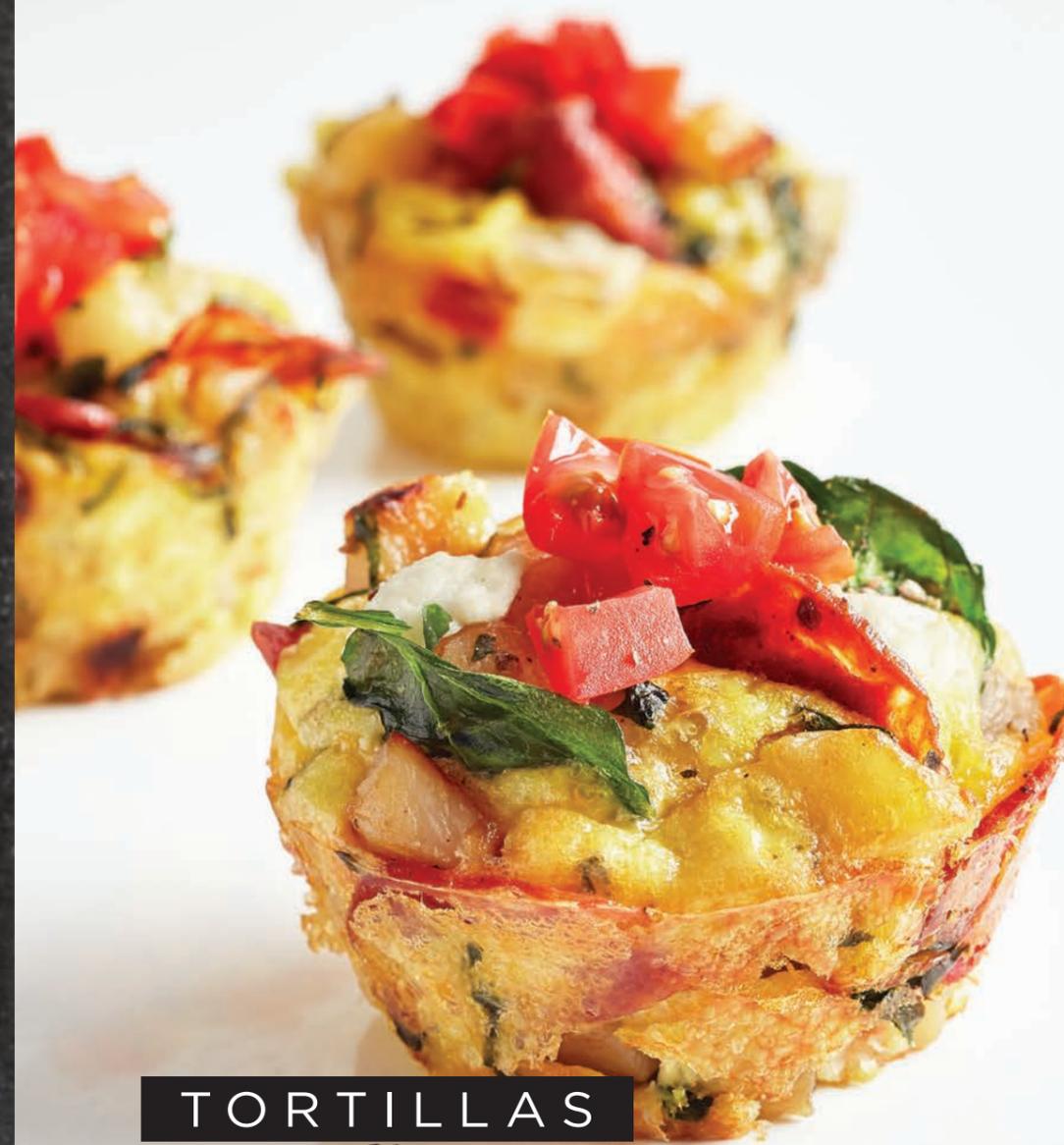
2. FOR FILLING, heat 1 Tbsp. oil over medium heat in a large skillet. Add olives, onion, peppers and garlic. Cook for 3 minutes or until softened. Add beef. Cook for 5 minutes or until brown, breaking up larger chunks. Drain. Return mixture to skillet. Add tomato sauce, vinegar, cumin and cinnamon.

Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally.

3. ROLL out dough ¼ in. thick on a lightly floured surface. Cut circles of dough, using a 3½-in. round cutter. Spoon 1 rounded Tbsp. filling onto each circle; top with 1 tsp. cheese. Holding one filled circle in hand, use fingertip to lightly moisten the dough edges with water and press filling to gently compact. Fold dough in half around filling and pinch edges tightly to form a seal. Repeat with remaining dough circles.

4. HEAT 2 inches of oil in a heavy saucepan over medium heat to 350°F. Fry empanadas, a few at a time, about 3 minutes or until golden brown, turning as needed to cook evenly. Drain on wire racks. Serve warm.

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



TORTILLAS ESPAÑOLAS

Total Time 35 minutes
Serves 12

Hy-Vee olive oil nonstick spray
½ (28-oz.) pkg. Hy-Vee frozen potatoes O'Brien
½ (6-oz.) pkg. baby spinach, finely chopped (2 cups)
1 tsp. minced fresh garlic
4 oz. Spanish chorizo, thinly sliced (¾ cup)
10 Hy-Vee large eggs
½ tsp. Hy-Vee kosher salt
2 oz. Hy-Vee Select natural fresh goat cheese
1 large tomato, chopped, for serving

1. PREHEAT oven to 350°F. Spray a muffin tin with nonstick spray; set aside.

2. SPRAY a large skillet with nonstick spray. Add potatoes and cook for 5 minutes, stirring constantly. Add spinach and garlic; cook for 5 minutes more or until potatoes are tender and spinach is wilted. Remove from heat and stir in chorizo.

3. FILL muffin cups three-fourths full with potato filling (about 3 Tbsp. per cup); set aside.

4. WHISK together eggs and salt in a medium bowl. Using a ladle, carefully pour egg mixture into muffin cups until potato filling is covered. Dot the tops with pieces of goat cheese. Bake for 20 to 25 minutes or until muffins are set in the centers. Remove from oven and let stand for 5 minutes. Serve warm topped with tomato.

Per serving: 140 calories, 8 g fat, 3 g saturated fat, 0 g trans fat, 165 mg cholesterol, 290 mg sodium, 7 g carbohydrates, 1 g fiber, 0 g sugar, 9 g protein

DRINKS FOR TAPAS



BEAUJOLAIS

A light, dry, fruity red wine, Beaujolais-Villages has the acidity and low-tannin flavor found in Beaujolais. Notes of strawberry, black cherry and spice make this wine a good companion to tapas. Try it with Tortillas Españolas, *left*.



RIOJA

The Rioja wines, from Spain, are a blend of grape varieties and have bright flavor and berry aromas. El Coto Rioja's layers of raspberry, cherry, spice and cedar flavors pair well with savory bites like Beef Empanadas, *opposite*.



ALBARIÑO

A white wine from Portugal and northwest Spain, Albariño has high acidity, a botanical aroma and stone-fruit notes. The full-bodied Burgans Albariño pairs especially well with Salmon-Stuffed Olives, *page 57*.



WHEAT ALE

American pale wheat ales have a crisp, clean, citrus flavor that loves savory foods. Pair the lively flavor of Boulevard Wheat Ale, made in Kansas City, with just about any tapas.



DRY RIESLING

Dry versions of this white wine are delicate yet complex, with both spicy and fruity notes. Chateau Ste. Michelle Dry Riesling's crisp acidity and refreshing quality goes especially well with the Grape & Manchego Picks, *page 57*.

Season's Best

PEACH SLAB PIE

PHOTO Cameron Sadeghpour

30
minutes
or less

RIPE, JUICY PEACHES ARE IN SEASON AND PERFECT FOR A SIMPLE SLAB PIE MADE WITH PURCHASED PUFF PASTRY. WHILE BAKING, THE PEACHES BECOME JUICY AND INTENSE. YOU CAN ALSO CHANGE UP THE FRUIT, USING OTHER STONE FRUITS AND BERRIES, LISTED *BELOW*.

why this is the best

EASY PEACH SLAB PIE

Total Time 30 minutes
Serves 8

- THE JUICINESS OF FRESH PEACHES IS SUBLIME WHEN BAKED IN A CREAM FILLING.
 - A DRIZZLE OF HONEY ADDS A HINT OF SWEETNESS.
 - PUFF PASTRY FLAKES ARE SO TENDER, THEY MELT ON YOUR TONGUE.
- ½ (17.3-oz.) pkg. frozen puff pastry, thawed (1 sheet)
 - 3 medium peaches
 - 4 oz. Hy-Vee plain cream cheese, softened
 - 2 Tbsp. Hy-Vee granulated sugar
 - 1 tsp. lemon juice
 - 1 tsp. Hy-Vee vanilla extract
 - ½ cup fresh raspberries
 - ¼ cup Hy-Vee slivered almonds
 - 1 tsp. coarse sugar
 - 1 to 2 Tbsp. Hy-Vee honey

1. **PREHEAT** oven to 425°F. Line a baking sheet with parchment paper; set aside.
2. **UNFOLD** pastry sheet on a lightly floured surface. Roll sheet into a 12x14-in. rectangle. Transfer to prepared baking sheet. Use a sharp knife to score a 1-in. border along pastry edges. Generously prick the scored line and center of pastry with a fork.
3. **CUT** peaches into ¼-in.-thick slices; remove and discard pits. Set aside. Combine cream cheese, granulated sugar, lemon juice and vanilla in a medium bowl until smooth. Spread cream cheese mixture inside puff pastry border. Arrange peach slices on top; add raspberries and almonds. Sprinkle pastry border with coarse sugar.
4. **BAKE** for 15 to 20 minutes or until peaches have softened and crust is golden brown. Drizzle honey over fruit and serve warm.

Per serving: 230 calories, 14 g fat, 7 g saturated fat, 0 g trans fat, 20 mg cholesterol, 115 mg sodium, 23 g carbohydrates, 2 g fiber, 11 g sugar, 4 g protein

QUICK TIPS ON FRUIT

- FOR OTHER STONE FRUIT COMBOS, TRY PLUMS AND RASPBERRIES, PEACHES AND BLUEBERRIES OR APRICOTS AND BLACKBERRIES.
- PEELING THE STONE FRUIT (EVEN THE PEACHES) IS NOT NECESSARY.
- TASTE THE FRUIT BEFORE ADDING SUGAR; USE LESS IF THE FRUIT IS VERY SWEET.



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3.75 to 6 oz. \$2.99



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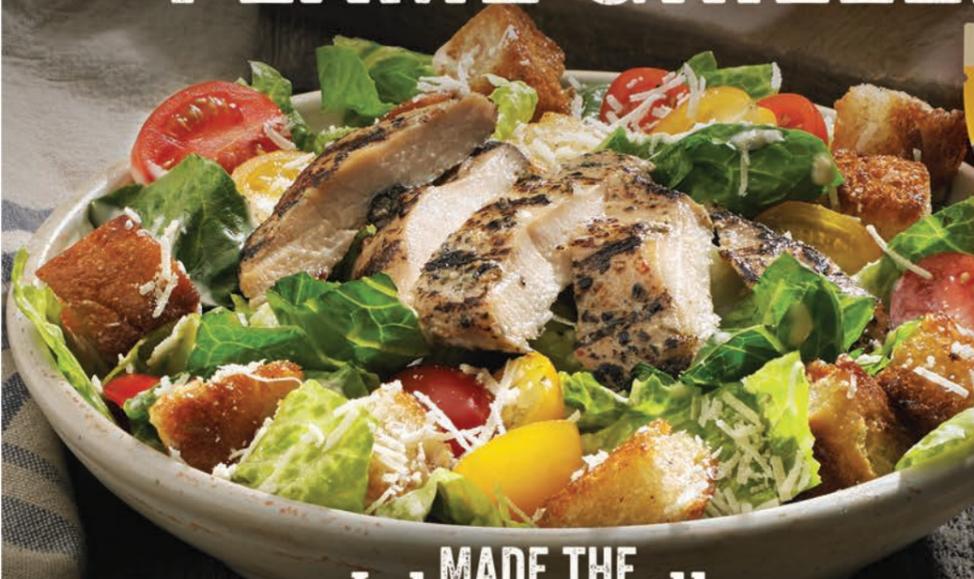
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 Tropicana Drinks or Pure Leaf Tea: select varieties 59 fl. oz. 2/\$4.00	 Tropicana Twister 59 fl. oz. or Tropicana 12 fl. oz. select varieties 4/\$5.00	 Stok Cold-Brew Coffee: select varieties 48 fl. oz. \$4.49	 International Delight Iced Coffee: select varieties 64 fl. oz. \$3.49	 Horizon Organic Milk, Silk Almond Milk or Sir Bananas Milk: select varieties 8 fl. oz. 5/\$6.00	 Silk, So Delicious, Horizon Organic or Sir Bananas Milk: select varieties 6 pk. 8 fl. oz. \$6.99

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 Wimmer's Natural Casing Dinner Sausage or Little Smokies: select varieties 13 or 14 oz. \$2.88	 Sargento All-Natural Cheese Snacks: select varieties 8 to 12 oz. \$3.99	 Sargento All-Natural Sliced Cheese 6.3 to 8 oz. or Balance Break Snacks 3 pk. 1.5 oz. select varieties \$2.99



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30 MINUTES
OR LESS



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VEGETARIAN
DISH

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