

seasons



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AT HOME

STAR-SPANGLED PICNIC
FOODS & FUN

FRESH PICKS:
TOMATOES
AND CHERRIES

CELEBRITY CHEF
**CURTIS
STONE**

TEAMS WITH HY-VEE!

23

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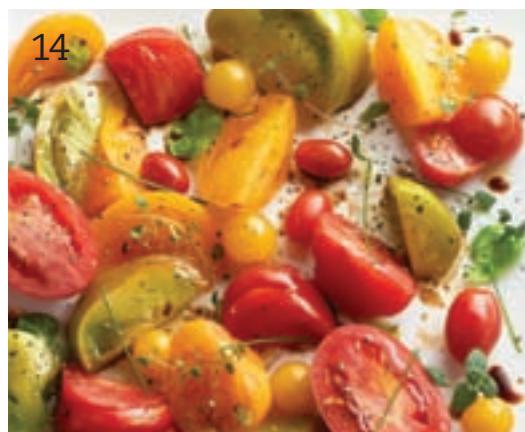
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Get to know
Australian chef
Curtis Stone
as he becomes
a regular in
Hy-Vee Seasons
Magazine.



seasons

Hy-Vee

SUMMER 2011 • VOLUME 5 ISSUE 3

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*Prices effective June 15, 2011,
through July 13, 2011 (while quantities last).*
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Please recycle after use.

Letter

Dear Hy-Vee Friends,

You scream, I scream, we all scream for ice cream! This is true in my family, especially when it comes to the homemade variety. With summer and its sweltering days upon us, what is better than a BIG bowl of homemade ice cream?

Cranking out fresh ice cream goes back two generations in my family. My mom and dad grew up making it with their parents. Back in the day, they would only make ice cream during the winter because they did not have ice available on their families' farms.

Both of my parents have continued the ice cream tradition with our family. Of course, we can now create delicious flavors year-round. In the beginning, we used a manual crank model with a wooden barrel. But that method gets harder to accomplish as the ice cream freezes and hardens. So we upgraded to the ease of modern equipment.

My wife, Melissa, and I continue this great family tradition. Ice cream gets prepared by the bucketful for birthdays, holidays and much, much more. I hope my children will one day have their kids follow our footsteps. I would really love to share our family recipe, but it's a secret!

The focus of this issue is food, and ice cream is just one of the feature dishes. The food theme helps us introduce chef Curtis Stone (shown on the cover), who has joined the Hy-Vee team to create recipes for you. You may recognize him from such TV shows as *America's Next Great Restaurant* and *The Celebrity Apprentice*. Read about this Australian's amazing career in "Dishing It Up: Curtis Stone," page 4.

With food as the focus of this issue, here are a few of the tasty stories you won't want to miss in the pages ahead:

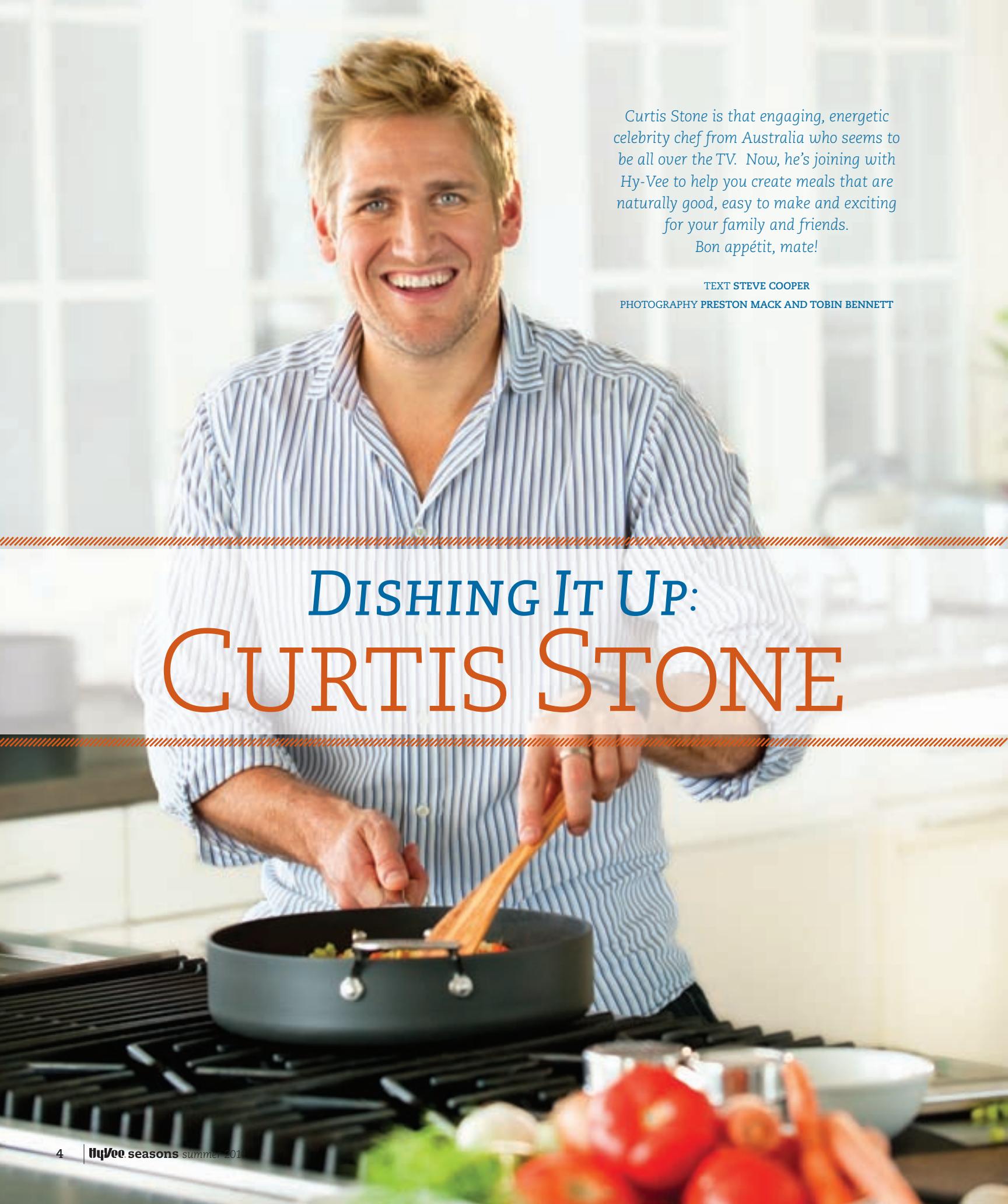
- Sample some of the best sandwiches in the country—po'boys, lobster rolls, barbecue and more—with the recipes featured in "6 Classic American Sandwiches," page 24.
- Get ready for a casual meal beside a lake or a stream with ideas you'll find in "Star-Spangled Picnic," page 34.
- Recipes for ice cream, smoothies, banana splits, malts and more accompany the story "Scoop on Summer," page 40.

There are also stories and recipes about tomatoes, cherries and finger foods to serve at your next party.

You're in for something special, no matter what you sample from our menu. Dig in.

Jake Harding, Hy-Vee Produce Manager
Omaha, Nebraska



A photograph of Curtis Stone, a smiling man with blonde hair, wearing a blue and white striped shirt. He is standing in a kitchen, stirring a pot on a stove with a wooden spoon. In the foreground, there are fresh vegetables like tomatoes and broccoli.

Curtis Stone is that engaging, energetic celebrity chef from Australia who seems to be all over the TV. Now, he's joining with Hy-Vee to help you create meals that are naturally good, easy to make and exciting for your family and friends.

Bon appétit, mate!

TEXT STEVE COOPER

PHOTOGRAPHY PRESTON MACK AND TOBIN BENNETT

DISHING IT UP: CURTIS STONE



Thirteen years ago, a footloose Australian lad backpacking his way through Europe walked in the back door of an upper-crust London restaurant and asked for a job. Curtis Stone stepped into a future that would take him from kitchen help to executive chef to international TV star. Now, he is teaming with Hy-Vee.

Fresh from culinary training in his hometown of Melbourne, Curtis had been hired at London's renowned Café Royal. At age 22, he was young enough to be giddy and amazed by the break. His rise to the top began at the bottom. His first task was standing at a refrigerator for hours, selecting lettuce leaves one-by-one and carefully washing them for salads.

"I was the donkey of the kitchen," he said, relaxing between takes at a recent photo shoot for Hy-Vee. "I'd get the really awful jobs that no one else would want."

Curtis was half a world away from home. One of the only things he knew about his new boss, Marco Pierre White, was his bad reputation. Despite a brilliant career, White was widely regarded as the industry's *enfant terrible*. The master chef had the surly look of a mobster and his temper was a tornado. But he could conjure dishes so elegant that they left fortunate diners enraptured.

Smiling at the memory of his start, the 35-year-old Curtis recalls, "Everything was fancier than I'd ever seen. You know, they had bottles of wine on the list that went for 30,000 pounds apiece. That's about \$70,000. Yet people would come in and order them."

The demands were great and his mentor would not suffer incompetence; Curtis devoted himself to learning. Having spent three years in an Australian culinary arts college that required extensive on-the-job training in local restaurants, he'd come to White's table with a few fundamentals in his kit. But London was the big leagues, and a little schooling back home was a pretty modest résumé. "All of the chefs were French or British, but most of the British had spent time working in France. So it was tough for me," he says.

Curtis dug in and did the work. He mastered the lettuce leaves, baking, cutting and even learned to create perfect swirls of jelly required for fanciful nouvelle-cuisine presentations. As his skills grew and he kept the right attitude, Curtis won his boss' confidence. By the end of his third year, he was promoted to executive chef in White's flagship London restaurant, Quo Vadis.

The new title came with new opportunities. Curtis was one of a dozen chefs who contributed to a very successful cookbook, *London on a Plate*. Then another door opened. He heard from an agent. Would Curtis like to do some television spots?



"I want you to learn that you don't have to spend hour upon hour in the kitchen to have a great meal. The cooking experience should not be a chore but actually something that you enjoy and look forward to doing."

GETTING TO KNOW CURTIS

- The woman in Curtis' life is American television actress Lindsay Price.
- The Russell Crowe boxing movie *Cinderella Man* can move him to tears.
- He played semi-pro Australian football and long held the ambition to suit up for the Geelong Cats of the Australian Football League.
- Favorite television show? *Modern Family*. Favorite reality series? *The Biggest Loser*.
- Favorite city to dine in? Chicago.
- He has a weakness for tacos and is a regular at taco stands around Los Angeles.
- Don't offer him processed, imitation or modified foods.
- In January, Curtis threw an oceanside party and barbecue for Oprah Winfrey on a pristine Australian beach.
- Sir Paul McCartney offered high praise after Curtis prepared a fabulous meal for him in London.

"Hy-Vee's partnership with Curtis Stone came about because we share the same passion for making mealtime a celebration of food, family and fun."

—Randy Edeker, President and CEO of Hy-Vee

With his rugged good looks and talent in the kitchen, it was probably inevitable that television producers would come calling. It turned out he was the perfect TV chef. Men wanted to take him out for a beer; women wanted to take him home.

One thing led to another and he was soon offered his own show. "Can you imagine that you're young and some guy calls to say he wants to pay you a year's salary to go back to Australia to travel around surfing and cooking for two months and all of it will be filmed? Yes, I'm in!" he says, almost jumping from his seat.

It wasn't long before he was creating cookbooks and launching new television shows. He even made *People Magazine's* "Sexiest Man Alive" issue in 2006. Currently he's partnering with celebrity chef Bobby Flay as a judge on the new NBC series *America's Next Great Restaurant*. He's also the host of the Bravo television show *Top Chef Masters*.

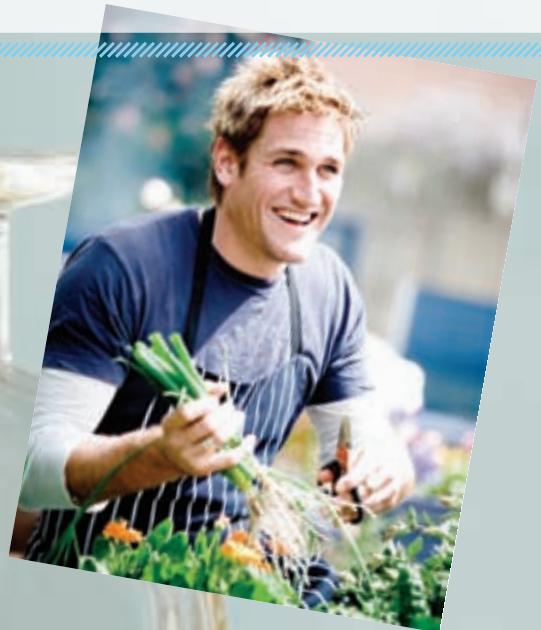
Curtis Stone and his mother, Lorraine, relax during one of his frequent trips home to Melbourne, Australia.



"As a teenager, I worked in my mum's floral shop, which wasn't the coolest thing to do as a young guy. But it taught me a lot about color and composition and how to put a plate together. I learned how to set a table. My mum was sort of house proud and all that together became part of my cooking experience."

“With Hy-Vee, we are developing a wide variety of recipes. Some are more family oriented and some a little more challenging.

The key is to have something for everybody. Some will be really affordable and budget conscious; some more adventurous.”



Curtis is much more than a hot TV chef. Yes, he's so engaging he could charm the pouch off a kangaroo. But he knows his stuff. He is a hardworking foodie, who has proven he can stand the heat of a restaurant kitchen.

GROWING UP DOWN UNDER

To understand Curtis better, imagine growing up in Melbourne, a lovely seaside city on the southern coast of Australia. Born in 1975, he was the middle child with an older brother and younger sister. His single mother, Lorraine, ran a modest home and small florist shop in a working-class neighborhood, and Curtis speaks of her with warmth and affection. His mother and father, Bryan, split when Curtis was very young.

"I came from an interesting family," Curtis says. "Because my grandparents were quite wealthy, I went to a really nice school, a private school. But my parents weren't particularly well off. I can still remember my mum cutting around patterns. She sewed our clothes. Mum came from a very humble beginning."

To help with expenses, Lorraine taught the kids to grow vegetables and raise chickens. Curtis plucked more than a few, though eggs were the primary purpose of the small flock.

"My uncle was from the country, so he'd take my brother and me out in the fields to catch rabbits. I grew up in a kind of natural environment," he says. "If you pull carrots out of the ground and are familiar with taking game at a young age, you start having an appreciation for these natural foods." Such experiences shaped the natural-food philosophy that he espouses today.

His school offered a British-style education and was the kind of place where there was frequent reason for boys to break out their formal, navy blue school uniforms. The blazer jackets carried the traditional school crest and ties had to be knotted just-so.

Asked what kind of a student he was, Curtis reacts with a laugh. "To be honest, I would rather have done something else. I was a pretty creative child, but not the brightest. I did OK, really. But I was more focused around playing, though I paid attention to business subjects," he says.

After the equivalent of high school, Curtis' father encouraged him to pursue a career in accounting. But Curtis had food on his mind. He enrolled in a four-year catering management program, which required him to apprentice four days a week in a local restaurant and attend classes one day a week. He worked in top Australian restaurants, including a year





as a butcher at Melbourne's Savoy Hotel. At the same time, he enrolled in another college to learn culinary arts—two goals, two colleges. He wanted to study the business of running a restaurant while also becoming a qualified chef.

His interest in cooking had grown through years of helping his mother in the kitchen and from making Yorkshire fudge with his grandmother.

"Granny was my dad's mum and she was from Yorkshire in England," Curtis says. "Her fudge is very simple. It's made with milk and sugar and graham crackers. I remember as a little kid with Granny when she started having me measure out the half-cup sugar and helping."

PHILOSOPHY OF FOOD AND LIFE

It wasn't just making fudge, growing vegetables or time spent with his mother in the kitchen that drew Curtis to cooking. It was something deeper about how food and life intersected.

As much as he loved his mother's baking, he was attracted even more by how she made an event out of a simple meal. Days ended at home around the dinner table. While he and his siblings ate, Lorraine also encouraged them to talk.

"We would play a game my mum called 'Best and Worst.' My brother, sister and I would have to say what was the best thing that happened during the day and what was the worst. By the time you went around the table, you'd spent nearly an hour and a half talking to each other."

This family activity shaped one of Curtis' core beliefs.

"Chefs take themselves way too seriously," he says. "What we really do is put meals together as a way for people to have a really beautiful experience together."

It's all about family and friends.

"Everyone comes home, you smell something great and you appreciate that someone has gathered all the ingredients you like. Sitting around the dinner table, you share your day."

"There's a big difference between that experience and sitting in front of a TV eating out of a box that someone picked up on the way home. The two are similar—both are about feeding your family. But one is much more important," he says.



"I am an everyday cook. I cook all the time for myself, my friends and my family. I think that if you cook with what comes out of the ground instead of what comes out of a packet, you're in a pretty good space."





In his early media days, he thought his job was to teach home cooks how to turn out classic European dishes. But after some experience, he has adjusted his initial ideas about what cooking advice people really need. He had to think less about serving the clientele at Quo Vadis and more about a common household.

"When I did *Take Home Chef*, that was a real eye opener," he says. "I had to learn that it is one thing to know some things about food, but another thing altogether to understand what people are faced with when they cook for their families. When you see a mother with a three-year-old who is screaming around the house and a six-month-old on her arm, you have to give her recipes that are simpler and much more approachable."

TEAMING WITH HY-VEE

As he partners with Hy-Vee over the next few years, Curtis hopes that readers of *Hy-Vee Seasons* gain from his experiences. His goal is to offer recipes that fit everyday life and help families draw closer as they engage around their meals. He also hopes that customers are as enthusiastic about the store as he is.

"The first time I was in a Hy-Vee, I had just darted in to pick up some extra ingredients for a dish," he says. "Wow, what a grocery store! You know, you think that this is the middle of the country and you won't have access to all you can get in LA or some other big city. But I was blown away just walking down the produce aisle."

He also discovered a store that had a set of values similar to his own.

"I love that Hy-Vee focuses on local farming and seasonality. And the fact that they have nutritionists in their stores is great. This matches with their core values about food and family. It's not all about just selling you everything. It's important to give you the tools to live healthy, sustainable lives," he says.

Readers will also gain a fresh perspective about what to put in their shopping carts.

"I wish I could take every customer shopping. I want to grab you by the hand and say, 'OK, what do you want? Let me help you select the right ingredients and serve the right dinner.' But I can't do that. What I can do is give you recipes that are developed around limiting ingredients and limiting complex cooking techniques. I'm also mindful of the time it will take to prepare. In the end, my promise is that you'll love the taste."

THE CHEF'S MEDIA MENU

Curtis Stone's résumé of various books and television shows has made his name and face recognizable all over the world.

TELEVISION:

- *Dinner in a Box*, host, 2002 (England)
- *Surfing the Menu*, co-host, 2003 (Australia, United States)
- *My Restaurant Rules*, host, 2004 (Australia)
- *Take Home Chef*, host, 2006–2008 (The Learning Channel)
- *The Biggest Loser*, appearances, 2009-2010 (NBC)
- *Iron Chef America*, appearance, 2010 (The Food Channel)
- *The Celebrity Apprentice*, contestant, 2010 (NBC)
- *America's Next Great Restaurant*, judge, 2011 (NBC)
- *Top Chef Masters*, host, 2011 (Bravo)

Through the last few years, Curtis has also made appearances on *The Oprah Winfrey Show*, *The Today Show*, *Martha with Martha Stewart*, *The Ellen DeGeneres Show* and many others.

BOOKS:

- *London on a Plate*, 2002, Interlink Publishing Group
- *Surf the Menu: Two Chefs, One Journey* 2009, Key Porter Books
- *Relaxed Cooking with Curtis Stone: Recipes to Put You in My Favorite Mood*, 2009, Clarkson Potter
- *Cooking with Curtis: Easy, Everyday and Adventurous Recipes for the Home Cook*, 2010, Whitecap Books Ltd.



"When I was going on The Apprentice, I wondered how I would work with this bunch of difficult people. Funnily enough, I made quite a lot of friends. Just got a text the other day from Cindy Lauper checking in to say, 'G'day!'"



From shapely heirlooms to dazzlingly juicy grapes, sweet-tart tomatoes are a treat this time of year. Discover the nutrient-rich benefits of this versatile fruit and see how it lends itself to a surprising number of delicious dishes, both fresh and cooked.

TEXT LOIS WHITE PHOTOGRAPHY TOBIN BENNETT

TOMATOES

That first bite of a fresh succulent tomato is the best. The warm juice trickles down your chin as a delightful explosion of flavor awakens your taste buds. Head to your Hy-Vee produce section and you'll find a whole slew of the multicolored beauties bursting with flavor and begging to be eaten. With glossy smooth skins, varied shapes and an array of colors—from sensual lipstick red to deep yellow—they look as stunning on your counter as they do on your plate. They're also among the most nutritious foods you'll find for your summer meals. Tomatoes were a health food before that term was coined.

A RAINBOW OF HEALTH BENEFITS

Nutrition experts like to refer to tomatoes as a nutrient-dense food. "We use the term nutrient-dense because tomatoes provide vitamins, minerals and other substances that have positive health effects with relatively few calories," says Jen Haugen, above, who is a registered dietitian for the Austin, Minnesota, Hy-Vee store.

Red and orange fruits and vegetables, along with dark greens, beans and peas, are excellent for helping reduce the risk of many chronic diseases. Tomatoes have long been recommended for their nutritional value in the United States Department of Agriculture Dietary Guidelines, commonly called the food pyramid.

Rich in potassium and low in sodium, tomatoes are ideal for a heart-healthy diet. Such diets have been shown to lower blood pressure and reduce the risk of heart disease. Tomatoes also contain abundant beta-carotene, which promotes healthy skin, and vitamin C for a stronger immune system.

Because tomatoes are frequently handled, they may look clean but harbor bacteria on the skin. Thoroughly clean and rinse so you don't transfer bacteria when cutting and eating.



POWER OF COOKED TOMATOES

While eating fresh tomatoes is healthful, cooking them also turns out to have great benefit. When cooked, tomatoes release lycopene, a powerful antioxidant that works with other vitamins and minerals to help protect against certain types of cancer, including prostate cancer. Lycopene may also offer cardiovascular and anti-inflammatory protection.

How much more lycopene can you get from a cooked tomato compared to eating it raw? "About ten times more," Jen says. While a cup of raw tomatoes has about 4.6 milligrams of lycopene, a cup of cooked contains anywhere from 50 to 70 milligrams, depending on the variety and season.

Although lycopene is present inside the cell walls of fresh tomatoes, it's not until the walls are broken down during cooking that it's released and can be absorbed in the body. The heat alters the lycopene's molecular structure, making it two to three times easier for the body to absorb than in the raw state.

YOUR DAILY TOMATO

Red and yellow tomatoes also contain vitamin C, but a red tomato has about three times more than the yellow. Higher in sodium, yellow tomatoes also contain more niacin and folate than common reds. "If you include a variety of tomato colors in your diet, you'll get a variety of essential nutrients to keep your body strong and healthy," says Jen.

Serve an assortment of tomatoes—heirlooms for salads, Romas for grilling and sauce, and beefsteaks the size of a softball for fresh tomato sandwiches. Jen says, "Toss any of these varieties into a sauté or pasta salad and you'll taste a bit of summer sunshine in every bite."

ROMA These tomatoes are generally oblong, often egg-shaped. Romas, a well-known variety, usually have fewer seeds, less juice and a more concentrated flavor. Good for a fresh sauce.

GREENHOUSE
Fresh vine-ripened tomatoes such as these have a fresh flavor and are great for slicing or using in salads.

HEIRLOOMS These varieties offer a range of tastes, shapes and textures. Color is often an indicator of flavor. Red or pink varieties have a classic tomato flavor, yellow and orange varieties have a sweet flavor, purple varieties have a smoky sweet flavor and green varieties are both sweet and tart. Let the taste determine the use.

GRAPES Available in shades of red and yellow, these bite-size tomatoes are packed with flavor and sweet tomato juice. Perfect for snacking.

BOUNTIFUL PICKINGS

Here are just a few types of tomatoes—along with their best uses—that you'll discover at your local Hy-Vee store.

TIPS FROM CHEF CURTIS STONE



"Get a locally grown ripe tomato, lovely and sweet. Without having to cook, chop it up, mix it with mozzarella cheese and balsamic vinegar. Tear in fresh basil. Beautiful."

ON-THE-VINE
Medium-to-large-size tomatoes, these make gorgeous slices for topping burgers and deli sandwiches.

CHERRIES Prolific tomatoes, these may be round or pear-shaped and range in color from yellow to red. A standout variety, Sungold, *above*, balances citrusy tartness with hints of sweet grape, orange and floral flavors. Use in salads, on bruschetta or as an appetizer with a dip.



GARDEN TOMATO SALAD

Savor a perfectly ripe juicy tomato and wow guests with the presentation. Use top-quality olive oil and fresh mozzarella.

Serves 6.

- 4 large tomatoes, cut into
1/4- to 1/2-inch-thick slices**
**2 (8-ounce) packages fresh mozzarella
cheese, cut into 1/4- to 1/2-inch-thick slices**
**1½ tablespoons fresh basil,
chopped, divided**
¼ teaspoon Hy-Vee sea salt, divided
¼ teaspoon Hy-Vee ground black pepper
Fresh arugula, for garnish
**2 tablespoons Grand Selections
balsamic vinegar**
Fresh basil leaves, optional

Layer alternating slices of tomatoes and mozzarella, sprinkling chopped basil, salt and pepper between each layer. Line serving plates with fresh arugula. Add tomato stacks. Drizzle the stacks with olive oil. Top with basil leaves, if desired.

Nutrition facts per serving: 280 calories, 21 g fat, 12 g saturated fat, 0 g trans fat, 55 mg cholesterol, 330 mg sodium, 5 g carbohydrates, 1 g fiber, 3 g sugar, 15 g protein. Daily values: 30% vitamin A, 30% vitamin C, 40% calcium, 2% iron.



ARTICHOKE-STUFFED CHICKEN WITH FRESH TOMATO MARINARA SAUCE

Brush the chicken with a mixture of olive oil and additional chopped fresh oregano after placing it on the grill so it's extra moist and flavorful.

Serves 6.

**½ (8-ounce) package fresh mozzarella cheese
¼ cup Hy-Vee grated Parmesan cheese
½ cup chopped canned artichoke hearts, drained
1 tablespoon fresh basil, chopped
2 teaspoons fresh oregano, chopped
¼ teaspoon Hy-Vee salt
6 medium chicken breast halves (about 3 pounds)
Fresh Tomato Marinara Sauce (recipe at right)**

Preheat grill. For stuffing, combine cheeses, chopped artichoke, basil, oregano and salt. Set aside.

Place each chicken breast half between two pieces of plastic wrap. Working from

the center to edges, pound lightly with the flat side of a meat mallet to $\frac{1}{8}$ -inch thickness. Remove plastic wrap. Spread a generous 2 tablespoons stuffing on chicken. Fold in sides of each chicken breast; roll up jelly-roll style, pressing edges to seal. Fasten with wooden toothpicks.

In a charcoal grill, arrange hot coals around a drip pan. Test for medium heat above the pan. Place chicken on rack over drip pan. Cover and grill for 20 to 25 minutes or until internal temperature of chicken reaches 170°F, turning once halfway through grilling. (For gas grill, preheat grill. Reduce heat to medium. Adjust for indirect cooking. Grill as above.) Serve with Fresh Tomato Marinara Sauce.

Fresh Tomato Marinara Sauce

Serves 6.

**2 tablespoons Grand Selections olive oil
½ cup onion, chopped
4 cloves garlic, minced
2 pounds Roma tomatoes, peeled and chopped**

**⅓ cup dry red wine
1 tablespoon Grand Selections balsamic vinegar
1 teaspoon fresh oregano, chopped
½ teaspoon Hy-Vee salt**

In a large skillet, heat olive oil, onion and garlic over medium heat until tender. Stir in tomatoes, wine, vinegar, oregano and salt. Bring to a boil; reduce heat to low and simmer 30 minutes or until thickened.

Test Kitchen note: To peel tomatoes, make an x in the blossom end of each tomato with a small sharp knife. Heat a large pot of water to boiling. Drop in the tomatoes for 1 to 2 minutes. Immediately plunge the tomatoes into icy water to loosen the skins. The skins will peel off easily.

Nutrition facts per serving: 330 calories, 11 g fat, 4.5 g saturated fat, 0 g trans fat, 160 mg cholesterol, 510 mg sodium, 1 g carbohydrates, 0 g fiber, 0 g sugar, 53 g protein. Daily values: 6% vitamin A, 6% vitamin C, 15% calcium, 6% iron.



TEN TOMATO TREATS

Heighten and brighten the flavor of your summer meals with these 10 superfast and supertasty ways to enjoy tomatoes.

1. Serve an assortment of tomatoes topped with chives and snipped fresh herbs. Drizzle it all with bottled balsamic vinegar.
2. Chop tomatoes into salsa to enhance grilled pork, chicken or fish. Mix 1½ cups diced tomatoes; 1 cup chopped seeded cucumber; ½ cup chopped red onion; 1 finely chopped, seeded jalapeño pepper and ¼ teaspoon salt.
3. Rub or brush a few tomato halves with olive oil. Sprinkle with sea salt or your favorite fresh herb. Toss tomato on the grill. Thin skewers work great for cherry tomatoes. The goal is to color and soften tomatoes a bit without turning them to mush.
4. Try this fun new twist on BLTs. Hollow out large tomatoes and fill the remaining shells with a mixture of chopped romaine, crispy bacon and crunchy croutons. Top with chipotle mayonnaise.
5. Mix tomato wedges with chunks of watermelon. Sprinkle with feta cheese and snipped fresh mint for a refreshing summer salad.
6. Stuff sandwiches with slices of juicy, firm beef-steak tomatoes along with lettuce and alfalfa sprouts or shredded broccoli.
7. Oven-roast tomatoes to intensify their natural flavor and sweetness. Coat cut tomatoes with olive oil and sprinkle with salt, pepper and/or herbs. Place on a foil-lined baking sheet. Roast in a 450°F oven until skins shrivel and start to brown (about 20 to 30 minutes). If you prefer sweet tomatoes, omit the seasonings and sprinkle with sugar after roasting for 20 minutes, then continue roasting so the sugar caramelizes.
8. Drop a few Roma tomatoes into a pot and simmer to a velvety sauce. Add garlic, herbs, crushed red pepper and sea salt to taste. Serve over meatballs, pasta, cooked shrimp, chicken Parmesan or baked fish fillets.
9. Grab a handful of grape or cherry tomatoes for a healthy snack or toss some into a pasta salad.
10. Skewer grape tomatoes and fully cooked shrimp for your next party platter. Serve with a lively dip of 1 cup mayonnaise, 2 cloves garlic, 1 tablespoon fresh snipped herb and a squeeze of fresh lemon.

KID-APPROVED TOMATOES

How do you get kids to eat squishy, juicy tomatoes? "Have them grow their own tomato plant and tend to it throughout the summer," says Jen Haugen, mother of two and a registered dietitian for Hy-Vee in Austin, Minnesota.

Jen also enjoys taking son, Riley, age 7, and daughter, Emma, age 6, (all shown here) to the Hy-Vee produce department. She helps them pick out different shapes, sizes and colors of tomatoes to serve with their family meals. "I also think it's important to offer tomatoes in fun ways. Activities like this are what get kids interested in eating right," she says.

Tomatoes-on-a-stick is a simple snack that the Haugen children enjoy making and eating. They skewer cherry or grape tomatoes with cut up string cheese, sliced DiLusso turkey and pimento-stuffed olives, then dip their snack into a light ranch dressing.





PIZZA CREATIONS

It's a real treat for kids to make their own pizzas once in a while. Give each child a purchased 6-inch Italian pizza crust. Then invite them to "paint" the crust with canned tomato sauce, which has all the nutrients you'd find in fresh tomatoes. Everyone chooses his or her own toppers from the suggestions below.

MEATS

- Canadian-style bacon
- Shredded cooked chicken
- Diced cooked ham
- Pepperoni slices
- Ground beef or sausage, cooked and drained

VEGGIES

- Sliced pitted ripe olives or green olives
- Broccoli florets
- Chopped green bell pepper
- Red bell pepper strips
- Sliced green onions
- Thinly sliced Roma tomatoes

CHEESES

- Mozzarella, shredded
- Italian cheese blend, shredded
- Parmesan, shredded
- White cheddar, shredded

Or create these combo pizzas:

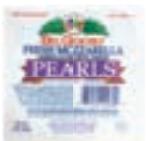
Hawaiian: Ham + Pineapple + Cheddar Cheese

Veggie: Broccoli Florets + Sliced Olives + Red Bell Pepper + Parmesan Cheese

Easy Cheesy Canadian Bacon: Canadian Bacon + Bell Pepper Slices + Mozzarella Cheese

Bake each pizza in a 425°F oven for 10 minutes or until cheese is melted and bubbly.





BelGioioso Fresh Mozzarella Pearls 8 oz.
2/\$6.00



Capital City Red Ripe Tomatoes 4 pk.
\$1.99



Fresh Gourmet Salad Croutons:
select varieties 5 oz. \$1.49



DiGiorno and California Pizza Kitchen
Small Pizzas: select varieties 5.3 to
10.2 oz. \$2.68



Contadina and Del Monte Tomatoes
Pizza Sauce: select varieties
14.5 or 15 oz \$1.18

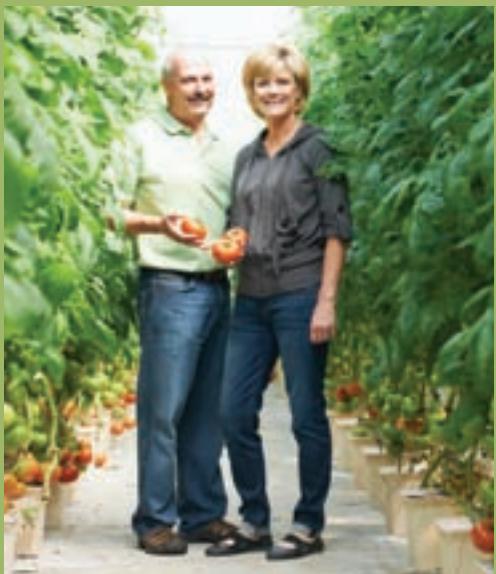


Palermo's Hand Tossed, Rustico Natural
Rising, Breakfast or Organic Pizzas:
select varieties 14.75 to 32.25 oz. \$4.99



Uncle Ben's Long Grain, Wild or Ready
Rice: 4.33 to 8.80 oz. \$1.69

FRESH OFF THE VINE



There was a time not too long ago when fresh tomatoes were a summer-only treat. Sure, there were artificially ripened imports, but the price was high and the tomatoes were short on flavor.

Fortunately times have changed. Nowadays you can savor great-tasting, pesticide-free tomatoes at your local Hy-Vee whenever you want. Several growers and suppliers in the area have developed hydroponic greenhouse operations for raising tomatoes. With hydroponics, crops are grown in water instead of soil. This allows tomatoes to be sold in the Hy-Vee produce department from April through December.

One such operation is Graddy's in Carroll, Iowa. John and Kay Gradoville, *above*, got into the business and made their first tomato shipment to Hy-Vee in 1999. "We both had the gardening bug and found the hydroponic tomatoes where we lived in Pennsylvania to be very tasty," says Kay. "So when an opportunity came up to purchase a greenhouse, we returned to our hometown of Carroll and started growing a handful of varieties."

The couple started with a small operation that has grown steadily. They now have more than an acre of greenhouse space, allowing them to grow about 9,000 plants.

Hydroponics is a fairly complicated process of growing tomatoes in a soilless, controlled

environment. At Graddy's, plants are brought into the greenhouses about mid-December so the first tomatoes can be harvested around mid-March.

When their season begins, new plants are set into growing cubes or bags. Fertilizer, water and nutrients are sent directly to the roots through a carefully controlled irrigation system. This allows the plants to grow and mature 30 to 50 percent faster than soil plants. It also ensures a higher yield and better quality tomatoes. Temperature, light and humidity are precisely controlled in the greenhouses during the growing process, and bees are shipped in to help with pollination.

Like other tomato growers, the Gradovilles know that delivering fresh, flavorful tomatoes to Hy-Vee is essential. "We allow the sun to ripen the tomatoes on the vine as long as we can so flavors develop naturally. Once tomatoes are picked, we have them delivered to the stores within a day or two," says Kay.

The market for hydroponic tomatoes continues to grow as more consumers recognize the rewards of buying consistent, high-quality tomatoes, even if it's in mid-December. When choosing tomatoes, the Gradovilles suggest going for ones that are heavy for their size and not overly soft. The skin of the tomato should not wrinkle when you run your thumb on it with slight pressure. You can also tell the freshness by the intense tomato aroma, especially at the stem end.



BACON-AND-RICE-STUFFED TOMATOES

This stunning side unites flavorful rice and buttery croutons with sun-ripened tomatoes. Because tomatoes are acidic, bake them in a glass or ceramic dish. A metal pan can cause them to discolor and ruin the flavor.

Serves 6

6 medium tomatoes
6 slices Hy-Vee reduced-sodium bacon
1 (8.8-ounce) pouch precooked long grain and wild rice
1 tablespoon Hy-Vee unsalted butter
2 cloves garlic, minced
½ cup green bell pepper, chopped
2 tablespoons fresh parsley, chopped
½ cup Hy-Vee butter garlic croutons

Preheat oven to 350°F. Cut a ½-inch slice from the top of each tomato; discard tops. Using a teaspoon or melon baller, scoop out pulp, leaving a ½-inch thick shell; discard seeds.

Coarsely chop pulp (should have about 1 cup). Set aside.

Cook bacon until crisp. Drain and crumble; set aside. Prepare rice according to package directions; set aside.

In a medium skillet, melt butter over medium heat. Add garlic and cook for 30 seconds, stirring constantly. Stir in chopped tomato pulp, green pepper and parsley. Sauté for 2 minutes or until pepper is crisp-tender. Stir in bacon, rice, and croutons.

Spoon rice filling into tomatoes. Arrange stuffed tomatoes in an 11×7-inch baking dish. Bake, uncovered, for 15 minutes or until heated through. Serve immediately.

Nutrition facts per serving: 170 calories, 7 g fat, 2.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 400 mg sodium, 21 g carbohydrates, 2 g fiber, 4 g sugar, 5 g protein. Daily values: 25% vitamin A, 60% vitamin C, 4% calcium, 10% iron.





The sweet aroma of barbecue, the promise of fresh shrimp piled high on a po'boy bun or a vegetarian sandwich with just-picked flavors are well worth driving great distances to enjoy. A 100-mile detour seems perfectly reasonable if the reward at the end of your travel is a memorable blue-plate special. These are meals you will tell your friends about.

Imagine entering a diner where snappy, happy doo-wop blasts from the jukebox. Smoke rises from the grill and the atmosphere is as mouth-watering as the scent of fries. It's heavenly—so are the sandwiches.

The main event may be a tangy mound of savory North Carolina barbecue served as an open-face sandwich. Somewhere underneath the impossibly tender meat is a bun, but finding it takes work. Others might motor to Florida for an authentic Cuban sandwich with roast pork, ham and salami. And there are more great tastes wherever you go.



CLASSIC **AMERICAN** SANDWICHES

Inspired by some of the best diner food in America, here are six amazing sandwiches for you to make at home. This is no baloney. These meals-on-a-bun are big, overflowing, crunchy, sweet, tart and mouthwatering. Don't thank us now. Just dig in.

TEXT STEVE COOPER PHOTOGRAPHY ADAM ALBRIGHT, TOBIN BENNETT AND ANDY LYONS



Fortunately, there's no need for pulling out the travel maps to find your dream diner. You can put together your own great American sandwich at home from one of our six regional recipes. Sample them all as you take a road trip without packing a bag or paying at the pump. Everyone at your table will share in this journey of discovery.

There's no "right way" to make the most of this fare, as anyone who eats at out-of-the-way spots discovers. We've put our spin on each sandwich and so can you. Here's what's on the bill:

- **Louisiana Spicy Chicken Po'Boy.** One story has it that this sandwich was introduced as Oyster Loaves in an 1838 cookbook. Others say po'boys originated during a New Orleans transit strike in 1929. Two brothers with a French Quarter restaurant served roast beef and gravy sandwiches to striking "poor boys" for a nickel. Soon, the po'boys were offered with sausage, chicken, fish, fried oysters, fried shrimp, catfish or whatever was available. It's a one-handed meal made to order.

- **North Carolina Pulled-Pork Sandwich.** For incredible results, experienced grillers use a pork cut called Boston butt, which is not what you think. It's a roastlike shoulder cut. For the real deal, the meat is slowwwwwly smoked or grilled indirectly for 8 hours or so. The "pulled" part of the name comes from the fact that the cooked pork pulls apart with a fork. Many locals like their barbecue pork with a spicy vinegar sauce and a dollop of coleslaw plopped on top.

- **Florida Cubanos Sandwich.** Flattened like a panini, the Cuban-style sandwich is a simple combination of sliced ham, pork roast and, sometimes, salami. The cuts are layered on Cuban bread, a very ordinary white loaf. French or Italian also work. Swiss cheese is added and maybe a pickle. The sandwich is pressed as it is grilled, often using a panini-style griddle. In a pinch, some cooks bake the sandwich between aluminum-foil-wrapped fireplace bricks which have been heated in an oven. Meat juices, cheese and other ingredients mingle in the hot, squashed bun. The taste? *Magnifico!*

- **Philly Cheesesteak.** Fresh out of Philadelphia, the city's signature beef-and-melted-cheese sandwich really rings the flavor bell. The base is browned beef smothered in cheese. Short order cooks fry ingredients into a heaping mound on a hot griddle. Once done, the meaty concoction slides into a Hoagie roll and is topped with sautéed onions, mushrooms, peppers or whatever you want. Guys on the street insist that Cheese Whiz is the best companion to the beef, while more sophisticated cooks insist on using sliced or grated cheese. Either way is OK.

- **California Vegetarian Sandwich.** When the great tastes of the Golden State are listed, they should include avocado, oranges, lemons, bell peppers and sprouts. Put any of these between generous slices of fresh, nutty whole wheat bread and you have the start of a delightful, healthful vegetarian sandwich. Add whatever else your heart desires—sweet peppers, olives, onions, tomatoes, lettuce and a healthy splash of strawberry vinaigrette dressing. California, here we come.

- **Maine Lobster Rolls.** If lobster sounds like awfully deep water for your cooking skills, don't worry. This is easy to prepare. It's similar to chicken salad, except the meat is from the ocean rather than a farm. All you do is boil a lobster tail for a few minutes, chunk the meat and whip everything together with mayonnaise, scallions, celery and other light tastes. Nothing to it. We gave our version a slight tartness by serving it on a sourdough roll. You may also use a French or Italian country loaf. If you prefer a Connecticut lobster roll, lay some warm lobster into a hot dog bun and drizzle it liberally with drawn butter. Whatever variation you try, it's all incredibly delicious.



Lobster rolls are sometimes served on a hotdog bun. Give this favorite a sophisticated twist by using a sourdough roll. The taste and texture of the bread is a delicious mate for the seafood.

Baking Stone Sourdough Rolls 4 ct. \$2.49

MAINE LOBSTER ROLLS

You and your guests will hear the surf as you dig into this ocean treasure. If you can't find frozen lobster tails in the freezer section at Hy-Vee, you can order them at the meat department. Use kitchen shears to cut through the shells.

Serves 4.

3 (7-ounce) frozen lobster tails, thawed
½ cup Hy-Vee light salad dressing
2 teaspoons fresh lemon juice
1½ teaspoons Hy-Vee Dijon mustard
1 teaspoon Grand Selections olive oil
¼ teaspoon hot pepper sauce

¼ teaspoon Hy-Vee salt
½ teaspoon Hy-Vee black pepper
½ cup celery, chopped
4 (5-inch) sourdough rolls
Lemon wedges, optional
Dried dill, optional

Cook lobster in boiling water until opaque. Remove shell; set aside.

Whisk salad dressing, lemon juice, mustard, oil, pepper sauce, salt and pepper in a medium bowl. Mix in lobster and celery; cover with

plastic wrap and refrigerate at least 1 hour or up to overnight before serving.

Lengthwise, cut out a wedge from the top of each roll and discard. Fill the void with lobster mixture. If desired, sprinkle on dry dill and serve with lemon wedges.

Nutrition facts per serving: 530 calories, 10 g fat, 1 g saturated fat, 0 g trans fat, 60 mg cholesterol, 1,500 mg sodium, 81 g carbohydrates, 5 g fiber, 8 g sugar, 28 g protein. Daily values: 4% vitamin A, 2% vitamin C, 10% calcium, 20% iron.

LOUISIANA SPICY CHICKEN PO'BOYS

In true New Orleans fashion, this po'boy is made from spice-crusted chicken breasts that turn a crispy black on the outside when sautéed. The blue cheese-mayonnaise topper provides a cooling counterpoint to the spicy chicken.

Serves 6.

1/2 cup Hy-Vee light salad dressing
1/4 cup blue cheese crumbles
6 Smart Chicken skinless, boneless chicken breasts (about 3 pounds)
1 teaspoon Hy-Vee ground chili powder
1/2 teaspoon Hy-Vee granulated sugar
1/2 teaspoon Hy-Vee salt
1/2 teaspoon Hy-Vee garlic powder
1/2 teaspoon Hy-Vee ground cumin

1 tablespoon Grand Selections olive oil
6 (5-ounce) French Demi Rolls, split
6 romaine lettuce leaves
6 Roma tomatoes, sliced

Combine salad dressing and blue cheese; cover and chill.

Cut each chicken breast lengthwise into 4 strips. Combine chili powder, sugar, salt, garlic powder and cumin in a shallow dish. Rub spice mixture onto chicken pieces.

Heat oil in a large nonstick skillet over medium-high heat. Cook chicken, half at a time and turning occasionally, 6 to 8 minutes or until lightly blackened, no longer pink and

internal temperature of chicken reaches 170°F. Line the bottom half of each split roll with lettuce leaf. Top with chicken, tomato, blue cheese mixture and the top of the roll.

Nutrition facts per serving: 680 calories, 15 g fat, 2.5 g saturated fat, 0 g trans fat, 155 mg cholesterol, 1,410 mg sodium, 78 g carbohydrates, 3 g fiber, 16 g sugar, 62 g protein. Daily values: 10% vitamin A, 8% vitamin C, 10% calcium, 30% iron.

The Hy-Vee French Loaf is the single-serve version of French bread. The moist, chewy center and hearty crust are a good match for a down-home po'boy.

Baking Stone Bread French Loaf 9.5 oz. \$1.29





A Kaiser roll is just the ticket when eating the Carolina way. The center is spongy enough to sop up all the sauce without ever getting soggy. Neat trick.

Hy-Vee Bakery Fresh Kaiser Rolls 4 ct. \$2.19

NORTH CAROLINA PULLED-PORK SANDWICH

The Carolinas may well offer more variations on pulled pork than anywhere else in the country. When the pork's cooked, it's literally pulled apart into shreds and mixed with the peppery-and-piquant vinegar sauce before being served with slaw on top.

Serves 10.

4 cups Hy-Vee Coleslaw Mix
2 tablespoons Hy-Vee Light Ranch Dressing
1 (3½-pound) boneless pork shoulder roast
1 tablespoon Hy-Vee garlic salt
1 teaspoon Hy-Vee black pepper
1½ cups Hy-Vee white vinegar
¾ cup Hy-Vee lemon-lime carbonated beverage

2 teaspoons Hy-Vee crushed red pepper flakes
10 kaiser rolls, split and toasted
Bottled hot pepper sauce, optional

Combine coleslaw mix and dressing; cover and chill.

Rub roast with garlic salt and black pepper. Place roast in a 3½- or 4-quart slow cooker. Combine vinegar, carbonated beverage and red pepper flakes. Add vinegar mixture to slow cooker. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours.

Remove pork from slow cooker. Skim fat from juices.* Using two forks, shred pork. Place shredded pork in a large bowl and add enough

of the juices to moisten. Divide shredded pork and prepared coleslaw mixture on toasted kaiser rolls. Pass remaining sauce and, if desired, hot pepper sauce.

* Test Kitchen note: Here's a slick way to remove fat from the juices: Place juices in a large measuring cup and chill in the freezer while you are shredding the pork. Remove from freezer and scrape off the layer of fat on top.

Nutrition facts per serving: 400 calories, 12 g fat, 3.5 g saturated fat, 0 g trans fat, 95 mg cholesterol, 1,180 mg sodium, 34 g carbohydrates, 2 g fiber, 4 g sugar, 36 g protein. Daily values: 6% vitamin A, 20% vitamin C, 8% calcium, 20% iron.

FLORIDA CUBANOS

Salami is commonly used in the south Florida version, where Cubanos have become part of the local scene. The butter, meat juices and even the pickle and pepper juices blend to give this sandwich moistness and flavor.

Serves 4.

- 8 ($\frac{1}{2}$ -inch thick) slices Baking Stone Vienna Bread
- 2 tablespoons Hy-Vee unsalted butter
- 10 ounces thinly sliced deli roast pork (about 24 slices)
- 3 ounces (8 slices) Genoa salami
- 3 ounces (8 slices) thinly sliced deli ham, such as Virginia
- 8 Hy-Vee sandwich-sliced kosher dill pickles
- $\frac{1}{2}$ cup Hy-Vee mild banana pepper rings
- 8 slices Hy-Vee Swiss cheese
- Hy-Vee yellow mustard, for serving

Preheat a countertop or sandwich grill to medium heat. Or heat a large nonstick skillet and large heavy soup pot over medium heat.

Brush one side of each slice of bread with melted butter and place buttered-side-down on a cutting board. Layer pork, salami, ham, pickles, peppers and cheese on four bread slices. Place remaining bread slices buttered-side-up on sandwiches and press down with a spatula to flatten evenly.

Place sandwiches, one at a time, in preheated grill. Grill until the bread is toasted and cheese is melted, 3 to 5 minutes. If grill is not available, place sandwiches, one or two at a time, in the preheated skillet and weigh down with the preheated soup pot to flatten. Cook for 4 to 5 minutes. Remove pot and flip sandwiches over. Continue to cook with pot on

sandwiches until second side is golden brown, 3 to 4 minutes. Serve with mustard, if desired.

Test Kitchen note: Allow the meat and cheese to come to room temperature before grilling so the cheese melts evenly when the bread turns crisp and golden brown.

Nutrition facts per serving: 690 calories, 31 g fat, 16 g saturated fat, 0 g trans fat, 135 mg cholesterol, 2,320 mg sodium, 32 g carbohydrates, 6 g fiber, 7 g sugar, 43 g protein. Daily values: 10% vitamin A, 10% vitamin C, 40% calcium, 50% iron.



Simple slices of our Vienna loaf seem designed for a sandwich grill. Toasting results in a tantalizing crispiness perfect for a Cuban.

Baking Stone Vienna Bread 22 oz.
\$2.49





CALIFORNIA VEGETARIAN SANDWICH

Bite into a sandwich that's a true California experience. Some Hy-Vee stores now carry SlimCado avocados, which have 50 percent less fat and 35 percent fewer calories than the leading California avocado. SlimCado avocados stay green even when they ripen.

Serves 4.

- ½ cup** Hy-Vee light salad dressing
- ¼ cup** Hy-Vee light sour cream
- 2 tablespoons** Hy-Vee finely shredded Parmesan cheese
- 2 tablespoons** purchased pesto
- 8 (½-inch-thick) slices** Baking Stone Honey, Whole Grain and Seeds Batard, lightly toasted
- 4 slices** Hy-Vee provolone cheese
- 1 small cucumber**, thinly sliced
- 1 (4-ounce) package** broccoli or alfalfa sprouts
- 2 SlimCado** avocados, halved, seeded, peeled and sliced
- 2 medium** oranges, peeled and sliced

Whole grain oats, flaxseed, sunflower seeds and millet give this healthful sandwich a hearty flavor. This bread is a match made in heaven for the fresh ingredients.

Baking Stone Honey, Whole Grain and Seeds Batard 22 oz. \$3.99



Combine salad dressing, sour cream, Parmesan cheese and pesto in a medium bowl; spread mixture on one side of each slice of bread. Top four slices of bread with provolone, cucumber, sprouts, avocado and oranges. Spread pesto on remaining bread slices and place sandwich tops.

Test Kitchen note: Purchase avocados ahead of time, because ripening may take three to five days. To tell if an avocado is ripe, gently squeeze the fruit in your palm. When it's ripe, it will be firm yet will yield to gentle pressure. If you need to ripen the fruit, place the avocados in a paper bag with an apple or banana and keep it at room temperature.

Nutrition facts per serving: 650 calories, 31 g fat, 6 g saturated fat, 0 g trans fat, 30 mg cholesterol, 930 mg sodium, 75 g carbohydrates, 13 g fiber, 16 g sugar, 22 g protein. Daily values: 10% vitamin A, 80% vitamin C, 35% calcium, 20% iron.



Lay's Kettle Chips or Santitas: select varieties 8.5, 9 or 20 oz. \$2.77



DiLusso Premium Sliced Pepper Jack Cheese \$4.88 per lb.



Mrs. Dash Seasonings or Marinades: select varieties 2 to 2.5 or 12 oz. \$2.28



Famous Dave's BBQ Sauce: select varieties 19 or 20 oz. or Marinades: select varieties 12 oz. \$2.38



Smart Chicken Boneless Skinless Breasts \$4.99 per lb.



Bertolli Classico, Extra Light or Extra Virgin Olive Oil 25.5 oz. \$7.99

PHILLY CHEESESTEAK

Steak, cheese and onions on a roll—that's a classic Philadelphia cheesesteak sandwich. Ever since it was invented in the 1930s, variations on the theme have been endless. This one adds peppers to the mix. For ease, you can also use deli roast beef in place of the steak.

Serves 2-4.

- 1 (16-ounce) boneless beef top sirloin steak, cut 1 inch thick
- Hy-Vee salt and black pepper, to taste
- 1 tablespoon Grand Selections olive oil
- 1 large Vidalia onion, thinly sliced and separated in rings
- 1 medium red or green bell pepper, seeded and cut into $\frac{1}{4}$ -inch slices
- 2 (8-ounce) Asiago flute rolls
- 4 slices Swiss cheese
- Italian pickled peppers, optional

Preheat broiler to low. Trim fat from steak and season with salt and pepper. Place steak on an unheated rack of a broiler pan. Broil 3 to 4 inches from heat until desired doneness. Allow 15 to 17 minutes for medium-rare doneness (145°F) or 20 to 22 minutes for medium doneness (160°F).

Meanwhile, heat a large nonstick skillet over medium-high heat. Add olive oil, onion and bell pepper. Cover and cook for 5 minutes. Uncover and cook 5 minutes more or just until tender, stirring occasionally.

Split each roll in half crosswise, to yield 4 rolls. Then cut each roll in half lengthwise, to yield a top and bottom for each sandwich.

Place split rolls cut sides up on a large baking sheet. Broil 4 to 5 inches from heat for 1 to 2

minutes or until lightly toasted. Remove bun tops from baking sheet; set aside. Slice steak into bite-size strips. Divide steak strips and pepper mixture among bun bottoms. Top with cheese slice. Broil 4 to 5 inches from the heat for 1 to 2 minutes or until cheese is melted. Top with bun tops.

Nutrition facts per serving: 720 calories, 23 g fat, 9 g saturated fat, 0 g trans fat, 120 mg cholesterol, 730 mg sodium, 76 g carbohydrates, 1 g fiber, 3 g sugar, 53 g protein. Daily values: 25% vitamin A, 70% vitamin C, 40% calcium, 40% iron.



Our Asiago Flutes give this sandwich a new layer of flavor. The crispy cheese topping takes this favorite to the next level of delicious flavor.

Baking Stone Asiago Flute 10 oz.



BAKING STONE



Each loaf of Baking Stone Bread is hand-crafted and baked fresh daily at your local Hy-Vee Bakery. With more than 20 varieties now offered, your household can enjoy these naturally preserved breads every day. Breads include everything from classic French baguettes to flavorful focaccias and tangy sourdough. Nothing's quite as good as bread that's fresh out of the oven.

Baking Stone Garlic Crown 16 oz. \$2.99



Star-Spangled Picnic

As the weather warms, long summer days beckon us outdoors.
Plan a picnic with family, friends or that special someone and rediscover
the joys of outdoor dining.

TEXT JENNIFER RUISCH PHOTOGRAPHY TOBIN BENNETT



For project instructions and
patterns, go to:
www.Hy-Vee.com/seasons

There's something about sharing food outdoors. Everything just seems to taste better. With the aroma of sweet wildflowers floating on the wind and a babbling brook as nature's background music, a picnic brings us back in tune with the rhythms of the earth. We are reminded of the bounty it provides. After time spent "eating out" with friends and family we often come away renewed and revived. Because of this, picnics may be counted among the most memorable meals of our lives.

A WORLD OF CHOICES

A picnic is a great catalyst for family bonding. Plan yours with a theme focused on the setting you've chosen. If you'll be eating by a tree-lined meadow, plan a "Back to Nature" event. Pack binoculars to watch birds and animals. Bring a book about plants, wildflowers or insects, and don't forget a ball and gloves for a rousing game of catch.

If you'll be eating by the ocean, make it a beach-themed outing. Bring plastic buckets and other equipment needed for a sandcastle-building contest. Pack a Frisbee, kite or squirt guns for after-meal games and fun. If it's a pond, lake or other body of water, pack a couple fishing poles to cast away an hour or two on a lazy afternoon.

Some of the most unforgettable picnics are ones that take place before or after events such as an outdoor concert, summer theater production in the park or baseball game. Let kids help determine the menu. Plan something quick and effortless, such as "Build Your Own Pita Sandwiches." Pack a variety of meats, cheeses and toppings that can be stuffed inside pita pockets for easy assembly by little hands. This makes for easy cleanup by grown-ups so everyone can enjoy .

A NEIGHBORLY GATHERING

Making new friends is easy when you invite others to share a meal outdoors. Plan a picnic at a nearby park or common area and ask neighbors to join you. Everyone can share a bite and, as the kids enjoy a game of tag or softball, the adults can get to know each other a little better.

Ask each family to bring a dish to share, while you'll provide the necessary paper products and drinks. Plan an icebreaker or two so everyone can learn about each other. These picnics are a fun and easy way to build a friendlier and safer community.

A BLANKET FOR TWO

For a date your partner will remember, plan a romantic picnic for two. First, choose a spot with an incredible view. An overlook near a body of water is always a good choice. Bring your iPod and portable speakers along so you can play romantic music in the background. Pack a favorite book to take turns reading aloud to each other after the meal. For an evening picnic, pick a spot with a good view of the sunset or a place away from city lights for stargazing after the sun goes down. Pack battery-operated candles to set the mood, and don't forget to bring a warm blanket in case there's a chill in the air.

Choose a favorite country as inspiration for your theme. For a "Taste of Italy" picnic, pack a bottle of Italian wine or a non-alcoholic sparkling wine; a tomato, basil and mozzarella salad; focaccia bread and a bottle of olive oil. For a "Taste of China," simply order from Hy-Vee Chinese Express and grab some chopsticks to go. Or try out some foods and drinks from other countries, such as France or Mexico. Eat slowly and enjoy the company, whether it's friends, family or a special someone.





Baking Stone Take & Bake Asiago Garlic
Batard 16 oz. \$3.39



Jif Peanut Butter: creamy or crunchy
28 oz. \$3.28



Hy-Vee Veggie Dips: select varieties
15 oz. \$2.98



Ball Park Beef, Cheese or Angus Franks:
select varieties 12.8, 14, 15 or 16 oz.
\$3.29



A1 Steak Sauce: select varieties
10 oz. \$3.18



GladWare Containers or Glad Storage
Bags: select varieties
1 to 8 ct. or 30 to 50 ct. 2/\$5.00



Del Monte Fruit Cups or Chiller Tubes:
select varieties
4 pk. Cups or 8 ct. Tubes 2/\$4.00

WHAT TO TAKE ON A PICNIC

Whether you're eating at a picnic table or enjoying your meal on a cloth on the ground, a blanket is always a welcome addition. You can buy blanket totes, which are made especially for picnics. These blankets fold up into small packages and can be carried by a handle—just like a tote bag. Bring a little bottle of talcum powder to sprinkle around your blanket once you get to the site. This will keep ants and other insects from marching off with your food.

You'll need something to transport your picnic bounty. Consider investing in a basket that already contains all the amenities you'll need for your meal. These baskets are a little more expensive, but they'll save you time and hassle. You'll be thrilled when you don't have to go in search of every individual fork, napkin and cup you'll need because it's already packed and waiting for you.

Family picnic baskets usually contain four cups, plates, utensils, napkins and a tablecloth or blanket. A picnic basket for two will often have everything needed for a romantic meal—including a cutting board and knife for cheeses, a waiter-style corkscrew and two wine glasses. You can find baskets that include everything from coffee cups to coolers to salt-and-pepper shakers. Or put together your own picnic kit with plastic plates, cups, napkins, utensils and glasses from your local Hy-Vee.

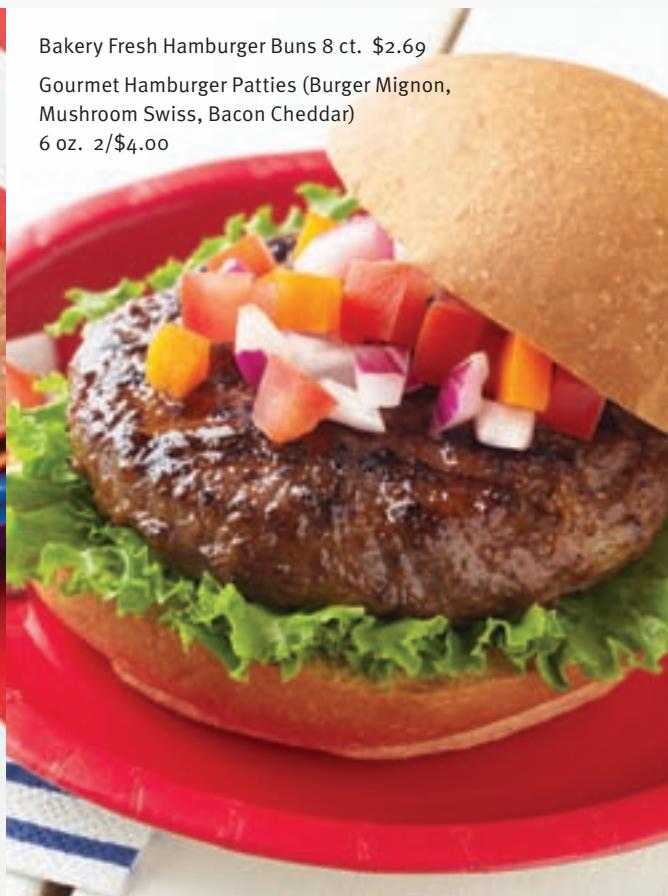
When deciding on foods to pack, finger foods are a great choice. Avoid anything too messy or greasy. Sticky sweets attract bugs, while cookies are easier to handle. Remember there are a few foods that don't need any refrigeration at all and are usually a safe bet. These include chips, crackers, dried fruit, nuts, apples, oranges, bananas and unopened cans of meat or fruit.

Don't forget condiments you might need—mustard, mayo, ketchup, pickles, etc. The next time you're at a fast food restaurant, save your extra condiment packets to throw in your picnic basket when you get home. They don't need to be refrigerated.

Finally, a few other items to pack include sunscreen, insect repellent, water bottles and antibacterial hand gel or moist towelettes. It's also nice to bring along a bag for trash and a camera to document the whole experience.



Hormel Stars & Stripes Party Tray
1.5 lb. \$8.99



Bakery Fresh Hamburger Buns 8 ct. \$2.69
Gourmet Hamburger Patties (Burger Mignon,
Mushroom Swiss, Bacon Cheddar)
6 oz. 2/\$4.00



Mini Sweet Watermelon \$3.49

FOOD SAFETY

Planning for food safety is important in hot summer months when warmer temperatures support growth of harmful bacteria. Chuck Seaman, assistant Vice President of Food Safety for Hy-Vee, says, "Raw protein-based foods such as meats, poultry, fish, dairy and eggs should be kept cold until ready to be consumed."

If you're taking cold foods on your picnic, Chuck suggests transporting them in a cooler packed with ice or frozen gel packs to help maintain appropriate temperature. Since the trunk of a car can reach temperatures of 150°F, it's often best to transport your cooler in the passenger area. When you arrive at the picnic site, put a blanket over the cooler and place it in the shade right away. Keep food covered until you're ready to use it—this will minimize possible contamination from insects, which can carry harmful bacteria and viruses on their bodies.

If you'd rather not hassle with coolers and ice packs, there are plenty other food options to consider. "Packaged foods and dry foods that don't require refrigeration, such as chips, cereals and breads, keep well," Chuck says. "Similarly, canned goods usually don't raise food safety concern." He adds that all foods can have quality and taste affected by extreme temperatures, so err on the side of caution.

Don't keep picnic leftovers. "If there's a question about whether food has been kept at a proper temperature or if it's been exposed to contamination, discard it," Chuck says. "The cost of food is not worth getting sick over."



Kellogg's Pop-Tarts: select varieties 12 ct. 2/\$5.00



Kellogg's Cereals: select varieties 16.7 to 25.5 oz. \$2.99



Kellogg's Special K Bars: select varieties 3.8 to 7.4 oz. 2/\$5.00

KELLOGG'S

Start the day right with one of our breakfast foods, then grab some granola or cereal bars or Keebler cookies to take along on your picnic.

Keebler Chips Deluxe Cookies: select varieties 13.3 to 14.8 oz. 2/\$5.00



TYPES OF COOLERS

Use a cooler to transport picnic foods that should be kept cold until you reach your destination. Hy-Vee carries three models of Coleman coolers perfect for picnics. The 50-Quart Party Stacker can hold up to 84 twelve-ounce cans and will keep ice frozen for five days. The 24-Can Party Stacker is wide enough to hold a 13x9-inch dish and can store multiple items, including several large pop bottles. The 20-Can Party Stacker is big enough for up to 20 cans of pop and tall enough to transport several bottles of wine.



A. Coleman 20-can Stackable Coolers \$17.99

B. Coleman 24-can Stacker Coolers \$19.99

C. Coleman 50-qt. Wheeled Stackable Coolers \$49.99

Izze sparkling juices: select varieties 4 pk. 12 oz. \$4.99

Top Off Your Picnic

Complete tonight's barbecue with a refreshing berry treat!
From simple summer meals to something for your sweet tooth,
better brands make better summer moments.
Find more quick, simple treats at ReadySetEat.com.



only
99
calories

UPSIDE-DOWN FRUIT NACHO

- 1 flour tortilla (8 inch), cut into short thin strips
- 1 teaspoon honey
- 1/8 teaspoon ground cinnamon
- PAM® Butter No-Stick Cooking Spray
- 1/2 cup chopped fresh strawberries
- 2 tablespoons fresh blueberries, washed and patted dry
- Reddi-wip® Original Dairy Whipped Topping

Preheat oven to 350°F. Place tortilla strips in medium bowl. Drizzle with honey and sprinkle with cinnamon; gently toss to coat. Place strips in single layer on parchment-lined baking sheet; lightly spray with cooking spray. Bake 8 minutes, or until strips are lightly browned. Cool completely. Place strawberries and blueberries in serving dish; top with two servings Reddi-wip®. Garnish with one fourth of the baked tortilla strips (reserve remaining for another use). Serve immediately.



Hebrew National Franks: select varieties
11 or 12 oz. \$2.77



Hunt's Ketchup 24 oz. \$0.99



Reddi-wip: select varieties
6.5 or 7 oz. \$1.99



Chef Boyardee Canned or Micro Meals:
select varieties 7.25 to 15 oz. 3/\$3.00



Banquet Bagged Chicken: select
varieties 24 or 26.5 oz. \$3.99



Orville Microwave popcorn: select
varieties 2 to 4 pk. 3/\$5.00



Healthy Choice All Natural or
Select Entrees: select varieties
8 to 9.9 oz. \$1.99



PAM Cooking Spray: select varieties
5 or 6 oz. \$2.48

scoop on summer



There's no better way to indulge your inner child than with the taste of ice cream. It's the same whether you're eating a tongue-tingling smoothie, a specialty ice cream or one of the classics—vanilla, chocolate, strawberry. These easy-to-follow recipes and ideas for churning out scrumptious flavors are delicious—and more nutritious than you think.

TEXT STACI SCHEURENBRAND

PHOTOGRAPHY KING AU AND TOBIN BENNETT



When the hottest part of summer is upon us, so is the craving for a yummy frozen treat. It's easy to imagine scoops of ice cream piled high on a cone or filling frosty dessert bowls.

But is this favorite summertime treat the threat to our waistlines and well-being that it is purported to be? Maybe not, says Chrissy Mitzel, registered dietitian at Hy-Vee in Rock Island, Illinois. You need to get the full scoop on ice cream so you can appreciate some of its unexpected benefits. If you choose wisely, it can be better for your body than you think, while helping you chill on hot days.

"Everyone is excited to hear that there are important health aspects to ice cream," Chrissy says. "With one half-cup serving providing 8 to 15 percent of the daily calcium needed, ice cream adds a pleasing nutritional boost to your diet, especially if you make your own treats."

Ice cream's unhealthy reputation derives from the high fat and sugar content found in many products. But since dairy is part of a healthy diet—providing essential vitamins and minerals, including potassium, riboflavin and vitamins A and C—ice cream can be a nutritious food.

By legal definition, ice cream contains at least 10 percent milkfat and 16 percent or more milkfat for premium brands. With slightly less fat than American ice creams, gelato, an Italian-style ice cream, contains just 6–10 percent milkfat, and has bold flavors and a velvety texture.

SKINNY DIPPING

Before you turn a cold shoulder to products that are labeled "low fat," "fat free" and "sugar free," sample them. Manufacturers have gotten much better at concocting products that taste great while being healthful at the same time.

"Low-fat or fat-free frozen yogurt is an excellent choice," Chrissy says. "Many varieties of frozen yogurt contain active cultures, so in addition to calcium, you get the benefits of probiotics. Such brands as Skinny Cow, Smart

Ones and many others even contain fiber. Since most Americans do not meet their recommended fiber intake each day now, any increase in nutritional value is positive."

If you're averse to dairy or you're simply craving a frozen treat with a little more zing, fruity sherberts and sorbets are a refreshingly tart alternative to ice cream. While both are generally all about the fruit, sorbets are technically ices that contain no dairy. Sherberts contain milk or some fat, which make them smooth and creamy—just like ice cream.

Chrissy says, "It's important to remember that not all products labeled 'fat free' and 'non-dairy' are low in calories. Read labels and compare NuVal scores to find the most nutritious options. Customers can't believe it when I show them a few ice cream products with a near-perfect NuVal score of 99–100!"

HOMEMADE GOODNESS

All ice creams add bone-building vitamin D to your diet. With the homemade variety, you can also pick ingredients and toppings that are good for your body. Building on a base of cream, milk, vanilla and sugar, you can increase the nutritional value and liven up the flavor of the ice cream you make.

"Experiment with flavors that produce a healthy result. The trick is keeping it simple," Chrissy says. "Such mix-ins as fresh fruit, nuts and dark chocolate add extra vitamins, fiber and antioxidants, rather than wasted calories and less healthy fats. And the taste is superior!"

Before you scream for ice cream, keep in mind that those colossal, candy-studded cones and sundaes from your favorite ice cream shop can pack a day's worth of fat and calories. It's okay to splurge on occasion, but for a quick fix that offers nutritional benefits, check for healthful options in the ice cream aisle or make a batch of homemade.

ICE CREAM STIR-INS

Make one batch of vanilla ice cream and add the following ingredients to create each flavor. Transfer to a container for freezing.

RASPBERRY:

2 pints fresh raspberries cut in half

1½ cups raspberry syrup

Add ingredients to vanilla ice cream, stirring well before transferring to a freezer container. Allow ice cream to harden for one day before serving.

MINT CHOCOLATE CHUNK:

1 tablespoon mint flavoring

Green food coloring, as desired

1 (12-ounce) bag Nestle Chocolate Chunks

Omitting vanilla as an ingredient, prepare to make vanilla ice cream; add mint flavoring and food coloring. Follow instructions on ice cream maker. Add chocolate to ice cream and blend well. Transfer ice cream to a freezer container; freeze until ready to eat.

DRUMSTICK:

6 sugar waffle cones broken into pieces

1 cup peanuts chopped

1 (16 ounce) jar hot fudge sauce

Add ingredients to vanilla ice cream, stirring well before transferring to a freezer container. Allow ice cream to harden for one day before serving.

ORANGE:

4 segmented oranges

2 tablespoon orange zest

Orange food coloring, as desired

Omitting vanilla as an ingredient, prepare to make vanilla ice cream; add oranges, zest and food coloring. Follow instructions on ice cream maker. Transfer ice cream to a freezer container and freeze until ready to eat.

STRAWBERRY CHEESECAKE:

8 ounces cream cheese

1½ cups frozen strawberries, cut pea-size

1½ cups graham cracker, broken into pieces

Warm cream cheese in your hand through package; blend thoroughly in ice cream.

Add strawberries and graham crackers. Ice cream will be very soft. Transfer to a freezer container and freeze until ready to eat.

CARAMEL TOFFEE PECAN:

1 (7-ounce) bag buttered pecans, chopped

1 (14-ounce) jar caramel, swirled
in freezer containers

Add ingredients to vanilla ice cream; transfer to freezer containers. Top with a few nuts and caramel swirls.





HOMEMADE VANILLA ICE CREAM

Crank up the ice cream maker—or plug it in. Time for a dessert that is wonderful whether served plain or loaded with extra flavors.

Serves 4 ($\frac{1}{2}$ cup servings).

1 cup heavy whipping cream

1 cup Hy-Vee half-and-half

$\frac{1}{2}$ cup Hy-Vee granulated sugar

1 teaspoon real vanilla extract

Dash Hy-Vee salt

Thoroughly whisk together all ingredients in a bowl with a pouring spout. Place bowl in a freezer for 10 minutes.

Process ice cream according to manufacturer instructions. Transfer ice cream to a freezer container; freeze.

Nutrition facts per serving: 350 calories, 29 g fat, 18 g saturated fat, 1 g trans fat, 105 mg cholesterol, 50 mg sodium, 21 g carbohydrates, 0 g fiber, 17 g sugar, 3 g protein. Daily values: 20% vitamin A, 2% vitamin C, 10% calcium, 0% iron.

CHOCOLATE ICE CREAM

Here's a recipe that yields an ice cream with an abundance of deep chocolate flavor and dark chocolate color. Dress it up with candy, mints, coffee beans or whatever you like. Or eat it plain.

Serves 8 (½ cup servings).

- 1 (1.45-ounce) Hershey's special dark chocolate bar, broken into pieces
- 2 cups Hy-Vee chocolate milk, divided
- ¼ cup Hy-Vee sugar
- ½ cup Hy-Vee cocoa
- Dash Hy-Vee salt
- 2 cups heavy cream

In the microwave, melt chocolate bar in a large bowl on high for 30 seconds. Stir. Heat on high for an additional 30 seconds. Stir in about ¼ cup chocolate milk. Heat on high for 20 seconds. Stir well. Stir in sugar until completely smooth. Whisk in cocoa and salt until completely smooth. Whisk in remaining chocolate milk and heavy cream. Transfer to a large measuring cup for easier pouring. Chill for 30 minutes. Whisk well.

Process ice cream in an ice cream maker according to manufacturer instructions. Transfer ice cream to a freezer container and keep in freezer.

Nutrition facts per serving: 310 calories, 25 g fat, 15 g saturated fat, 0.5 g trans fat, 85 mg cholesterol, 80 mg sodium, 21 g carbohydrates, 1 g fiber, 15 g sugar, 5 g protein. Daily values: 20% vitamin A, 2% vitamin C, 10% calcium, 2% iron.



CHOCOLATE FLAVOR OPTIONS

Stir in one of these flavorings before freezing in ice cream maker:

Chocolate-Mint Ice Cream: add 1 teaspoon mint extract

Mocha Ice Cream: add 2 tablespoons instant espresso powder

Chocolate-Hazelnut Ice Cream: add ½ cup Torani hazelnut flavoring syrup



SPAGHETTI ICE CREAM

Created by an Italian in Germany, spaghetti ice cream has been a European specialty since the 1960s. Pressing vanilla ice cream through a potato ricer creates the "noodles." Kids go wild for it. After all, most children love spaghetti and ice cream. Combining the look of both is great fun.

Serves 4

2 cups prepared Homemade Vanilla Ice Cream, softened
½ cup Hy-Vee frozen strawberries in syrup, thawed and sliced
4 tablespoons Hy-Vee shredded coconut
Mint leaves, optional

Fill a potato ricer with ice cream. Holding ricer over one sundae cup, squeeze ice cream through, swirling to create "spaghetti." Repeat with remaining 3 dishes. Top each with sliced strawberries, coconut and mint leaf, if desired.

Nutrition facts per serving: 420 calories, 31 g fat, 20 g saturated fat, 1 g trans fat, 105 mg cholesterol, 65 mg sodium, 33 g carbohydrates, 1 g fiber, 28 g sugar, 3 g protein. Daily values: 20% vitamin A, 20% vitamin C, 10% calcium, 2% iron.

HOMEMADE ICE CREAM 101

Making homemade ice cream is a wholesome, all-American endeavor. Most of us have some distant, glorified memory of taking turns on the crank and fighting over the first lick of melty ice cream. Although old-fashioned hand-crank ice cream makers are still being used today, most have been replaced with newer, sleeker models with motorized compressors. The investment choice comes down to time and money.

Manual: Uses rock salt, ice and good ol' elbow grease. Separate bowls are used for food ingredients and the rock salt/ice combination. Rock salt brings the temperature of the ice down to 27°F, so the texture is creamy. A hand crank is used to turn mixing blades in a continual rotation, preventing ice crystals from forming while also aerating the ice cream. Prices range from \$75–\$200.

Electric: There are two types of electric ice cream freezers and both deliver great results. The first, and most popular of all ice cream makers, is just like the manual version except an electric motor mixes the ingredients. The newest and simplest models are compressor freezers. With a compressor freezer, you don't use rock salt, ice, separate bowls or inserts. Simply place the ingredients in the ice cream maker and turn it on. Prices range from \$30–\$1,000 for electric freezers.

The World's Strangest Ice Cream Flavors

- **Salty Licorice:** Sweden
- **Garlic:** Gilroy, California
- **Chunky Bacon:** Rehoboth Beach, Delaware
- **Sweet Potato, Octopus:** Japan
- **Beer & Nuts:** Queens, New York
- **Pineapple Shrimp, Mango Seaweed:** Taiwan
- **Habanero Pepper:** USA
- **Rose Petal:** Venice, California
- **Spaghetti & Cheese:** Venezuela
- **Sardines & Brandy:** Singapore

Blend & Go

Open a smoothie, ice cream or juice stand at home by blending your own flavorful treats. Discover the My Blender from Oster, *shown here*. Regardless of the color—green, blue and orange—this blender has these helpful features:

- Containers hold 20 ounces of ice cream, yogurt, fruit, juice or whatever you like. Just place the ingredients in the container, screw on a cutter-blade head, pop it in the power base and hit the switch. In 30 seconds or so, your breakfast, lunch or snack is ready.
- Replace the blades with a drink lid, and you can take your drink with you.
- Safety and durability are built-in. The container and heads are dishwasher-safe, plus the plastic is BPA-free.

Oster My Blend Personal
Blender green, blue,
orange or pink \$29.99



Strawberry Smoothie

Thick and rich, this is a sweet pick-me-up that's perfect for a hot afternoon.

Serves 1.

- 8 large strawberries, sliced
- ½ cup Hy-Vee vanilla ice cream (about 2 scoops)
- ¼ cup Hy-Vee skim milk

Combine all ingredients in a blender and process until smooth.

Nutrition facts per serving: 200 calories, 7 g fat, 4.5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 85 mg sodium, 30 g carbohydrates, 3 g fiber, 21 g sugar, 5 g protein. Daily values: 2% vitamin A, 140% vitamin C, 20% calcium, 4% iron.



Dole Fruit Crisp Bowls: select varieties
4 oz. 2/\$4.00



Snickers, Twix or M&M Ice Cream Treats:
select varieties 5 to 12 pk. \$3.29



Dole Frozen Fruit: select varieties
12 to 16 oz. \$2.98



Talenti Gelato or Sorbetto:
select varieties 16 oz. \$3.99



Smuckers or Magic Shell Regular or
Sugar Free Toppings: select varieties
7.25 to 12.25 oz. \$1.68



Kemps Frozen Yogurt or Premium Ice
Cream: select varieties 48 oz. \$3.29

Peach Malt

To make this malt extra peachy, fresh fruit was added to the flavored ice cream.

Serves 1.

- 3 scoops peach ice cream
- 1 peach, pitted, peeled and sliced
- 2 tablespoons malt powder
- ¼ cup Hy-Vee skim milk

Combine all ingredients in a blender and process until smooth.

Nutrition facts per serving: 310 calories, 10 g fat, 6 g saturated fat, 0 g trans fat, 25 mg cholesterol, 90 mg sodium, 52 g carbohydrates, 2 g fiber, 46 g sugar, 7 g protein. Daily values: 40% vitamin A, 40% vitamin C, 20% calcium, 10% iron.



Banana Split Mix-In

Here's an easy answer for those who love banana splits, but rarely take time to make one.

Serves 1.

- ½ banana, peeled
- 4 large strawberries, washed and cut
- 2 Hy-Vee pineapple rings, cut
- ¾ cup Hy-Vee vanilla ice cream (about 3 scoops)
- Hy-Vee whipped cream (optional)
- Hy-Vee chocolate syrup (optional)
- Maraschino cherry (optional)

Mix banana, strawberries, pineapple and ice cream in a blender until just blended. Add whipped cream, chocolate syrup and cherry toppings, if desired.

Nutrition facts per serving: 560 calories, 21 g fat, 14 g saturated fat, 0 g trans fat, 75 mg cholesterol, 190 mg sodium, 90 g carbohydrates, 4 g fiber, 65 g sugar, 7 g protein. Daily values: 0% vitamin A, 100% vitamin C, 25% calcium, 4% iron.



Gotta Have **S'MORE**



There's more to a s'more than a straight-from-the-flame marshmallow fused together with chocolate, sandwiched between a pair of graham crackers. This classic is still a favorite, though creative new versions have come along to update summer's most memorable taste. Would it be too daring to try a s'more with pineapple, maraschino cherries or white chocolate? Oh, go ahead.

TEXT JENN HINDMAN AND JILL JOHNSON PHOTOGRAPHY KING AU

S'mores call out the kid in us. They transport us to campfires on starry summer nights where we run around with marshmallow goo on our chins, giddy with excitement.

Experience has taught us how to eat a s'more. Starting at a corner, we make the first bite big enough to breach the delicate, fire-singed crust of the marshmallow, releasing molten billows of sweetness. The firelight now reveals slightly melted chocolate mingling with pure white marshmallow, inciting another bite. Crispy graham crackers keep most of the wonderful muddle off our hands, but thankfully, finger-licking is condoned here.

Foolish adults may have learned to stop at one or two, but that's their loss. Drawn by the thrill of toasting marshmallows, kids eat as many of the sweet sandwiches as their tummies allow. They continually return for—you guessed it—"s'more."

THE CLASSIC: STICKING AROUND FOR GOOD

The origins of this iconic treat are up for debate, but the first printed recipe of the s'more appeared in a 1927 Girl Scouts cookbook. More than 80 years later, its fame is commemorated annually on August 10, National S'mores Day. Perhaps its timeless popularity is due in part to its simplicity: a piece of chocolate and a toasted marshmallow sandwiched between two graham cracker squares. Strong associations with carefree experiences of youth also keep s'mores high on the favorite list. Any kid who's ever scorched a skewered marshmallow knows the satisfaction of having "cooked" something for the first time. But classic s'mores wouldn't be the hit they are today if they weren't downright delicious.

Though s'mores taste best amid campfire smoke and the sound of chirping crickets, they are just too good to limit to an occasional outdoor gathering. Enthusiasts now fix them using a variety of heat sources, including outdoor grills and indoor fireplaces.

To make perfectly gooey s'mores in the microwave or oven broiler, stack chocolate and a marshmallow on one graham cracker square; set aside the top cracker. Place in the microwave for 8–10 seconds or on a baking pan under the broiler for a few minutes, watching closely. When the marshmallow is hot and puffed up, remove the half-s'more and squash it down with the top cracker.

THE CREATIVE: NOT YOUR GRANDPA'S S'MORE

With no less respect for the traditional version, another camp of s'more devotees reason that such a remarkable combination is a worthy springboard for creating further generations of delectable treats. Thinking outside the box of graham crackers results in s'mores made with cookies, fruit, nuts, peanut butter and chocolate candies. Be inspired by the variations shown on pages 50–51 to create your own signature snacks. What's in your cupboard that might make an incredible s'more?

SOFT & SWEET

For a traditional s'more—even one with the proportions of a skyscraper—ingredients need to be good and gooey. Get that and great taste, too, with Kraft Jet-Puffed Marshmallows. Connoisseurs love them and so will you.



Hershey Milk Chocolate Candy Bars
6 pk. \$3.77

Kraft Jet-Puffed Marshmallows:
select varieties 10 or 10.5 oz. \$1.08

Nabisco Honey Maid Grahams:
select varieties 14.1 or 14.4 oz.
\$2.99





GRASSHOPPER

*2 Hy-Vee Chocolate-Covered Graham Crackers +
3 Andes Mints + White Chocolate Chips +
Toasted Marshmallow*



CARAMEL APPLE

*2 Apple Slices + 2 Toasted Marshmallows +
4 Rolo Caramels in Milk Chocolate*



CHERRY BERRY BOMB

*2 Hy-Vee Chocolate Graham Crackers + 4 Hershey's Milk
Chocolate Squares + Strawberry Marshmallow +
4 Maraschino Cherry Halves*



TROPICAL OASIS

*2 Hy-Vee Honey Graham Crackers + Shredded Coconut +
Chopped Macadamia Nuts + Toasted Marshmallow +
5 Pineapple Chunks + 2 Slices Mango*



DARK CHOCOLATE DREAM

2 Hy-Vee Graham Crackers + Toasted Marshmallow + Dip Half in Dark Chocolate + Drizzle with Milk Chocolate

PB & B

2 Hy-Vee Bakery Peanut Butter Cookies +
4 Hershey's Caramel-Filled Chocolate Bar Squares +
Toasted Marshmallow + 6 Slices of Banana



S'MORES SNACK MIX

Hy-Vee Honey Graham Crunch Cereal + Mini Marshmallows + M&Ms + Milk Chocolate

Mix ingredients in bowl, then lay out on parchment paper and drizzle with milk chocolate. Let sit for 5–10 minutes, break into pieces and serve.

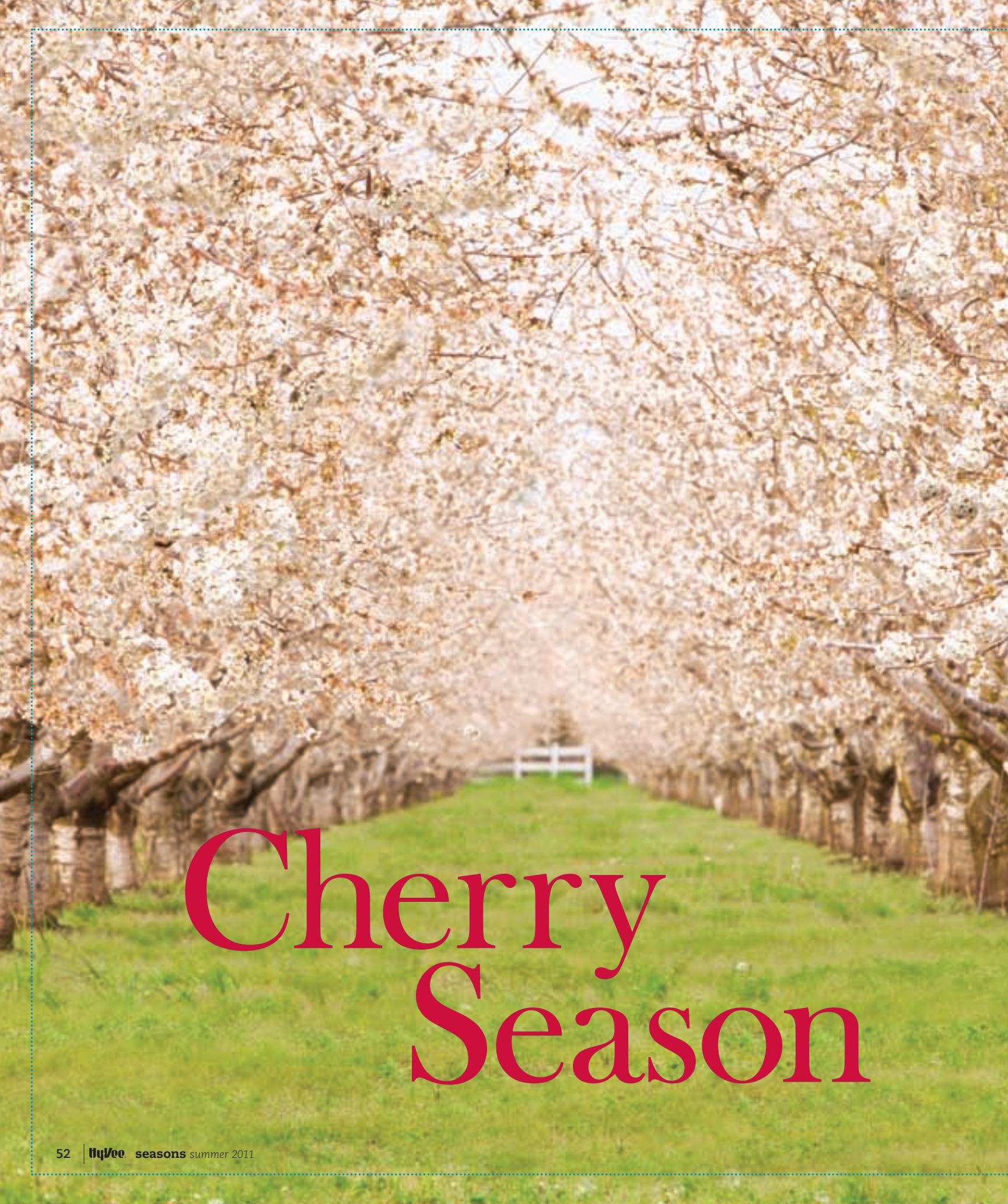


Mars Fun Size Candy: select varieties
9.45 to 11.5 oz. \$3.29

M&M's Stand Up Bag: select varieties 30 to 42 oz. \$7.49

Mars Singles Candy Bars: select varieties \$0.58

Combos Snacks: select varieties 7 oz. \$1.38



Cherry Season



Whoever said “good things come in small packages” must have been thinking of cherries. Sweet and bursting with flavor, they’re chock full of nutrients and health benefits.

TEXT COURtenay WOLF PHOTOGRAPHY JESSE RAMIREZ AND TOBIN BENNETT

One of summer’s most irresistible fruits, cherries are a sweet treat loaded with good things for your body. They’re a great source of Vitamin C and high in iron, potassium and anti-oxidants. They may even offer anti-inflammatory benefits. Eaten fresh, they provide an easy, healthy snack in a delicious package that’s low in calories and contains no fat or sodium. You’ll find fresh-from-the-orchard cherries in your local Hy-Vee from May to late August.

FAMILY GROWERS

Hy-Vee produce managers and Stemilt Growers work to bring you the freshest cherries at their flavor peak. “Stemilt is a family-owned company,” says Joe Stoltz, a Hy-Vee produce manager in Davenport, Iowa. Joe recently returned from a trip to Stemilt’s West Coast orchards and what he saw impressed him. “People who work for the company have a true passion for what they do, and they care about quality as much as we do.”

Quality starts with orchards developing in the optimal growing

conditions. Sweet cherries require a rare microclimate, found in the U.S. primarily in the Pacific Northwest and California. “Cherries need dry conditions during bloom and harvest, and mild temperatures while the fruit is developing,” explains Jake Harding, a Hy-Vee produce manager from Omaha who was also on the Stemilt trip. “The coastal mountain ranges block the rain.” Abundant sun, perfect soils and water only when needed complete the picture.

Once ripened, sweet cherries must be shipped immediately to preserve freshness. “They’re actually on a refrigerated truck to us within 36 hours of being picked,” says Joe. “That’s why you won’t find them in the stores year-round.”

At Stemilt, cherry season begins in late winter when the trees are pruned, opening them up to sun and air so the fruit will ripen more easily. Starting in February in California, nature puts on a glorious show of color. “It was an incredible scene...cherry trees in bloom as far as I could see, miles and miles of them,” says Joe. “There were bees everywhere and the scent of flowers was just indescribable.”

TREE TO TABLE

In May the California orchards buzz with activity as the harvest season begins. The race is on to handpick every ripe cherry at its peak and get it to market. From California, the harvest moves up to south central Washington and from there north to the Canadian border. Varied latitudes and elevations stretch Stemilt's cherry season from May into late August.

"During harvest, crews are fast, but careful," says Jake. "They don't just pull a handful. They pick one at a time, leaving the stems on to prolong the life of the cherry." Inside the orchards, mobile cooling stations bring the temperature down quickly to preserve the just-picked flavor. Gradually hydrocooling the fruit into the low 30s preserves its just-from-the-tree freshness. Without the chill, cherries would release the ethylene gas that promotes aging.

"The cold chain is never broken, from the time the cherries leave the tree, as they're sorted and packaged, to the time they're delivered to us and we put them on display," says Jake. "That's why we like working with Stemilt. They pay attention to all the details. That individual relationship allows us to ensure we're getting the freshest cherries possible."

"Sweet cherries are ripe and ready to eat when you buy them," says Joe. "If you want to store them, get them home quickly and into the coldest part of your refrigerator." You can wash them first

if you like. Just be sure to leave the stems on and dry them well before storing. They'll store for 3-5 days, if you can resist tasting them for that long!

In mid-August, Rainier cherries arrive. Less familiar to most consumers, these yellow cherries with their bright pink blush have a sweeter, crisper flavor than the red variety. "They're a premium fruit," says Joe, "a little higher in price because they're more difficult to grow." Washington cherry lovers are so fond of Rainiers that stores take orders for them.

GOOD FOR YOU TOO

One of nature's superfoods, cherries are bursting with health benefits. They're among the top 20 foods with the highest concentration of antioxidants. One cup can carry 4,873 different types. Researchers believe antioxidants help slow the production of free radicals, which are associated with aging, cancer and heart disease.

Cherries are especially rich in the antioxidant anthocyanin, also found in grapes and red wine. It is anthocyanins that give the fruit its deep burgundy color and protect cells from damage. Researchers are finding that they protect the brain and the heart, slowing down the formation of plaque and reducing inflammation.

This fruit is a sweet treat that's low in fat, high in health benefits and bursting with flavor. You can't go wrong with cherries.



On an early spring trip to Stemilt Growers cherry orchards in California, Hy-Vee produce managers Joe Stoltz and Jake Harding, *above left*, were impressed by the family-owned operation. Joe, *left*, is from the store in Davenport, Iowa, and Jake, *right*, is from the Omaha store. Though it was a rainy day, nothing dampened their enthusiasm as they witnessed a passion for quality and attention to detail by all at Stemilt. Every cherry was hand-picked. Pickers moved up 12-foot ladders, carefully twisting off each cherry to make sure the stems remain on the fruit. The cooling process began in the orchards, helping to ensure freshness. When the harvest is in full swing as it warms, only top grade cherries will be sent to Hy-Vee stores.

CHERRY APPLE PIE

Cherries carry the weight of the taste, while the apples add a subtle, slightly less-sweet background flavor. Top it off with a classic latticework design done in pastry strips.

Serves 6.

Pastry

2 cups Hy-Vee all-purpose flour
½ teaspoon Hy-Vee salt
⅔ cup Hy-Vee vegetable shortening
7 tablespoons ice cold water, divided

In large bowl stir together flour and salt. Cut shortening in until pea size. Sprinkle 1 tablespoon of water over mixture and toss with a fork until moistened. Repeat with the remaining water, 1 tablespoon at a time, until mixture is moistened. Divide the dough in half and form each into a ball. Refrigerate dough until ready to use.

On a lightly floured surface, roll one dough ball into a 12-inch circle. Ease pastry into a 9-inch pie plate. Trim edges even with the rim of the pie plate.

Filling

2 medium Fuji apples, peeled, cored and thinly sliced
2 tablespoons Hy-Vee lemon juice
½ cup Hy-Vee light brown sugar
¼ cup Hy-Vee all-purpose flour
½ teaspoon Hy-Vee ground cinnamon
¼ teaspoon Hy-Vee salt
3 cups sweet cherries, pitted
1 Hy-Vee egg yolk
2 tablespoons Hy-Vee half-and-half

Preheat oven to 375°F. In a large bowl toss apples with lemon juice and add sugar, flour, cinnamon, salt and cherries. Add filling to prepared pie shell.

Roll remaining dough into 12-inch circle. Cut dough into even strips, about ½-inch wide. Over pie filling, lay about five strips parallel to each other, leaving about ½ inch between strips. Weave remaining strips perpendicular to strips already on pie. Trim ends even with bottom crust. Fold back the bottom crust over the lattice strips and crimp to secure.

Whisk together egg yolk and half-and-half; brush on top of the pie. Place pie on a cookie sheet and bake for 1 hour or until lightly golden brown.

Nutrition facts per serving: 400 calories, 18 g fat, 4.5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 230 mg sodium, 55 g carbohydrates, 3 g fiber, 25 g sugar, 5 g protein. Daily values: 2% vitamin A, 10% vitamin C, 4% calcium, 10% iron.



Stemilt Fuji Apples
\$0.99 per lb.



CHERRY WALDORF SALAD

Cherries blend a sweet flavor into this enduring American classic, as do the Fuji apples and honey. From the tart side, there's lemon juice, cranberries and sour cream to balance the scales of taste.

Serves 10 ($\frac{1}{2}$ cup each).

2 large Fuji apples, cored, chopped
1 tablespoon fresh lemon juice
2 celery ribs, chopped
1 cup pitted sweet cherries
 $\frac{1}{2}$ cup Hy-Vee dried cranberries
 $\frac{1}{2}$ cup Hy-Vee slivered almonds, toasted
 $\frac{1}{4}$ cup Hy-Vee light mayonnaise
 $\frac{1}{4}$ cup Daisy light sour cream
2 tablespoons Hy-Vee honey
 $\frac{1}{8}$ teaspoon Hy-Vee salt

In a large salad bowl, toss apples with lemon juice. Stir in the chopped celery, cherries, cranberries and almonds.

In a small bowl, whisk the mayonnaise, sour cream, honey and salt until well blended. Pour over salad and toss to coat. Cover and refrigerate at least 1 hour before serving.

Nutrition facts per serving: 150 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 90 mg sodium, 21 g carbohydrates, 3 g fiber, 16 g sugar, 3 g protein. Daily values: 2% vitamin A, 6% vitamin C, 4% calcium, 4% iron.



Daisy Sour Cream regular or light
16 oz. \$2.18



CHERRY TRICKS & TIPS

Before you purchase sweet cherries at Hy-Vee, they are exposed to various environments, substances and people. So clean and properly store the produce when you get home. Wash cherries under cool tap water before eating or using in recipes. Fresh cherries may be kept for eating uncovered in the coldest part of the refrigerator for 3–5 days, taking them out about an hour before serving for the best flavor. Cherries will absorb odors, so keep other strong-smelling foods covered.

PITTING

To easily remove a cherry pit when eating the fresh fruit, slice open each fruit with a knife and pop out the pit. If you prefer to keep the cherries whole, a variety of simple-to-use pitting devices are available at most kitchen supply stores, or try one of these home methods:

- Using a paper clip or bobby pin: Start with a new or thoroughly cleaned clip/pin. Insert the loop into the center of the cherry, gently press around the pit and lift up.
- Using a knife blade: Gently press fruit until it cracks. Continue to gently squeeze the fruit between your thumb and a finger, and extract the pit with a knife. This technique crushes the fruit, but it works well if you are making pies, sauces or jams.

FREEZING

To freeze whole cherries, place a single layer of washed and dried cherries—do not remove stems—on a parchment-lined baking sheet. Dryness is key, so pat away any excess water before freezing. Place frozen cherries in an airtight plastic container or freezer bag, and store in the freezer for up to 12 months. Thaw frozen cherries in the refrigerator rather than heating them to room temperature—to maintain the fruit's juice and firmness. For a special frosty treat, serve cherries slightly frozen.

CANNING CHERRIES

Whether sweet or sour, all cherries may be canned for later use. Here are the basics steps for canning this delectable fruit.

- Select freshly harvested cherries with deep uniform color and ideal maturity for eating. Allow 2 to 3 pounds per quart.

- Stem and wash. If desired, pit and treat cherries with ascorbic acid color keeper solution, using a ratio of 1 teaspoon ascorbic acid powder (Fruit-Fresh brand is one sold at Hy-Vee) per cup of water; drain. If preserved unpitted, prick skins on opposite sides with a clean needle to prevent splitting.

- Place raw cherries in jars. Cover with a light syrup, made by boiling a mixture of 1½ cups sugar and 4 cups water. (Allow ½ to ⅔ cup syrup for 2 cups fruit.) Leave a ½-inch headspace in jar. Process pints and quarts for 25 minutes, according to canning equipment instructions.

- Once processed, remove jars from canner with a jar lifter and place on a towel or rack. Do not retighten screw bands. Air-cool jars for 12–24 hours. Remove screw bands and check lid seals. If the center of the lid is indented, wash, dry, label and store jar in a clean, cool, dark place.

- Cherries are best if consumed within one year.

BRANDIED CHERRIES

Brandy-soaked cherries are an irresistible topper for ice cream, pies and slices of grilled pound cake. They're very easy to make.

Combine 1 quart of brandy and 2 cups sugar until sugar is dissolved. Add 2 pounds of stemmed and pitted cherries. Store in tightly covered jars in the refrigerator for 6 weeks before using. Cherries will keep, refrigerated, for up to one year.

PORK CHOP WITH FRESH CHERRY SAUCE

Heighten pork's natural sweetness with a cherry sauce. The presence of wine, juice and mustard combined with cherries creates a complex flavor.

Serves 4.

4 (4-ounce) Blue Ribbon center-cut pork chops

Hy-Vee black pepper, to taste

¾ cup Hy-Vee cranberry-raspberry juice

1 teaspoon Hy-Vee cornstarch

2 teaspoons whole grain mustard

¼ cup white wine, such as

Sauvignon Blanc

1 teaspoon instant chicken bouillon granules
1 cup dark sweet cherries, pitted and halved,
or 1 cup Hy-Vee frozen unsweetened dark sweet cherries

Preheat grill to medium heat. Season pork chops with pepper. Grill over direct heat until internal temperature reaches 160°F, about 8 minutes per side.

Meanwhile, whisk together cranberry-raspberry juice, cornstarch and mustard in a small bowl; set aside.

Whisk together wine and bouillon in a small pan over high heat. Simmer, whisking constantly, until reduced by half, about 3 minutes. Whisk in juice mixture and bring to a full boil.

Stir in cherries and simmer for 5 minutes or until thickened. Serve over pork chops.

Nutrition facts per serving: 210 calories, 5 g fat, 2 g saturated fat, 0 g trans fat, 60 mg cholesterol, 600 mg sodium, 14 g carbohydrates, 1 g fiber, 10 g sugar, 24 g protein. Daily values: 0% vitamin A, 8% vitamin C, 2% calcium, 6% iron.



Blue Ribbon Boneless
Top Loin Pork Chops
35 oz. 10 pk. \$10.00

STEMILT—A FAMILY LEGACY



Stemilt Growers traces its roots back to 1890 when the Mathison family homesteaded 160 acres overlooking the Columbia River near Wenatchee, Washington. The Stemilt Hill microclimate, stretching for miles, offered perfect growing conditions for fruit trees. A family passion was born and five generations later this family-owned business is still going strong.

The road was not easy. In 1947 after returning from World War II, Tom Mathison took over managing the farm following the unexpected death of his father. Tom had some lean years. Like other growers, he found it frustrating that the premium cherries he was delivering to wholesalers had lost their luster by the time they reached grocery stores. Undaunted, he set out to remedy that.

Tom began pioneering new systems to improve the quality of fruit in the marketplace, building a packing house and developing direct relationships with grocers. Gradually he expanded Stemilt's growing areas to provide sweet cherries and other fruits over a longer season.

Years before it became popular, Tom began talking about sustainability and going green. In 1989 he launched the Responsible Choice program, transitioning many acres to organic practices and beginning a composting operation that has grown to 23 acres. Today the company is known for its earth-friendly practices. For the past three years Stemilt has been recognized as one of the greenest companies in Washington state.

As time passed, Tom's children and grandchildren joined the company, catching his passion for growing and delivering fresh wholesome fruit at the peak of ripeness. Today they lead the company Tom built. Stemilt works directly with Hy-Vee produce buyers, delivering sweet cherries to stores from May to late August. The average Stemilt cherry is eaten fresh within five to seven days of leaving the orchard.

Top: On a mild day, four generations of the Mathison family gather near their cherry orchards on Stemilt Hill, which overlooks Wenatchee, Washington. The woman near the center wearing a black sweater and tinted sunglasses is the family matriarch, Lorraine Mathison. Everyone of age shown here works in the fields or offices of the Stemilt fruit business. Center: Stemilt Growers work its orchards, manages orchard properties for others and works with independent growers to pick and market crops. Bottom: Kyle Mathison, who is considered the family's reigning cherry king, is a devoted grower. Picking has been his passion since the 1970s.





fast-track finger foods



What's the secret to a happy life? Good friends, good food and a good glass of wine—and an hour or two after work to enjoy all three. A sunset get-together helps you and your friends decompress and take it easy after a tough day. Easy bite-size appetizers and drinks will make your party a success.

TEXT WANDA VENTLING PHOTOGRAPHY TOBIN BENNETT

Why wait for the weekend to entertain when a small-plate party can be pulled together in a flash? Gather a few good friends around your kitchen bar or table to decompress after a busy workday. Tasty bite-size foods are the best fare especially when they are fresh, flavorful, fast and fun.

Ease everyone into relaxation mode by offering one appetizer you make in five minutes or less and a refreshing drink. After that, serve a freshly prepared appetizer every 20 or 30 minutes and be sure to have nonalcoholic drinks available for those who prefer. Small-plate servings and limited alcohol means your predinner gathering will perfectly whet the appetite for the meal they'll be enjoying later at home.

FUN FOR ALL

Preparing food for friends is a sign of hospitality and it's free entertainment for guests. Cooking shows have become a national television pastime for good reason. Bring the fun to your kitchen with simple, quick-cook recipes. Invite guests to hang out in the kitchen, helping with final details. Let them play chef, if that's their desire. Other guests may prefer chilling out with a first appetizer and a drink. That's OK, too. This is a party, not a test.

FRESH, FLAVORFUL & FAST

For a quick appetizer nothing beats a platter full of crunchy vegetables paired with creamy dip for fresh taste that is easy on the waistline. Crudités go from refrigerator to table in minutes and get the party started while you prep foods or wait for hot appetizers to bake. You can prepare most veggies the night before your party, storing them in zip-close bags or a water-filled covered container. Make one or more dips following the recipes on page 66. Some of these can be made the day ahead, too. Pair dips with veggies, crudités or tortilla chips.

Olives from the self-service bar in the Hy-Vee produce department are a savory offering ready in seconds when poured into a serving container. Spend a few minutes more and plate a selection of olives and thinly sliced smoked meats and pickled vegetables for a flavorful antipasto platter.



Delallo bulk olives, mushrooms or antipastas
select varieties per lb. \$7.99

PARTY WITH THESE FOODS

1. Think small. Set out bite-size baked goods and easy-to-prepare appetizers, such as fruit, that guests can nosh whether they are standing or sitting.

2. Cheese and crackers offer taste adventures. Swiss or Muenster chunks are a good match for hearty wheat crackers. Other good pairings are Wisconsin cheddar—try newer varieties, such as those mixed with fruit—and buttery crackers, or garlic-and-herb goat cheese and water crackers. A wheel of Brie is always welcome at a party. Soften a wheel in a low-heat oven for a few minutes, and top it with a layer of apricot preserves. Serve with crackers or thinly sliced French bread toasts.

3. While vegetables are an answer for any finger-food party, they don't have to be time-consuming or boring to prepare. Make your choices based on color as well as taste. Celery, broccoli and cucumbers look lively when paired with tomatoes and carrots. And make unexpected choices, such as including smoked chile peppers. Removing membranes inside the peppers lets you control the heat, so guests can have a comfortable evening.

4. Pick up a few small bread loaves, spread on dip or cream cheese and top with fresh herbs, meat or vegetables. Good choices include cucumber and cream cheese, smoked Scottish salmon, tenderloin steak with stone-ground mustard, grilled chicken with peach-glazed Brie and herbed cream cheese with veggies.

5. Everyone is social around a fondue pot. Small chunks of steak, chicken, pork or vegetables are great after a sizzle in hot oil. Tasty dippers for a melted pot of cheese are bite-size pieces of Sourdough Bread from the Hy-Vee Baking Stone Bread line. Because the fondue pot will be hot, set it up in a safe spot. This can be the center of a dining table, if it is within easy reach of all who gather for a treat. Or place it on a cleared counter, letting people walk up to dip.

6. Guests will feel pampered when they spy red, ripe strawberries dipped in white chocolate. Although these look elegant, washing and dipping the strawberries in melted chocolate is simple and quick. Since they need time to chill, strawberries are a great make-ahead item.



Tyson Family Pack Breaded Chicken:
select varieties 20 to 32 oz. \$7.49





"From our Full Service Seafood Case" 100% Natural Cooked Tail Shrimp 51 to 60 ct. \$7.99 per lb.

TIPS FROM CHEF CURTIS STONE



"Always invite your guests to participate, whether it's friends or family. *This will help them relax and feel more a part of things.* Set out a big punch bowl and glasses, then just say, 'Go get yourself a drink.' Or let them chop up something."

PORTELLA MUSHROOM BITES

Surprise your friends with a light, fresh taste made slightly tangy with the dip. Even people who don't like mushrooms will go for these.

Serves 8 (3 bites each).

- 4 Hy-Vee portabella mushrooms
- 1 (15-ounce) package Hy-Vee spinach dip
- 2 Roma tomatoes, seeded and chopped
- 1 medium orange bell pepper, seeded and chopped

- 1 ripe avocado, seeded, peeled and diced
- 4 fresh basil leaves, thinly sliced
- 1 tablespoon minced fresh basil or oregano

Remove stems from each mushroom. Using a spoon, scrape out and discard the black gills in each mushroom cap.

Fill each mushroom with about $\frac{1}{3}$ cup spinach dip. Top with chopped tomatoes, bell peppers and diced avocado.

Cut each mushroom into 6 pieces and sprinkle with basil.

Nutrition facts per serving: 180 calories, 14 g fat, 5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 290 mg sodium, 11 g carbohydrates, 3 g fiber, 3 g sugar, 4 g protein. Daily values: 15% vitamin A, 50% vitamin C, 4% calcium, 2% iron.

Hy-Vee Portabella Mushroom
10 oz. \$3.68





CRISPS & THINS

*Next time you prepare to party, include Nabisco crackers on your shopping list.
Top them with cheese, cream cheese and/or deli meats. Triscuits and veggies are a natural pair.*



Oscar Mayer Deli Fresh Lunch Meat:
select varieties 16 oz. \$5.49



Nabisco Snack Crackers: select varieties
12 to 16 oz. \$3.98



Kraft BBQ Sauce: select varieties
16.25 or 18 oz. \$0.99



Planters Bars: select varieties
6.15 to 8.1 oz. 2/\$5.00



Kraft Deli Fresh Natural Sliced Cheese:
select varieties 7 or 8 oz. \$2.78



Kraft Soft Philadelphia Cream Cheese:
select varieties 8 oz. \$1.99



Oscar Mayer Wallet Pack Lunch Meat:
select varieties 9 or 10 oz. \$2.99



Oscar Mayer Beef Hot Dogs or Bologna:
select varieties 12, 14 or 16 oz. \$3.19

GUILTFREE GREEN GODDESS DIP

Low in calories, salt and carbohydrates, this dip is high in taste. Can be made one day ahead.

Serves 12 (2 tablespoons each).

- $\frac{1}{3}$ cup fresh cilantro leaves
- 2 green onions, coarsely chopped
- 1 garlic clove, peeled and chopped
- 1 large ripe avocado or 2 small ripe avocados, peeled, pitted and quartered
- 1 cup Hy-Vee light sour cream
- 2 tablespoons fresh lemon juice
- 1 tablespoon Grand Selections white wine vinegar
- 1 teaspoon anchovy paste
- $\frac{1}{2}$ teaspoon kosher salt
- 2 tablespoons Grand Selections olive oil

Pulse cilantro, green onion and garlic in a food processor fitted with a steel blade until garlic is minced. Add avocado, sour cream, lemon juice, vinegar, anchovy paste and salt. Blend until smooth, scraping down sides as necessary. With machine running, add olive oil

through feed tube in thin stream. Transfer to small bowl, cover and chill.

Serve with cooked shrimp, endive leaves, radishes, carrots, cucumber slices, sugar snap peas and bell pepper strips, if desired.

Nutrition facts per serving: 60 calories, 6 g fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 130 mg sodium, 3 g carbohydrates, 1 g fiber, 1 g sugar, 1 g protein. Daily values: 2% vitamin A, 6% vitamin C, 2% calcium, 0% iron.

ZESTY RANCH DIP

This party classic gets a flavor boost with the addition of lemon and garlic.

Serves 8.

- $\frac{2}{3}$ cup sour cream
- $\frac{1}{3}$ cup olive-oil mayonnaise
- 2 tablespoons fresh chives, minced
- 1 tablespoon fresh Italian parsley, minced
- $\frac{1}{4}$ teaspoon grated lemon zest
- $\frac{1}{4}$ teaspoon fresh garlic, minced
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon Hy-Vee black pepper

Stir together sour cream, mayonnaise, chives, parsley, lemon zest, garlic, salt and pepper in a bowl. Cover and chill at least 1 hour. Serve with fresh vegetables, if desired.

Nutrition facts per serving: 60 calories, 4.5 g fat, 1.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 160 mg sodium, 3 g carbohydrates, 0 g fiber, 2 g sugar, 1 g protein. Daily values: 4% vitamin A, 2% vitamin C, 2% calcium, 0% iron.

RED PEPPER AND HUMMUS DIP

Guests will be pleased with the multilayered tastes of this dip. Can be made a day ahead.

Serves 16.

- 2 large garlic cloves, chopped
- 1 15-ounce can garbanzo beans (chick-peas), drained
- $\frac{1}{3}$ cup tahini (sesame seed paste)
- $\frac{1}{4}$ cup fresh lemon juice
- $\frac{1}{2}$ teaspoon red pepper flakes, crushed
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{3}{4}$ cup roasted red peppers from jar, drained and chopped



Pulse garlic in a food processor fitted with a steel blade until minced. Scrape down sides of work bowl. Add garbanzo beans, tahini, lemon juice, red pepper flakes and salt. Process until smooth. Add roasted peppers. Pulse until peppers are incorporated.

Transfer to a small bowl; cover and chill. Serve at room temperature with fresh vegetables and/or crackers, if desired.

Nutrition facts per serving: 60 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 190 mg sodium, 5 g carbohydrates, 1 g fiber, 1 g sugar, 2 g protein. Daily values: 15% vitamin A, 20% vitamin C, 2% calcium, 2% iron.

- SNAPPY DIPPER ALTERNATIVES**
- 1. Spicy black bean dip
 - 2. Creamy crab dip
 - 3. Zesty buffalo wing dip
 - 4. Mango-pineapple salsa
 - 5. Smoked salmon dip



SWEET MEATS

Farmland deli lunch meats are sure to meet anyone's needs. Special Select lunch meats make excellent school sandwiches. Deli Style meats come in easy open-and-close Zip Pak™ pouches.

Farmland Smoked Rope Sausage: select varieties 14 oz. \$3.29

Farmland Package Lunch Meat: select varieties 8 or 9 oz. \$3.29

HOSTING ON SHORT NOTICE

Last-minute parties can be the best. They have to be casual because there's no time for anything else. But having short-notice means there are challenges. What to serve? What about decorating?

KEEP THE MENU SIMPLE.

This is the moment to rely on your local Hy-Vee store. Fill your cart with prepared fruit and veggie trays from the produce department, packages of crackers or chips, dips and salsas and a variety of cheeses. If you want something that takes a little more preparation, assistance is available at the meat counter, the cheese counter and the Kitchen. For something hot, pick up egg rolls at the Chinese Express or visit the frozen food department for some hors d'oeurves to microwave at home. There are also wine and beverage specialists who can help you with selections.

DECORATE IN A FLASH.

This won't be a time for china and cloth napkins. Instead, purchase the party look. Look for upscale disposables, such as plates, cups and glasses and table service. Complement your colors with flower arrangements from the Hy-Vee Floral Department.

SUMMER GATHERINGS DON'T NEED TO BE COMPLICATED.

With help from Hy-Vee, your party preparations can be put together as fast as it took you to figure out your guest list.





As tempting as it is to pick up a taco from a local fast-food restaurant, making your own at home is easier and healthier.

Just a few changes can make all the difference.

TEXT KRISTI THOMAS, R.D.

PHOTOGRAPHY TOBIN BENNETT

Healthy Meal Makeover



Tacos don't have to be a nutrition offender. Unfortunately, restaurant taco shells are often fried in grease and slathered with sour cream, making them high in fat and calories.

Make tacos at home and you can limit ingredients to nutritious choices. Plus, you can easily serve up a tasty meal.

For comparison, we matched our taco against a soft-shell super taco from a fast-food chain. The restaurant taco has fresh ingredients, including seasoned beef, re-fried beans, cheddar cheese, lettuce, tomato and sour cream. All that adds up to 590 calories, 10 grams of saturated fat, 65 milligrams of cholesterol, 2,410 milligrams of sodium and 30 grams of protein. The taste is great, though some numbers are still quite high. We can do better.

THE MEAT & SHELL

Fast-food tacos come with ground meat or poultry ranging from 30 percent fat to 5 percent fat, depending on the cut used. At home you're wiser to choose 90- to 95-percent lean meat. Don't be afraid to use beef. One ounce of 93-percent lean ground turkey and 95-percent lean ground beef have comparable nutritional profiles, according to the USDA National Nutrient Database for Standard Reference. Here are the numbers*:

Lean Ground Turkey (1 oz.)	Lean Ground Beef (1 oz.)
42 calories	38 calories
2 g fat	1 g fat
1 g sat. fat	1 g sat. fat
21 mg cholesterol	17 mg cholesterol
5 grams protein	6 grams protein

*Source: USDA National Nutrient Database for Standard Reference

Whether fast-food tacos are made with flour tortillas or hard corn shells, you'll be paying a price. They can be high in calories, sodium and fat. For an alternative, take a tip from Asian



cuisine and wrap your next taco in lettuce. A lettuce leaf has just 1 or 2 calories, no fat and no salt. Search out new lettuce varieties, such as butterhead, which has a lighter crunch and more vibrant color than iceberg. If you still crave a little snap when you bite into your meal, smash a few tortilla chips and add them to the meat and other fixings when you put the taco together.

Whether you choose poultry or beef, the sky is the limit with flavor and ingredients. Oregano (Mexican-style, if you have it), cayenne pepper, cumin (a staple in Mexican cuisine), garlic and chili powder deliver super flavor.

Fast food often comes loaded with salt. Who needs it? Toss in chopped green pepper, fresh tomato and a light sprinkling of cheese for a nutrition-packed meal. For salsa try something new, such as a mango or pineapple variety. Many are low in salt and high on flavor. Try making a batch of your own salsa.

Also, choose reduced-fat cheese. Use a small scoop of light sour cream to save 9 calories and 1 gram of fat per tablespoon. Keep on eating smart with homemade Mexican Slaw and alcohol-free Fiesta Freezes, page 71. Fresh, natural ingredients from the produce section of Hy-Vee will keep you happy and healthy.

STRONG NUVAL SCORE

Many food ingredients at Hy-Vee are rated according to the NuVal Nutritional Scoring System. Food is given a score based on a scale of 1 to 100. The higher the score, the more healthful the food. For example, our Turkey Taco Lettuce Wrap has a NuVal score of about 70. Though turkey and some seasonings have not yet been rated by NuVal, low-fat turkey should achieve a superior score when compared to high-fat beef generally used in fast-food restaurants. If you have questions about the NuVal system, your local Hy-Vee registered dietitian has the answers.

TIPS FROM CHEF CURTIS STONE



"Incorporate a lot of vegetables into whatever you are making. I don't want to use the word hide. But you cook them into the stew or curry or stir-in so the veggies just become part of the dish. You push out room for some of the starch and other stuff that you don't want and get the healthy meal you do want."

LETTUCE-WRAPPED TURKEY TACOS

Ground turkey is a mild-flavored meat, which allows the flavors of cumin, garlic, chile pepper and onion to rise in the mix.

Serves 4 (2 wraps per person).

- 2 tablespoons Grand Selections olive oil
- ½ small onion, diced
- 2 cloves garlic, chopped
- 1 small jalapeño pepper, seeded and diced
- 1 tablespoon Hy-Vee ground oregano
- 1 tablespoon Hy-Vee ground cumin
- 2 teaspoons Hy-Vee chili powder
- ¼ teaspoon Hy-Vee salt
- 1 (1.2-pound) package Honeysuckle White ground turkey breast

- 8 large butterhead lettuce leaves
- ½ green bell pepper, seeded and diced
- 1 medium tomato, seeded and diced
- ¾ cup Hy-Vee Mexican blend
- 2% shredded cheese
- Fresh lime juice, optional
- Hy-Vee salsa, optional

Heat olive oil in a large skillet over medium heat. Add onion, garlic and jalapeño; cook until soft, about 5 minutes. Stir in oregano, cumin, chili powder and salt. Crumble in turkey and cook until no longer pink. Place $\frac{1}{3}$ cup of turkey filling in the center of each lettuce leaf and top with green pepper,

tomato and cheese. Just before serving, sprinkle with fresh lime juice, if desired. Serve with salsa, if desired.

Test Kitchen note: Protect your hands with plastic gloves while handling fresh jalapeño peppers, which can irritate skin.

Nutrition facts per serving: 270 calories, 10 g fat, 3 g saturated fat, 0 g trans fat, 100 mg cholesterol, 420 mg sodium, 7 g carbohydrates, 3 g fiber, 2 g sugar, 41 g protein. Daily values: 50% vitamin A, 40% vitamin C, 20% calcium, 10% iron.

After



Honeysuckle White Ground
Turkey, Sausage or Turkey
Bacon: select varieties
12 or 16 oz. 2/\$4.00

PISTA FREEZE

Here's a smooth refresher to go with your tacos.

Serves 4.

3 cups fresh strawberries, sliced
1½ cups Bolthouse Farms C-Boost

2 cups crushed ice
2 tablespoons lime juice

Blend ingredients in a blender. Add a lime wedge, if desired. Serve chilled.

Nutrition facts per serving: 100 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 24 g carbohydrates, 3 g fiber, 17 g sugar, 1 g protein. Daily values: 30% vitamin A, 580% vitamin C, 4% calcium, 4% iron.

Bolthouse Juices
or Smoothies:
select varieties
1 qt. \$2.99



Pharmacy

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When someone special to you needs sunblock—or any over-the-counter treatment, lotion or medical item—visit your Hy-Vee Pharmacy. Our pharmacists can explain the difference between an SPF 20 and an SPF 50, helping you to find just what you need. That service is valuable when others are counting on you.



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Next Issue



BACK TO SCHOOL

The school bell is ringing again and this is the year to start things off right. Get yourself or your children ready with tips on fixing nutritious breakfasts and more. Watch for the Hy-vee Seasons Back-to-School 2011, available in September only at Hy-Vee stores. Or request a copy at www.hy-vee.com/seasons.





WHAT YOU NEED, WHERE YOU NEED IT

everything you need right at your fingertips with a new mobile-optimized hy-vee.com

HyVee.com