

seasons

Hy-Vee
EMPLOYEE OWNED

featuring

55 RECIPES
(GOOD ENOUGH TO KEEP)

**ESSENTIAL
TAILGATE GUIDE**

+14 GOTTA TRY
CRISPY TREATS

PAGE 16

Perfect
APPLE PIE

PAGE 60

slow
COOKED
meals & sides

PAGE 54

the best of
FALL
delicious ancient grain soup & more

GET A
FLU
SHOT
GET



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Hy-Vee®

CONTENTS

FEATURES



PHOTO Greg Scheidemann

16 HOW TO TAILGATE LIKE A CHAMPION

Tailgating is surging among women who love their teams, good barbecue and gameday camaraderie.

30 YOUR BEST DEFENSE

Send the flu bug packing! Get this annual shot and other vaccines at a Hy-Vee Pharmacy.

32 ANCIENT GRAINS, MODERN MEALS

Quinoa, freekeh, teff and some other grains have existed as long as people have been eating. But many Americans are just discovering them.

40 A HOLIDAY FEAST

Spend your Thanksgiving with guests rather than at your oven by ordering a precooked Hy-Vee dinner with all the trimmings.

48 INFUSED

Open the door to new drink flavors by infusing wine and spirits with fruit, herbs, spices and other foods.

54 SLOW & TENDER

A long, lazy stint in a slow cooker transforms even budget meat cuts into juicy fork-tender meals.

60 APPLES

This is the heart of apple season throughout the Midwest. Look in your Hy-Vee Produce Department for varieties from local orchards.

72 HOLIDAY CHEESE SAUCE

Whip up homemade cheese sauces with mild or peppery personalities. Cheese is irresistible when it gets sauced.

**HY-VEE SEASONS
VOLUME 9, ISSUE 5**

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



Please recycle after use.

CONTENTS

SECTIONS & COLUMNS

7 IN SEASON: POMEGRANATES

With vibrant red color, pomegranate seeds make a light and refreshing addition to cheesecake.

9 DIY BLOOMS: FALL FLOWERS

An arrangement of autumn flowers blazing with color puts seasonal joy in your home.

10 OUR BEST: SUPER CHEF

Her variation on an Asian salad helps a Hy-Vee chef win the grand prize in the the national Supermarket Chef Showdown.

13 COOKING 101: GET SET FOR SAUCE

For the best sweet-tart applesauce concoct your own at home.



IN EVERY ISSUE

3 EDITOR'S LETTER

4 YOU ASKED

78 TOP PICKS

81 NEXT ISSUE

**ADD LAYERS OF
COLOR TO FLOWER
ARRANGEMENTS
BY INCLUDING
ORANGES, LIMES
AND APPLES IN
THE DESIGN.
SEE PAGE 9.**



This icon means a helpful how-to video is available in the digital version of *Hy-Vee Seasons*.

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- How to Roast Vegetables
- How to Make Sugared Cranberries



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

- Digital coupons
- Recipes



About Our Editor:

Hy-Vee chef Corey Hall started his career the way many chefs do: While still in high school, he washed dishes in a restaurant.

Later, he started up the ladder from short-order cook to chef. A few years ago, he became interested in Hy-Vee at a job fair and has been the store chef in his hometown ever since. Corey is a certified Master BBQ Cook.

DEAR HY-VEE READER,

As a Hy-Vee chef, I'm around food all day and that can be a challenge. For a long time, my best friend was bacon and my evenings ended with a small mountain of ice cream. As a result, I once tipped the scales at more than 350 pounds. But then I changed how I eat.

To help manage my new lifestyle, our store dietitian, Whitney Larsen, encouraged me to join BEGIN, a Hy-Vee weight management program. I went through four sessions, discovering the deliciousness in fruits, vegetables and seafood. I signed up at a fitness club and downloaded a smartphone app called MyFitnessPal, which helps track calories. I'm under 300 pounds now and working toward losing another 50 pounds.

When customers ask how I lost the weight, I talk to them about eating fresh foods and seeking help from a Hy-Vee dietitian. I also assure them that if they watch their calorie intakes and give their bodies healthier foods, they will lose weight too.

Turning to this issue of *Hy-Vee Seasons* magazine, you'll discover foods that may be new to you and new tricks for familiar foods currently at the peak of their season. Stories include "Ancient Grains, Modern Meals," page 32, and "Apples," page 60. There are also stories about slow-cooker meals, a homemade twist on adult beverages and how to get ready for the coming cold and flu season.

As you settle into fall, soak in these golden days when the leaves change, the air turns crisp and there's nothing more relaxing than paging through a new *Hy-Vee Seasons*!

Sincerely,
Corey Hall, Chef
Plattsmouth, Nebraska



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WATCH US
Get to know some of the farmers who offer their crops through the Hy-Vee Homegrown program.



**FOR MANY
OF US,
FALL IS THE
BEST TIME
OF YEAR.
WHAT'S
IT LIKE AT
THE HY-VEE
WHERE YOU
WORK?**

A: Every fall, the store takes on all the colors and looks of the season. We have a very creative floral manager who might bring in a tractor tire to fill with leaves or she might park a big wagon filled with squash near the entry. Whatever the season, we try to make visiting our store a great experience for customers. We offer friendly, helpful service and they keep coming back. It's really that simple.

Steve Shahan
38 years of service
Manager Store Operations
Albert Lea, MN

A: We have a huge pumpkin display in front of the store every fall. It becomes Pumpkinville out there and you see every size of pumpkin you could possibly want. We even have a Halloween trick or treat event. Some of our employees really get into the spirit of the season by getting dressed up in their costumes. People really enjoy that. It's a chance for some of our people to become super heroes for the day.

Sean Austin
2 years of service
Assistant Manager
Ankeny, IA

A: I grew up in Fort Dodge and started working at our Hy-Vee right out of high school. I'm on the floor a lot hanging store ads or making price changes. Every day, I see customers that I know. It makes me feel good just saying hello to them and it seems to brighten their days when I greet them by their names. Seeing my customers is what I look forward to the most, whatever the season.

Lynn Kennebeck
26 years of service
Product Specialist
Fort Dodge, IA

A SAMPLING OF RECIPES IN THIS ISSUE

HOMEMADE APPLESAUCE PAGE 13 • SASSY CAESAR CHICKEN BURGER SLIDERS PAGE 20 • GOURMET CRISPY BARS PAGE 24 • WHEAT BERRIES STRAWBERRY-CHICKEN SALAD PAGE 39 • TOKYO POT ROAST PAGE 58 • BEER-BRAISED SHORT RIBS PAGE 58 • CRAZY-GOOD APPLE PIE À LA MODE PAGE 63 • APPLE CORN BREAD-STUFFED PORK CHOPS PAGE 66



S'mores & Tailgating

A match made in stadium parking lots and game day get-togethers everywhere.



HERSHEY'S Candy:
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select varieties 3.9 oz. 5/\$5.00

FRIED PICKLE BITES

For the party, you want fun foods that are a breeze to make. Skewer a batch of dill-icious Claussen sliced pickles, cover them with fried onion mix and fry them on a cooktop. Don't expect any thanks. Your guests will be too busy eating.



Claussen Pickles:
select varieties
20 to 32 oz. \$3.49



Easy Fried Pickles

1. Start with a jar of sliced Claussen Pickles.
2. Prepare purchased frying batter mix according to package directions.
3. Heat oil in a frying pan and fry pickles according to package instructions.
4. Serve with a ranch dip.



Pomegranates

Jewels among fall and winter fruits, pomegranates add a sweet, citrusy flavor and a pop of color to drinks, desserts and much more. This fruit houses hundreds of nutrient-rich seeds, each encased in juicy, brilliant red pulp called an aril. Eat the seeds out of hand and enjoy their distinctive sweet-tart flavor.

SELECT

Choose large, bright red pomegranates that feel heavy for their size. Heavier fruit packs more juice. Avoid fruit with cracks or soft spots.

STORE

Pomegranates keep at room temperature about a week. For longer storage, place them in an airtight bag and refrigerate for a month or more. Pomegranate seeds keep five days in the refrigerator or several months in the freezer.

HARVEST THE SEEDS

To capture the seeds, cut fruit in half from top to bottom. Using your hands, gently break the halves into smaller sections and drop them into a large bowl of water. Using your fingers, loosen the seeds from each section into the water. The seeds will sink to the bottom. Discard the peel and membrane, which floats to the top. Then rinse the seeds in a colander.

SEED REMOVAL

Use the quick whacking method. Cut the fruit in half around the middle. Hold the top half seed-side down in your hand over a large bowl. Vigorously whack the pomegranate with a heavy spoon, and seeds will fall into your hand.

* Bonus feature! See how the whacking method works in a video in the digital version of *Hy-Vee Seasons*.



Get the app for the free digital version of *Hy-Vee Seasons*. Downloading information on page 3.

CHEESECAKE WITH POMEGRANATE SAUCE

A bright pomegranate sauce offsets this lusciously rich dessert with light and refreshing flavor.

Prep: 30 minutes | Bake: 40 minutes | Cool: 1 to 2 hours | Chill: 4 hours | Serves 16

1½ cups finely crushed gingersnap cookies (about 25 cookies)
3 tablespoons Hy-Vee butter, melted
3 (8-ounce) packages Hy-Vee cream cheese, softened
2 (4-ounce) packages white baking chocolate with cocoa butter, melted and cooled
½ cup Hy-Vee sugar
3 Hy-Vee large eggs, lightly beaten
1 teaspoon Hy-Vee vanilla extract
Pomegranate Sauce, recipe below

1. Preheat oven to 350°F. Line an 8×8-inch baking pan with foil, extending foil over the edges of the pan. Grease foil; set pan aside.

- 2.** For crust, in a small bowl, toss together crushed cookies and butter until combined. Press onto bottom of prepared pan; set aside.
- 3.** For filling, beat cream cheese and melted chocolate with an electric mixer until combined. Beat in sugar until fluffy. Add eggs and vanilla; beat on low just until combined.
- 4.** Pour filling over crust in pan, spreading evenly. Place pan in a 9×13-inch baking pan. Pour enough boiling water into 9×13-inch pan to reach halfway up sides of 8×8-inch pan. Bake about 40 minutes or until center of cheesecake jiggles slightly when pan is gently shaken. Cool cheesecake completely on a wire rack. Cover and chill at least 4 hours before serving.
- 5.** To serve, use the edges of the foil to lift uncut cheesecake from the pan. Cut into squares and serve topped with Pomegranate Sauce.

Nutrition facts per serving: 370 calories, 23 g fat, 13 g saturated fat, 0.5 g trans fat, 90 mg cholesterol, 240 mg sodium, 37 g carbohydrates, 0 g fiber, 30 g sugar, 5 g protein. Daily values: 15% vitamin A, 2% vitamin C, 10% calcium, 6% iron.



POMEGRANATE SAUCE

IN A LARGE SAUCEPAN, COMBINE 2 CUPS POMEGRANATE JUICE, ½ CUP HY-VEE SUGAR AND 2 TABLESPOONS LIGHT CORN SYRUP. BRING TO BOILING; REDUCE HEAT. GENTLY BOIL UNTIL THICKENED AND REDUCED TO 1 CUP. STIR IN ½ CUP POMEGRANATE SEEDS.

Fall Flowers

Fill out a festive floral bouquet with fresh fruit as an economical alternative to adding more roses.

Brush a thin coat of paint on a glass vase to create a winter-white feeling.



WHAT YOU NEED

- 1 GAL. ROUND GLASS VASE
- WHITE CRAFT PAINT
- PAINTBRUSH
- 12 WHITE ROSES
- 9 WHITE LISIANTHUSES
- 6 PURPLE MUMS
- 9 WHITE CHINABERRY
- 2 RED DELICIOUS APPLES
- 9 CLEMENTINES
- 6 KEY LIMES
- 2 BLOCKS FLORAL FOAM
- FLORAL PICKS OR SKEWERS
- FLORAL WIRE, CUT INTO 12-INCH LENGTHS
- FLORAL SHEARS

STEP 1: Brush a thin coat of craft paint onto exterior of a glass vase. Drag the brush over lines to blend. Allow to dry.

STEP 2: Rinse and dry vase. Put two blocks of soaked floral foam into the vase. Fill vase with cool water.

STEP 3: Hold flowers next to vase to determine stem heights. Remove leaves that will be below the waterline. Cut bottoms of stems on a diagonal while holding them under water to avoid trapping air in stem. Place stems in vase, arranging as needed. Insert stems into floral foam for stability.

STEP 4: Push a skewer halfway through the bottom of each apple. Place apples into arrangement, inserting skewer into the floral foam for stability.

STEP 5: Wire two to three clementines together and wrap wire around a skewer. Repeat with remaining clementines. Place them near the apples.

STEP 6: Wire two key limes together and wrap wire around a skewer. Repeat with remaining limes. Place limes near each fruit grouping.

SUPER CHEF

Influenced by her grandmother and mother, Elizabeth Davis had not yet turned three when she was starting her life as a chef. By age seven, she was competing in kids' cooking contests at the Iowa State Fair. And now she has earned the title Grand Champion from a national cooking contest. Putting achievements on the table is all in a day's work for Elizabeth, who is a Hy-Vee executive chef.



Executive chef and Market Grille manager Elizabeth Davis of Hy-Vee Cedar Rapids #7, Iowa, was named Grand Champion of the 2015 Supermarket Chef Showdown. The prize was a trip for two to the Italian Culinary Institute in Calabria, Italy.

PHOTO Tobin Bennett

YU SHENG PLATTER SALAD

IF YOU CELEBRATE CHINESE NEW YEAR NEXT FEBRUARY 8TH WITH A PARTY, SERVE CHEF ELIZABETH DAVIS'S YU SHENG PLATTER SALAD. IT'S FILLED WITH FRESH, IRRESISTIBLE FLAVORS.

THE JOURNEY

Elizabeth's path has always been through a kitchen. It began when she was growing up on a century farm in Manly, Iowa. Her father was a farmer and her mother was a homemaker with five kids.

"My mother organized a food-buying club, so in a way I grew up in a grocery store. I remember people coming to the house to pick up their groceries," Elizabeth says.

Early on, she realized one of her grandmothers was a celebrity of sorts.

"My grandmother was an avid competitor at the Iowa State Fair and was a bit of a legend there. When I was in grade school, Martha Stewart actually visited her at the fair. That helped me realize how special grandma's abilities really were," she says.

When she reached seven years of age, she finally got her chance to compete in the junior open food division.

"That first year, I won two second place ribbons. The next year I took two firsts," she says. "I was a little competitive even then. I've always loved cooking."

By the time she was ready for college, the choice of a major was easy. In 2011, she graduated from Johnson & Wales University in Providence, Rhode Island, with a bachelor's degree in culinary arts.

During her studies, Elizabeth took opportunities to travel, expanding her knowledge of food in visits to Singapore, Malaysia, Italy and Germany. She stirred pots, learned new techniques and ate local foods.

After finishing school, she taught cooking classes at a Hy-Vee in Cedar Rapids. This led to her current position as an award-winning chef.

CULINARY EXPERTISE

"The really amazing thing isn't that I won the Chef Showdown. It's that there were three of us from Hy-Vee among five finalists," she says.

More than 180 chefs work for the company.

"At Hy-Vee, we're always hearing how important it is to exude a sense of culinary expertise. This direction comes not only from store directors but also from CEO Randy Edeker. I really understood the idea when we were in Chicago and I talked to chefs from other stores. They just talked about what their stores will be doing, but Hy-Vee is already doing it," Elizabeth says.

Though Elizabeth Davis didn't plan on becoming a grocery store chef, she's glad she made the move.

"I absolutely love working for Hy-Vee. I love being part of this grocery store," Elizabeth says.

She started at a Davenport, Iowa, store two years ago and is now executive chef and Market Grille manager at a Hy-Vee in Cedar Rapids, Iowa.



Hy-Vee Chef Elizabeth Davis and Food Marketing Institute president Leslie Sarasin mark the victory.

EFFORT REWARDED

Elizabeth added another title when she became Grand Champion at the 2015 Supermarket Chef Showdown in Chicago. Sponsored by the Food Marketing Institute, an industry group serving retail food stores, the contest had more than 300 entries.

Competing against 15 top chefs in the finals, Elizabeth spent the morning preparing ingredients and then had 25 minutes to assemble her entry—a Chinese New Year party dish called Yu Sheng Platter Salad.

"It's really a great salad and an excellent party starter. I think the judges got that," Elizabeth says. "It has a fresh taste and people really love it."

Three of the contest's five category winners were Hy-Vee chefs. In addition to Elizabeth, who won the Holiday Platter category, Amy Gleason of Hy-Vee Omaha #8 won the Breakfast to Go category and Bryan Williams of Hy-Vee Columbia #2, Missouri, won for Dessert.

"The whole experience was fun. At times, part of the crowd will get very loud and start cheering for one of the entries. It was like a football game," she says.

THE INGREDIENTS:

Though the Chinese usually stock this salad with raw salmon, Elizabeth says tuna is another good choice. Ingredients include several types of citrus such as oranges, blood oranges, limes, grapefruit, ugli fruit and kumquats. A wonderful plum sauce dressing with spices is also included.

WHAT THE JUDGES LIKED:

Yu Sheng is a delicious and beautiful combination of fresh citrus, veggies, herbs and raw fish. But people are hooked by a lively game played at the start. Before the first bite is taken, guests use chop sticks to fling ingredients into the air. The winner is the one who throws pieces the highest, which must land back on the platter. Tradition says the winner's coming year will be one of increased abundance.

ABOUT THE NAME:

The name Yu Sheng is a homophone—a word that sounds like another word. In Cantonese it means raw fish while also sounding like the words that mean increased material abundance.

For the complete recipe, go to www.hy-vee.com/seasons



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Feast on the Flavors

Energize a gathering of friends by setting out a holiday meat-and-cheese tray. The conversation will quickly turn to the unmatched spicy flavors and smoked-hardwood aroma of Wimmer's Big N' Meaty Summer Sausage.



Wimmer's Big N' Meaty Summer Sausage:
select varieties 20 oz. \$5.99

GET SET FOR SAUCE

A good mix of apples—Jonagold, Pink Lady, Jazz and Gala—makes an amazing sauce with a pleasing balance of tart and sweet. It's easy! Spoon the sauce over pancakes or ice cream or use it to enhance Upside-Down Caramel-Apple Muffins, page 68.

HOMEMADE APPLESAUCE

Prep: 25 minutes | Cook: 20 minutes |

Serves 9 ($\frac{1}{2}$ cup each)

3 pounds apples

$\frac{1}{2}$ cup apple cider or Hy-Vee apple juice

$\frac{1}{4}$ cup packed Hy-Vee brown sugar

2 tablespoons fresh lemon juice

$\frac{1}{2}$ teaspoon Hy-Vee ground cinnamon

1. Rinse apples with water and scrub with a produce brush. Use a paring knife to peel each apple, starting at the stem end and circling around to the blossom end. Use an apple corer tool to remove core.

2. Cut apples into chunks; place in a medium saucepan. Stir in apple cider, brown sugar, lemon juice and cinnamon.

3. Bring mixture to boiling; reduce heat. Simmer, covered, for 20 minutes or until apples are tender, stirring occasionally.

4. Let mixture cool. Transfer to a blender or food processor. Cover and blend or process until smooth.

Nutrition facts per serving: 110 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 29 g carbohydrates, 4 g fiber, 23 g sugar, 0 g protein. Daily values: 2% vitamin A, 15% vitamin C, 2% calcium, 2% iron.



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100% Apple or Juice Blends:
select varieties 64 fl. oz. \$1.78

Homemade Apple Butter

FRESH ADDITIONS:
Blend in seasonal fruit to add vibrant flavor and color to your applesauces. Pictured, right, clockwise from top: applesauces made with raspberries, grapes, apricots and blueberries.

- 1) Peel, core and slice about 15 apples.
- 2) Place apples in a crock pot on low.
- 3) Cover the apples with Old Orchard 100% Apple Juice.
- 4) Mix in 1 cup honey and 1 Tbsp. cinnamon.
- 5) Cook 12 to 15 hours, stirring occasionally, until mixture is thick and smooth.

visit oldorchard.com for
more juicy recipes!

APPLESAUCE UPGRADES

Once you master the Homemade Applesauce recipe (*page 13*), customize it using these ideas.

- Add other spices such as nutmeg, cayenne pepper and grated ginger. All these play well with cinnamon.
- Try sweeteners such as agave, maple syrup, a flavored honey or a touch of molasses.
- Toss in some chewy dried fruits, such as cranberries, cherries, golden raisins or apricots, for texture and flavor.
- Cook other fall fruits such as fresh pears or cranberries, with the apples. Or stir purchased chutney or fruit butter into the sauce.

Find more than a dozen tasty ways to use applesauce, *page 69*.



STEP 1: To peel an apple, use a paring knife. Start at the stem end and circle around to the blossom end. Use an apple corer tool to remove core.



STEP 3: Bring mixture to boiling; reduce heat. Simmer, covered, for 20 minutes or until apples are tender, stirring occasionally.



STEP 2: Cut apples into chunks. Place apples in a medium saucepan. Stir in apple cider, brown sugar, lemon juice and cinnamon.



STEP 4: Let mixture cool. Transfer to a blender or food processor. Cover and blend or process until smooth.



FALL '15

- HOW TO TAILGATE LIKE A CHAMPION
- YOUR BEST DEFENSE • ANCIENT GRAINS, MODERN MEALS
- A HOLIDAY FEAST • INFUSED • SLOW & TENDER
- APPLES • HOLIDAY CHEESE SAUCE



Tokyo Pot Roast,
recipe, page 58.

how
to

TAILGATE LIKE A CHAMPION



No longer a males-only activity, today's *tailgating* includes women who bring a new outlook and fresh energy to this festive game-day activity.

WORDS Carlos Acevedo PHOTOS Greg Scheidemann and Tobin Bennett



**SASSY CAESAR
CHICKEN BURGER
SLIDERS**

WHEN ON THE GO WRAP SANDWICHES
IN PAPER AND SECURE WITH BAKERS TWINE.

RECIPE PAGE 20

PREP LIKE A PRO

MAKE YOUR
NEXT TAILGATE
A SUCCESS
WITH THESE
TIPS FROM THE
U.S. TAILGATING
ASSOCIATION.

1. MAKE A LIST

Write down all the supplies you'll need for set up, cooking, serving, and clean up. Make a checklist and check off items as you pack them (see Ultimate Tailgating Checklist, opposite).

2. KEEP IT COLD

Stock two large coolers with plenty of ice. Reserve one for drinks and the other for food that needs to be kept cold until ready to cook.

3. SHARE

Bring enough goodies to take care of your group and then some. You never know when hungry or thirsty neighbors will stop by.

4. SET UP

Have a plan for how you want to set up your area and assign people to specific duties. Decorate with team colors to make it more inviting. Have food ready no later than 30 minutes before the game starts.

5. CLEAN UP

Bring garbage bags and try to leave your area cleaner than when you arrived.

GAME TO PARTY

Tailgating—the popular tradition of partying off the back of a truck at sports games—has long been portrayed as a male-dominated folly. But men aren't the only ones at the party. They've been joined by women who also love barbecue and sports.

Boys aren't the only ones who crave burgers, brats and a victory for the home team. Women make up nearly 20 percent of the crowds that pack parking lots for pregame tailgate parties. Their involvement has brought welcome energy and a family-friendly vibe to tailgating.

"I definitely think women are tailgating more now," says Shelley Felicilda, a 54-year-old Vikings football fan who has been an active tailgater alongside her two sisters for about 15 years. "It's fun to be a part of the pregame activities as well as a part of that tailgating community."

That connection between tailgaters can be powerful. It starts with a shared passion for sports but evolves over time. Frequent tailgaters get to know each other and become like family. There is even a spirit of parking lot camaraderie among fans of opposing teams, Shelley says.

Shelley notes that women do bring a different sensibility to tailgating than their male counterparts. Her experience has been that women seem more social. "Women tend to visit a lot more and create a feeling of frivolity and fun," she says.

Women have also upped the ante when it comes to food, she says. They are more inclined to think outside the burger box and cook interesting meals, such as Shelley's popular teriyaki beef stew, a heirloom family recipe from her Hawaiian husband.

WOMEN AND TAILGATING

The surge in female interest has occurred during a tailgating boom in recent years. It has expanded beyond football to include parking lot parties for basketball, soccer, hockey and other sports. There are even tailgate themes for weddings, graduations and birthdays.

It's true that the pastime is dominated by males. About 80 percent of those tailgating are men, says Joe Cahn, who operates the website www.tailgating.com, and has surveyed 20,000 male and female participants about their involvement. But it's equally true that more women than ever are tailgaters, he says.

"It's not a boy's club anymore," Joe says. "Nowadays, the dynamic is changing and women come to tailgating for the sports but also for the social aspect, and they bring a sense of decor and decorum that I for one really appreciate."

EXTREME COOKING

The heart of tailgating is extreme cooking. Those who indulge want to serve the best tasting, the hottest, the sweetest and the most unusual.

A true tailgater is one who smokes meat low and slow for 6 hours or much longer. She's the frittata lover who spends two hours cooking off the back of her rig so she can feed everyone she meets. Or he's the one who thinks beyond the heat when it comes to chili. In addition to being made with enough peppers to light your fire, this concoction is also layered with flavors that surprise and satisfy.

TAILGATE CULTURE

Tailgate parties allow fans to make an entire day of fun out of a game that might only last 2 to 3 hours. Or in the case of NASCAR, tailgating can encompass the entire weekend. And where you see one party, there are always more. At big events, there are so many people tailgating that the parking lots feel like carnivals.

Initially an illegitimate and sometimes illegal activity, tailgating has gained popular acceptance over the years, especially after the beloved sports broadcaster John Madden published a book called "John Madden's Ultimate Tailgating" in 1998. Since then, tailgate culture has experienced a boom and is now widely practiced around the country. There are even numerous tailgate associations.

Grill owners spend an average of \$122 on a party, according to a Weber Grill survey. And many are drawn more by the food and party atmosphere than the sports. About half of those who completed the Weber survey say that in the past they attended at least one tailgate party where they completely skipped the game.

the ultimate tailgating checklist

The right gear can make all the difference. Pack these essentials for a stressless tailgate experience.

1. Butane lighter
2. Kitchen shears
3. Cutting board
4. Can and bottle openers
5. Paper towels
6. Resealable plastic bags
7. Disinfecting wipes
8. Paper plates and napkins
9. Mini roll duct tape and mini flashlight
10. Condiment and silverware caddy made from a recycled six-pack container
11. Disposable scrub pads
12. Grill spatula and tongs
13. Disposable foil pans
14. Mini first aid kit and hand sanitizer
15. Hy-Vee grilling nonstick spray
16. Plastic garbage bags
17. Serving utensils
18. Two large coolers (one for drinks and one for food)



GO VIKINGS!

The big game is only part of the equation for one pigskin fan. The quality time she spends with her husband and friends is just as important.

When Minnesota native Kelly Whalen was finally inducted into the Viking World Order (VWO) last October, it did not come without a price.

She had to get a tattoo.

"It's a purple shamrock with Viking horns," she says with pride. The VWO, which is the Viking football team's most fervent fan group, requires prospective members to get permanently inked with Vikings football team tattoos. This proves their loyalty and enthusiasm for the sports franchise. When the team plays at home, many members of the VMO dress themselves as Vikings—furs, horned helmets and all—and paint their faces in the team's famous purple and gold.

Although Kelly is a diehard Vi-Queen, she doesn't go so far as to wear a costume. "I'm more on the low-key side," she says. What she totally commits to is tailgating.

On the job, she's a probation officer.

But Kelly has other plans when the Vikings play at home. She and her family and friends attend every home game in their refurbished purple school bus. The ride becomes tailgate central for them in the stadium's parking area.

Kelly's setup includes a bar with stools, a grill, a canopy to protect against the elements and a TV. "We like to get up at the crack of dawn and get there around 7:30 a.m. to enjoy the energy of the day," as well as eat breakfast, she says. Early morning eating can be as simple as donuts or as involved as her signature biscuits and gravy with Bloody Marys. When it's cold, warm apple cider is always a big hit.

As many as 15 people attend her tailgate,

although numbers are boosted by frequent visitors, including VWO members. "It's always a really interesting cross section of people. We all come from different walks of life but, for the duration of the game, we're united in a common interest."

At lunch, which is usually right before a noon kickoff, the feast generally includes grilled bratwurst sausages, hamburgers or chili. To make a tailgate party more interesting, Kelly sometimes prepares food from the opponent's state. Case in point, when the Vikings play the Green Bay Packers from Wisconsin, which is famous for its cheese, she serves cheese soup to everyone who drops by. If the opposing team is the New Orleans Saints, she might dish out red beans and rice.

When games start, the tailgaters lock up the bus and head for their stadium seats. But afterward, they reconvene to keep on partying. The other option would be braving postgame traffic snarls in their colorful rig. "We've found that it's better to sit together, relax and talk about the game," Kelly says.

Now there's more to Hy-Vee's Minnesota connection than just supplying food to tailgaters who will be shopping at Hy-Vee stores opening soon in the Minneapolis area. The company has also reached out to Viking fans by signing on as a Founding Partner of the team's new U.S. Bank Stadium, which opens at the beginning of the 2016-17 season.

The 10-year partnership agreement will put Hy-Vee in the center of the action when the gates open on the Viking's 65,000-seat stadium. The company will receive exclusivity in the grocery store, supermarket, mass retail, floral and pharmacy categories. The company will also join with the Vikings in community outreach. "What better way to show our Minnesota pride than to partner with the Vikings," said Hy-Vee Chairman, CEO and President Randy Edeker.



HOW
TO



sassy caesar chicken burger sliders

Spice up ground chicken with classic caesar salad flavors, then shape into patties and toss onto a smoky grill—a fun twist that's absolutely mouthwatering.

Prep: 25 minutes | Chill: 30 minutes | Grill: 6 to 8 minutes | Serves 6 (2 sliders each)

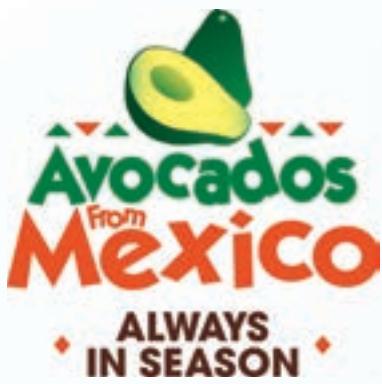
1½ pounds ground chicken
½ medium onion, grated
¼ cup Hy-Vee shredded Parmesan cheese
¼ cup finely chopped fresh parsley
2 teaspoons Hy-Vee garlic powder
2 tablespoons Hy-Vee Select olive oil
½ teaspoon kosher salt
½ teaspoon Hy-Vee black pepper
1 romaine heart, shredded
½ cup Hy-Vee creamy Caesar salad dressing, divided
12 Hy-Vee Bakery ciabatta buns, split and toasted
3 medium tomatoes, sliced
12 slices Hy-Vee bacon, crisply cooked
Shaved Parmesan cheese, for garnish

1. In a large bowl, combine chicken, onion, shredded Parmesan, parsley and garlic powder. Combine thoroughly. Shape into twelve patties. Cover and chill at least 30 minutes or up to 24 hours.

2. Prepare a charcoal or gas grill with greased grill rack for direct cooking over medium heat. Brush both sides of each patty with oil; sprinkle with salt and pepper. Grill patties for 6 to 8 minutes or until browned and internal temperature reaches 165°F, turning once halfway through grilling.

3. In a bowl, toss together shredded romaine and ¼ cup dressing. To serve, spread buns with remaining dressing. Top with tomato slices, bacon slices, romaine mixture, chicken burgers and, if desired, shaved Parmesan.

Nutrition facts per serving: 740 calories, 29 g fat, 7 g saturated fat, 0 g trans fat, 120 mg cholesterol, 1,630 mg sodium, 75 g carbohydrates, 3 g fiber, 5 g sugar, 39 g protein. Daily values: 40% vitamin A, 35% vitamin C, 10% calcium, 30% iron.



southern avocado seven-layer dip

Highlight creamy, buttery, perfectly ripe avocados in this fun and festive party dip.

Prep: 30 minutes | Serves 6

6 avocados

3 tablespoons fresh lime juice

Hy-Vee salt, to taste

1 (15-ounce) can baked beans

3 cups fresh or thawed Hy-Vee frozen corn kernels

1 (8-ounce) container ranch-style vegetable dip

½ cup finely chopped green onions

2 medium tomatoes, seeded and finely chopped

½ cup Hy-Vee shredded cheddar cheese

¼ cup Hy-Vee barbecue sauce

Green onion tops, for garnish

Hy-Vee corn or wavy potato chips, optional

1. Halve and seed avocados; scoop out pulp and add to a food processor. Add lime juice. Cover and process until almost smooth. Season to taste with salt.

2. In six 1-cup clear plastic containers, layer beans, corn, vegetable dip and pureed avocado mixture. Top with chopped green onions, tomato and cheese. Drizzle with barbecue sauce. If desired, garnish with green onion tops. Serve immediately or cover and refrigerate for several hours or overnight. If desired, serve with chips.

Nutrition Facts per serving: 670 calories, 46 g fat, 11 g saturated fat, 0 g trans fat, 35 mg cholesterol, 800 mg sodium, 59 g carbohydrate, 20 g fiber, 18 g sugar, 14 g protein. Daily values: 20% vitamin A, 60% vitamin C, 15% calcium, 20% iron.

For more recipes and avocado information visit www.avocadosfrommexico.com.

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with family, friends and
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food and tailgating
needs at Hy-Vee. Stock
up at Hy-Vee for a
winning tailgate.

REV IT UP

For this race fanatic, NASCAR tailgating is a weekend-long event that's equal parts camping and sports party. And the best part is, she can watch the race from the comfort of her rig.

When Dawn Kepley tailgates, she likes to be in the center of the action, literally.

A NASCAR auto racing fan from Iowa, she and her family road trip to the Kansas Speedway in Kansas City, where they camp right on the infield of the 1.5 mile race track. They also catch races at the Iowa Speedway in Newton. Dawn and her family attend about four races a year.

"I consider tailgating at NASCAR a mini-vacation," Dawn says. "It's more low-key than traditional tailgating (for football) because we are also camping."

The family loves the social aspect of tailgating and will invite a legion of friends—up to 25 people at a time—to join them. To feed this many, everyone pitches in. Dawn's husband Derek will fire up the smoker to cook a delicious roast—tri tip, brisket or pork loin are typical—which takes center stage. Meanwhile, Dawn always prepares one of her signature dips. A fan favorite is her buffalo chicken dip, which includes shredded chicken, hot sauce, blue cheese dressing and cream cheese. For convenience, she makes it in a slow cooker.

"I like to purchase what I need at Hy-Vee because they tend to have a bigger selection," Dawn says. To make shopping more efficient, she writes the ingredients on a list organized by supermarket aisle.

Dawn's tailgating is a potluck affair and invited guests are expected to contribute. For example, her mother-in-law can always be relied on for two of the most popular dishes: Texas caviar (a bean salad made with black-eyed peas) and for dessert, scotcheroo bars.

Since NASCAR events can run day and night, tailgating parties usually kick off mid-afternoon. Snacks are put out early, followed by heartier fare for dinner, and guests can serve themselves as they watch the race via satellite TV. Later in the day or night, Dawn lights campfires so everyone can cook hot dogs and s'mores to fend off attacks of the late-night munchies.

While it seems there are more men than women who tailgate at NASCAR, Dawn says the women who participate are just as enthusiastic as the men. In fact, she maintains that women bring a little more flair to the activity. Case in point: Dawn decorates her tailgate with pink flamingos. "And we put up the American flag, of course."

For Dawn and her family, tailgating is also a way to enjoy the excitement of the raceway atmosphere. There are even activities for the kids, such as stations where they can practice attaching race car tires using low-power pneumatic wrenches.

"It's exciting and we are all here for the same thing, so there's an element of camaraderie," she said.



"When it gets really cold, we fire up the pizza oven to make a pie. Anything warm and cozy is a big hit when it gets cold."

HOW TO



baraboo bourbon radler

This bold, refreshing drink makes the perfect tailgate sipper. The radler is a German beer cocktail that combines beer and lemonade for a refreshing summer drink. The British version of this drink is known as a shandy.

Prep: 1 minute | Serves 1

6 ounces Hy-Vee Baraboo

Pilsner beer

6 ounces prepared lemonade

1 ounce bourbon whiskey

Lemon wedge, optional

1. In a pint glass, combine beer and lemonade. If desired, add whisky and garnish with a lemon wedge.

Nutrition facts per serving:

150 calories, 0 g fat,

0 g saturated fat, 0 g trans fat,

0 mg cholesterol,

15 mg sodium,

26 g carbohydrates,

0 g fiber, 19 g sugar,

1 g protein. Daily values:

0% vitamin A, 10% vitamin C,

2% calcium, 2% iron.

gourmet crispy bars

Sweeten up the classic no-bake cereal bars—a childhood treat made with gooey melted marshmallows—for tailgate treats that are out-of-this-world good!

Prep: 20 minutes | Cool: 15 minutes | Serves 24

Hy-Vee nonstick cooking spray

1 cup Hy-Vee butter

3 (16-ounce) bags Hy-Vee
miniature marshmallows

16 cups Hy-Vee crispy rice cereal

1. Spray a 13x9x2-inch baking pan with nonstick spray; line bottom of pan with parchment paper.
2. In a large pot, melt butter over low heat. Add marshmallows and stir until completely melted. Remove pot from heat. Add cereal; stir until well coated.
3. Spoon cereal mixture into prepared pan. Using hands moistened with water, press cereal mixture to form an even layer. Cool at room temperature for 15 minutes.

Chocolate Ganache: In a large microwave-safe bowl, heat 1 cup whipping cream in microwave on HIGH for 1 minute or until hot to the touch. Add 2 (12-ounce) packages HERSHEY'S Baking Chips. Stir until smooth. Cool at room temperature for 15 minutes.

White Chocolate Ganache: In a medium microwave-safe bowl heat $\frac{1}{2}$ cup whipping cream in microwave on HIGH for 30 seconds or until hot to the touch. Add 12 ounces chopped white chocolate baking bar. Stir until smooth. Cool at room temperature for 15 minutes.

* Bonus feature: See how easy it is to make colorful crispy bars at home. Get the app for the free digital version of *Hy-Vee Seasons* for a how-to video!

App downloading
information
on page 3.



SALTED CARAMEL: Add 1 (11-ounce) bag caramel bits and $\frac{1}{2}$ cup chocolate melting wafers to melted marshmallows; stir until melted. Continue as directed, except stir 1 cup broken pretzels into cereal mixture. Spread uncut bars with salted caramel ice cream topping and decorate with whole and chopped chocolate-covered pretzels.



THIN MINT: Add 2 cups mint chips to melted marshmallows; stir until melted. Continue as directed. Spread uncut bars with melted semisweet chocolate and sprinkle with chopped mint-chocolate candy.



BIRTHDAY CAKE: Complete Steps 1 and 2; cool mixture slightly in pot. Stir in $\frac{1}{2}$ cup colored sprinkles. Continue as directed. Cut into bars. Pipe canned vanilla frosting onto each bar, top with additional sprinkles and add a candle.



LEMON BERRY: Stir 2 (3.4-ounce) packages Hy-Vee instant lemon pudding mix into melted marshmallows. Continue as directed. Spread uncut bars with Hy-Vee strawberry jelly. Top each bar with a halved fresh strawberry.



COOKIES AND CREAM: Complete Steps 1 and 2; cool mixture slightly in pot. Stir 4 cups crumbled cream-filled chocolate sandwich cookies into cereal mixture. Continue as directed. Drizzle uncut bars with melted white and dark chocolate. Top each bar with a mini cookie sandwich.



PB&J: Halve recipe to prepare two separate batches. Stir $\frac{1}{2}$ cup Hy-Vee creamy peanut butter into each batch. For center layer, spread 1 cup Hy-Vee creamy peanut butter and 2 cups Hy-Vee grape jelly evenly over bottom cereal layer.



CRAZY MALLOWS: Complete Steps 1 and 2; cool mixture slightly in pot. Stir in 2 cups Hy-Vee fun mini marshmallows. Continue as directed. Spread uncut bars with strawberry frosting. Top each bar with an orange wedge.



RED VELVET: Stir 1 cup dry Hy-Vee red velvet cake mix into melted marshmallows. Add cereal mixture; cool slightly in pot. Stir in 2 cups white chocolate chips. Continue as directed. Spread uncut bars with Hy-Vee cream cheese frosting and sprinkle with shaved chocolate.



REESE'S CUPS: Divide ingredients in half to prepare two separate batches. Prepare first cereal layer as directed. Top with chocolate-coated peanut butter candy. Add second cereal layer, pressing over candy. Spread uncut squares with melted chocolate and top each bar with additional candy.



NEAPOLITAN: Divide ingredients into thirds to prepare three separate batches. For first layer, stir $\frac{1}{2}$ cup Hy-Vee strawberry gelatin into melted marshmallows. For second layer, prepare as directed. For third layer, stir $\frac{1}{2}$ cup Hy-Vee chocolate chips into melted marshmallows. Pipe whipped cream onto each bar and top with a cherry.



MACADAMIA NUT: Halve recipe to prepare two separate batches. Stir 1 cup toasted Hy-Vee sweetened shredded coconut into each batch. For center layer, prepare White Chocolate Ganache as directed; spread over bottom cereal layer. Chill for 30 minutes. Add top cereal layer. Top uncut bars with chopped Hy-Vee macadamia nuts and additional toasted coconut.



SNICKERS: Halve recipe to prepare two separate batches. For center layer, combine 52 unwrapped Hy-Vee caramels and $\frac{1}{4}$ cup whipping cream; cook over low heat until smooth. Spread over bottom cereal layer; let cool before adding top cereal layer. Sprinkle uncut bars with chopped candy bar and peanuts and drizzle with melted chocolate.



FUDGY: Halve recipe to prepare two separate batches. For center layer, prepare Chocolate Ganache as directed, page 24; spread over bottom cereal layer. Chill for 30 minutes. Add top cereal layer. Top cut bars with a milk chocolate malt ball.



S'MORES: Halve recipe to prepare two batches. Prepare Chocolate Ganache; spread over 1st cereal layer. Chill 30 minutes. Cover with graham crackers. Add top cereal layer. Top bars with marshmallow crème and toast under a broiler.



HERSHEY'S Baking Chips:
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**12 ounces Coca-Cola®
½ cup Mazola® Corn Oil
½ cup Weber® Chicago Steak Seasoning
4 rib-eye steaks
1 large sweet onion, cut in thick slices**

1. Combine Coca-Cola®, oil and steak seasoning in a large resealable plastic bag. Add steaks and onion. Marinate in a fridge at least 30 minutes. Remove steaks and onion from marinade; discard marinade.
2. Grill steaks and onions over Direct Medium Heat with the lid closed as much as possible. Grill 16 to 20 minutes, turning once, until steaks reach desired doneness and onions are tender and charred. Remove from grill and let steak rest 5 minutes before serving.

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COCA-COLA ... **MAKES GOOD THINGS** **TASTE BETTER.**



CHERRY COCA-COLA. PORK SLIDERS

Chef Todd Deobold, Hy-Vee Waterloo #3, Iowa, put the sweet surprise of Cherry Coca-Cola into his recipe for sliders. Before cooking a pork roast, he poured the soft drink over the meat. The pleasing soda flavor bakes into the pork.

Prep: 5 minutes | Cook: 3 to 4 hours |

Serves 6 (2 sliders each)

3-5 pounds pork roast

2 liter Cherry Coca-Cola

1 (29-ounce) can Hy-Vee tomato sauce

12 ounces Hy-Vee Stone Ground

Dijon Mustard

1 cup molasses

½ cup apple cider vinegar

1. Place pork roast in a roasting pan and add 2-liter bottle of Cherry Coca-Cola. Cover pan with plastic wrap and aluminum foil. Place in a 300°F oven and braise for 3-4 hours.

2. Remove pork from pan and shred with a fork. Place in refrigerator until ready to use.

3. For the Dijon Mustard BBQ Sauce, place all the sauce ingredients in a stock pot and heat through with moderate heat until the BBQ sauce started to thicken.

3. Add the BBQ sauce to the pork and heat through, or heat the pork through separately and add the BBQ sauce when serving.

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Coca-Cola

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PARTNERING TO BRING GREAT TASTE TO TAILGATING



« In addition to her other responsibilities, pharmacist Melita Campbell gives flu shots and other vaccines at a Hy-Vee Pharmacy in Waterloo, Iowa. "For the people getting a shot, it's the anticipation of the poke that's bad. But the shot itself isn't more than a minor discomfort and then you're covered," she says.

YOUR BEST DEFENSE

INSTEAD OF RISKING A NASTY BOUT WITH THE FLU THIS YEAR, STOP BY YOUR HY-VEE PHARMACY FOR A VACCINATION. NO APPOINTMENT REQUIRED.

With flu season arriving as early as October, now is the time to visit a Hy-Vee Pharmacy for an annual vaccination. No appointment or prescription is necessary, the process only takes a few minutes and supplies are plentiful.

Unless contraindicated, everyone over 6 months of age should get a flu shot every year says Marshall Sanders, immunization coordinator and a pharmacist at Hy-Vee. For immunization restrictions by state, see the chart, *opposite*.

"Children and the elderly are generally good about getting their flu shots. The ones we really need to see are healthy adults, ages 18 to 65. Less than one in three in that group get a flu shot," Marshall says. "They say, 'I don't get sick,' so they skip it. But they need to protect themselves so they don't risk exposing older adults and young children, who are most susceptible and really get sick from the flu."

Highly trained, experienced Hy-Vee pharmacists give the shots in clean, private consultation rooms. The vaccination is covered by Medicare and most health insurances.

In addition to the shots, a nasal spray vaccine for children ages 2 to 8 years is available at some Hy-Vee pharmacies. Check with your local Hy-Vee to see if the spray is in stock.

VACCINATING CHILDREN

Regulations vary by state regarding the ages at which children may be vaccinated at the pharmacy. Here are the age requirements by immunization types for getting vaccines at Hy-Vee without a prescription from your doctor.

STATE	INFLUENZA (FLU)	ALL OTHER APPROVED VACCINES
IOWA	6 YRS AND OLDER	18 AND OLDER
ILLINOIS	FLU AND TDAP* 10 YRS AND OLDER	14 YRS AND OLDER
KANSAS	6 YRS AND OLDER	18 YRS AND OLDER
MINNESOTA	6 YRS AND OLDER	13 YRS AND OLDER
MISSOURI	12 YRS AND OLDER	12 YRS AND OLDER
NEBRASKA	6 MONTHS AND OLDER	6 YRS AND OLDER
SOUTH DAKOTA	6 YRS AND OLDER	18 YRS AND OLDER
WISCONSIN	6 YRS AND OLDER	6 YRS AND OLDER

* TDAP is a vaccination for tetanus, diphtheria and pertussis (whooping cough).

Though the severity of the coming flu season cannot be predicted, an average season results in 200,000 flu-related hospitalizations in the U.S. The worst recent season in 40 years was 2009-2010, when there were 12,000 flu-related deaths. More than 150 million doses of the vaccine were given last year.

With advances in the vaccine, there are now two versions available. There's a standard trivalent dose that provides immunization against three strains of flu and a new quadrivalent dose that guards against four strains. Both are effective and neither is recommended above the other by the Centers for Disease Control and Prevention (CDC). Most people will receive the standard vaccine because supply of the quadrivalent version is limited.

"This is only the second full year for the quadrivalent vaccine and production is more complex. Manufacturers are working on being able to produce enough. Industry projects that all flu shots will be quadrivalent by next year or the following," Marshall says.

There is also a high-dose vaccine available at Hy-Vee for those over 65 years. In trials,

the high-dose version proved more effective against flu than a standard dose for older people, according to the CDC.

Another change is the growing importance of pharmacies in the process. Marshall says that one in four flu shots is now given at a retail pharmacy instead of a doctor's office or medical clinic.

"Everyone is so busy now. We are trusted as a convenient and safe destination for all vaccinations," Marshall says.

GUARDING AGAINST OTHER DISEASES

In addition to flu shots, three other important vaccines are available at Hy-Vee pharmacies. Each of these vaccinations is recommended by the Centers for Disease Control and Prevention (CDC). Ask a Hy-Vee pharmacist which vaccines are right for you.

SHINGLES. This rash can cause severe pain. The vaccine is for anyone over the age of 60 who has had chickenpox or been tested for chickenpox antibodies.

Though the shingles vaccine has been available for 10 years, only about 25 percent

of people over age 65 have received it. The vaccine reduces risk of getting shingles by 50 percent, according to the CDC.

PNEUMONIA. A pneumonia vaccine called Prevnar 13 has long been for adults 65 years and older and at-risk people 2 to 64 years.

Now a second vaccine, Pneumovax 23, is recommended for seniors. For the majority receiving this second shot, immunization remains effective through their lifetime. Those who contract lung disease may need additional immunization. Both pneumonia vaccines are available at Hy-Vee.

TDAP. A single TDaP shot protects against the three diseases for which it is named: tetanus, diphtheria and pertussis (whooping cough). TDaP is recommended for anyone living with an infant under 1 year old, anyone 19 or older who has never received it and pregnant women with each pregnancy.

All three shots above are usually covered by Medicare or health insurance. A copay may apply.

HEALTH

HINT

With whole grains, the bran and germ are left intact, which is where most of the nutrients are.



ANCIENT GRAINS

MODERN MEALS

EVER HEARD OF FREEKEH? HOW ABOUT TEFF OR KAMUT? THESE AND A HOST OF OTHER SUPER-HEALTHY GRAINS ARE DEFINITELY WORTH EXPLORING. LET OUR RECIPES AND TIPS HELP YOU PUT THESE UNUSUAL FLAVORS AND TEXTURES INTO EVERYDAY MEALS.

WORDS Lois White PHOTOS Greg Scheidemann and Tobin Bennett

When you savor a soup made with wheat berries or farro, you're joining a grain-eating tradition that goes back thousands of years. In fact, farro, also known as emmer wheat, was first cultivated 20,000 years ago in the Near East.

Legends developed in primitive cultures about the origins of some grains. Amaranth, a botanical cousin to quinoa, was honored as "the food of the gods" by the Aztecs and the Incas, and chia seeds were prized even more than gold by the Mayans due to the incredible health-enhancing properties of the seeds.

Today, you'll find an abundance of these same grains in the HealthMarket section or bulk bins of your local Hy-Vee. Include these nutritious, super-hearty staples in porridges, tacos, salads and smoothies. Some can even be popped like popcorn. Each grain offers distinctive characteristics for adding flavor, color and texture to a dish.

A WEALTH OF NUTRIENTS

Ancient grains have become more popular for two reasons: people desire to eat healthier and many experience food sensitivities. Many ancient grains are consumed as whole grains, meaning the bran and germ are left intact because these parts of the grain contain the most nutrients. Grains provide essential vitamins, particularly B vitamins, and minerals such as magnesium and potassium. These healthful foods also contain high amounts of iron and protective elements such as fiber and antioxidants.

"Because some of the grains are gluten-

free, they can add variety for someone who's allergic to wheat or sensitive to gluten," says dietitian Carrie Nielsen of Hy-Vee #8 in Omaha.

Dietary guidelines recommend at least three servings of whole grains each day, which helps reduce the risk of some chronic health conditions such as cardiovascular disease, type 2 diabetes and certain cancers. Eating whole grains reduces the buildup of potentially dangerous abdominal fat that can raise blood pressure and cholesterol levels and even cause insulin resistance (possibly leading to diabetes), according to a recent study.

"Incorporating more varieties of grain into your day not only makes meals more interesting, but it also rounds out a well-balanced and nutritious diet," Carrie says.

COOKING BASICS

It may surprise you to learn that cooking ancient grains is as easy as cooking rice. Add grain to boiling water or broth, then simmer until all the liquid is absorbed. Refer to the chart, page 35, for cooking times. When busy, use quick-cooking grains such as amaranth or quinoa, which take less than 30 minutes to cook. Or cook large batches of grains on the weekend to use throughout the week. This is a good approach if you enjoy wheat berries or spelt, which take 50 minutes or more to prepare. Grains keep for three to four days in the fridge or up to three months in the freezer. Either way, they take just minutes to warm up with some added liquid.

Overnight soaking is recommended for some of the chewier, slow-cooking grains, such as kamut, spelt and wheat berries.

Longer cook times allow release of vitamins and other nutrients, plus the flavors become more complex with an increased nuttiness and sweetness.

A trick to heighten nuttiness is to toast the grains in a dry pan for a few minutes before cooking.

GET TO KNOW UNKNOWN GRAINS

Think of grains like vegetables. If someone told you to eat more veggies, you wouldn't just eat more carrots. You'd try a variety. The same holds true with grains. Even adding small amounts of a new grain to rice for a stir-fry can be beneficial. If you make meatballs or meat loaf, try using kamut in place of the traditional bread crumbs. Besides enhancing flavor, the grain acts as a moisturizing agent for the meat.

Including grains in salads is an easy way to learn about their flavors. In a recent cooking class, Carrie introduced customers to the concept of mixing and matching grains with greens. Her pairings included shredded kale with farro, baby spinach with quinoa and mixed baby lettuces with kamut.

Use ancient grains in more ways than just stand-alone side dishes. Begin with the delicious recipes that follow, including a breakfast porridge made with teff. As you become more familiar with ancient grains, you'll become more creative and adventurous in your day-to-day cooking. You'll also be making a nutritious choice that's good for you.



GRAINS 101

1. KAMUT

This wheat variety has a mild flavor and a plump, elongated berry that holds its shape well. Add the kernels to soups and stews or toast and sprinkle them on salads.

2. AMARANTH

These tiny, shiny yellow or black grains (or seeds) have a slightly peppery molasses-like flavor with a faint nuttiness. Amaranth is a good thickening agent for soups.

3. SPELT

A chewy texture and sweet nutlike flavor makes iron-rich spelt the nutritious addition to risotto, porridges and grain-and-meat balls, where its starchiness acts as a binder.

4. FARRO

With high amounts of fiber and protein, this Italian wheat grain adds a roasted nutty flavor and distinctive chewy texture to burgers, soups and salads.

5. MILLET

This gluten-free grain possesses a mild, sweet flavor. Use it in pilafs, salads, stir-fries or soups. It can also be popped like corn and eaten as a healthful snack after dinner.

6. QUINOA

A gluten-free source of protein, iron and fiber, quinoa is a good alternative to rice because of its lightness. The tiny seeds, which come in red or beige, lend a nice crunch. Try it for breakfast with maple syrup and milk, or add it to pancake batter.



8.

9.

10.

11.

EXPLORE THE VERSATILE GRAINS OFFERED IN THE BULK BINS AND HEALTHMARKET AT YOUR HY-VEE STORE. YOU'LL APPRECIATE THE TEXTURES AND FLAVORS, AND ENJOY THE CHARACTER THE GRAINS BRING TO YOUR TABLE. SEVERAL WORK FOR THOSE NEEDING A GLUTEN-FREE DIET.

Cooking Chart

Grain	Liquid (1 cup)	Simmer (cups)	Yield (cups)
Amaranth	2	15-20	2½
Farro	2½	25-40	3
Freekeh	2½	10-15	3
Kamut	4	45-60*	3
Millet	2½	25-35	4
Quinoa	2	12-15	3
Sorghum	4	25-40	3
Spelt	4	45-60*	3
Teff	3	20	2½
Wheat berries	4	45-60*	2½

*Note: Soak grain overnight before cooking.

7. WHEAT BERRIES

This hearty grain, made up of whole kernels of wheat with the bran intact, has a sweet nutty taste and chewy texture. Use in soups, salads or mixed-grain dishes. Or knead into dough to enhance texture of bread.

8. SORGHUM

The hearty, chewy texture of sorghum works deliciously in pilafs and cold salads. You can also substitute the gluten-free grain for wheat flour in baked goods. Or pop it like popcorn, though the grains are much smaller than corn kernels.

9. TEFF

Include this mild and nutty iron-rich grain in your next bowl of porridge. About the size of poppy seeds, teff is gluten-free and a tasty addition to stews, pilaf or baked goods.

10. FREEKEH

Freekeh refers to a process rather than a type of grain. These are immature green wheat kernels that have been smoked. Grassy, smoky and chewy, freekeh enhances savory salads, spiced pilafs and hearty hot cereal.

11. CHIA SEEDS

Rich in omega-3 fats, black or white chia seeds are tasteless so they're easy to integrate into your meals. Sprinkle on top of salads or toast, or add to baked goods, smoothies and ice cream.

FREEKEH-CRUSTED COD WITH SAUTÉED GREENS

A vibrant freekeh-and-pecan crust turns ordinary fish fillets into a weeknight feast. Accompany the fish with a simple side of sautéed spinach and kale.

Prep: 40 minutes | Broil: 10 to 12 minutes | Serves 4

1 1/4 cups water
1 teaspoon Hy-Vee salt, divided
1/2 cup uncooked whole freekeh
1/2 cup finely chopped Hy-Vee pecans
1/2 cup Hy-Vee all-purpose flour
2 Hy-Vee large eggs, lightly beaten
1/2 teaspoon Hy-Vee black pepper, divided
1 1/2 pounds fresh cod, about 1/2 inch thick
1 tablespoon Hy-Vee Select olive oil
1/2 cup chopped red onion
4 ounces chopped fresh kale
4 ounces baby spinach leaves
1/4 teaspoon Hy-Vee garlic powder
Lemon wedges, for serving

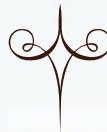
1. In a saucepan, combine the water and 1/4 teaspoon salt; bring to boiling. Add freekeh. Return to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until water is absorbed. Transfer freekeh to a shallow dish. Cool for 20 minutes. Stir in pecans.
2. Preheat broiler. Grease a large baking sheet; set aside.
3. Place flour and eggs in separate shallow dishes. Rinse fish; pat dry. Sprinkle fish with 1/2 teaspoon salt and

1/4 teaspoon pepper. Coat fillets with flour, then eggs, and finally the freekeh mixture. Place fish on prepared baking sheet. Broil for 10 to 12 minutes or until fish flakes easily with a fork.

4. Meanwhile, in a large skillet, heat oil over medium-high heat. Add onion. Cook for 2 to 4 minutes or until onions are softened. Add kale and spinach to skillet. Using tongs, turn to coat. Sprinkle with garlic powder and remaining salt and pepper.
5. Serve fish with greens and lemon wedges.

Nutrition facts per serving: 430 calories, 17 g fat, 2.5 g saturated fat, 0 g trans fat, 175 mg cholesterol, 1,170 mg sodium, 34 g carbohydrates, 6 g fiber, 2 g sugar, 37 g protein. Daily values: 100% vitamin A, 70% vitamin C, 15% calcium, 30% iron.

HEALTH HINT
Freekeh contains up to four times more fiber than brown rice.



* Bonus feature: Learn the art of encrusting fish by watching a how-to video on the free digital version of *Hy-Vee Seasons*.

App downloading information on page 3.



RUSTIC SPELT & TEFF PORRIDGE WITH FRUIT

Nothing says comfort like a hot bowl of porridge. These bowls of goodness feature two wholesome grains: teff and spelt. While teff adds a delicious nutty flavor with hints of cocoa, spelt lends appealing chewiness. If you cook the grains ahead and store them in the fridge, breakfast can be ready in 10 minutes or less.

Prep: 1 hour, 10 minutes |

Serves 6 (about 1 cup each)

1 cup uncooked spelt

5 cups water, divided

1 cup uncooked teff

1 cup Hy-Vee whole milk

½ cup packed Hy-Vee brown sugar

Desired topping: fresh blackberries, dried cherries,

blackberry preserves and mint; dried figs, orange marmalade and crème fraîche or dried apricots, blueberries, maple syrup and toasted almonds

1. Soak spelt in water overnight; drain. In a large saucepan, combine spelt and 2 cups water. Bring to boiling; reduce heat. Simmer, covered, for 40 minutes.

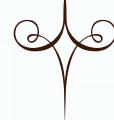
2. Add remaining 3 cups water and teff to saucepan. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes or until grains are tender. Stir in milk and brown sugar.

3. Top porridge as desired.

Nutrition facts per serving (for plain porridge without topping): 300 calories, 3 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 25 mg sodium, 65 mg carbohydrates, 8 g fiber, 20 g sugar, 10 g protein. Daily values: 2% vitamin A, 0% vitamin C, 10% calcium, 20% iron.

HEALTH HINT

Teff contains high amounts of iron, which is easily absorbed and recommended for people with low blood iron levels.



ROOT VEGGIES, MILLET AND FARRO SOUP

Soft-textured millet and nutty and chewy farro mingle beautifully with hearty root vegetables and greens.

Prep: 1 hour | Serves 5 (about 1 cup each)

7 cups Hy-Vee vegetable cooking stock, divided

1/4 cup uncooked millet

1/3 cup quick-cooking farro

1 tablespoon Hy-Vee Select olive oil

1 large shallot, finely chopped

3 garlic cloves, minced

3/4 cup dry white wine

2 medium carrots, peeled and cut into chunks

1 medium parsnip, peeled and cut into chunks

1/2 teaspoon Hy-Vee dried thyme

1/8 teaspoon cayenne pepper

1 medium fennel bulb, cored and thinly sliced

1 cup chopped Swiss chard

Fennel fronds, for garnish

1. In a large saucepan, bring 3 cups vegetable broth to boiling. Add millet. Return to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Add farro. Return to boiling; reduce heat. Simmer, uncovered, for 10 to 15 minutes more or until grains are tender. Remove grains and any remaining broth from saucepan; set aside.

2. In same saucepan, heat oil over medium heat. Add shallot and garlic; cook about 5 minutes or until shallot is tender.

3. Add remaining 4 cups vegetable broth and wine to saucepan. Add carrots, parsnip, thyme and cayenne pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Stir in fennel and Swiss chard. Cook for 2 to 3 minutes more or until heated through. Stir cooked grains into soup. If desired, garnish with fennel fronds.

Nutrition facts per serving: 200 calories, 3.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 870 mg sodium, 32 g carbohydrates, 5 g fiber, 8 g sugar, 4 g protein. Daily values: 100% vitamin A, 25% vitamin C, 6% calcium, 8% iron.



WHEAT BERRIES STRAWBERRY CHICKEN SALAD

With a pleasing chew and toasty sweetness, sorghum and wheat berries make a lovely pairing in a salad with chicken, strawberries and blue cheese. If desired, add dressing to the grains while they're cooling so they absorb the aromatic flavors.

Prep: 1 hour, 15 minutes | Serves 4

1/2 cup uncooked sorghum
2 1/4 cups water
1/3 cup uncooked wheat berries
1/2 teaspoon Hy-Vee salt, divided
2 boneless, skinless chicken breasts
1/4 teaspoon Hy-Vee black pepper
1/4 teaspoon Hy-Vee garlic powder
2 tablespoons Hy-Vee Select olive oil
4 cups mixed salad greens
1 1/2 cups sliced strawberries
1/2 cup crumbled blue cheese (2 ounces)
Balsamic dressing, optional

1. Rinse sorghum; place in a large saucepan. Add the water, wheat berries and $\frac{1}{4}$ teaspoon salt. Bring to boiling; reduce heat. Simmer, covered, for 50 to 60 minutes or until grains are tender. Drain any remaining liquid; set aside.

2. Season chicken with remaining $\frac{1}{4}$ teaspoon salt, black pepper and garlic powder. In a medium skillet, heat olive oil over medium heat; add chicken to skillet. Cook chicken for 10 to 12 minutes, turning once, or until internal temperature reaches 165°F. Cool slightly. Cut chicken into strips.

3. Line four dinner plates with salad greens. Top with chicken, prepared grains, strawberries and blue cheese. Drizzle with balsamic dressing, if desired.

Nutrition facts per serving: 330 calories, 14 g fat, 4.5 g saturated fat, 0 g trans fat, 55 mg cholesterol, 530 mg sodium, 31 g carbohydrates, 6 g fiber, 4 g sugar, 22 g protein. Daily values: 70% vitamin A, 70% vitamin C, 15% calcium, 10% iron.



UNCLE BEN'S ROASTED RED PEPPER AND SMOKED SAUSAGE JAMBALAYA

Put a Bayou Country meal on your plate tonight with a nicely spicy Jambalaya that starts with Uncle Ben's Brown Rice & Quinoa with Roasted Red Peppers. Add smoked sausage, a fresh pepper, Cajun seasonings and a few other tasty ingredients, and you're promised a mighty fine supper in 35 minutes.

For the recipe, go to www.hy-vee.com/seasons



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



a holiday FEAST

Avoid long hours in your kitchen this Thanksgiving by ordering a Holiday Meal Pack from your local Hy-Vee. Instead of spending hours cooking, invest that time in relaxed conversation with friends and family. You can still show off your culinary abilities by making a few of the crowd-pleasing appetizers shown in the pages ahead.

WORDS Steve Cooper PHOTOS Tobin Bennett

Instead of getting up at 6 a.m. or earlier to roast a turkey this Thanksgiving, let Hy-Vee do the work as you enjoy a relaxing celebration.

Order a readymade Hy-Vee Holiday Meal Pack so you can host a dinner without spending long hours at the stove. Make this a holiday season devoted to catching up in conversations with family and friends.

As the host, graciously welcoming guests helps create a friendly atmosphere for your party. Greet guests personally, noticing a new dress or complimenting recent achievements you may know about.

Gather your group casually before dinner, offering drinks and some light foods. As people begin chatting, spend a few minutes with each group. Plan to smile a lot, keep positive and be ready to introduce people who may not know each other. Most important, enjoy yourself as you play the host rather than the cook.

Put your stamp on the menu by preparing some of the appetizers. It won't take long to pull together some of the appealing and easy to make foods shown on page 46. Assembling these puts your imprint on the party menu, though you can also include Hy-Vee party trays to fill out the table.

BRING ON THE FEAST

When selecting a Holiday Meal Pack, you can choose between dinners serving four, eight, 12 or 18 guests. Or order multiple packs to feed a crowd of any size.

The choice of entrées includes golden-brown turkey, boneless turkey breast, boneless ham, premium CarveMaster Pit Ham and succulent prime rib. The largest meal, the Gourmet Holiday Feast, provides a 14- to 16-pound whole turkey, plus a choice of a CarveMaster Pit Ham or a 5- to 6-pound prime rib.

All meals come with as many choices in rolls and side dishes as are needed to feed the intended size of the party. Gravy is included.

ADDED TO THE MENU

There are new choices this year in rolls and side dishes. Each has raised the level of excellence for meals that were already appreciated for their tastes and inviting presentations.

The new roll is the Jumbo Honey Butterflake. With a texture and appeal as close to a buttery croissant as it is to a standard dinner roll, the Honey Butterflake is sure to be a hit at your table.

A list of tasty side-dish favorites has been carried over from last year's menu, including salads, mashed potatoes, sage bread dressing and more. Five flavorful sides have been added this year. These are:

- Wild Rice Fruit Salad,
- Sweet Potato Ginger Salad,
- Beet and Apple Quinoa Salad,
- Apple Wheat Berry Couscous,
- Bakery Fresh Pies in new flavors.



meal II

CARVEMASTER PIT HAM

Serves 12

With choice of 6 sides

Price: \$135 (\$11.25 per person)

SIDES DISHES

1. Edamame and Wild Rice Salad
2. White Cheddar Macaroni with Panko
3. Apple Wheat Berry Couscous
4. Beet and Apple Quinoa Salad
5. Sweet Potato Casserole with Streusel
6. Apple Pie
7. Two Dozen Jumbo Honey Butterflake Rolls

Other ham meal pack option:

Traditional
Boneless Ham
Dinner
Serves 8
Choice of 3 sides
Price: \$80
(\$10 per person)



FAMILY FEAST

Serves 12

With choice of 6 sides

Price: \$125 (\$10.41 per person)

SIDES DISHES

1. Cranberry Relish
2. Apple Wheat Berry Couscous
3. Sage Dressing with Diced Celery
4. Mashed Potatoes with Butter and Parsley
5. Green Bean Casserole with Dried Onion
6. Pumpkin Pie
7. Two Dozen Jumbo Honey Butterflake Rolls

Other turkey meal pack options are:

Turkey Dinner
Serves 8
Choice of 3 sides
Price: \$80 (\$10 per person)

Boneless Turkey Breast Dinner
Serves 4
Choice of 3 sides
Price: \$50 (\$12.50 per person)



meal 3

GOURMET HOLIDAY FEAST (Turkey and ham shown here)

Serves 18

With choice of 6 sides and a dessert
Price: \$225 (\$12.50 per person)

SIDE DISHES

1. Holiday Potatoes with Cheddar Cheese, Green Onions and Bacon
2. Sweet Potato Ginger Salad
3. Cranberry Relish
4. Cheesy Corn Bake with Cheddar Cheese
5. Edamame and Wild Rice Salad
6. Sage Dressing with Diced Celery
7. Decadent Chocolate Cake
8. Two Dozen Jumbo Honey Butterflake Rolls



7



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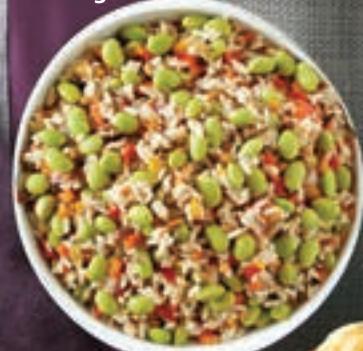
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3



5



6



8



meal 4

PRIME RIB DINNER

Serves 8

With choice of 3 sides

Price: \$135 (\$16.88 per person)



4

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2

3

SIDE DISHES AND DESSERTS

Select from this list of sides and desserts for your Hy-Vee Meal Pack.

- Holiday Potatoes with Cheddar Cheese, Green Onions and Bacon
- Cheesy Corn Bake with Cheddar Cheese
- Sage Dressing with Diced Celery

- White Cheddar Macaroni with Panko
- Mashed Potatoes with Butter and Parsley
- Sweet Cranberry Relish
- Green Bean Casserole with Dried Onion
- Edamame and Wild Rice Salad
- Sweet Potato Casserole with Streusel

NEW SIDES FOR 2015:

- Wild Rice Fruit Salad
- Sweet Potato Ginger Salad
- Beet and Apple Quinoa Salad
- Apple Wheat Berry Couscous
- Bakery Fresh Pies in new flavors

PIES:

- Pecan Pie (new for 2015)
- French Silk Pie
- Pumpkin Pie
- Apple Pie

GOURMET HOLIDAY FEAST (ONLY):

- Lawler's Cheesecake
- Decadent Chocolate Cake

APPETIZERS from your kitchen

In minutes you can put your signature on holiday meals by assembling some or all of these hors d'oeuvres. Each has a flavor personality that is guaranteed to please your guests.

1 CRISPY BACON CUP WITH MAPLE-PEAR FILLING Some appetizers are a single strong flavor, others are an avalanche of tastes that become a combination of the disparate tastes of bacon, Gorgonzola cheese, pear and maple.

2 BAKED BRIE Served warm, this creamy Brie appetizer will be a surprise to those who don't like Brie. Heated with honey, the cheese takes on a smoother flavor than it does with most other foods. Nuts and rosemary in the crackers add more flavor notes.

3 SWEET POTATO TAPENADE Popular in southern France, the Mediterranean flavors of tapenade are built around olives, lemon and Parmesan cheese. We served this salty, peppery mix on sweet potato chips and our guests couldn't get enough of them.

4 CRAB AVOCADO DIP Maximize the seafood taste of this dip by making it with jumbo lump crab. Though this grade of crab costs a little more than the alternatives, it assures every bite is a crabby delight. Sweeten this recipe by mixing in slices of apple. As an option, we also suggest using giardiniera, a mix of pickled vegetables such as bell pepper, celery and carrots.

5 PLUM SPICED JAM PASTRY Each of these fruity nibbles starts with a baked puff pastry square. Top with jam, cheese, a plum slice and fresh thyme.



HOLIDAY PIES

**ORDER
ONLINE OR IN-STORE
TODAY**



HuVee®

INFUSING SPIRITS WITH BRILLIANT FLAVORS CREATES **COLORFUL HAND-CRAFTED PARTY DRINKS.**

infused

WORDS Lois White PHOTOS Tobin Bennett

These are boom times for infusing flavors into wine and spirits. Vodka makers are leading the way with infusions and bartenders are whipping up custom versions for their clientele. You can infuse too. It's as simple as soaking citrus zest—or a long list of other flavor enhancers—in a bottle of vodka, brandy or other adult beverage. Allow each batch to sit for 12 to 24 hours, which allows for flavors to become infused.

PICK THE SPIRIT

Vodka is most commonly used as a base for infusion, but bourbon, tequila and other beverages work equally well. Darker spirits, such as brandy or bourbon whiskey, work best if you choose the right complementary flavor for the liquor. Brandy and warm spices are a good pairing. You won't need to buy top-shelf spirits for your base. Many midrange products are smooth and clean, which allow your added flavors to shine.

FLAVOR OPTIONS

Herbs, spices and fruits are commonly used for infusions. When using fresh ingredients, pick high-quality, in-season produce. Juicy, super-ripe melon or peaches are excellent candidates as are blueberries, cranberries and pears. Add only the best tasting, most flavor-packed parts of your ingredients to your base; discard seeds, pits or undesirable skins. Follow these tips:

- For citrus, use only zest from the rind.
- For herbs, gently bruise fresh leaves to release their flavor.
- Slice vanilla beans in half lengthwise, spoon the seeds and fleshy contents into a jar and then add the pod.

- Use whole cinnamon sticks and cloves.
- The list of flavors is endless. Create fusions with crisp-cooked bacon, hot chile peppers, breakfast cereals and other tasty ingredients you think might work.

USES FOR INFUSIONS

Use freshly infused spirits in place of plain spirits in your favorite cocktails. Try the cocktail recipes that follow, which offer options for vodka, tequila, rum, wine and other beverages. Soon you'll be thinking, "What can I do next?" After all, infusions are fun and limitless.

THE PROCESS

These basic steps work for all infusions. Follow them when preparing any of the infusions shown on the pages ahead.

1. Choose a clean air-tight jar. Quart mason jars work well, or you may want to divide the spirit into smaller jars and experiment with a few different flavor enhancers.
2. Label each jar with masking tape, making notes about ingredients, dates and other customizations. This lets you keep track of what needs to be pitched in case the flavor isn't as good as you had hoped.
3. Add the flavors to the jar, top off with the spirit and screw on the lid. Shake a few times.
4. Store each jar in a cool, dark place at room temperature, shaking several times for the duration of the infusion.
5. Use a fine-mesh strainer or cheesecloth to sift out all solids.
6. Return the spirit to a fresh bottle or jar and store in the refrigerator for up to three days.



FRESH
GARNISHES
ADD FLAVOR
AND APPEAL
TO EACH
PERFECTLY
CRAFTED
COCKTAIL.

FROM LEFT,
BLUEBERRY RUM SMASH
MELON BALLER
CRANBERRY CHILL
ROSEMARY-SPIKED TEA
ORANGE SHERBET COOLERS
RECIPES PAGE 50

R O S E M A R Y -
S P I K E D T E A

Prep: 5 minutes | Serves 12 (6 ounces each)

4 cups sweet ice tea

4 cups lemonade

1 cup Rosemary- and-Lemon-Infused Bourbon,
recipe *opposite*

Ice cubes

- In a large pitcher, combine tea, lemonade and infused bourbon. Pour into ice-filled glasses.

B L U E B E R R Y
R U M S M A S H

Prep: 5 minutes | Serves 1

1/4 cup fresh blueberries

1 tablespoon fresh lime juice

1 tablespoon packed Hy-Vee brown sugar

Crushed ice

2 ounces Blueberry-Infused Rum, recipe *right*

Lemon-lime soda

- Add blueberries, lime juice and brown sugar to a cocktail shaker, and smash the fruit with the thick tip of a wooden spoon, a pestle or muddling tool. Fill with crushed ice and add infused rum; shake. Strain into a chilled tumbler and top with lemon-lime soda.

C R A N B E R R Y C H I L L

Prep: 5 minutes | Serves 2

2 tablespoons Hy-Vee sugar

1/2 ounce orange liqueur, such as Triple Sec

1 cup Cranberry-Infused Wine, recipe *right*

Ice cubes

1/4 cup club soda

- Pour sugar, orange liqueur and infused wine into a cocktail shaker filled with ice; shake. Strain into two chilled tumblers filled with ice. Top with club soda.

M E L O N B A L L E R

Prep: 5 minutes | Serves 1

1/2 ounce Melon-Infused Vodka, recipe *opposite*

1/2 ounce gin

1/2 ounce white rum

1/2 ounce orange liqueur, such as Triple Sec

2 ounces sweet-and-sour mix

- Pour infused vodka, gin, rum and orange liqueur into a glass filled with ice. Top with sweet-and-sour and stir.

O R A N G E S H E R B E T
C O O L E R S

Prep: 5 minutes | Serves 5 (4 ounces each)

Course red sugar, optional

3 cups frozen orange sherbet

1 cup Vanilla-Infused Wine, recipe *opposite*

2 ounces orange liqueur, such as Triple Sec

- If desired, rim 5 (4-ounce) chilled tumblers with course red sugar; set aside.
- In a blender, combine sherbet, wine and orange liqueur. Cover, blend until smooth. Pour into glasses.

INFUSIONS

REFER TO THE STEPS ON PAGE 48 TO MAKE
THE MOST FLAVORFUL INFUSIONS.B A C O N - I N F U S E D
T E Q U I L AAdd 2 strips cooked **BACON**
to 2 cups **TEQUILA BLANCO**.Infuse overnight. Makes
enough for 10 **MEXICAN-**
STYLE BLOODY MARYS,
recipe *page 52*.C R A N B E R R Y - I N F U S E D
W I N EAdd 1 cup fresh or frozen
thawed **C R A N B E R R I E S** to
2 cups **D R Y W H I T E W I N E**,
such as Sauvignon Blanc or
Chardonnay. Infuse overnight.Makes enough for
4 **C R A N B E R R Y C H I L L S**,
recipe *left*.B L U E B E R R Y - I N F U S E D R U MAdd 1/2 cup chopped **B L U E B E R R I E S** to
2 cups white rum. Infuse overnight.
Makes enough for 8 **B L U E B E R R Y R U M**
S M A S H E S, recipe *left*.

ROSEMARY-AND-LEMON-INFUSED BOURBON

Bruise 2 sprigs fresh **ROSEMARY**. Add rosemary and 3 tablespoons fresh **LEMON PEEL** to 2 cups **BOURBON WHISKEY**. Infuse overnight. Makes enough for 24 **ROSEMARY-SPIKED TEAS**, recipe *opposite*.



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MELON-INFUSED VODKA

Add 1 cup chopped **CANTALOUPE** or **HONEYDEW MELON** to 2 cups **VODKA**. Infuse overnight. Makes enough for 32 **MELON BALLERS**, recipe *opposite*.



←

VANILLA-INFUSED WINE

Add 1 **VANILLA BEAN**, split lengthwise, to 2 cups **DRY WHITE WINE**, such as Sauvignon Blanc or Chardonnay. Infuse overnight. Remove vanilla bean before using. Makes enough for 10 **ORANGE SHERBET COOLERS**, recipe *opposite*.

FROOT LOOPS-INFUSED RUM

Add $\frac{3}{4}$ cup **FROOT LOOPS** to 1½ cups **WHITE RUM**. Infuse at least 4 hours or up to 12 hours. Makes enough for 16 **LOOPY NOGGINS**, recipe *page 53*.

**CLOVE-INFUSED BRANDY**

Add 10 **WHOLE CLOVES** to 2 cups **BRANDY**. Infuse overnight. Makes enough for 10 **HOT BUTTERED BRANDY** drinks, recipe *page 53*.

MEXICAN-
STYLE
BLOOD Mary



The slightly sweet, almost maple taste of smoky bacon pairs well with tequila. For another delicious drink, add Bacon-Infused Tequila to apple cider and sweeten with a bit of maple syrup.

Prep: 5 minutes | Serves 1

Hy-Vee chili powder

½ cup Hy-Vee vegetable juice

1½ ounces Bacon-Infused Tequila,
recipe page 50

1½ tablespoons Hy-Vee

Worcestershire sauce

1 tablespoon fresh lime juice

½ teaspoon bottled hot

pepper sauce

Dash celery salt

Dash bitters

Ice cubes

1 celery stalk

1 lime slice

1 slice Hy-Vee bacon, crisp-cooked

1. Rim a chilled glass with chili powder; set aside.

2. In a cocktail shaker, combine vegetable juice, infused tequila, Worcestershire sauce, lime juice, hot pepper sauce, celery salt and bitters. Fill with ice cubes. Lightly shake and strain into rimmed glass.

3. If desired, garnish with celery stalk, lime and bacon.

H O T B U T T E R E D B R A N D Y

Prep: 15 minutes | Serves 4

½ cup Hy-Vee unsalted butter,
softened**½ cup** packed Hy-Vee dark
brown sugar**1 teaspoon** finely grated
orange zest**¾ teaspoon** Hy-Vee
ground cinnamon**¾ teaspoon** Hy-Vee
ground ginger**½ teaspoon** Hy-Vee
ground nutmeg**6 ounces** Clove-Infused
Brandy, recipe page 51**3 cups** boiling water, divided

Whipped cream, optional

Caramel candy, for garnish

- For spiced butter, beat butter, brown sugar, orange zest, cinnamon, ginger and nutmeg with electric mixer until all are combined.
- In each of four heatproof glasses, combine 2 tablespoons spiced butter and 3 tablespoons infused brandy. Add $\frac{3}{4}$ cup boiling water to each glass, stirring to combine. If desired, top each drink with whipped cream and garnish with caramel candy.


↑
**L O O P Y
N O G G I N**
Prep: 20 minutes | Chill: overnight |
Serves 15 (6 ounces each)**10 cups** refrigerated nonalcoholic
eggnog***1 teaspoon** orange zest**½ teaspoon** Hy-Vee ground nutmeg

Crushed and whole Fruit Loops cereal

1½ cups Froot Loops-Infused Rum,
recipe page 51

1. Combine eggnog, orange zest and nutmeg. Stir in infused rum. Cover and chill overnight to blend flavors.

2. If desired, rim martini glasses with crushed Froot Loops. To serve, pour infused eggnog into glasses. If desired, top with whole Froot Loops.

***Note:** Find the Homemade Eggnog recipe with Citrus Eggnog variation at www.hy-vee.com/recipes.

SLOW & TENDER



CHUCK ROAST, RUMP ROAST, SHORT RIBS AND OTHER LEAN AND LESS-TENDER BEEF CUTS BECOME MELTINGLY TENDER AFTER A LONG, LAZY STINT IN A SLOW COOKER. WHEN PAIRED WITH VEGGIES, HERBS AND RICH SAVORY SAUCES, THESE MEATS DELIVER COMPLEX MIXES OF IRRESISTIBLE AROMAS AND TASTES.

WORDS Lois White PHOTOS Cameron Sadeghpour

On a crisp, cool autumn day you may intensely crave pot roast—your desire so strong you can almost taste the fork-tender, juicy meat in your mouth. What's even better is knowing that you can rely on the convenience of your slow cooker to master the meal.

Though not as naturally tender as premium cuts, budget-friendly meats such as brisket, chuck or rump roast, short ribs or round steak are your best choices for the slow cooker. They become so tender when cooked, you'll be able to pull the meat apart with a fork. Do the easy prep work ahead, then let the meat cook gently in a fragrant broth all day while you're away.

MEAT BECOMES TENDER

A slow cooker is one of your best kitchen tools for tenderizing meat. Slow cooking works well because all meat consists of protein-laden muscle, plus fat and connective tissue. The gentle heat of a cooker gradually relaxes and softens muscle fibers while also melting any fat and collagen in the meat. This makes every bite fork-tender. At the same time, flavors of the ingredients intermingle to add rich, robust characteristics to the dish.

FLAVOR ENHANCEMENTS

To build the flavor foundation in a roast, brown it before placing it in a slow cooker. Browning caramelizes natural sugars and adds color and flavor to meat. During browning, some roast juices and drippings form deposits that stick to the skillet. It's well worth your time to boil a little broth or wine in the skillet and scrape up the pan deposits, a step known as deglazing. Adding this intensified liquid to the meat enhances its flavor. Increase flavor even more with a squeeze of citrus juice or a scattering of chopped fresh herbs just before serving. Some cooks brown the meat under a broiler as a last step for a crisper exterior.

Serve a side dish with the slow-cooked meat to offer flavor and contrasting texture. Pick a side best suited to your dinner and get ready for raves from your guests. See ideas in "Make it a Meal," page 58. While Asiago Whipped Potatoes pair well with any roast, Hot Buttered Parmesan Noodles offer a great companion for saucy braises. A lighter dish, Arugula-Orzo Salad, complements the robust beefy flavors of short ribs. Almond-Apricot Rice Pilaf adds delightful texture and fruity flavors to any type of beef prepared with Asian flavors.

TOKYO POT ROAST

THIS CLASSIC JAPANESE RECIPE,
CALLED NIKUJAGA, IS A HOMEY
ASIAN TAKE ON ENGLISH POT ROAST.

SEE RECIPE PAGE 58

SERVE WITH
Almond-Apricot
Rice Pilaf
SEE PAGE 58



BEER-BRAISED SHORT RIBS

BEER ACTS AS AN IDEAL MEDIUM FOR SLOW COOKING SHORT RIBS BECAUSE THE LIQUID SIMMERS INTO A RICH GRAVY WHILE MARINATING THE MEAT IN A SWEETLY HOPPY BROTH.

SEE RECIPE, PAGE 58

SERVE WITH
Arugula-Orzo Salad
SEE PAGE 58

THE BEST BEEF STROGANOFF

THIS CREAMY RECIPE EMPLOYS A COUPLE OF TRICKS: SEARING THE CHOPPED RUMP ROAST ADDS COLOR AND FLAVOR, WHILE ADDING DILL AT THE END BRIGHTENS THE DISH WITH A FRESH HERBAL AROMA.

Prep: 15 minutes | Cook: 4 to 5 hours (low) | Serves 6

1½ pounds beef rump roast
½ teaspoon kosher salt
¼ teaspoon Hy-Vee ground black pepper
2 tablespoons Hy-Vee all-purpose flour
2 teaspoons Hy-Vee Select extra-virgin olive oil
½ cup Hy-Vee beef broth
2 cloves garlic, minced
2 tablespoons Hy-Vee paprika
2 tablespoons dry white wine, optional
2 cups button mushrooms
1 medium onion, chopped
Additional kosher salt and
Hy-Vee black pepper, to taste
1 (8-ounce) container Hy-Vee sour cream
2 teaspoons Hy-Vee Dijon mustard
3 tablespoons chopped fresh dill
Hot Buttered Parmesan Noodles, recipe page 58

1. Trim fat from meat. Cut meat into chunks. In a large bowl, season meat with salt and pepper. Add flour and toss to coat.

2. In a large skillet, heat oil over medium heat. Brown meat on all sides in hot oil. Place meat in a 3½- or 4-quart slow cooker. Add broth to skillet; bring to boiling, stirring constantly to scrape up any crusty browned bits from bottom of skillet. Stir in garlic, paprika and, if desired, wine. Pour broth mixture over meat in cooker.
3. Add mushrooms and onion. Season to taste with salt and pepper. Cover and cook on low-heat setting for 4 to 5 hours or until meat is tender. Using a slotted spoon, transfer meat mixture to a bowl; cover and keep warm.
4. Add sour cream and mustard to liquid in slow cooker. Cover and cook on low-heat setting for 5 minutes. Pour sauce over meat mixture. Sprinkle with dill. Serve with Hot Buttered Parmesan Noodles.

Nutrition facts per serving: 340 calories, 20 g fat, 10 g saturated fat, 0 g trans fat, 85 mg cholesterol, 350 mg sodium, 8 g carbohydrates, 2 g fiber, 4 g sugar, 26 g protein. Daily values: 30% vitamin A, 6% vitamin C, 8% calcium, 15% iron.

SERVE WITH
Hot Buttered
Parmesan Noodles
SEE PAGE 58





TOKYO POT ROAST

THE DISTINCT FLAVOR IN THIS DISH COMES FROM A COMBINATION OF SOY SAUCE, GREEN ONIONS AND FRESH GINGER.

Prep: 30 minutes | Cook: 7 to 8 hours (low) or 3 to 4 hours (high) | Serves 6

1 (2-pound) boneless beef chuck roast
4 medium russet potatoes, peeled
3 medium carrots, peeled and chopped
1 yellow onion, chopped
1 ounce dried shiitake mushrooms, rinsed
1 cup water
½ cup sake or dry white wine
½ cup Hy-Vee low-sodium soy sauce
¼ cup Hy-Vee sugar
2 tablespoons fish sauce
1 tablespoons grated fresh ginger
½ teaspoon kosher salt
1 cup packed baby spinach leaves
Curly green onion tops, for garnish
Almond-Apricot Rice Pilaf, recipe *right*

1. Trim fat from meat. Cut roast into large chunks.
2. In a 4- to 6-quart slow cooker, combine meat, potatoes, carrots, onion, mushrooms, water, sake, soy sauce, sugar, fish sauce, ginger and salt. Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3 to 4 hours or until meat and potatoes are tender.

3. Skim fat from broth. Use two forks to pull beef and potatoes apart into bite-size pieces. Stir in spinach. If desired, garnish with green onions. Serve with Almond-Apricot Rice Pilaf.

Nutrition facts per serving: 410 calories, 7 g fat, 2.5 g saturated fat, 0 g trans fat, 100 mg cholesterol, 1,260 mg sodium, 44 g carbohydrates, 5 g fiber, 13 g sugar, 39 g protein. Daily values: 110% vitamin A, 30% vitamin C, 8% calcium, 30% iron.



BEER-BRAISED SHORT RIBS

AFTER A FEW HOURS IN THE SLOW COOKER, THE MEAT WILL FALL OFF THE BONE AND BE RICHLY FLAVORED BY THE STOUT BEER.

Prep: 20 minutes | Cook: 11 to 12 hours (low) or 5½ to 6 hours (high) | Serves 5

5 pounds beef short ribs
2 cups Hy-Vee beef broth
1 (12-ounce) bottle stout beer
1 medium onion, chopped
½ cup Hy-Vee steak sauce
¼ cup Hy-Vee stone-ground mustard
1 tablespoon prepared horseradish
1 teaspoon Hy-Vee dried thyme, crushed
½ teaspoon Hy-Vee salt
1 cup packed arugula leaves
Arugula-Orzo Salad, recipe *right*

1. Place ribs in a 5- to 6-quart slow cooker. Add broth, beer, onion, steak sauce, mustard, horseradish, thyme and salt.
2. Cover and cook on low-heat setting for 11 to 12 hours or on high-heat setting for 5½ to 6 hours or until meat is tender.
3. Using a slotted spoon, transfer ribs and onion to a platter; cover to keep warm. Skim fat from cooking liquid; spoon juices over ribs. Top with arugula. Serve with Arugula-Orzo Salad.

Nutrition facts per serving: 860 calories, 46 g fat, 20 g saturated fat, 0 g trans fat, 270 mg cholesterol, 1,420 mg sodium, 12 g carbohydrates, 1 g fiber, 7 g sugar, 88 g protein. Daily values: 2% vitamin A, 20% vitamin C, 6% calcium, 60% iron.

MAKE IT A MEAL

COMPLETE YOUR SLOW-COOKED SUPPER WITH ONE OF THESE SPEEDY SIDES.

Find full recipes at www.hy-vee.com/recipes



ALMOND-APRICOT RICE PILAF

Prepare rice pilaf, then stir in slivered almonds and chopped apricots. Top with fresh thyme.

ARUGULA-ORZO SALAD

Prepare orzo according to package directions. Cook onion and garlic in a skillet; remove from heat and add orzo and spinach. Dress salad with purchased vinaigrette to taste.

ASIAGO WHIPPED POTATOES

Prepare mashed russet potatoes with whole milk, butter and sour cream, then stir in shredded Asiago cheese and top with snipped fresh chives.

BROCCOLI, BACON AND MUSHROOMS

Cook broccoli florets in salted boiling water until tender. Cook small cremini mushrooms and chopped bacon in a skillet until bacon is crispy. Drain fat and stir in florets.

HOT BUTTERED PARMESAN NOODLES

Prepare dried egg noodles in a pot, according to package directions; drain and return to pot. Toss with butter, Parmesan cheese and chopped parsley.

SWEET POTATOES WITH PEAS

Prepare mashed sweet potatoes with butter and brown sugar, then stir in fresh cooked peas.

GRANDMA'S POT ROAST

WHEN PREPARING THE CHUCK FOR THIS CLASSIC RECIPE, TRIM AWAY ANY EXTERNAL FAT. PLENTIFUL MARBLING MAKES THE MEAT JUICY AND FALL-APART TENDER WHEN COOKED.

Prep 30 minutes | Cook: 8 to 9 hours (low) or 4 to 5 hours (high) | Serves 12

1 (4-pound) boneless beef chuck roast

1 teaspoon kosher salt

¾ teaspoon Hy-Vee black pepper

3 tablespoons Hy-Vee vegetable oil

½ cup Hy-Vee all-purpose flour

2 tablespoons Hy-Vee tomato paste

2 cups Hy-Vee beef or chicken broth

1 tablespoon Hy-Vee Worcestershire sauce

8 medium carrots, peeled and cut into large chunks

4 large celery ribs, chopped

3 medium onions, quartered

6 cloves garlic, minced

4 fresh thyme sprigs

2 Hy-Vee bay leaves

Asiago Whipped Potatoes, recipe opposite

1. Trim fat from roast; season with salt and pepper. In a skillet, heat oil over medium-high heat. Cook meat in oil until browned on all sides. Transfer to a 4- to 6-quart slow cooker.

2. Add flour to skillet; cook and stir for 1 minute. Add tomato paste; cook 1 minute more. Add broth and Worcestershire sauce. Bring

to broiling; stirring constantly to break up any crusty browned bits from bottom of skillet.

3. Pour broth mixture over meat in cooker. Add carrots, celery, onions, garlic, thyme and bay leaves to slow cooker. Cover and cook on low-heat setting for 8 to 9 hours or high-heat setting for 4 to 5 hours or until meat is fork-tender. Discard thyme and bay leaves before serving. Serve with Asiago Whipped Potatoes.

Nutrition facts per serving: 400 calories, 15 g fat, 4.5 g saturated fat, 0 g trans fat, 155 mg cholesterol, 440 mg sodium, 11 g carbohydrates, 2 g fiber, 5 g sugar, 54 g protein. Daily values: 140% vitamin A, 10% vitamin C, 6% calcium, 30% iron.

SERVE WITH
Asiago Whipped
Potatoes
SEE PAGE 58





APPLES

Some apples are sugary sweet, others so tart they make you pucker. That's the beauty of the ever-expanding choices of apples. With more juicy, crunchy varieties available every year, you'll find whatever you want in an apple.

WORDS Diana McMillen PHOTOS Tobin Bennett

She first apple of the season teases with a welcome crunch and a splash of sweet-tart juice. People love the taste of this perennial favorite. But there's more to the versatile apple than eating it out of hand. Baking starts with Granny Smith apples, but doesn't end there. Experiment with other varieties for pies, cobblers and buckles. Help salad get beyond lettuce and tomato by slicing apples into it. Rediscover applesauce by making your own using a grab bag of varieties. And every pork dish goes better with a few apples cooked into it.

Apple orchards can be found in all eight Hy-Vee states. Red Delicious are a natural to raise in the Midwest; the first one was spotted on a Peru, Iowa, farm in 1875. Honeycrisp apples joined the regional club when they were cultivated at the University of Minnesota and introduced for commercial growers in 1991. Other popular varieties grown in the region include Gala, Jazz, Jonagold, Ambrosia and more.

Some of the region's orchards are directed by fifth- and sixth-generation farmers. Many sell their harvests through Hy-Vee's Homegrown program, which is like browsing a farmers' market but with a lot more variety. Look for the "Homegrown" sign marking locally-grown fruits and vegetables in the Produce Department. Most come from farms that are within 100 miles of the stores where it is sold.

At the four Hy-Vee stores in Sioux City, Iowa, shoppers take advantage of fresh-picked apples from Small's Fruit Farm. Trucked to stores within a 65-mile radius, the crop comes from fifth-generation apple grower Jim Small. Hungry connoisseurs look for the farm's Jonagold, Golden Delicious, Red Delicious and Granny Smith varieties, which are often delivered by Jim's son, Trevor.

At the Smalls' farm just outside Mondamin, Iowa, in the scenic Loess Hills of western Iowa, apple production is a family affair. Jim and his wife, Renee, tend 28 varieties of apples on 33 acres overlooking the Missouri River Valley. Picking starts in late June and continues into November as each variety ripens. "When I'm picking Pink Lady apples, I know I'm done for the season," Jim says.

Jim's great-great-grandfather started the farm in 1894 after tasting phenomenal apples on a visit to the area. He returned, bought land and planted his first orchard. When the big freeze of 1940 took out all the apple trees, Jim's grandfather replanted, and other apple farmers switched to row crops. Today the Smalls' fruit farm is the last orchard in Harrison County.

In addition to long rows of trees, the farm includes a pie parlor, cider shed and you-pick orchards. See the farm's website at www.smallsfruitfarm.com

Growing up on an apple farm has its advantages. "I remember getting off the school bus and going to get a caramel apple each day," says Jim. When it came time to launch a career, going into business with his dad made sense. "It was the only thing I knew how to do, so I stuck with it," Jim says.

Each generation of Smalls plants new apple varieties based on customer preference. Today's bestsellers, such as Gala, are good for eating and cooking. Offering a contrast to current favorites, five trees in the orchard grow Grimes Golden, a sweeter antique apple that only a few people buy every year.

There's nothing last-minute about growing apple trees. The semidwarf trees on Jim's land take five to six years to grow and 10 years before they're in full production. So before he plants, Jim talks with other Midwest growers to better guess what customers might want.

One thing apple lovers agree on is that they want apples year-round. That's not possible if limited to only apples grown in the Midwest. But Hy-Vee produce managers have you covered. Conditions are always ideal somewhere in the world, so Hy-Vee imports fruit to keep customers supplied. Apples carry stickers identifying countries of origin.

All this care is worth it because it guarantees healthful fruit. As Andrea Erickson, store dietitian at Hy-Vee in Madison, Wisconsin, likes to remind customers, "As the old adage goes, 'An apple a day keeps the doctor away.' This is true due to the soluble fiber in the meat of apples." Fiber improves blood cholesterol, helps stabilize blood sugar and keeps a person feeling full, Andrea says. Plus, the potassium in the fruit aids in controlling heart activity while insoluble fiber in the apple skin helps cleanse colons.

Every grower has favorite apples. For pie, Jim likes Golden Delicious and Jonagold. For apple crisp, Renee uses Golden Delicious. "I pour milk or half-and-half over my apple crisp," adds Jim. "When I was young it was cream."

If ideas from the Smalls don't entice you, make the ginormous pie, *left*, which was prepared with Braeburn and Granny Smith apples. Each bite is a sweet experience. See the recipe for Crazy-Good Apple Pie, page 63.



THE APPLESEED LEGEND

Apple lore lives on in drawings of a barefoot man wearing a tin hat and carrying a buckskin pouch filled with apple seeds. The real man was John Chapman, who you probably know as Johnny Appleseed. Born in 1774, he was a nurseryman, known for his generosity, conservation practices and belief in the Swedenborgian sect of Christianity. He traveled through Pennsylvania, Ohio, Indiana and Illinois planting apple trees along the way, often in nurseries that he returned to tend.

These weren't the sweet apples we yearn for in fall, but small, tart cider apples for baking, applesauce and beverage. Johnny Appleseed died in Fort Wayne, Indiana, in 1845. It's said his last apple tree still stands in Nova, Ohio.

STONE'S APPLE BARN



Take a video tour through the orchard at Stone's Apple Barn. Owner Vincent Stone Bull is your guide.



MAKING THE MOST OF APPLES

HERE ARE RECOMMENDED USES FOR POPULAR APPLE VARIETIES. TRY A MIXTURE OF APPLE TYPES IN A RECIPE FOR VARIETY.

	SNACKING	SALADS	PIES	SAUCE	BAKING
AMBROSIA	x	x			x
BRAEBURN			x	x	x
FUJI	x	x		x	x
GALA	x	x		x	x
GOLDEN DELICIOUS	x	x			x
GRANNY SMITH		x	x		x
HONEYCRISP	x	x	x		x
JAZZ	x	x	x	x	x
JONAGOLD	x	x		x	
PACIFIC ROSE	x	x	x	x	
PINK LADY	x			x	x
RED DELICIOUS	x	x			

Choose apples that feel firm, smooth and heavy for their size with no soft or brown spots. Apples like cold and humidity, so store them in the coldest part of the fridge in an open bag. Mix and match flavors and textures to achieve your ideal combination in apple dishes. To core apples, cut them into quarters and use a paring knife to remove the stem and seeds. Cut apples will oxidize quickly; a squeeze of lemon juice over sliced apples prevents them from browning.

CRAZY-GOOD APPLE PIE À LA MODE

Create your best-ever homemade apple pie by tucking a blend of Braeburn and Granny Smith apples into a flaky cornmeal crust.

Prep: 1 hour | Bake: 1½ hours | Serves 8

Filling

½ cup Hy-Vee granulated sugar
½ cup packed Hy-Vee brown sugar
½ cup Hy-Vee all-purpose flour
¾ teaspoon Hy-Vee ground cinnamon
¼ teaspoon Hy-Vee salt
¼ teaspoon Hy-Vee ground nutmeg
6 medium Granny Smith apples (about 2½ pounds)
6 medium Braeburn apples (about 2¼ pounds)

Cornmeal Crust

2½ cups Hy-Vee all-purpose flour
¼ cup yellow cornmeal
2 tablespoons Hy-Vee granulated sugar
¾ teaspoon Hy-Vee salt
½ cup Hy-Vee shortening
½ cup cold Hy-Vee butter, cut into ½-inch pieces
8 to 10 tablespoons apple cider, chilled

Topping

Whipping cream, optional
Additional Hy-Vee granulated sugar, optional
Additional Hy-Vee ground cinnamon, optional

Cider Sauce

4 cups plus 1 tablespoon apple cider, divided
3¼-inch-long piece cinnamon stick
1 tablespoon Hy-Vee cornstarch
3 tablespoons Hy-Vee butter, cut into ¼-inch pieces

Hy-Vee vanilla ice cream or Hy-Vee Select vanilla gelato

1. For filling, in a large bowl, stir together granulated sugar, brown sugar, flour, cinnamon, salt and nutmeg. Peel and core apples; cut into ¼-inch-thick slices. Add apples to sugar mixture. Let stand for 30 minutes, stirring occasionally.

2. For cornmeal crust, in a large bowl, stir together flour, cornmeal, sugar and salt. Using a pastry blender, cut in shortening and butter until pieces are pea-size. Sprinkle 1 tablespoon apple cider over part of flour mixture; toss gently with a fork. Push moistened dough to side of bowl. Repeat with additional cider, 1 tablespoon at a time, until all of the flour mixture is moistened. Gather dough into a ball, kneading gently until it holds together. Divide dough in half. Wrap one portion in plastic wrap and place in refrigerator.

3. Preheat oven to 375°F.

4. On a lightly floured surface, slightly flatten remaining portion of dough. Roll dough from center to edge into a circle about 12 inches in diameter. Wrap pastry circle around the rolling pin. Unroll into a 9-inch pie plate. Ease pastry into pie plate without stretching it. Transfer apple filling to pastry-lined plate, mounding apples. Trim pastry to edge of pie plate.

5. Roll remaining dough portion into a 12-inch circle. Place pastry circle on filling; trim pastry to ½ inch beyond edge of pie plate. Fold top pastry edge under bottom pastry. Crimp edge as desired. Cut slits in

pastry to allow steam to escape. If desired, brush top crust with heavy whipping cream and sprinkle with additional sugar and cinnamon. Cover edge of pie with foil to prevent overbrowning. Place pie on baking sheet.

6. Bake for 15 minutes. Reduce oven temperature to 350°F. Continue to bake for 1 hour, 15 minutes more or until crust is golden brown. Cool on a wire rack. To serve warm, let pie cool at least 2 hours.

7. Meanwhile, for cider sauce, in a large skillet, bring 4 cups cider and cinnamon sticks to boiling. Gently boil about 15 minutes or until reduced to 1½ cups. In a small bowl, combine cornstarch and 1 tablespoon cider. Whisk into cider; cook over high heat for 2 minutes or until thick and bubbly. Whisk in butter, 1 tablespoon at a time, until well combined. Cook sauce for 2 to 3 minutes more or until desired consistency. Cool slightly.

8. Serve pie with vanilla ice cream, if desired. Drizzle cider sauce on top.

9. To store, cover pie and store at room temperature for up to 24 hours or in the refrigerator for up to 2 days.

Nutrition facts per serving: 760 calories, 29 g fat, 13 g saturated fat, 0.5 g trans fat, 40 mg cholesterol, 320 mg sodium, 123 g carbohydrates, 8 g fiber, 73 g sugar, 6 g protein. Daily Values: 15% vitamin A, 20% vitamin C, 4% calcium, 15% iron.



CHOOSE FROM THESE INCREDIBLE APPLE VARIETIES AT YOUR HY-VEE STORE. TEXTURE AND FLAVORS VARY FROM CRISP AND TART TO SOFT AND SWEET.

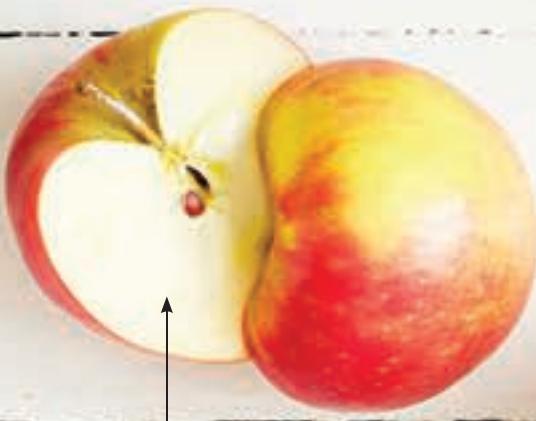
PACIFIC ROSE

A distinctive
rosy-red
fruit from
Washington,
it's crisp and
refreshing.



GRANNY SMITH

This Washington green
is extremely tart, crisp
and juicy. It adds a
refreshing crunch
to apple dishes.

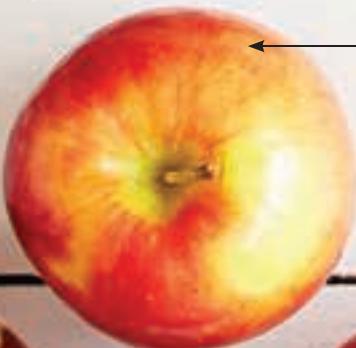


HONEYCRISP

Developed at the University
of Minnesota, where it
thrived in the northern
climate, Honeycrisp is every
bit as sweet and firm as the
name suggests. It has bright
red and pale green outer skin
and a cream-color crisp, yet
juicy inner flesh.

BRAEBURN

Another variety
from Washington,
this one is
aromatic, juicy
and crisp.



JAZZ

Introduced internationally
in 2001, this apple is
refreshingly crisp with a
crunchy and sweet juicy
bite. It holds its shape well
for pies and maintains a
lively flavor.



JONAGOLD

Cross Jonathan and
Golden Delicious apples,
and you get Jonagold.
Originating in Geneva,
New York, it's crisp,
sweet and aromatic with
honeylike flavor notes.



RED DELICIOUS

America's favorite snacking apple hails from Peru, Iowa. The bright red fruit is crunchy with a mildly sweet flavor and only a few notes of acidity.

GOLDEN DELICIOUS

This all-purpose apple originates from Clay County, West Virginia. It's mellow, sweet and crisp with a silky texture.

FUJI

Developed in Japan, this one is crisp. It's very juicy with a sugary sweet flavor resembling that of freshly pressed apple juice.

PINK LADY

This Australian apple has an attractive pink blush and is noted for its crisp texture and tangy-sweet flavor.

GALA

Introduced in the United States in the 1970s, this pale golden yellow apple has pinkish-orange stripes and blush skin. It tastes mildly sweet and vanillalike and has a floral aroma.

AMBROSIA

This Canadian variety is similar to Golden Delicious—slightly crisp and juicy with a mild sweetness. It oxidizes slowly so its flesh stays white longer than those of other sliced apples.

APPLE CORN BREAD-STUFFED PORK CHOPS

The mild flavor and juicy flesh of Fuji or Honeycrisp apples lend a note of sweetness to this savory stuffing, while toasted corn bread and crisp bacon add a pleasing texture. Freshly made corn bread from a Hy-Vee bakery can be cubed and dried ahead of time for use in the stuffing.

Prep: 45 minutes | Drying: 2 hours | Bake: 35 to 40 minutes | Rest: 10 minutes | Serves 4

8 ounces prepared Hy-Vee Bakery corn bread

5 slices Hy-Vee bacon

2 cups finely chopped Fuji or Honeycrisp apples

1 cup chopped onion

½ cup chopped celery

2 tablespoons chopped fresh parsley

1 teaspoon chopped fresh sage

1½ teaspoons kosher salt, divided

¾ teaspoon Hy-Vee black pepper, divided

¼ cup shredded aged white cheddar cheese

½ to ⅔ cup Hy-Vee apple juice

4 thick-cut, bone-in pork loin chops (about 3 pounds)

1. Preheat oven to 200°F. Place a wire rack in a baking pan; set aside.
2. Cut corn bread into small cubes. Transfer cubes to wire rack in pan. Bake, uncovered, for 2 hours or until cubes are crisp. Let cool; set aside.
3. In a large skillet, cook bacon until crisp. Transfer bacon to a plate lined with paper towels; set aside. Remove and reserve drippings.
4. For stuffing, in same large skillet, add 1 tablespoon bacon drippings. Add apples, onion, celery, parsley, sage, 1 teaspoon salt and ½ teaspoon pepper. Cook for 5 minutes or until apples, onion and celery soften. Remove from heat and cool slightly. Transfer to a medium bowl. Crumble bacon and add to bowl. Toss in dried corn bread cubes and cheese. Drizzle with enough apple juice to moisten, tossing lightly to combine; set aside.
5. Trim fat from meat. Make a pocket in each pork chop by cutting horizontally from fat side almost to bone or opposite side. Spoon apple stuffing into pockets.

Season outside of chops with remaining salt and pepper. Transfer the remaining stuffing to a 1-quart casserole.

6. Preheat oven to 375°F. In the same skillet, heat 1 tablespoon reserved bacon drippings over medium-high heat. Cook pork chops until lightly browned on each side. Transfer chops to a baking pan. Bake, uncovered, for 35 to 40 minutes or until internal temperature of thickest part of pork chop registers 145°F. Remove from oven; cover with foil and let rest for 10 minutes before serving. Bake stuffing in a casserole alongside chops during the last 30 minutes of baking. Serve with chops.

Nutrition facts per serving: 780 calories, 35 g fat, 13 g saturated fat, 0 g trans fat, 220 mg cholesterol, 1,460 mg sodium, 52 g carbohydrates, 5 g fiber, 24 g sugar, 63 g protein. Daily values: 10% vitamin A, 15% vitamin C, 25% calcium, 20% iron.



Complementary Mates

The marriage of apples and pork forms a glorious flavor combo. Tender, juicy apples provide sweet and tart notes that pair deliciously with mildly flavored pork. The apples also add moisture, if cooked with the pork. Some say the centuries-old pairing started because farmers, prior to refrigeration, butchered pigs in the fall to smoke meat for winter. Then they ate fresh meat just as the apples were ripe.



CRUNCHY APPLE AND FENNEL SLAW

This autumn salad partners well with roasted or grilled meats. Also try this slaw on a juicy burger topped with blue cheese.

Prep: 20 minutes | Cook: 15 minutes | Serves 6

2½ tablespoons Hy-Vee apple cider vinegar

1½ tablespoons chopped fresh tarragon

2 teaspoons fresh lemon juice

3 tablespoons Hy-Vee Select olive oil

2 small fennel bulbs

2 firm, crisp eating apples, such as Pink Lady,

Jazz or Gala, cored

Kosher salt and Hy-Vee black pepper, to taste

1. For apple vinaigrette, in a medium bowl, whisk together cider vinegar, tarragon and lemon juice. Slowly whisk in olive oil; set aside.

2. Trim stalks from fennel; cut bulbs into thin strips and chop enough fronds for 1 tablespoon. Add fennel strips and fronds to dressing. Cut apples into julienne strips; toss with dressing. Season to taste with salt and pepper.

Nutrition facts per serving: 120 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 40 mg sodium, 15 g carbohydrates, 4 g fiber, 9 g sugar, 1 g protein. Daily values: 15% vitamin A, 20% vitamin C, 4% calcium, 4% iron.



UPSIDE-DOWN CARAMEL-APPLE MUFFINS

Apples sautéed in butter and brown sugar caramelize beautifully as they bake beneath an applesauce-enriched muffin batter. As a result, the sugary fruit becomes a glistening crown.

Prep: about 45 minutes | Bake: 15 to 20 minutes |

Cool: 5 minutes | Serves 12

3 baking apples, peeled, cored and sliced

1 cup packed Hy-Vee dark brown sugar, divided

½ cup plus ¾ cup Hy-Vee butter, divided

Dash plus ⅛ teaspoon Hy-Vee salt, divided

½ cup Hy-Vee chopped walnuts, toasted

1½ cups Hy-Vee all-purpose flour

1 teaspoon Hy-Vee baking powder

¾ teaspoon apple pie spice
¼ teaspoon Hy-Vee baking soda
¾ cup Homemade Spiced Applesauce (see recipe, page 13) or Hy-Vee applesauce
3 tablespoons Hy-Vee buttermilk
1 Hy-Vee large egg, lightly beaten
¾ teaspoon Hy-Vee vanilla extract

1. Preheat oven to 375°F. Generously grease a 12-cup muffin pan; set aside.
2. In a large skillet, stir together apples, ½ cup brown sugar, ½ cup butter and dash salt. Cook over medium-high heat for 30 minutes or until sauce is a syrupy consistency, stirring occasionally. Stir in walnuts. Divide among prepared muffin cups; set aside.
3. Meanwhile, in a large bowl, whisk together flour, remaining ½ cup brown sugar, baking powder, apple pie spice, baking soda and remaining ⅛ teaspoon salt. Make a well in center; set aside.

4. Place remaining ¾ cup butter in a medium microwave-safe bowl. Cover and microwave on HIGH for 1 minute or until butter is melted. Stir in applesauce, buttermilk, egg and vanilla. Add all at once to flour mixture. Stir just until moistened (batter should be lumpy).

5. Spoon batter over apple mixture in muffin cups. Bake for 15 to 20 minutes or until a wooden toothpick inserted in centers of muffins comes out clean. Cool in muffin cups on a wire rack for 5 minutes. Use a knife to loosen edges of muffin. Invert muffin pan onto a serving platter.

Nutrition facts per serving: 360 calories, 23 g fat, 13 g saturated fat, 1g trans fat, 65 mg cholesterol, 115 mg sodium, 37 g carbohydrates, 2 g fiber, 22 g sugar, 3 g protein. Daily values: 15% vitamin A, 4% vitamin C, 4% calcium, 6% iron.

APPLAUSE FOR APPLESAUCE!

A freshly made batch of Homemade Applesauce, recipe page 13, is so versatile it can be served hot or cold for snacks, breakfast, lunch or dinner. Enjoy the sauce these ways:

- For breakfast, add a spoonful of sauce to oatmeal. Or stir orange zest and chopped pecans into hot applesauce and use it to top French toast or silver dollar pancakes.
- For a quick snack, spread applesauce and peanut butter on toast. Or pair the sauce with Greek yogurt.
- For dinner, serve applesauce with ham, pork or even chicken nuggets. If you're making ribs or pulled pork, stir some of the sauce into barbecue sauce.
- For dessert, use applesauce as a filling for crepes or spoon some over vanilla or caramel ice cream.
- For parties, stir chutney or chopped fresh peas into applesauce to use as a topper for an oven-warmed wheel of Brie cheese.
- Make baked goods more healthful with applesauce. Substitute the sauce for a portion of fat in cakes, quick breads and cakelike bars. Some experimentation will be necessary to find the right balance. Begin by replacing only small amounts of the total fat, making sure to substitute applesauce for less than half of the total fat.



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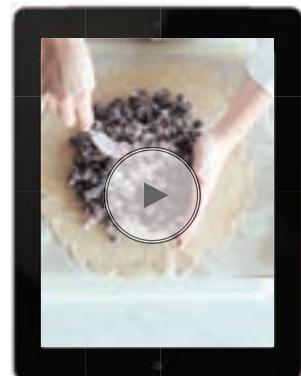
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Holiday cheese sauce

A silky smooth cheese sauce adds a nice depth of flavor to veggies, nachos and even burgers. Making your own sauce from scratch is surprisingly easy, and most any cheese will work—from plain cheddar to nutty Gruyère or kicked-up Pepper Jack. Start with cornstarch-thickened cream as your base. When adding the cheese, remember two key points: Use low heat and stir frequently. Your sauce will come out perfectly smooth every time.

WORDS Carlos Acevedo PHOTOS Tobin Bennett

EASY *Cheese* VEGGIE SAUCE

For the smoothest sauce, shred the cheese and bring it to room temperature before adding it to the thickened cream.

Prep: 15 minutes | Serves 8 ($\frac{1}{4}$ cup each)

2 cups whipping cream
2 teaspoons Hy-Vee cornstarch
8 ounces Soirée Artisan Cheese New
York sharp cheddar or imported Swiss
Gruyère cheese, shredded (2 cups)
1 tablespoon chopped fresh chives
1 teaspoon Hy-Vee Dijon mustard
Hy-Vee crushed red pepper, to taste

1. In a 2-quart saucepan, whisk together cream and cornstarch. Bring to boiling, stirring constantly; reduce heat. Simmer for 3 minutes, stirring constantly.
2. Stir in cheese, $\frac{1}{2}$ cup at a time, until melted and fully incorporated. Remove from heat. Stir in chives, mustard and crushed red pepper. Serve immediately, or cover and let stand up to 1 hour before serving.

Nutrition facts per serving: 320 calories,
31 g fat, 20 g saturated fat,
0.5 g trans fat, 115 mg cholesterol,
220 mg sodium, 3 g carbohydrates,
0 g fiber, 2 g sugar, 8 g protein.

Daily values: 25% vitamin A, 0% vitamin C, 25% calcium, 0% iron.



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- 1 12-in. pre-baked packaged pizza crust
- 1 cup pizza sauce
- 1 1/4 cups shredded mozzarella cheese, divided
- 1/2 cup green pepper, chopped

Pinch ground sausage into dime-sized pieces. Spread sauce over crust; sprinkle with 1 cup cheese. Add Italian Sausage pieces and green pepper. Top with the remaining cheese.

Bake according to crust package directions or until sausage is no longer pink (160°F) and cheese is melted.

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A stack of chocolate-dipped granola bars with candy canes and chocolate drizzle.

Prepare to marvel at the depth of flavors in the tangy wonder of a Cranberry Pot Pie dessert. It's just one of the pleasing recipes in the next issue of *Hy-Vee Seasons*. You'll also discover new ways to prepare Prime Rib Rib Roast and fresh-from-the-sea crab or lobster. For quieter moments, reach for a steaming mug of sweet serenity in the form of our gourmet Hot Chocolate. Dozens of delicious ideas in the upcoming Holiday issue of *Hy-Vee Seasons* are guaranteed to leave you satisfied.

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