

seasons



Grill Out

BRATS, BURGERS,
STEAKS, CHOPS, FISH,
FOWL PLUS VEGGIES
AND YUMMY DESSERTS

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**HOTTEST
WEDDING
TREATS AND
TRENDS**

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**CHEERS TO
COOKING
WITH BEER**

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JUNE 2017

\$4.95

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SUMMER
With *HY-VEE seasons*



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seasons Hy-Vee

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HY-VEE SEASONS
VOLUME 11, ISSUE 3
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Prices effective
May 31, 2017, through
June 27, 2017

(while quantities last).
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Hy-Vee Seasons recipes are tested by the Hy-Vee Test Kitchen food technologists to guarantee that they are reliable, easy to follow and good tasting. 
Please recycle after use.

GET TO KNOW

Impressed by the upgrade of smoking and grilling equipment at the Hy-Vee in Cedar Rapids where he works, Chef Shannon Estelle earned his spot as the store's grill master. If you are hankerin' for good-to-the-bone barbecue, go see Chef Shannon.



One of my favorite words is *more*, as in more pork, beef, chicken, fish or more of just about anything prepared in a smoker. More time smoking over low heat. More marinades, rubs and sauces. More meats smoked that don't require knives because any savory entrée done right simply falls apart when nudged with a fork.

As someone who smokes a lot of meats, I recommend giving pork shoulder or even pork butt a try. But don't hurry it. Some would recommend smoking pork shoulder for 10 hours. Why stop there? For an incredible meal, keep it smoking between 200°F to 225°F for up to 16 hours.

With the return of grilling and smoking season, I'm ready for prime rib on the grill at home, too. My wife's favorite is smoked turkey, though we wonder why people limit turkey to Thanksgiving. The taste when smoked is at least an 11 on a scale from 1 to 10. Smoke a turkey and invite friends over.

A regular customer came in a while back and asked me to smoke a 25-pound turkey for him. He absolutely loved the way it turned out. Every time he sees me, he asks, "What are you smokin' today?" That's my name now, "What are you smokin'?"

Along with smoking meats, I spend time each day in the kitchen chopping fruits and vegetables, preparing side dishes and coming up with new tastes to accompany my entrées. At Hy-Vee, we are always doing our best to develop the incredible spreads relished by our customers.

If you enjoy spending time outdoors, you'll love this issue. Whether you're a seasoned pro or new to barbecue, check out "Backyard BBQ," page 20. Hy-Vee Chef Mark Webster reveals his secrets for the best grilled hamburgers and smoked chicken, plus he offers an introduction to smoking meats. After that, hop aboard "Food Truck Takeover," page 38, where you'll get the first peek at Hy-Vee's new fleet of food trucks. This is the best time of year for picnics, too. Let us help you get the basket ready with "Pack 'n' Go," page 44.

If you or someone you love is getting married soon, don't miss "Sweet Unions," page 50. See how Hy-Vee can help you on the big day with scrumptious desserts and beautiful florals.

Enjoy this issue of *Hy-Vee Seasons*. Seize every delicious moment!

Sincerely,
Shannon Estelle | Johnson Avenue Hy-Vee, Cedar Rapids, Iowa

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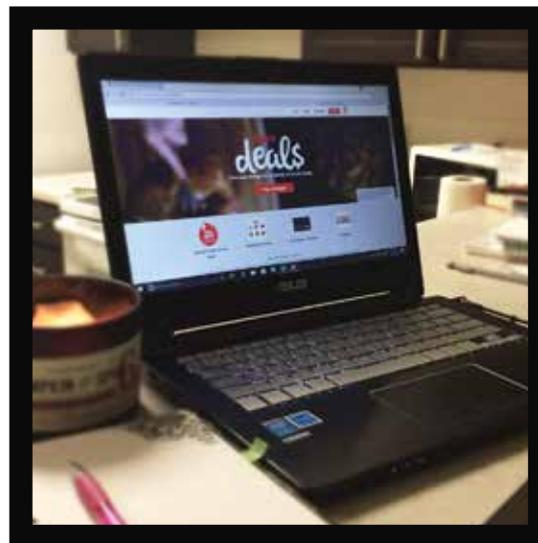
VIDEO

Become a better cook while having fun. Learn helpful kitchen tips by watching Hy-Vee videos at youtube.com/HyVee



OUR FEATURED INSTAGRAM READERS

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



ELIZABETH L. LOGS INTO THIS SITE WITH HER HY-VEE FUEL SAVER + PERKS CARD. IT'S A HANDY WAY TO CLIP DIGITAL COUPONS AND BROWSE DEALS.



LORI T. SPOTTED THESE BRILLIANT TULIPS AT HER LOCAL HY-VEE FLORAL DEPARTMENT. FIND BLOOMS AND ARRANGEMENTS AT YOUR HY-VEE.



JESSICA P. SNAPPED A PERFECT CUT OF BEEF BEFORE IT HITS THE GRILL. CHECK OUT THE STEAKS AND OTHER GRILLABLE MEATS AT THE HY-VEE MEAT DEPARTMENT.



INSTAGRAM

Check out seasonal specials, flourishing florals and see-it/do-it food ideas. instagram.com/HyVee



FOLLOW US

What's trending at Hy-Vee? Maybe it's a chef chat, a Chinese Express megasale or a Fuel Saver special. twitter.com/HyVee



LIKE US

If you don't check our page, you might miss the big summer produce sale and backyard BBQ inspiration. facebook.com/HyVee



PIN US

This is grilling season. Use your grill for burgers, kabobs, steaks and more! pinterest.com/HyVee



WATCH US

See how easy it is to grill salmon, chops, pizza and more on youtube.com/HyVee

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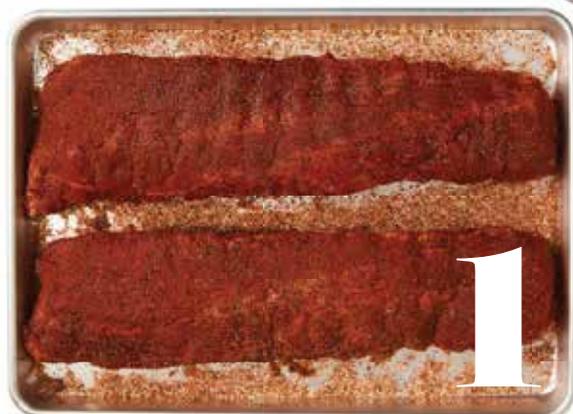


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OVEN-SMOKED RIBS

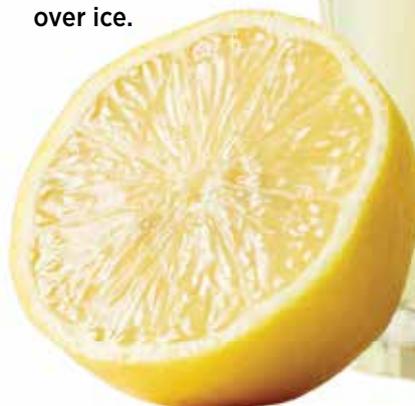
Capture delicious smoky barbecue flavor in your ribs with this easy oven-roasting technique: Add smoked paprika to your spice rub or mix. First, brush liquid smoke on both sides of the ribs, then apply the

spice rub, patting gently to make sure it adheres to the rib meat. Cover and refrigerate the ribs overnight. Roast the ribs in a 325°F oven for 3 hours or until tender.

3

BLENDER LEMONADE

Quarter a lemon; add to a blender with 2 cups water, ½ cup ice cubes and ¼ cup sugar (add more or less for desired sweetness). Cover and blend until smooth. Pour mixture through a strainer to remove seeds and excess peel. Serve over ice.



* Bonus Feature: Learn how to make blender lemonade. Watch the video at youtube.com/HyVee

2. DIY BBQ Spice Grinder

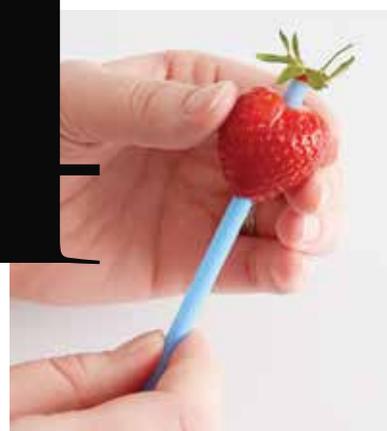
STEP 1: Purchase a refillable salt or pepper grinder from your Hy-Vee store.



STEP 2: Fill the grinder with equal parts peppercorns, Hy-Vee dried thyme, Hy-Vee dried rosemary, whole fennel seed, whole coriander seed and Hy-Vee kosher sea salt.

STEP 3: Grind spices over any type of meat before grilling.

4



HULL STRAWBERRIES IN A SNAP: PUSH A STRAW THROUGH EACH BERRY FROM BOTTOM TO TOP.

Peaches

NOTHING SAYS “SUMMER” LIKE A LUSCIOUS, SWEET RIPE PEACH. SWAP THESE JUICY GEMS FOR STRAWBERRIES ON A SHORTCAKE, OR ADD PEACH HALVES TO THE GRILL AT THE END OF A COOKOUT AND TOP THEM WITH ICE CREAM. OUR FRESH SALSA, *PAGE 8*, IS ANOTHER WAY TO ENJOY THIS LUSH FRUIT.

▶ need to know

SELECT

Look for sweet and tart yellow peaches, sweet white peaches or sweet donut peaches at your Hy-Vee. Select slightly soft fruit with a velvety skin. Avoid green-tinted peaches, which indicates they were picked before they were ripe. Unripe peaches will soften during storage but won't get any sweeter.

STORE

Use ripe peaches as soon as possible. Store peaches on the counter until they're just soft, then in the refrigerator—but not for more than a week or the fruit will become mealy.

NUTRITION

Peaches are a good source of vitamin C, especially when eaten whole with skins on. The fruit also contains vitamin A as well as antioxidants that help support healthy eyes.

One large raw peach has fewer than 70 calories and contains 2 grams of fiber.

Source: Healthnotes

Peach Salsa with Salmon

Total Time 45 minutes

Serves 6

3 ripe peaches, halved and pitted; divided

6 green onions, divided

½ cup chopped red bell pepper

¼ cup finely chopped red onion

¼ cup finely chopped poblano chile pepper

2 Tbsp. Hy-Vee Select olive oil, divided

1 Tbsp. fresh lime juice

1 tsp. Hy-Vee honey

Hy-Vee kosher salt and black pepper, to taste

1 recipe Salmon, below

1 lemon, halved

1. CHOP three peach halves and slice two green onions; combine with bell pepper, red onion and poblano pepper for salsa. Add 1 Tbsp. oil, lime juice, honey, salt and black pepper. Cover; refrigerate until ready to serve.

2. PREPARE Salmon as directed. While salmon is grilling, cut remaining three peach halves into wedges. Lightly brush wedges and remaining green onions with remaining 1 Tbsp. oil; grill with lemon halves 3 minutes or until grill marks form, turning once. Serve salmon with peaches, green onions and lemon halves. Top with salsa.

SALMON: Prepare a charcoal or gas grill for direct cooking over medium-high heat. Lightly brush 1 (1½-lb.) salmon fillet (skin on) with 2 Tbsp. Hy-Vee Select olive oil. Rub with 2 Tbsp. Hy-Vee Hickory House seafood rub. Add two soaked cedar planks to grill; preheat until lightly toasted, turning once. Place salmon, skin side down, on planks. Grill for 15 minutes or until fish begins to flake when tested with a fork.

Per serving:
290 calories, 16 g fat,
3 g saturated fat,
0 g trans fat,
60 mg cholesterol,
150 mg sodium,
12 g carbohydrates, 2 g fiber,
9 g sugar, 24 g protein



* Bonus Feature: Learn how to grill salmon on a cedar plank. Watch the video at youtube.com/HyVee

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Aussie or
Herbal Essences:
select varieties
4.9 to 13.5 fl. oz.
\$2.99



Gillette Mach3
or Venus Razors:
select varieties
1 to 4 ct. \$6.99



Always or
Tampax:
select varieties
20 to 120 ct.
\$5.79



Always Discreet:
select varieties
15 to 66 ct.
\$11.99

GET TO KNOW

BRIAN HOPPE

Title

Wine & Spirits Supervisor

Years at Hy-Vee

20 years

Certification

Certified Cicerone

What jobs you have had at Hy-Vee?

"I started out as a part-timer in college in the Produce Department. Then I moved up to produce full-time, then assistant produce manager and, finally, I was a produce manager. I was also a manager of store operations before moving to Wine & Spirits."

What is the best part of being a cicerone?

"Asking a guy how the beer tastes and having a half-hour conversation."

What's the current buzz about beer?

"People are talking about the way the craft beer industry has exploded in recent years. I need to check daily just to keep up."



Brian Hoppe is one of three certified cicerones working for Hy-Vee Wine & Spirits. He describes his training as both interesting and challenging.

A Career in Beer

LONG BEFORE IT WAS A TREND, BRIAN HOPPE INVESTED IN BECOMING A CERTIFIED CICERONE—A BEER EXPERT.

Q: What is a beer cicerone?

A: Ever heard of a wine sommelier, the wine steward at a restaurant? It's like that, but for beer.

Q: How did you become a cicerone?

A: I went through certification about five years ago and it took quite a while to attain it. At the end, there was a three-hour exam with a portion that was about 140 or 150 short answers, a portion that required essays on things like beer styles, and there was a tasting process that I had to take three times before I passed.

Q: What was the most challenging part?

A: Learning how to explain the tastes of beer. I had to understand the individual aspects of taste and learn how to distinguish some very subtle things in the flavor of beer.

Q: Why is this skill important?

A: It helps you speak to the people you will be working with or just talking with friends, whether it's in a bar, a restaurant or a store. You learn things like how to determine if some off-flavor is an issue of the cleanliness of a glass, an old beer going bad or something else.

Q: What was the best part of certification?

A: Opening my eyes to beers that I might not care for and wouldn't order on my own, like a Hefeweizen, a German wheat beer. I can now speak thoughtfully and mindfully as to why that might be a proper choice for someone else.

Q: What part of the training do you regularly use?

A: The culinary experience of it. The program put an emphasis on food pairings and that's paying off for me now. I'm not selling beer to customers. I'm creating a total experience for them. For instance, most people will have a glass of milk with carrot cake. I recommend eating it with a very hoppy American IPA. Blow somebody's mind with that, and you have a customer for life.

Q: What's your favorite beer?

A: I'm either the best consumer or the worst. I drink beer, but it isn't often that I rebuy an item. I personally enjoy the aroma and citrusy pine aspect of an American IPA. I am also into sours.

Q: It's safe to say you love beer?

A: I truly do, especially craft beers. There is always something new and interesting to try.



IT'S EASY TO CREATE A WHOLE FLOWER GARDEN IN CONTAINERS. GET PLANTS, SOIL AND POTS AT THE HY-VEE GARDEN CENTER AND ARRANGE THEM IN GORGEOUS DISPLAYS.

Find beautiful outdoor flower arrangements already potted and ready to go at your Hy-Vee Garden Center. To lighten tall, heavy pots, fill them halfway with packing peanuts. Insert a plastic pot, with drainage holes, and set your new planting inside.

SELECT

Buy plants with firm stems, healthy leaves and plenty of buds.

ARRANGE

A pot filled with one flower type and color—snapdragons, begonias, calibrachoa or pansies—looks lush and full. Or add a vertical plant (banana, caladium or ornamental grass) with shorter plants. Weave in plants with interesting foliage, such as burgundy coleus, lime green sweet potato vine or creeping jenny. Add a small trellis for a flowering vine.

KEYS TO GROWING SUCCESS

Sunlight

Group plantings and pots accordingly, with sun- or shade-lovers together.

Watering

Check plant tags for watering needs. Be sure the pots have holes or crushed stone at the bottom for drainage.

Feeding

Use potting mixes that contain fertilizer, or add a time-release fertilizer to the soil according to package directions.

Upkeep

Pinch off dead blooms so the plant will produce more flowers.



PHOTO: Cameron Sadehpour

Planters

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Serving Suggestion

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30
minutes
or less

**STEAMIN'
GOOD!**

Spicy shrimp and sausage with mixed veggies fill a meal with all the best flavors of summer. Wrap them all in a foil packet and plop them on the grill. Foil-pack grilling requires minimum effort and cleanup is a breeze.

Shrimp and Corn Boil
Recipe, page 14

Amazing Foil Packs for the Grill

No-Mess Grilling

Foil packs work like magic for cooking meat and veggies on the grill. Make sure the packs are supersealed so the food stays moist.

MAKE A FOIL PACK

1. Place ingredients in center of two-layer foil rectangle(s).
2. Bring short ends of foil together and fold twice to seal.
3. Fold in the sides to seal, leaving room inside for steam to build.
4. Place packet on grill; turn packet over halfway through grilling. Open packet carefully so steam escapes away from you.



GARLIC-PARMESAN POTATOES

Prepare an 18×12-in. double layer of foil. Halve or quarter 1½ lb. small potatoes; toss with 2 Tbsp. Hy-Vee Select olive oil, 4 cloves minced garlic, 2 tsp. chopped rosemary and Hy-Vee salt and pepper to taste. Place potatoes on foil and assemble packet as directed, *far left*. Grill over medium-high heat for 15 minutes or until potatoes are tender. Sprinkle with ¼ cup Hy-Vee shredded Parmesan cheese. Serves 4.

LEMON-BUTTER VEGGIES

Prepare an 18×12-in. double layer of foil. Toss together 1½ cups each halved baby carrots, cauliflower florets and summer squash slices; ½ cup red onion wedges, 2 Tbsp. melted Hy-Vee butter, 1 tsp. Hy-Vee honey, 1 Tbsp. fresh thyme leaves and Hy-Vee salt and black pepper to taste. Assemble packet as directed, *left*. Grill over medium-high heat for 15 minutes or until vegetables are tender. Squeeze one-quarter of a lemon over top before serving. Serves 4.

SHRIMP AND CORN BOIL

Total Time 30 minutes
Serves 4

- 2 Tbsp. Hy-Vee Select olive oil
- 2 tsp. Old Bay seasoning
- Hy-Vee black pepper, to taste
- 1½ lb. large shrimp, peeled and deveined with tails left on
- 1 (13.5-oz.) pkg. andouille smoked sausage, sliced
- 2 ears sweet corn, each cut crosswise into 4 pieces
- 1 small zucchini, sliced
- 1 red bell pepper, seeded and sliced
- 2 Tbsp. finely chopped Italian parsley

1. **PREHEAT** a charcoal or gas grill for direct cooking over medium-high heat. Prepare four 15×12-in. double layers of foil.
2. **COMBINE** olive oil, Old Bay seasoning and black pepper in a large bowl. Add shrimp, sausage, corn, zucchini and bell pepper; toss to combine. Divide mixture among foil sheets and assemble packets as directed, *far left*.
3. **GRILL** for 15 minutes or until corn is tender. Sprinkle with parsley before serving.

Per serving: 530 calories, 35 g fat, 10 g saturated fat, 0 g trans fat, 275 mg cholesterol, 1,880 mg sodium, 16 g carbohydrates, 2 g fiber, 5 g sugar, 37 g protein

NEW

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Craft Beers

EXPLORE WONDERFULLY COMPLEX CRAFT BEERS IN THE WINE & SPIRITS DEPARTMENT AT YOUR HY-VEE. WITH SO MANY TO CHOOSE FROM, YOU'RE SURE TO FIND THE NEXT NEW BREW TO LOVE.

WHAT IS CRAFT BEER?

Craft beers are specialty beers produced by small, independent and experimental microbreweries. Skilled craft brewmasters love paying homage to ancient recipes while also tweaking them. For example, they might smoke a common Irish red ale or add chocolate to a stout.



5 RED
RED BEERS
RANGE IN
COLOR FROM
AMBER TO A
DEEP RED.
WEST O
SMOKED RED
ALE FROM
WEST O BEER
IN WEST
OKOBOJI,
IOWA

SAMPLE A FLIGHT OF CRAFT BEERS

This round of five beer types takes you from the heights of sharp IPAs to the depths of smooth stouts. Check out each one, available at Hy-Vee.



1 Pilsner

A lager, this is a mild, crisp and refreshing Czech-style beer. Pilsner from Lagunitas Brewing Co. in Chicago, Illinois



2 IPA

Americanized with aromatic hops, this hoppy beer has an appealing bitter undertow. India Pale Ale from Odell Brewing Co. in Fort Collins, Colorado



3 Golden IPA

These beers have a fruit taste with a light, dry body. Beer Camp from Sierra Nevada Brewing Co. in Chico, California



4 Stout

These strong, dark beers get flavored with hints of coffee, espresso and chocolate. Oatmeal Stout from Breckenridge Brewery in Littleton, Colorado

GRILL WITH THE BEST OF THE MIDWEST

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JACKSGRILLING.COM



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EVEN OUR ADVICE IS A CUT ABOVE.

At Hy-Vee, our experienced meat specialists will not only help you choose the right cut, they can also give you recipes and grilling tips, too. You won't find a better selection of the best steaks — or experts — anywhere else.





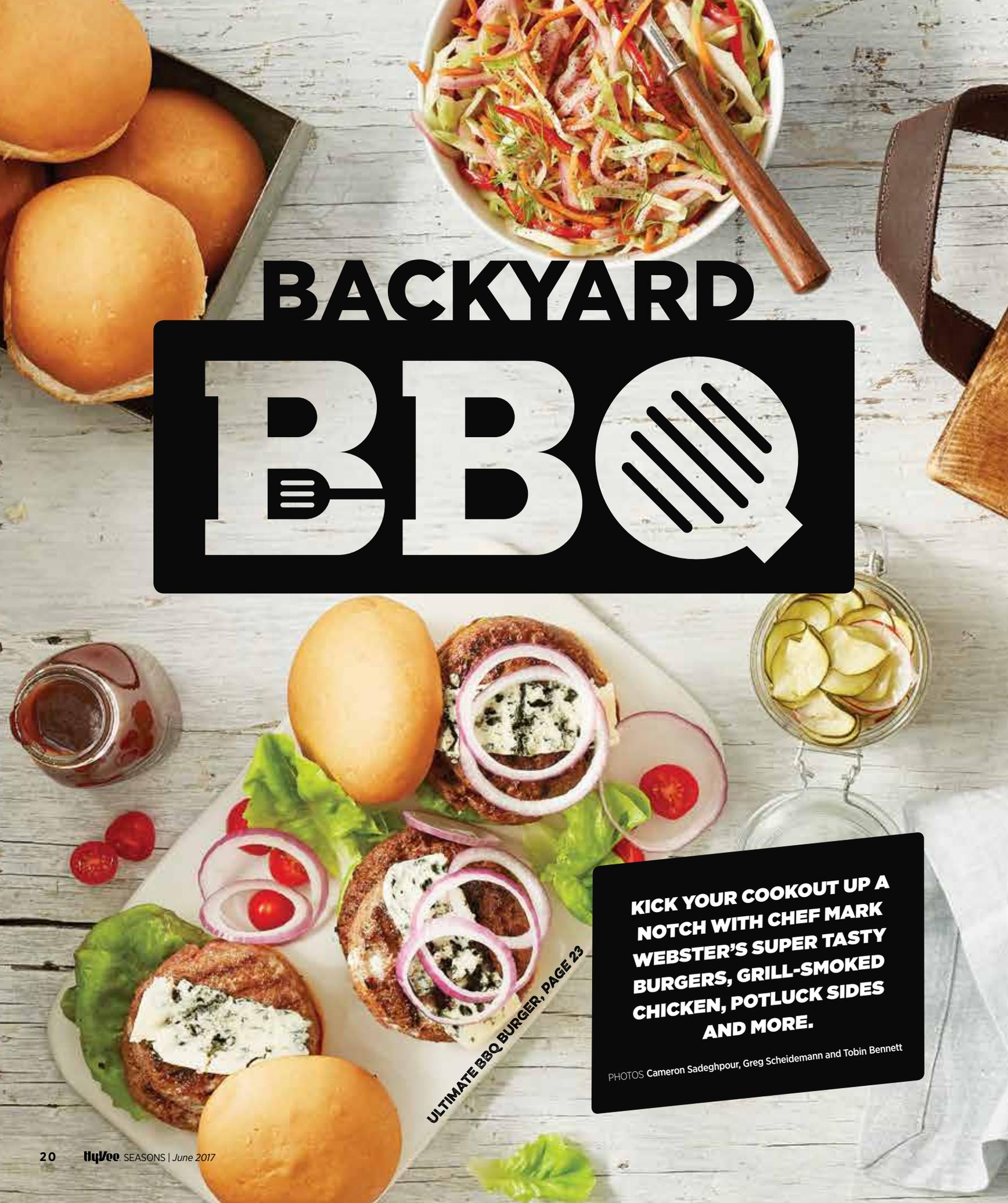
**GET
YOUR
GRILL
ON!**

Sweet and salty Korean-style flavors are made for meat on the grill. Try Bulgogi Beef Skewers, page 63

June 17

BACKYARD BBQ | SAVOR THE SCRAPS! | FOOD TRUCK TAKEOVER | SEASON'S BEST: BLT |
PACK 'N' GO | SWEET UNIONS | ADD A SPLASH OF BREW | KOREAN BARBECUE

PHOTO: Cameron Sadeghpour



BACKYARD

BBQ

ULTIMATE BBQ BURGER, PAGE 23

KICK YOUR COOKOUT UP A NOTCH WITH CHEF MARK WEBSTER'S SUPER TASTY BURGERS, GRILL-SMOKED CHICKEN, POTLUCK SIDES AND MORE.

PHOTOS Cameron Sadeghpour, Greg Scheidemann and Tobin Bennett



ARTICHOKE-PEPPER BITES, PAGE 30

GRILLED SUMMER SALAD, PAGE 27

GRILL-SMOKED CHICKEN, PAGE 25

TOTE CONDIMENTS IN STYLE

STEP ONE: Measure the dimensions of the sides of a cardboard four-pack beverage carton.

STEP TWO: Use these dimensions to cut craft paper to cover caddy sides.

STEP THREE: Apply glue to the paper and smooth it onto the caddy, aligning the top edge of the paper with the top edge of the caddy.

STEP FOUR: For the handle, measure the dimensions and double the height. Use the dimensions to cut the piece from craft paper. Fold cut-out paper in half; place fold over handle top. Glue in place.



AVOCADO POTATO SALAD

Total Time 40 minutes plus refrigerating time

Serves 12

3 lb. baby red potatoes, quartered

1 tsp. Hy-Vee kosher salt, divided

1 cup Hy-Vee mayonnaise

2 Tbsp. Hy-Vee Select red wine vinegar

1 Tbsp. Hy-Vee Dijon mustard

¼ tsp. Hy-Vee black pepper

1 cup sliced celery

¼ cup finely chopped parsley

2 green onions, finely chopped

4 hard-boiled eggs, coarsely chopped

2 avocados, seeded, peeled and chopped

Smoked paprika, for garnish

Thinly sliced green onion tops, for garnish

1. PLACE potatoes, ½ tsp. salt and enough cold water to cover in a large pot. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes or just until potatoes are tender. Drain well; cool slightly.

2. WHISK together mayonnaise, vinegar, mustard, remaining ½ tsp. salt and the pepper in a large bowl. Stir in celery, parsley and green onions. Fold in potatoes, eggs and avocados. Cover and refrigerate for up to 6 hours. If desired, sprinkle with paprika and/or garnish with green onion tops.

Per serving: 310 calories, 21 g fat, 3.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 350 mg sodium, 26 g carbohydrates, 5 g fiber, 2 g sugar, 6 g protein

QUICK-COOKING BABY POTATOES ARE NATURALLY SWEET AND ADD A CREAMY TEXTURE TO SALADS.



ULTIMATE BBQ BURGER

Total Time 30 minutes plus 2½ hours for Sweet-Sour Coleslaw

Serves 4 (double burgers) or 8 (single burgers)

3 cups Sweet-Sour Coleslaw, page 30

2 lb. 85%-lean ground beef

4 oz. blue cheese, crumbled

1 Tbsp. Hy-Vee prepared horseradish

2 tsp. smoky-sweet barbecue rub, such as Smokin' Guns or Weber brand

4 Hy-Vee Bakery hamburger buns, split

2 tsp. Hy-Vee unsalted butter, melted

4 large Bibb lettuce leaves

8 oz. blue cheese, thinly sliced

½ cup Hy-Vee K.C. Kiss Hickory House BBQ Sauce

Red onion slices, for garnish

1. PREPARE Sweet-Sour Coleslaw; cover and refrigerate at least 2 hours.

2. COMBINE beef, crumbled cheese, horseradish and rub in a bowl; mix well. Shape mixture into eight ½-in.-thick patties. Cover and refrigerate for 10 minutes.

3. PREPARE a charcoal or gas grill for direct grilling over medium-high heat. Grill patties 8 to 10 minutes or until done (165°F), turning once. Let patties rest 5 minutes. Brush cut sides of buns with butter and place on grill. Grill for 2 minutes or until toasted.

4. ASSEMBLE burgers. For each double burger, place lettuce and two burgers on bun bottom, topping each burger with sliced cheese and BBQ sauce. Spoon ¾ cup Sweet-Sour Coleslaw on top; add bun top. For another double burger version, as shown on page 20, add lettuce and two burgers to bun bottom; top with blue cheese, red onion slices and bun top.

Per serving (double burger): 1,010 calories, 62 g fat, 30 g saturated fat, 0 g trans fat, 205 mg cholesterol, 1,980 mg sodium, 43 g carbohydrates, 1 g fiber, 14 g sugar, 67 g protein

Per serving (single burger): 570 calories, 32 g fat, 15 g saturated fat, 0 g trans fat, 105 mg cholesterol, 1,100 mg sodium, 33 g carbohydrates, 1 g fiber, 9 g sugar, 36 g protein

TOP BURGERS WITH A ZESTY SWEET-SOUR SLAW MADE WITH COLESLAW MIX.



A high-angle photograph of two whole chickens, one positioned above the other, both with a dark, charred, and crispy skin. They are resting on a silver metal tray. To the right of the chickens is a small white bowl filled with a reddish-brown dry rub seasoning. A large kitchen knife with a black handle is visible in the bottom right corner. The background is a light-colored, textured surface.

GRILL-SMOKED CHICKEN

**CHEF MARK
WEBSTER
SHOWS HOW
EASY IT IS TO
TURN YOUR
GRILL INTO A
SMOKER.
SEE PAGE 26.**

Total Time 2 hours plus
6 hours brining time
Serves 10

8 sprigs fresh thyme, divided
8 sprigs fresh rosemary, divided
17 cups water, divided
2 cups Hy-Vee kosher salt, divided
2 cups packed Hy-Vee brown sugar, divided
2 yellow onions, peeled and quartered, divided
4 cloves garlic, peeled, divided
2 (5 lb. each) whole broiler fryer chickens
2 cups apple wood chips
¼ cup onion salt
¼ cup smoked paprika
2 Tbsp. Hy-Vee black pepper
6 Tbsp. Hy-Vee canola oil
1 cup Hy-Vee apple juice

1. HOLD each herb sprig at its top. Slide your fingers down to the bottom to strip off the leaves or needles. Discard woody stems. Set herbs aside.

2. ADD 1 cup water and half each of salt, brown sugar, onions, garlic, thyme and rosemary to a blender. Cover and blend until smooth. Transfer to an extra large bowl. Repeat with 1 cup water and remaining salt, brown sugar, onions, garlic, thyme and rosemary. Transfer to another extra large bowl. Add 7½ cups of remaining water to each bowl. Stir to combine well. Add a chicken to each bowl. Cover and refrigerate for 6 to 24 hours.

3. SOAK wood chips in a large bowl with enough water to cover for at least 6 hours before smoke-cooking. Drain before using.

4. COMBINE onion salt, paprika and pepper in a small bowl. Remove chickens from brine. Rinse body cavities; pat dry with paper towels. Rub chickens with oil. Rub onion salt mixture over chickens, using your fingers. Tie drumsticks to tail. Twist wing tips under back.

5. PREPARE a charcoal grill for indirect grilling over medium-low heat. Add apple juice to the drip pan. Add ½ cup drained wood chips to hot coals. (For a gas grill, refer to manufacturer's directions for smoke-cooking.) Place chickens, breasts sides up, on grill grate over drip pan. Cover and smoke at 350°F for 1½ hours or until chicken is no longer pink (180°F in thigh muscle). Add wood chips as needed to maintain smoke; add more coals or adjust grill as needed to maintain a 350°F temperature.

6. REMOVE chickens from grill. Cover with foil and let stand for 10 minutes before carving.

Note: Nutrition facts cannot be calculated for this recipe because the amount of salt in chicken varies after brining.



Wood Chips: Apple or cherry woods add sweet-smelling, fruity smoke flavor to chicken.

GOOD TO KNOW

WHY BRINE?

A salty brining solution carries moisture and flavor deep inside the chickens. A long period of smoking tends to dry out meats, but a brined bird will stay tender and juicy.

HOW TO CHECK THE TEMP

A thermometer on the lid of the grill is your most reliable way to check temps. Or use the “hand test” method. Carefully place the palm of your hand 5 inches above the charcoal grate. If you have to move your hand in 8 seconds, you have low heat, or 350°F, which is the ideal temperature for smoking chicken.



SMOKED CHICKEN SANDWICH

Preheat oven to 250°F. Cut and toast 3 (½-in.-thick) slices Hy-Vee Bakery French bread. Top one slice with 1-oz. slice Hy-Vee mozzarella cheese and another with 1-oz. slice Hy-Vee pepper Jack cheese. Combine ¼ cup Hy-Vee mayonnaise and 1 tsp. Hy-Vee buffalo wing sauce; spread on each bread slice. Top cheese-topped bread slices with lettuce, tomato, avocado and Grill-Smoked Chicken slices. Drizzle buffalo sauce on top. Stack the layered breads and place remaining slice, spread side down, on top. Wrap sandwich in foil and bake for 10 minutes or until cheese is softened. Unwrap sandwich and serve immediately.

AT THE SMOKER WITH CHEF MARK

Chef Mark Webster shares a few secrets for grilling succulent smoked chicken.

Hy-Vee Chef Mark Webster wants you to know that smoking food is a lot easier than you might think. With just a regular grill, he says, you can enjoy the heady magic of smoke.

He should know. A career chef, Chef Mark is also a barbecue expert who cut his teeth on the art of cookouts as a kid growing up in Kansas.

“Everybody grills here,” he says, “and they all have their own barbecue secrets. I learned by watching my relatives and friends do it.”

After a 20-year stint in the U.S. Navy, making breakfast, lunch and dinner for armed forces all over the world, Mark retired from the military and reestablished himself in his home state as an executive chef. Today, he works for the West Hy-Vee in Lee’s Summit, Missouri, teaching customers how to make the most of their groceries, a job he loves

because he gets to talk with the public every day.

To get succulent smoked foods from your grill, use indirect heat, Mark says.

On a charcoal grill, place the coals on one side and an aluminum foil pan on the other side, directly under where the food will cook. The pan prevents flare-ups by catching drips and can be filled with liquid to add moisture as the food cooks. For a gas grill, simply heat up the grill with all burners on high, then turn one side of burners off and place the food there.

To create the smoke itself, Mark prefers chips of hickory for beef and pork and fruit woods for lighter meats, such as fish and chicken. He soaks the wood in water overnight, which prevents it from burning too quickly on the fire. Instead, the wet wood fibers smolder steadily. On a charcoal grill, put the wet wood directly on the hot coals. Over gas, use a smoke box, a small stainless-steel box with a hinged lid that goes on the grill rack right over the flames. Holes in the box allow smoke to billow out as the wood burns.

A chunk or handful of chips is good for up to 30 minutes of smoke; replenish as needed for meats needing longer cook times, such as Mark’s amazing Grill-Smoked Chicken, *page 25*.



30
minutes
or less



GRILLED SUMMER SALAD

Total Time 25 minutes **Serves** 10

4 ears fresh corn, husked; silks removed
4 Tbsp. Hy-Vee Select olive oil, divided
Hy-Vee kosher salt and black pepper, to taste
2 Tbsp. fresh lemon juice
1 Tbsp. Hy-Vee Select red wine vinegar
2 medium zucchini
2 cups red and yellow cherry tomatoes, halved
2 Tbsp. chopped fresh basil
¼ cup fresh basil leaves, for garnish

1. PREPARE a charcoal or gas grill for direct cooking over medium-high heat.

2. RUB corn with 1 Tbsp. oil; season with salt and pepper. Grill for 10 minutes or until grill marks form and corn is tender, turning occasionally. Remove corn from grill; cool.

3. PREPARE dressing by whisking together lemon juice and vinegar in a large bowl. Whisk in remaining 3 Tbsp. oil.

4. USING a vegetable peeler, peel ribbons of zucchini into bowl with dressing. Remove kernels from cobs; add to bowl along with cherry tomatoes and chopped basil. Toss to coat. Season to taste with salt and pepper. Top with basil leaves. Cover and chill for several hours or overnight.

Per serving: 100 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 10 g carbohydrates, 2 g fiber, 4 g sugar, 2 g protein

CHIMICHURRI STEAK

Total Time 40 minutes Serves 8

1 recipe Chimichurri Sauce, *below*
2 (10.5-oz.) pkg. yellow and/or red cherry tomatoes
8 (8 oz. each) New York strip steaks, 1 to 1½ in. thick
2 tsp. Hy-Vee kosher salt
1 tsp. Hy-Vee black pepper
1 tsp. Hy-Vee garlic powder
1 tsp. Hy-Vee ground cumin

1. PREPARE Chimichurri Sauce. Cover and refrigerate until ready to serve. Skewer tomatoes and set aside.*

2. SEASON steaks on both sides with salt, pepper, garlic powder and cumin. Let stand at room temperature until grill is ready.

3. PREPARE a charcoal or gas grill for direct cooking over medium heat. Grill steaks for 10 to 12 minutes for medium-rare (145°F) or 12 to 15 minutes for medium (160°F), turning once. Let steaks rest for 5 minutes. While steaks are resting, grill tomato skewers about 5 minutes or just until tomatoes are softened, turning once. Serve steaks topped with Chimichurri Sauce along with tomato skewers.

Chimichurri Sauce: Place 2 cups packed fresh parsley, ¼ cup Hy-Vee Select red wine vinegar, ¼ cup Hy-Vee Select extra virgin olive oil, 2 Tbsp. packed fresh oregano, 8 cut-up garlic cloves, 2 tsp. Hy-Vee kosher salt and ½ tsp. Hy-Vee crushed red pepper in a food processor. Cover and process until minced, adding up to 2 Tbsp. additional extra virgin olive oil for desired consistency. Scrape sides of bowl as necessary.

***Note:** If using bamboo skewers, soak skewers in water for 30 minutes before using.

Per serving: 550 calories, 38 g fat, 12 g saturated fat, 0 g trans fat, 145 mg cholesterol, 1,060 mg sodium, 6 g carbohydrates, 2 g fiber, 2 g sugar, 45 g protein



FIND BRATS IN SEVERAL FLAVORS AT YOUR HY-VEE MEAT DEPARTMENT: JALAPEÑO AND CHEDDAR, GREEN ONION, PIZZA-SEASONED, PINEAPPLE, AND BACON-CHEDDAR.

GRILL-BRAISED BRATWICHES

Total Time 60 minutes **Serves** 10

10 uncooked bratwursts (about 2 lb.)

¼ cup Hy-Vee butter

2 large onions, cut into thin slices

3 bell peppers, seeded and cut into thin slices

2 (12-oz.) cans beer or 3 cups Hy-Vee unsweetened apple juice

2 Tbsp. packed Hy-Vee brown sugar

2 Tbsp. Hy-Vee Select white wine vinegar

1 tsp. Hy-Vee Worcestershire sauce

10 Hy-Vee Bakery brat buns, split and toasted
Chopped chives, for garnish

1. PREPARE a charcoal or gas grill for indirect cooking over medium heat. Grill brats for 20 to 25 minutes or until no longer pink and juices run clear (160°F), turning once.

2. MELT butter in a large skillet over medium heat. Add onion and bell pepper slices to skillet; cook until softened. Transfer mixture to a 9×13×2-in. foil pan.

3. ADD beer, brown sugar, vinegar and Worcestershire sauce to skillet. Bring mixture to boiling. Remove from heat and add mixture to foil pan. Add grilled brats to the pan; cover and keep warm until serving time.

4. SERVE brats in buns topped with onion and pepper slices. If desired, garnish with chives.

Note: Nutrition facts vary according to the type of bratwurst and beer that is used.

BACKYARD EXTRAS



LIP-SMACKIN' RIBS WITH DR PEPPER BBQ SAUCE

GET THE RECIPE AT HY-VEE.COM



Dr Pepper or Diet Dr Pepper 24 pack cans 12 fl. oz. (deposit where required) \$5.99



Hormel Always Tender Pork Loin Baby Back Ribs Previously Frozen



DONUT S'MORES

Prepare a charcoal or gas grill for direct grilling over medium-high heat. Cut Hy-Vee Bakery glazed donuts in half horizontally. Grill donut halves, cut sides down, about 1 minute or until toasted. Spread toasted sides with Hy-Vee seedless raspberry jam. Top each donut bottom with half of a 3.5-oz. milk chocolate bar and a roasted Hy-Vee jumbo marshmallow. Add donut tops and serve immediately.

SWEET-SOUR COLESLAW

Jazz up packaged coleslaw mix with thinly sliced red bell pepper, red onion and fennel for 8 cups total mixture. For vinaigrette, combine ½ cup Hy-Vee sugar, ½ cup Hy-Vee Select white wine vinegar, ¼ cup Hy-Vee vegetable oil, 1 tsp. Hy-Vee ground mustard and ½ tsp. each celery salt and Hy-Vee kosher salt. Pour vinaigrette over coleslaw mixture; toss lightly. Cover and refrigerate for 2 to 24 hours. If desired, garnish with fennel fronds. Serves 10.



Top a burger with slaw, or serve alongside a slab of ribs.

Use colorful mini pepper shells to hold cheese dip, or veggie dip or guacamole.



ARTICHOKE-PEPPER BITES

Combine 1½ cups Hy-Vee spinach artichoke dip and ¼ cup Hy-Vee Select crumbled feta cheese in a small bowl. Halve and seed 10 mini bell peppers. Fill with dip mixture. Top with ¼ cup toasted pine nuts. Serves 20.

100% PREMIUM PORK. NO FILLERS

Johnsonville Brats, All
Natural or Italian Sausage:
select varieties
16 or 19 oz. \$3.99

Johnsonville Bratwurst
Patty Grillers or Ground
Italian Sausage:
select varieties
16 oz. \$2.99

Johnsonville Grillers:
select varieties
24 oz. \$4.99



Johnsonville Family
Pack Smoked Links:
select varieties
28 oz.. \$5.99

MADE THE Johnsonville WAY.

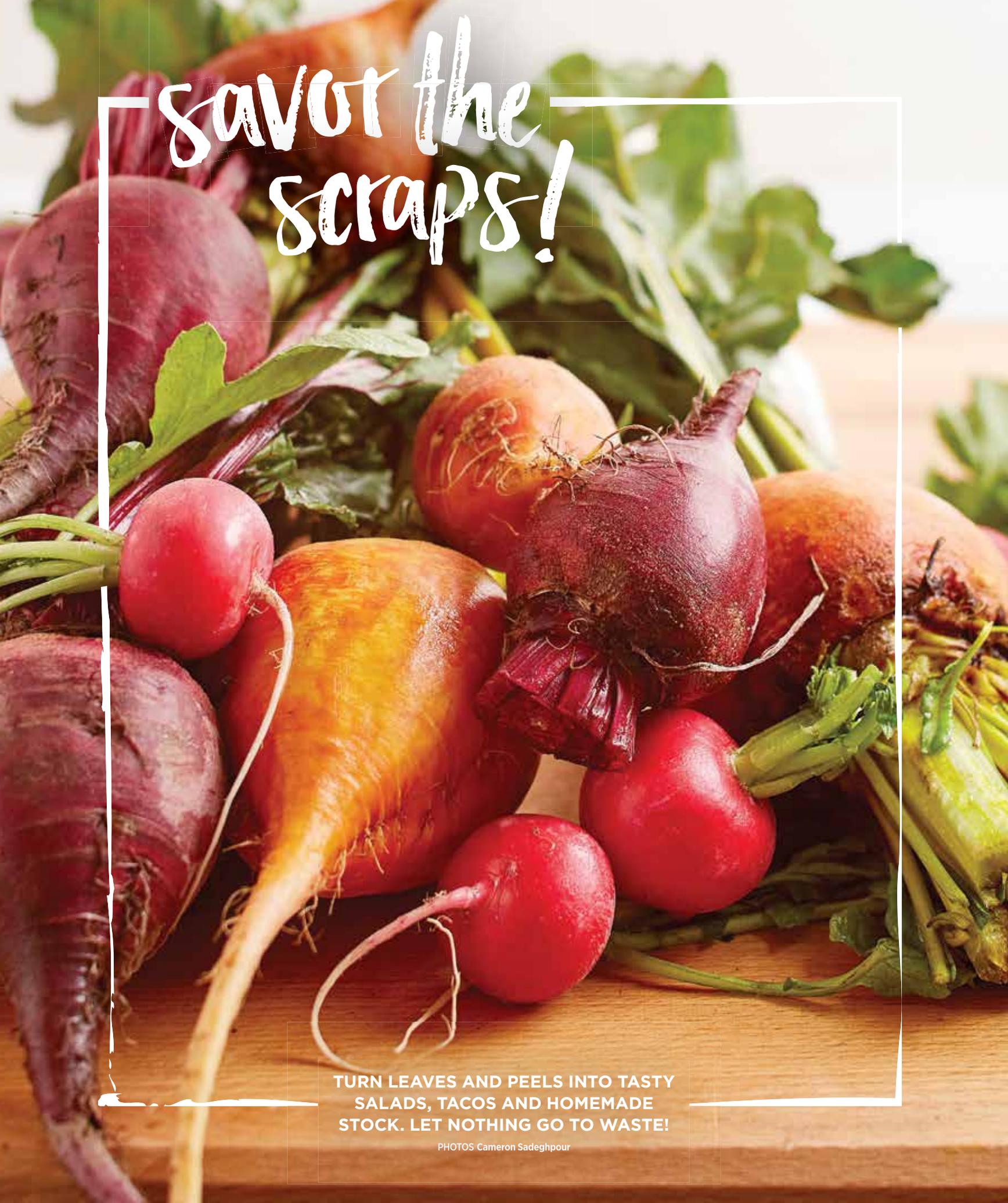


TOGETHER TASTES BETTER



TASTE THE FEELING™

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Savor the scraps!

TURN LEAVES AND PEELS INTO TASTY SALADS, TACOS AND HOMEMADE STOCK. LET NOTHING GO TO WASTE!

PHOTOS Cameron Sadeghpour

Total Time 30 minutes **Serves** 5

1 recipe Lemon-Honey Vinaigrette, right

3 lb. fresh broccoli

6 medium radishes with tops

1 bunch celery with leaves

2 cups arugula

1½ oz. Parmigiano-Reggiano cheese

1. PREPARE Lemon-Honey Vinaigrette; cover and refrigerate until ready to serve.

2. CUT florets from broccoli; reserve for another use. Peel tough outer layer of broccoli stalks with a vegetable peeler; discard peels. Cut ribbons of broccoli from tender interior of stalks; transfer to a large bowl.

3. TRIM radish leaves and thinly slice radishes; add leaves and slices to bowl. Trim leaves from celery; reserve ½ cup. Thinly slice four stalks celery on the diagonal about ⅛ in. thick; add celery leaves and slices to bowl. Add arugula; toss ingredients to combine.

4. ARRANGE salad mixture on five plates. Shave cheese with a vegetable peeler; add shavings to salads. Drizzle with Lemon-Honey Vinaigrette.

LEMON-HONEY VINAIGRETTE: Whisk together 1 tsp. lemon zest, 2 Tbsp. lemon juice, 2 Tbsp. Hy-Vee honey, 1 Tbsp. Hy-Vee Select apple cider vinegar, ¼ tsp. Hy-Vee kosher salt and ¼ tsp. Hy-Vee black pepper in a small bowl. Slowly whisk in ¼ cup Hy-Vee Select olive oil. Makes ½ cup.

Per serving: 250 calories, 14 g fat, 4 g saturated fat, 0 g trans fat, 10 mg cholesterol, 310 mg sodium, 24 g carbohydrates, 8 g fiber, 12 g sugar, 13 g protein

TRY THIS
LEMON-HONEY
VINAIGRETTE ON
OTHER SALADS.



broccoli, celery and radish salad

30
minutes
or less





Use the odd bits

ASPARAGUS STEMS

Simmer the tough ends in a stock.

BEET GREENS

Chop the greens and add to curries or smoothies. Or sauté them in olive oil and garlic to serve as a side.

BROCCOLI STALKS AND LEAVES

Trim and peel the stalks. Shave stalks into a slaw with the tender leaves; toss with a lemony dressing and feta cheese.

CELERY LEAVES

Toss with salad greens and vinaigrette or chop and use as an herb in stir-fries, soups or sauces.

MUSHROOM STEMS

Freeze with peels and other trimmings for stock. The stems add a rich color and umami flavors.

ONION SKINS AND TOPS

Use onion skins in homemade stock. Slice green onion tops and add to stir-fries, risottos, frittatas or potato salad.

RADISH GREENS

Add to salads and pestos. Or blend with potatoes for a creamy soup.



basic stock



mushroom



Asian



caramelized onion

BESIDES SOUPS,
HOMEMADE STOCKS
ARE GREAT FOR
PAN SAUCES AND
GRAVIES, BRAISING
LIQUIDS AND
COOKING RICE AND
ANCIENT GRAINS.

tops-and-tails stock

**Freezer
Friendly!**

**FREEZE SEVERAL
BATCHES OF STOCK
NOW TO PRESERVE
SUMMER FLAVORS
FOR FALL AND
WINTER MEALS.**

Total Time 2½ hours
Makes 8 cups

- 5 unpeeled cloves garlic**
- 3 medium carrots**
- 3 stalks celery with leaves, cut up**
- 2 large unpeeled onions, cut into wedges**
- 8 cups water**
- 2 to 3 cups fresh or frozen vegetable scraps (potato peels, carrot peels and tops, woody asparagus ends, corn cobs, leek or green onion tops)**
- Few sprigs thyme and/or parsley**
- 1 tsp. whole black peppercorns**

1. PLACE garlic, carrots, celery and onions in a large pot. Add water,

vegetable scraps, herb sprigs and peppercorns. Bring mixture to boiling; reduce heat. Simmer, covered, for 2 hours.

2. STRAIN stock into a large bowl through a colander lined with two layers of 100% cotton cheesecloth. Discard vegetables, scraps and seasonings. Place broth in a container. Cover and chill for up to 3 days or freeze for up to 6 months.

ASIAN STOCK: Prepare stock as directed, except add 1 large red bell pepper plus trimmings and 3 slices fresh ginger to the pot after 1 hour of cooking.

CARAMELIZED ONION STOCK:

Prepare stock as directed, adding caramelized onions to the pot. To caramelize onions, melt 3 Tbsp. Hy-Vee butter in a large skillet over medium-low heat. Add 3 large sweet onions, halved lengthwise and thinly sliced. Cook, covered, for 15 to 20 minutes or until onions are tender, stirring occasionally. Uncover; cook and stir over medium-high heat for 10 to 15 minutes or until golden.

MUSHROOM STOCK: Add 1 cup cut-up portobello mushrooms to the pot after 1 hour of cooking.

Total Time 35 minutes
Serves 6

1 recipe Carrot Pico de Gallo, right

1½ lb. beets with leaves

1 Tbsp. Hy-Vee Select olive oil

1 cup chopped red onion

4 cloves garlic, minced

1 (15-oz.) can Hy-Vee cannellini beans, rinsed and drained

½ cup Hy-Vee vegetable stock

Hy-Vee kosher salt and black pepper, to taste

12 (5-in.) yellow corn tortillas

½ cup crumbled Cotija cheese

Bottled hot sauce

1. PREPARE Carrot Pico de Gallo; cover and refrigerate until ready to serve.

2. TRIM leaves from beets; reserve beets for another use. Wash beet leaves thoroughly; pat dry with paper towels. If desired, remove stems and ribs; discard. Coarsely chop beet leaves; set aside.

3. HEAT oil in a large skillet over medium heat. Cook onion for 5 minutes or until softened. Add garlic; cook for 1 minute. Stir in beet leaves, beans and stock. Cook for 4 minutes or until leaves are wilted. Season to taste with salt and black pepper.

4. WRAP tortillas in paper towels and heat in microwave on 100% power (high) for 20 seconds.

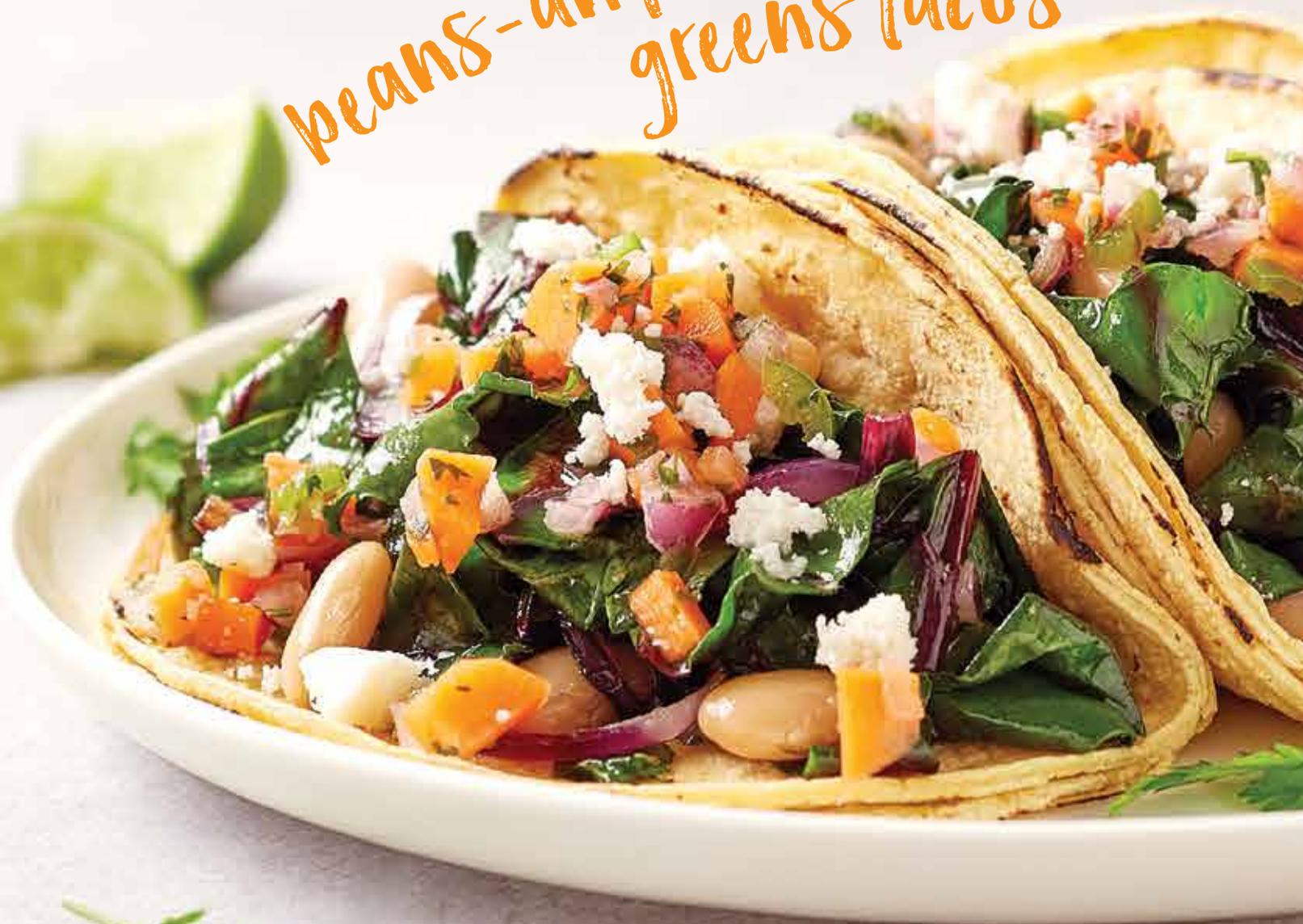
5. STACK two tortillas together. Using a slotted spoon, spoon some of the bean-and-greens mixture onto tortilla stack; top with cheese and Carrot Pico de Gallo. Drizzle with hot sauce. Serve immediately.

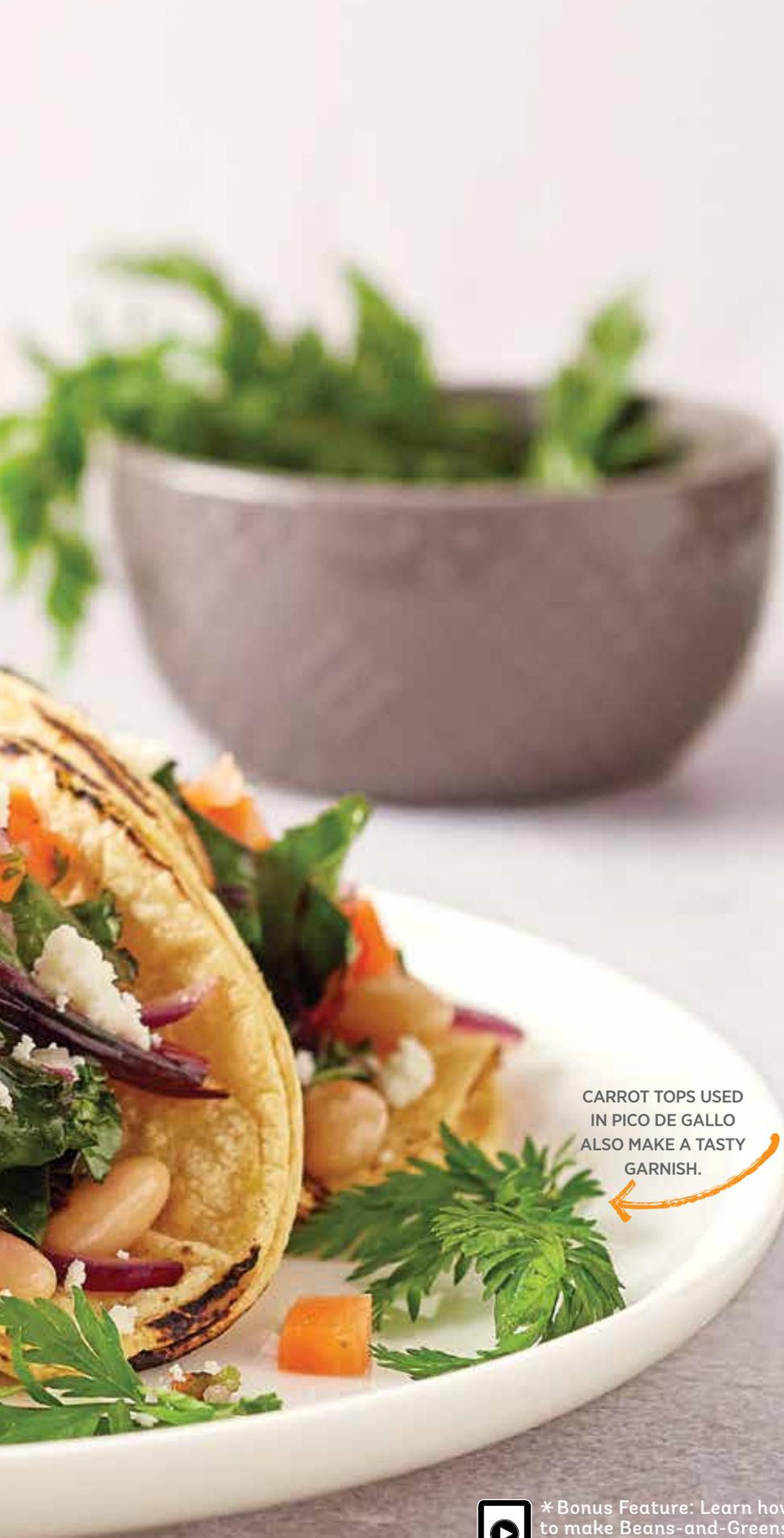
CARROT PICO DE GALLO: Combine 1 cup finely chopped carrot; ½ cup finely chopped red onion; ½ cup finely chopped carrot leaves; 1 clove garlic, minced; 2 Tbsp. fresh lime juice; 1 serrano chile pepper, seeded and finely chopped;* and ½ tsp. Hy-Vee kosher salt.

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

Per serving: 300 calories, 7 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 550 mg sodium, 50 g carbohydrates, 10 g fiber, 9 g sugar, 9 g protein

beans-and-greens tacos





CARROT TOPS USED
IN PICO DE GALLO
ALSO MAKE A TASTY
GARNISH.



* Bonus Feature: Learn how to make Beans-and-Greens Tacos. Watch the video at youtube.com/HyVee



Hy-Vee Misfits[®] Program

One in every five fruits and vegetables grown in this country fails to meet retailers' standards for size, shape or color. In many cases, the produce is tossed in the garbage. In an effort to help reduce waste, Hy-Vee partnered with Robinson Fresh, one of the largest produce companies in the world, to offer its line of Misfits produce—think funky, misshapen peppers; undersize potatoes called “spuglies;” or faded-green cucumbers. The beauty of this program comes from giving less-than-pretty produce a fresh chance. And because the produce looks a little funny, customers get 30 percent off—not a bad deal, considering the fruits and veggies taste just as good, if not better, than the pretties. “It’s a great way to offer our customers fresh produce with cosmetic imperfections, yet provide all the flavor and nutrition of perfect-looking counterparts,” says Mike Orf, Hy-Vee Assistant Vice President, Produce Operations.



WHAT TO LOOK FOR

Seasonal produce is delivered to Hy-Vee stores weekly, so you’ll want to visit the Produce Department often. Look for a Misfits bin or for items placed throughout the department that carry a Misfits label.

JOIN A WORLDWIDE EFFORT

The United Nations has estimated that 20 to 40 percent of produce harvested each year is discarded because it doesn’t meet standards for store shelves. The Misfits program aligns with a U.S. Department of Agriculture goal to reduce food waste by 50 percent by 2030.

NOMINEE FOR BEST NEW RETAIL PRODUCT

Hy-Vee and Robinson Fresh Misfits “Ugly” produce earned a nomination for “Top 5 Readers’ Choice Best New Retail Product” for 2017 by *Refrigerated & Frozen Foods* magazine. In order to be selected, products must meet certain criteria, including uniqueness to the market and consumer need.



FOOD TRUCK TAKEOVER



HY-VEE FOOD TRUCKS HIT THE ROAD IN SEVERAL MIDWEST CITIES. STEP RIGHT UP FOR HY-CHI, BBQ OR MEXICAN CUISINE.

PHOTOS Cameron Sadeghpour and Greg Scheidemann



ansas City's historic Westport neighborhood

was the backdrop for celebration on St. Patrick's Day. Streets were packed with partygoers in green. Then a Hy-Vee food truck pulled up and the experiment was on.

Would these revelers go for Hy-Vee's brightly decorated kitchen-on-wheels and the Mexican food it offered? Soon, the answer was clear. No one in the crowd could turn down a tasty street taco or some chips and salsa.

A Successful Day

"It was a complete hit. Best day we've ever had," says chef Kyle Baker of the

and smiling and telling us how great it was to see Hy-Vee at the event," he says.

Four menus are offered by the six-truck Hy-Vee fleet. They are Cocina Mexicana, with a street-food spin on tacos, burritos and quesadillas; Hickory House, which includes smoked meats, mac and cheese and comfort-food sides; Hy-Chi, with Asian meat and vegetable dishes, stir-fry bowls and appetizers; and Curbside Cuisine, which has hamburgers, French fries and other warm-weather favorites.

Inside each custom-built truck are the fryer, grill, cooler and sink needed for food prep. The minimalist kitchen requires a crew of only two people.

HY-VEE FOOD TRUCK FARE INCLUDES STREET TACOS, SUCCULENT BURGERS AND ASIAN COMBOS.

Hy-Vee store in Topeka, Kansas. Though the food truck usually stays close to Topeka, Kyle ventured out to see what the response would be in jam-packed K.C. streets.

"People kept coming up

Food Truck Nation

Grazing from food trucks has become a national phenomenon in recent years. Estimates of the number of street-eats trucks vary widely. *Mobile Cuisine*, an online

food-truck trade magazine, reports around 4,000 trucks across the country.

The interest has led to more awareness of different cultural cuisines. For example, you can fill up on Filipino fare at the Guerilla Street Food truck in St. Louis or track down Chef Shack in Minneapolis for beef tongue tacos or Indian-spiced donuts.

"There are food trucks all over the place. We're just trying to be part of the community," says Jeff Mueller, Hy-Vee Vice President of Food Service and Restaurant Development.

Where to Find Us

Hy-Vee's meal wagons provide fresh food in town squares, entertainment venues or anywhere else people gather. Food trucks can also be hired for home parties, graduations and other events. The trucks are assigned to stores in Springfield, Illinois; Council Bluffs, Iowa; Topeka and Lenexa, Kansas; Columbia, Missouri; and Omaha, Nebraska.

Kyle is impressed by his truck's capabilities. The round trip between Topeka and Kansas City is about 140 miles. "The ride is fine and the results are well worth the trip," he says.



HY-CHI TRUCK

LOCATIONS: Lenexa, KS; Columbia, MO; Council Bluffs, IA

MENU

Mongolian chicken
Korean BBQ beef
Mongolian shrimp and beef
Sesame chicken bowl
Egg rolls and crab rangoons
Sugar-coated donut puffs



CURBSIDE CUISINE

LOCATION: Omaha, NE

MENU

Hamburgers
French fries
Ice cream treats



COCINA MEXICANA

LOCATION: Topeka, KS

MENU

Pork, beef and chicken bowls
Burritos
Street tacos
Quesadillas
Chips, salsa and guacamole



HICKORY HOUSE

LOCATION: Springfield, IL

MENU

White Cheddar mac and cheese topped with pulled pork
Hickory House half-slab ribs
Pulled pork, turkey and brisket sandwiches
Hickory House baked beans and coleslaw
Corn bread
Powdered-sugar funnel cake

O

ccasionally Hy-Vee food trucks may surprise you with their special menu items. Try a breakfast burrito as served in Omaha or the Asian-style pork belly sliders offered by the chefs in the Springfield, Illinois, truck.

Here's what we heard back from Kaitlyn in Omaha, after she stopped for a quick lunch:
"Food was absolutely delicious. I got the Reuben sandwich and it was PERFECT! The workers were super friendly and very prompt with my order. Would definitely go back to that food truck!"

Crispy tortilla chips, fresh salsa and homemade guacamole are grab-and-go items at Cocina Mexicana.

Customers rave about the smoked brisket sandwiches from Hickory House.

Cocina Mexicana offers pork or chicken street tacos topped with mango salsa.





Mongolian shrimp and beef noodle bowl, seasoned with Szechuan sauce, is a Hy-Chi offering.

Curbside Cuisine provides crisp fries with the sandwiches and burgers.

Burgers topped with white cheddar mac and cheese are a specialty of Curbside Cuisine.

“ WE HAD THE TRUCK COME TO OUR HOUSE FOR OUR REHEARSAL DINNER. LOTS OF GREAT OPTIONS FOR ALL AGES—AND THE SERVICE WAS AMAZING!”
—MOLLY, OMAHA, NE

Season's Best blt

STACK UP TASTY BACON, JUICY SLICES OF TOMATO AND CRISP LETTUCE FOR THE BEST-EVER VERSION OF SUMMER'S SUPER SANDWICH.

PHOTO Cameron Sadeghpour

super 
CRISP
romaine 

WHY THIS IS THE BEST

Flavor abounds: Thick bacon and robust heirloom tomatoes get a kick from a dash of horseradish in the mayo. Artisan bread ramps this sandwich up to meal status.

Total Time 30 minutes
Serves 4

10 slices Hy-Vee Hickory thick-cut bacon
1 loaf Hy-Vee Bakery grains-of-the-earth bread
1 loaf Hy-Vee Bakery San Francisco sourdough bread
¼ cup Hy-Vee sour cream
¼ cup Hy-Vee mayonnaise
2 Tbsp. Hy-Vee prepared horseradish
3 large heirloom tomatoes, cut into ½-in.-thick slices
Hy-Vee kosher salt and black pepper, to taste
4 Hy-Vee romaine lettuce leaves

- 1. PREHEAT** oven to 400°F. Line a rimmed baking sheet with foil, and top with a wire cooling rack.
- 2. PLACE** bacon on rack and bake for 20 minutes or until bacon is browned and crispy; reserve drippings.

3. PREHEAT broiler. Cut each loaf of bread horizontally into ½-inch slices. Reserve top and bottom of grains bread and center slice of sourdough bread for BLT. Use remaining bread to make a second BLT or reserve for another use. Place BLT bread slices on another baking sheet. Brush bacon grease on bread slices and toast under the broiler for 1 minute. Watch carefully.

4. STIR together sour cream, mayonnaise and horseradish in a small bowl. Spread one-third of the horseradish cream on each bread slice. To assemble, top bottom bread slice with half of the tomato slices. Season tomatoes with salt and pepper. Add half of the bacon, half of the lettuce and the sourdough bread slice. Repeat layers, ending with the top bread slice.

5. TO SERVE, secure sandwich with wooden skewers and cut into wedges.

Per serving: 490 calories, 26 g fat, 6 g saturated fat, 0 g trans fat, 20 mg cholesterol, 1,330 mg sodium, 49 g carbohydrates, 1 g fiber, 4 g sugar, 17 g protein



warning: knife & fork needed

mayo 
with a
horseradish **KICK**

 *Toasty*
artisan
BREADS x2

bacon *bacon*
EXTRA-THICK
bacon →

30
minutes
or less

 SALT + PEPPER
= yummy
tomatoes

THICK &
juicy

BE ROOMS

PACK 'N' GO

EASY OUTDOOR EATS!

ROAD TRIPS, PICNICS AND OUTDOOR CONCERTS ARE POPULAR THIS TIME OF YEAR. PUT TOGETHER FRESH-AIR FARE THAT'S FUN AND TASTES FANTASTIC. OUR NEAT LITTLE SANDWICHES, JAR SALAD AND OTHER TASTY BITES CAN BE PREPPED AHEAD SO THEY'RE READY WHEN YOU HEAD FOR THE GREAT OUTDOORS.

PHOTOS Adam Albright





1

CHICKEN AVOCADO SANDWICHES

Package sandwiches in parchment paper. It makes serving each one neat, quick and easy.

Easy Prep

1. Spread garlic-and-herbs cheese spread on Hy-Vee Bakery whole grain bread slices; spread Hy-Vee Deli olive tapenade on top.

2. Fill sandwich with layers of baby spinach leaves, cucumber slices, red bell pepper strips, avocado slices, red onion slices and Hy-Vee Deli roasted chicken.

3. Wrap sandwiches in parchment paper and tie with kitchen string. Refrigerate for up to 24 hours before serving.



2

MEDITERRANEAN JAR SALAD

ASSEMBLE THIS TASTY ALFRESCO SALAD THE DAY BEFORE. BUILD THE LAYERS, WITH WETTER INGREDIENTS NEAR THE BOTTOM AND MORE DELICATE ONES ON TOP.

STEP ONE: Add 2 Tbsp. Hy-Vee zesty Italian salad dressing to a quart jar.

STEP TWO: Layer with ½ cup canned garbanzo beans, ¼ cup chopped red bell pepper, ½ cup halved yellow cherry tomatoes, ½ cup canned artichoke hearts, 3 red onion slices, and 1 Tbsp. chopped fresh basil.

STEP THREE: Add about 1 cup baby kale and spinach to fill jar. Sprinkle toasted pine nuts on top.

PACK A SERVING BOWL.
EMPTY THE JAR INTO IT
SO DRESSING COVERS THE
WHOLE SALAD.

3 CHEESE AND CHARCUTERIE

Spread out a blanket and sample an array of salty and spicy meats and distinctive cheeses. Include Italian salami or uncured summer sausage, smoked Gouda or chutney-topped Brie. Add tasty accompaniments such as crackers, fresh fruit, nuts and honey. Look for charcuterie boards at your local Hy-Vee.



4

SUMMER COOLERS

BEAT THE HEAT WITH THIS FRUITY,
REFRESHING DRINK.

STEP ONE: Slice 1 lb. each of peaches and strawberries and ½ lb. Granny Smith apples. Pack fruits in individual Ziploc containers. Cover and freeze the fruit; it will act as ice cubes to keep the drink cold.

STEP TWO: Chill a 750-ml. bottle of Moscato wine and 2 (12-oz.) cans passion fruit soda.

STEP THREE: Pack the fruit, wine and soda in an insulated cooler. Pack a large pitcher and glasses in a basket.

STEP FOUR: Just before serving, add fruit to pitcher. Pour wine over top. Add passion fruit soda and gently stir.



ZIPLOC'S LEAK-RESISTANT SEAL
IS GREAT FOR ON THE GO!



Ziploc Containers:
select varieties
2 to 8 ct. 2/\$6.00



Ziploc Sandwich
or Snack Bags:
select varieties
90 ct. \$3.29



Ziploc Freezer
or Storage Bags:
select varieties
30 to 40 ct. \$4.29



Ziploc Slider Bags:
select varieties
10 to 20 ct. 2/\$4.00

MAKE THIS
A TRAVEL-
FRIENDLY
PIZZA. WRAP
WEDGES IN
PLASTIC WRAP
AND TOTE IN A
COOLER WITH
ICE PACKS.



5

VEGGIE-HUMMUS PIZZA

Top a pizza with fresh summer flavors. Spread roasted red pepper hummus on an individual-size pizza crust. Sauté halved pearl onions, chopped asparagus and corn until softened. Top pizza with heirloom tomato halves, the sautéed veggie mixture, Hy-Vee Select tomato basil feta crumbled cheese and fresh basil leaves. Just before serving, drizzle Hy-Vee Select garlic oil on top and sprinkle with Hy-Vee crushed red pepper.



Sweet Unions

Showstopping sweets, beautiful blooms and simple DIY ideas will make your wedding a standout.

The professionals at your local Hy-Vee can help you pull off the celebration with ease.

PHOTOS Greg Scheidemann, Tobin Bennett and Adam Albright

Choose a cake that reflects your wedding theme and its colors. Or take your guests by surprise and end your celebration on a fabulously sweet note by serving fun and unusual desserts other than traditional cake.

NAKED WEDDING CAKE

Less is more with a minimally frosted three-tiered cake, *opposite*. This strikingly sophisticated treatment is perfect for a not-too-sweet wedding dessert. Lush, food-safe peonies and soft-petal roses accent the cake with pops of bright pink and yellow.

DECKED-OUT COOKIE CAKE

Who can resist soft and chewy chocolate chip cookie layers with rich buttercream and gooey caramel? Order 12-inch cookie pizzas and buttercream from your Hy-Vee Bakery. Pipe buttercream between the cookie layers and pour purchased caramel sauce on top, letting some drip down the sides. Then crown this beauty with heavenly dollops of buttercream.



FRUIT-JEWELED WHITE CHOCOLATE BARK

Treat guests to a delightful homemade confection. Finely chop white chocolate bars and melt them in the microwave according to package directions. Pour onto a parchment-lined baking sheet, spreading evenly. Sprinkle with dried berries, lavender and pumpkin seeds. Refrigerate until firm. Then break into pieces.

HY-VEE BAKERY PRO TIP

Visit your local Hy-Vee Bakery to discuss your cake as soon as you've decided on other wedding details—date and venue, level of formality, your dress, colors, menu, etc. With this information, your cake designer can help you determine a cake style, icing options and decorations.

simply sweet

CREAM PUFF POPS

Single-serving sweets are always a hit and easy for guests to enjoy. Defrost mini cream puffs from the Hy-Vee freezer section. Coat them with a glaze made from powdered sugar and lemon juice. Load the sweet bites onto pop sticks, then dip them into a mixture of lemon zest and coarse sugar. Let icing dry.

CUPCAKE TOWER

Give a nod to the traditional tiers of classic wedding cake with a decadent cupcake tower. These standard-size cupcakes are iced with buttercream and embellished with candies, nuts and sprinkles. Your Hy-Vee Bakery carries a variety of flavors including, from top to bottom, *below*: red velvet, mocha espresso, white almond wedding and raspberry lace.



PINK MOCKTAILS

Prep for wedding toasts with refreshing mocktails and elegant glassware. Fill a 32-cup beverage dispenser with 1 (59-oz.) bottle chilled raspberry lemonade, 1 (59-oz.) bottle chilled grapefruit juice and 2 (2-liter) bottles chilled Hy-Vee lemon-lime soda. Freeze additional juice into flavored ice cubes.



EASY-AS-PIE STACK

Stack three different fruit pies on top of one another for a triple-layer treat. Each slice holds the interplay of tastes and textures offered from multiple flavors at once. Just before serving, cut the tins to release the pies, and use a wide spatula to transfer them to a pedestal. Spoon Hy-Vee whipped topping on top, add fresh berries and dust the stack with Hy-Vee powdered sugar. Your Hy-Vee Bakery offers 10-inch apple, blueberry, cherry, peach and wildberry pies.

HY-VEE BAKERY PRO TIP

Offer silky cream or meringue pies on separate cake stands along with the fruit pie stack.

Your Hy-Vee Bakery has 6- and 10-inch banana cream, chocolate cream, coconut meringue, lemon meringue and French silk pies—enough to keep your guests lingering around the dessert table.

you'll love our new donuts

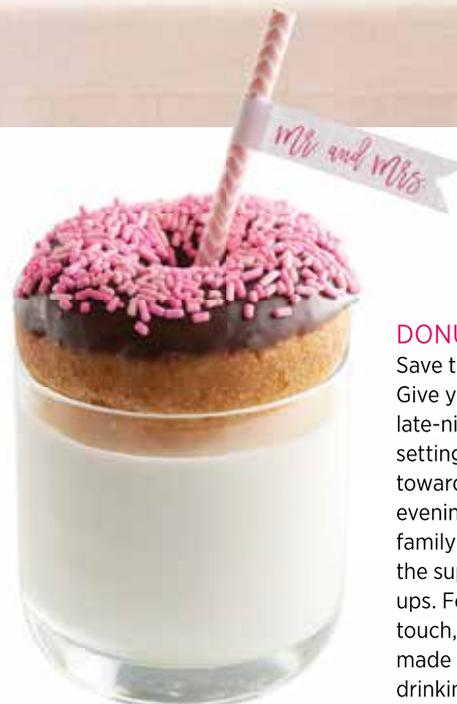
And so will your guests! Glazed, embellished, frosted or filled, snack on your donut of choice at the dessert table. Select Hy-Vee stores now offer fresh fried donuts in 28 fun flavors. They're sure to become everyone's new favorite donuts.

TO-GO GIFTS

Send guests home with a tasty thank-you. Individually wrap fresh baked donuts from Hy-Vee and attach a note of thanks. For a summer wedding, try Hy-Vee's S'mores donuts, a take on the campfire favorite.

WALL OF FLAVOR

Make an impression with donuts on display. Purchase a wooden board and pegs at a home improvement store. Frame the board, attach the pegs and paint it all for a lovely backdrop. Hang a variety of donuts on the pegs and set the display where guests can help themselves.



DONUT MILK CUPS

Save the best for last. Give your guests a late-night snack by setting out these treats toward the end of the evening. Friends and family will appreciate the surprise pick-me-ups. For a finishing touch, attach custom-made flags to paper drinking straws.



donut fix-up

Glazed donuts are an all-around crowd-pleaser, and berries hit their best in summer. Pair the two together for absolutely heavenly flavors!

1. SET UP a dessert station that includes glazed donuts and an array of donut holes from your Hy-Vee Bakery.

2. ADD bowls of Hy-Vee whipped topping, sweetened sliced strawberries, and fresh blueberries, raspberries and blackberries. Include a bowl of strawberry, seedless raspberry or seedless blackberry jam.

3. INVITE GUESTS to create their own donut fix-up. They may want to try our delicious spin on strawberry shortcake: Simply top a donut with whipped topping and strawberries. Add a donut hole in the center and spoon on some jam.



where love blooms

Professionally trained Hy-Vee floral designers keep up with current trends to offer advice and help you sort through floral possibilities. Look to Hy-Vee for everything from your bridal bouquet to boutonnieres as well as food-safe florals for decorating desserts and beautiful blooms for your wedding decor.

BRIDAL BOUQUET

For a traditional, romantic summer wedding, use mixed flowers that flourish in the summer. Peonies, hydrangeas, sweet peas, white lisianthus and a touch of seeded eucalyptus come together to form a garden-inspired bouquet, *left*.

SEED PACKET FAVORS

Present each guest with a parting gift as a memento of the day—an elegant packet of seeds, *below*. Personalize it with the names of the bride and groom or the wedding date. Use the wedding color scheme for the envelope design.

Download our template at hy-vee.com/seasons



HY-VEE FLORAL PRO TIP

Plan to meet with your Hy-Vee floral designer six to nine months before your wedding. If you're able to start planning a full year ahead, it's a great time to see the flowers that will be in season. If you decide to include florals on your cake, ask your floral designer to work with the cake specialist so everything coordinates.



CROWNING TOUCH

Flowers are a beautiful addition to a bride's hair. Choose a look that complements your hairstyle. Flowers with sturdy stems, such as peonies and roses, go well together in a flower crown; seeded eucalyptus and baby's breath are delicate fillers that weave into the hair naturally.



ROSE BOUTONNIERES

White roses and lisianthus, accented with baby's breath and seeded eucalyptus, offer simple beauty for weddings.

CASCADING ROSES BACKDROP

Cascading roses make a colorful backdrop for a photo booth or a food display at a bridal shower. Buy five dozen roses in white and different shades of pink. Cut the rose stems, place in clear tubes filled with water and string onto 6-foot lengths of fishline. Tie the lines 6 inches apart on a dowel or to wire firmly secured to the wall.



add a *Splash* of brew

Beer kicks up flavor in a big way. Banana brew adds complexity to pancakes; a hoppy pilsner makes a divine brine for pork chops. Also try an unusual beer-laced cheese dip and beeramisu dessert.

*Banana Brew-Bacon
Pancakes* Recipe, page 61


Dynamic duo
Sweet, fruity banana
beer complements
smoky bacon.

Pilsner-Brined Chops

Total Time 40 minutes plus brining time
Serves 4

3 (12-oz.) bottles pilsner beer, such as Baraboo Pilsner brand, divided
¼ cup Hy-Vee kosher salt
¼ cup packed Hy-Vee brown sugar
4 cloves garlic, chopped
1 sprig fresh rosemary
1 Hy-Vee bay leaf
2 Tbsp. Hy-Vee black peppercorns
4 cups ice cubes

4 Hy-Vee thick-cut, bone-in pork loin chops (3 lb.)
½ peeled and cored fresh pineapple, cut into ½-in. slices
¼ cup chopped roasted red peppers
1 jalapeño pepper, seeded and finely chopped*
2 Tbsp. finely chopped cilantro
1 Tbsp. Hy-Vee Select olive oil
1 Tbsp. fresh lime juice
Hy-Vee kosher salt and black pepper, to taste

1. COMBINE one bottle pilsner, salt, brown sugar, garlic, rosemary, bay leaf and peppercorns in a large saucepan. Bring mixture to boiling. Remove from heat. Add remaining two bottles pilsner and ice cubes to saucepan.

2. TRIM fat from chops. Place chops in a resealable plastic bag set in a shallow dish. Pour pilsner mixture over chops; seal bag. Brine in the refrigerator for 8 to 24 hours.

3. PREPARE a gas or charcoal grill for direct grilling over medium-high heat.

4. DRAIN chops, discarding brine. Pat chops dry with paper towels. Grill chops for 10 minutes or until slightly pink in center and juices run clear (145°F), turning once. Let stand for 5 minutes before serving.

5. AFTER turning chops, add pineapple slices to grill and cook until grill marks appear, turning once. For salsa, chop pineapple and combine with roasted red peppers, jalapeño pepper, cilantro, olive oil and lime juice in medium bowl. Season with salt and pepper to taste. Serve pork chops topped with pineapple salsa.

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

Note: Nutrition facts cannot be calculated for this recipe because the amount of sodium in pork chops varies after brining.



*** Bonus Feature:** Learn how to make Pilsner-Brined Chops. Watch the video at [youtube.com/HyVee](https://www.youtube.com/HyVee)





Corn and Ale Cheese Dip

Total Time 40 minutes
Serves 20 (2 Tbsp. each)

1 (8-oz.) pkg. Hy-Vee cream cheese, softened
½ (12-oz.) bottle (⅔ cup) wheat ale beer
5 cups finely shredded Hy-Vee sharp Cheddar cheese (20 oz.)

1½ cups corn, thawed if frozen

1 medium red bell pepper, seeded and chopped;
reserve some for garnish

⅓ cup sliced green onions; reserve some for garnish

1 recipe Toasted Baguette Slices, right

1. PREHEAT oven to 350°F. Grease a cast-iron skillet large enough to hold 3 cups; set aside.

2. PLACE cream cheese in a medium mixing bowl; beat with an electric mixer on medium-high for 30 seconds. Beat in beer until smooth and creamy. Stir in cheese, corn, pepper and green onions. Transfer to prepared skillet.

3. BAKE, uncovered, for 30 minutes or until heated through. Let stand while toasting baguette slices. If desired, garnish with reserved red pepper and green onions. Serve with Toasted Baguette Slices.

TOASTED BAGUETTE SLICES: Cut 1 (10-oz.) loaf Hy-Vee Bakery baguette into ¼-in. slices. Arrange slices on a baking sheet; brush with ¼ cup Hy-Vee Select olive oil. Toast in a 350°F oven for 10 minutes.

Per serving: 220 calories, 16 g fat, 9 g saturated fat, 0 g trans fat, 40 mg cholesterol, 290 mg sodium, 12 g carbohydrates, 1 g fiber, 1 g sugar, 9 g protein



Banana Brew- Bacon Pancakes

Total Time 40 minutes

Serves 3 (two 4-in. pancakes each)

1 recipe Buttery Cinnamon-Maple Syrup, right

8 slices Hy-Vee double-smoked, thick-sliced bacon

1 cup Hy-Vee buttermilk complete pancake and waffle mix

1 (11.2-oz.) bottle banana bread beer or other fruit-flavored beer

1. PREPARE Buttery Cinnamon-Maple Syrup, right; set aside.

2. PREHEAT oven to 400°F. Place bacon slices side by side on a wire rack on a foil-lined rimmed baking pan. Bake for 18 to 20 minutes or until bacon is crisp. Drain on paper towels and coarsely chop. Reserve 2 Tbsp. bacon for serving. Reduce oven temperature to 200°F.

3. STIR together the pancake mix and $\frac{3}{4}$ cup beer in a bowl; reserve remaining beer for another use. (Batter should be lumpy.) Pour about $\frac{1}{4}$ cup batter for each pancake onto a hot, lightly greased griddle

or heavy skillet. Top with some bacon. Cook over medium heat for 2 minutes or until top bubbles and bottom is golden brown. Turn and cook for 2 minutes more. Transfer pancakes to a baking pan; keep warm in oven for up to 10 minutes. Repeat with remaining batter and bacon. Serve pancakes topped with reserved bacon and Buttery Cinnamon-Maple Syrup.

BUTTERY CINNAMON-MAPLE SYRUP: Heat $\frac{1}{2}$ cup Hy-Vee Select pure maple syrup, 2 (1-in.) cinnamon sticks and 3 Tbsp. Hy-Vee butter in a medium saucepan over medium-high heat. Bring just to boiling. Remove from heat and let stand for 30 minutes.

Per serving: 540 calories, 19 g fat, 9 g saturated fat, 0 g trans fat, 60 mg cholesterol, 900 mg sodium, 72 g carbohydrates, 3 g fiber, 38 g sugar, 12 g protein

Beercamisù

Total Time 30 minutes plus refrigerating time

Serves 6

6 large pasteurized eggs

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

2 (8-oz.) containers tiramisu mascarpone cheese

1 cup Hy-Vee frozen whipped topping, thawed

1 (12-oz.) bottle coffee stout (dark beer)

2 Tbsp. Hy-Vee vanilla extract

36 ladyfingers, quartered

$\frac{1}{2}$ cup milk chocolate shavings

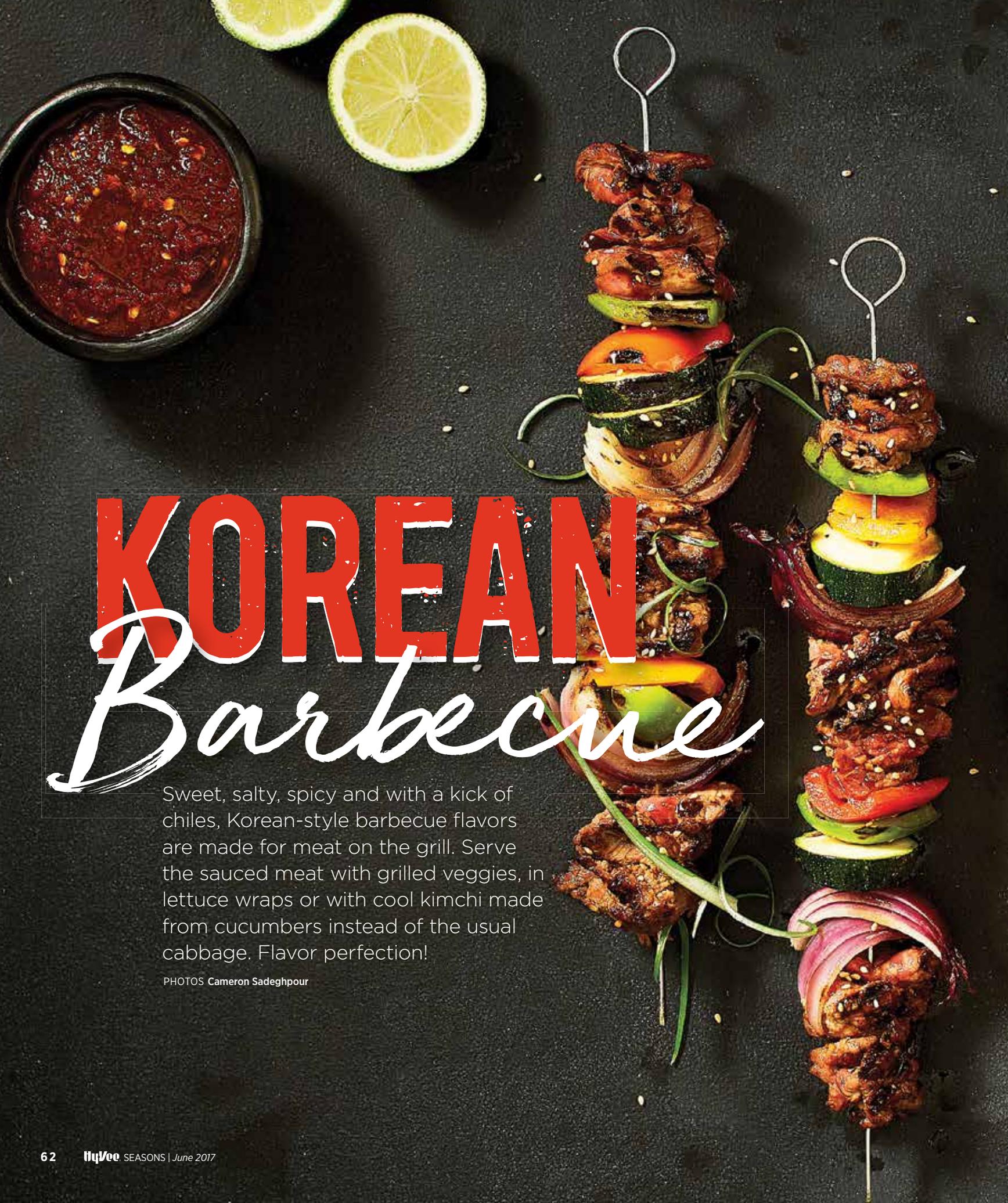
1. SEPARATE eggs; reserve whites for another use. Whisk together egg yolks and sugar in a large, round-bottom stainless-steel bowl. Half-fill a pot with water; bring water to a simmer and reduce heat to low. Set bowl with egg mixture over the water; bottom of bowl should not touch the water. Whisk custard mixture for 5 to 7 minutes or until thickened, making sure that the water does not boil.

2. REMOVE custard from heat. Beat in mascarpone cheese with an electric mixer on medium until smooth. Fold in whipped topping.

3. STIR together stout and vanilla in a shallow dish. Place six quartered ladyfingers in the stout mixture for 10 seconds or until soaked, turning as needed. Transfer half of soaked ladyfingers to an 8-oz. glass or ramekin. Spoon $\frac{1}{4}$ cup mascarpone mixture over top; sprinkle with chocolate shavings. Repeat layers. Repeat with remaining ingredients to make five more desserts. Cover and refrigerate for 2 to 24 hours before serving.

Per serving: 810 calories, 51 g fat, 26 g saturated fat, 0 g trans fat, 460 mg cholesterol, 220 mg sodium, 61 g carbohydrates, 1 g fiber, 17 g sugar, 20 g protein





KOREAN *Barbecue*

Sweet, salty, spicy and with a kick of chiles, Korean-style barbecue flavors are made for meat on the grill. Serve the sauced meat with grilled veggies, in lettuce wraps or with cool kimchi made from cucumbers instead of the usual cabbage. Flavor perfection!

PHOTOS Cameron Sadeghpour

CHEF'S NOTE
CUT BEEF STRIPS THINLY SO THEY QUICKLY ABSORB THE HOT-SWEET-SALTY MARINADE.

BULGOGI BEEF SKEWERS

Total Time 20 minutes
plus marinating time
Serves 6

- 2 Tbsp. Hy-Vee sugar
- 2 Tbsp. Hy-Vee light soy sauce
- 2 Tbsp. sesame oil
- 2 Tbsp. minced fresh garlic
- 2 Tbsp. grated fresh ginger
- 2 tsp. Hy-Vee crushed red pepper*
- 1¼ lb. beef skirt steak, cut into ¼-in. strips
- 1 recipe Spicy Dipping Sauce, below
- 1 medium red and/or green bell pepper, seeded and cut into chunks
- 1 small zucchini, cut into ½-in.-thick slices
- 1 red onion, cut into wedges
- 6 (12-in.) metal skewers
- 1 Tbsp. toasted sesame seeds
- Thinly sliced green onion tops, for garnish

1. COMBINE sugar, soy sauce, sesame oil, garlic, ginger and crushed red pepper in a bowl. Add beef strips and toss to coat. Cover; refrigerate 1 hour.

2. PREPARE Spicy Dipping Sauce; set aside.

3. PREPARE a charcoal or gas grill for direct grilling over medium-high heat.

4. THREAD beef, bell pepper, zucchini and onion onto skewers. Grill until beef is cooked to desired doneness, turning occasionally. Allow 10 minutes for medium-rare (145°F) and 12 to 13 minutes for medium (160°F).

5. SPRINKLE sesame seeds over skewers. If desired, garnish with onion tops. Serve with Spicy Dipping Sauce.

SPICY DIPPING SAUCE: Combine 2 Tbsp. chili-garlic sauce,* 2 Tbsp. Hy-Vee light soy sauce, 1 Tbsp. fresh lime juice, and 1 tsp. sugar in a bowl.

***Note:** Decrease amounts for a less-spicy version.

Per serving: 290 calories; 18 g fat, 6 g saturated fat, 0.5 g trans fat, 60 mg cholesterol, 770 mg sodium, 14 g carbohydrates, 1 g fiber, 11 g sugar, 21 g protein

30
minutes
or less

What Makes It Korean Barbecue?

BEEF, PORK OR CHICKEN is marinated in a sauce that typically includes soy sauce, sugar, sesame oil and pepper. A classic beef dish, **Bulgogi**, or “fire meat,” marinates for several hours before it’s grilled and wrapped in lettuce leaves. In many restaurants the dish is cooked at the table. Our recipe, *page 63*, opts for the convenience of skewers and an outdoor grill. A spicy dipping sauce adds some delicious heat.

KIMCHI, a spicy fermented side dish, is typically made from cabbage, cucumbers or carrots and seasoned with garlic and red chile peppers.

30
minutes
or less

Total Time 20 minutes **Serves** 10 (½ cup each)

- ¼ cup Hy-Vee Sriracha*
- 3 Tbsp. rice wine vinegar or Hy-Vee Select white wine vinegar
- 3 Tbsp. minced fresh garlic
- 1 Tbsp. ginger paste or grated fresh ginger
- 1 Tbsp. Hy-Vee honey
- 1 Tbsp. fish sauce
- ½ tsp. sesame oil
- 3 English cucumbers, thinly sliced
- 2 cups shredded carrots
- 4 green onions, thinly sliced
- 1 Tbsp. toasted sesame seeds

1. COMBINE Sriracha, vinegar, garlic, ginger, honey, fish sauce and sesame oil in a medium bowl. Add cucumbers, carrots, green onions and sesame seeds; toss to coat. Serve immediately, or cover and refrigerate for up to three days.

***Note:** Decrease amount for a less-spicy version.

Per serving: 45 calories, 0.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 320 mg sodium, 8 g carbohydrates, 2 g fiber, 5 g sugar, 2 g protein

QUICK CUCUMBER Kimchi

KOREAN-STYLE CHICKEN

Wraps

1. PREPARE Quick Cucumber Kimchi; cover and refrigerate.

2. PREPARE a charcoal or gas grill for direct cooking over medium-high heat.

3. COMBINE hoisin sauce, soy sauce, honey, garlic, ginger, chili garlic sauce and sesame oil in a small bowl. Reserve two-thirds hoisin mixture in a bowl for serving.

4. BRUSH chicken with remaining one-third hoisin mixture. Grill for 10 minutes or until chicken is no longer pink (165°F), turning once. Transfer to a cutting board; let stand for 10 minutes. Cut into thin slices.

5. TO ASSEMBLE each wrap, overlap three lettuce leaves on a work surface. Top with chicken. Drizzle with reserved hoisin mixture. Add Quick Cucumber Kimchi, carrots, radishes, green onions and serrano pepper slices. Sprinkle with sesame seeds. If desired, serve with lime slices.

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

Per serving: 430 calories, 8 g fat, 1.5 g saturated fat, 0 g trans fat, 125 mg cholesterol, 2,160 mg sodium, 45 g carbohydrates, 6 g fiber, 31 g sugar, 45 g protein

Total Time 45 minutes
Serves 4 (2 wraps each)

1 recipe Quick Cucumber Kimchi,
opposite

1/3 cup hoisin sauce

1/4 cup Hy-Vee light soy sauce

2 Tbsp. Hy-Vee honey

1 Tbsp. minced fresh garlic

1 Tbsp. grated fresh ginger

1 tsp. chili garlic hot sauce

1 tsp. sesame oil

4 (6 oz.) chicken breast halves

24 large leaves butter leaf lettuce

1 cup shredded carrots

2 radishes, thinly sliced

4 green onions, thinly sliced

Serrano pepper slices*

Sesame seeds

Lime slices, optional

CHEF'S NOTE

PAIR SOY- AND SESAME-
FLAVORED CHICKEN WITH
CRUNCHY, REFRESHING
TOPPINGS.

get the goods

SAVE AT HY-VEE BY PICKING UP THE FOLLOWING DEALS SHOWN HERE AND THROUGHOUT *HY-VEE SEASONS*.

› BEVERAGES



Tropicana Twister
59 fl. oz., Orange Juice
or Apple Juice 12 fl. oz.:
select varieties
3/\$4.00



Silk, So Delicious or
Horizon Milk:
select varieties
32 fl. oz. 2/\$5.00



Old Orchard 100%
Apple Juice or Blends:
select varieties
64 fl. oz. 2/\$4.00



Hubert's Lemonade:
select varieties
16 fl. oz. 4/\$5.00



Ocean Spray Mocktails:
select varieties
33.8 fl. oz. 2/\$5.00



Horizon or
Silk Aseptic Milk:
select varieties
8 oz. 4/\$5.00

› FRIDGE & FREEZER



Tropicana Drink or
Pure Leaf Tea:
select varieties
59 fl. oz. 2/\$4.00



Stok Cold Brew
Iced Coffee:
select varieties
48 oz. \$4.49



International Delight
Iced Coffee:
select varieties
64 oz. 2/\$7.00



Sir Bananas Milk:
select varieties
64 oz. \$3.69



Cabot Dairy Cheese:
select varieties
6 or 8 oz. \$2.99



Just BARE Chicken
14 oz. \$4.99



Whitey's Ice Cream:
select varieties
56 oz. \$5.49



Activia:
select varieties
4 pack \$2.38



Pictsweet Farms
Vegetables:
select varieties
8 to 12 oz. \$1.69



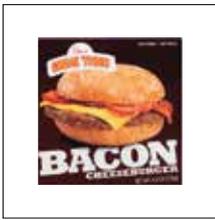
McCormick Grill Mates
Smoked Sausage or
Beef Franks 14 oz.
\$2.99



Hormel Pepperoni:
select varieties
3.75 to 8 oz. \$2.99



Land O'Frost Bistro
Favorites, Breakfast
Cuts or Simply
Delicious Meat:
select varieties
5 to 8 oz. \$2.99



Pierre Drive Thru Sandwich: select varieties 4.6 to 5.7 oz. \$1.88



InnovAsian Cuisine Entrée: select varieties 16 or 18 oz. \$4.99



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



Rana Refrigerated Pasta or Sauce: select varieties 7 to 15 oz. \$3.99



Fast Fixin' Breaded Chicken: select varieties 20 to 24 oz. \$3.99

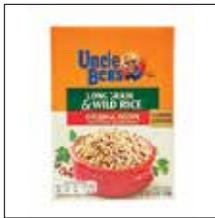


Foster Farms Corn Dogs: select varieties 29.3 to 42.7 oz. \$5.88

» PANTRY



Old Folks Sausage: select varieties 1 lb. 2/\$5.00



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



Blue Diamond Almonds: select varieties 14 to 16 oz. \$8.99



Mt. Olive Pickles: select varieties 16 to 32 oz. \$2.28



Lindsay Olives: select varieties 3.8 to 6 oz. 2/\$3.00



Frito-Lay Oven Baked Chips: select varieties 6.25 or 7.63 oz. 2/\$6.00



French's Ketchup 20 oz. \$1.99



Horizon Cookies or Crackers: select varieties 6.6 or 7.5 oz. 2/\$5.00



Horizon Macaroni & Cheese: select varieties 6 oz. 2/\$3.00



Chex Mix, Gardetto's or Bugles: select varieties 10.5 to 15 oz. 2/\$6.00



Bakery on Main Granola: select varieties 12 oz. \$4.99

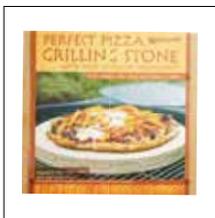


Bakery On Main Oatmeal: select varieties 10.5 oz. \$3.69

» OTHER



Lysol Cleaner: select varieties 22 to 40 oz., 2 or 4 ct. \$2.99



25% off Pizzacraft Pizza Items: select varieties



25% off Zak Glamping Dinnerware: select varieties



50% off Nature's Bounty: select varieties 1 to 180 ct.

cool ^{AND} creamy

Get the recipe at frigocheese.com/recipes/cool-creamy-summer-ricotta-fruit-dip



Frigo Cheese:
select varieties
10 to 32 oz. \$3.99



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IT'S YOUR CHURN
PREMIUM ICE CREAM



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select varieties
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It's Your Churn Ice Cream:
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\$3.99



Blue Bunny®
Mini Swirls® Novelties
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\$3.99



Blue Bunny®
Bunny Snacks™
Select varieties
6 CT.

\$3.99



COUPON VALID

05/31/2017 - 06/27/2017

SLU 16070

HyVee



**SAVE
\$1.50**

Eucerin and Nivea Lotions or Creams:
select varieties 5 to 16.9 oz. (excludes Trial & Lip Care)



COUPON VALID

05/31/2017 - 06/27/2017

SLU 16080

HyVee



**BUY 4 SAVE
\$1.00**

Pure Protein Bars:
select varieties 1.76 or 2.75 oz.



COUPON VALID

05/31/2017 - 06/27/2017

SLU 16050

HyVee



**SAVE
50¢**

Entenmann's Little Bites:
select varieties 8.25 to 9.75 oz.



COUPON VALID

05/31/2017 - 06/27/2017

SLU 16040

HyVee



**SAVE
\$1.00**

People Magazine



COUPON VALID

05/31/2017 - 06/27/2017

SLU 16060

HyVee



**BUY 2 SAVE
\$1.50**

Johnsonville Brats, Sausage, Links, Patties or Grilled Chicken:
select varieties 9 to 19 oz.



COUPON VALID

05/31/2017 - 06/27/2017

SLU 16100

HyVee



**BUY 2 SAVE
\$1.00**

Hormel Natural Choice Snacks or REV Wraps:
select varieties 2 to 2.7 oz.



COUPON VALID

05/31/2017 - 06/27/2017

SLU 16090

HyVee



**BUY 1 GET 1
FREE**

Free PowerAde 32 fl. oz. when you buy a Core Power or
Core Power Elite: select varieties 11.5 or 14 fl. oz.



COUPON VALID

05/31/2017 - 06/27/2017

SLU 16030

HyVee



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COLGATE
TOOTHBRUSH**

Buy a Colgate Twin Pack Toothpaste, 3.5 to 6 oz.
select varieties get Colgate Toothbrush

HyVee®



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Limit 1 coupon per customer.

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**30 MINUTES
OR LESS**



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**VEGETARIAN
DISH**

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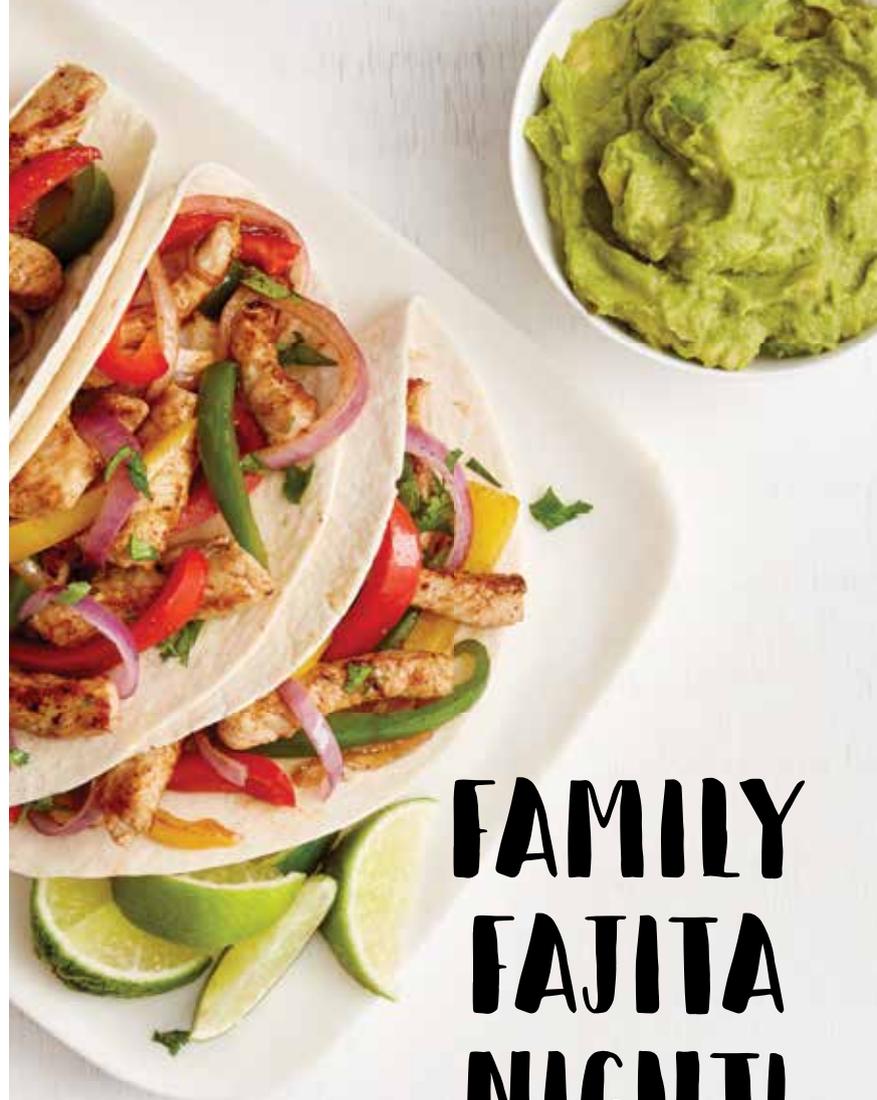
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FAMILY FAJITA NIGHT!

½ package HORMEL® ALWAYS TENDER®

Roast Flavor Pork Roast

¼ cup olive oil, divided

1 medium red onion, sliced

1 green bell pepper, sliced

1 red bell pepper, sliced

1 yellow bell pepper, sliced

1 (1.35-ounce) package CHI-CHI'S® Fiesta

fajita seasoning mix, divided

½ cup chopped fresh cilantro leaves

8 fajita-size flour tortillas, warmed

WHOLLY GUACAMOLE® classic

lime wedges

1. In large bowl, toss together onion, peppers and ½ package fajita seasoning.

2. Slice pork roast into long strips and place in separate bowl. Sprinkle with remaining ½ package fajita seasoning mix.

3. In large skillet, heat 1 tablespoon olive oil per batch over medium-high heat and cook pork in batches, 5 to 7 minutes or until slightly charred. Remove pork from skillet, and wipe clean.

4. Heat remaining 1 tablespoon oil over medium-high heat. Add onion mixture and cook 5 to 7 minutes or until vegetables are crisp-tender. Add pork back to skillet, tossing to combine. Stir in cilantro.

5. Serve with warmed tortillas, guacamole and lime wedges, if desired.



Chi-Chi's Tortillas:
select varieties
8 or 10 ct.
2/\$4.00



Chi Chi's Salsa or
Herdez Salsa:
select varieties
15.7 or 16 oz.
2/\$5.00



Hormel Always
Tender Fresh
Pork Tenderloin
\$3.99 lb.



Wholly
Guacamole
100 Calorie Minis:
select varieties
8 oz. 2/\$7.00



OREO
THINS

a thin new spin on
the OREO you love



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NABISCO belVita:
select varieties
8.8 oz. 2/\$6.00



NABISCO Honey
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select varieties
7 to 14.4 oz. \$3.49



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select varieties
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**AUGUST
ALREADY!**

Sweet corn is most delicious this time of year. Get ready to try our addictive corn cakes.

It's also back-to-school month with busy days ahead. Make time for family dinners with our super easy 30-minute meals. For a sweet fix, check out our cereal snacks.



August '17

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