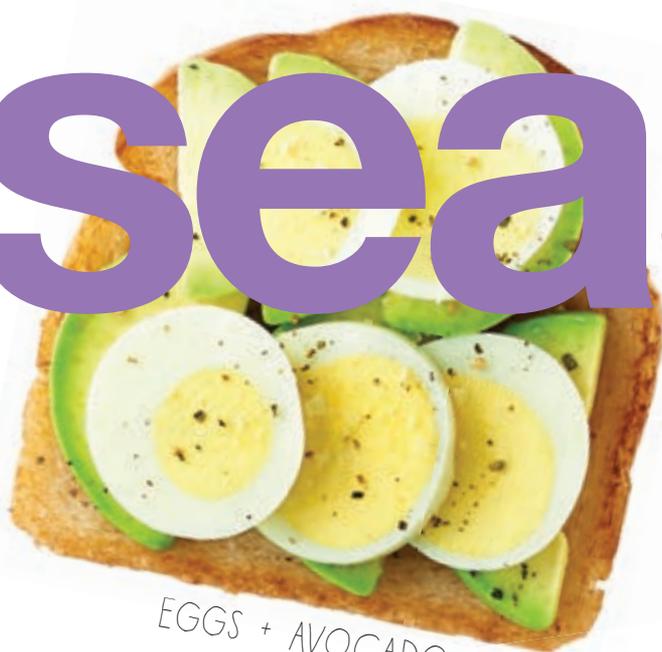


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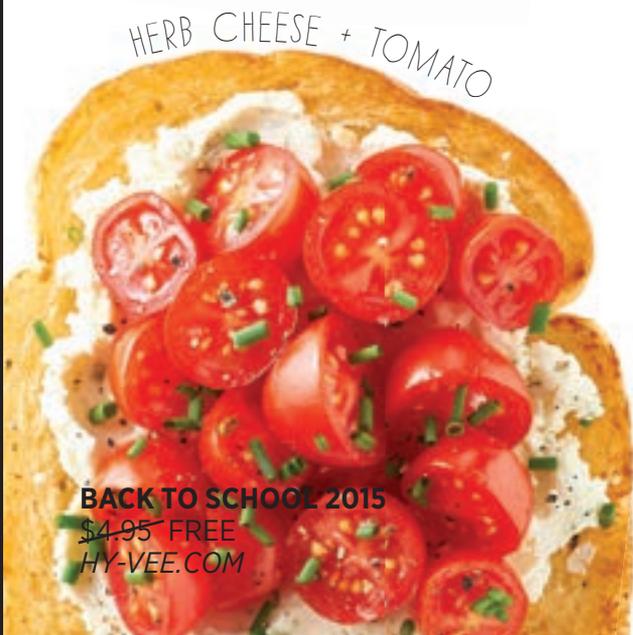
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technologists to guarantee that
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- Weeknight Crab Alfredo
- Asian Shrimp Kabobs



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About Our Editor:

Award-winning Hy-Vee chef Mark Webster served 20 years as a U.S. Navy chef, which included serving as chef at several diplomatic dinners. He later worked at restaurants in the Kansas City area. Read about his amazing journey and accomplishments in "Kitchen Magic," *page 10*.

DEAR HY-VEE READER,

I feel like the luckiest guy in the world because I'm a Hy-Vee chef. Every day, I talk with 30 to 40 shoppers in the store. I have one regular customer who comes in every couple of days. This older gentleman—mind you, he's in his 70s—brought in his father, who is more than 100 years old. The dad was such a sweet old man. Meeting him really made my day.

Everything I love about my work is wrapped up in meeting my friend's father and all the others who stop by. There's no job I'd rather have than what I do every day at Hy-Vee.

If you enjoy making new friends and trying new recipes, you're going to enjoy this issue. Start with the colorful, nutritious dishes for kids' meals in the stories "Balancing Breakfast," *page 32*, and "Lunch by the Numbers," *page 66*. Then meet "Kids Who Cook," *page 16*. You'll also learn juicy details about peaches, plums and other seasonal delights in "Stone Fruit," *page 50*.

Make the most of summer by cooking with your kids, inviting extended family and neighbors over for a barbecue or just talking about the day with a casual acquaintance. It's amazing how many friends a person can make over good food. Enjoy this issue of *Hy-Vee Seasons*!

Sincerely,

Mark Webster, Chef

Lee's Summit #2, Missouri



←
 Legendary
 Customer Service
 Award Winner

WHAT HAS BEEN THE BEST PART OF YOUR SERVICE AT HY-VEE AND WHAT DO YOU LOVE ABOUT YOUR POSITION?

A: As manager I get to run my department like I own the business. My customers ask me what wine to match with the food they are preparing or what to serve at their own events, and that's really cool. I also keep customers up to date with new arrivals and store events by posting news on our Facebook page and by tweeting about it.

Tom Heirigs
 38 years of service
 Wine and Spirits Manager
 Altoona, IA

A: I love my position! I help open new stores and train all the employees. My biggest focus is making sure our employees deliver our customer service message. The key is treating our customers with the great Hy-Vee service they expect and that starts at the top. I make sure every department is trained with that consistent goal in mind.

Katie Russell
 3 years of service
 Training Supervisor
 Iowa City, IA

A: I am constantly in the middle of things. As an assistant manager, everything is different every single day. There is always an opportunity to help a customer and take care of someone's needs. A big part of my job is acting as an ambassador to our customers. I also mentor other employees and am still learning on this job.

Craig Cunningham
 41 years of service
 Assistant Manager
 Waterloo, IA

A SAMPLING OF RECIPES IN THIS ISSUE

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FRESH *basil*

Fresh basil is a minty and mildly peppery herb used in cuisines the world over. The leaves enliven many dishes and make a versatile Italian sauce called pesto, which is easy to prepare and delicious in sandwiches or pasta.

SELECT

The basil season in the United States is typically the warmer summer months. Most recipes that call for basil mean sweet basil, but there are many varieties, including purple, Thai and lemon. Look for vibrant, glossy leaves without blemishes.

STORE

Keep basil refrigerated in its store container or gently wrap it in paper towels and place it in a resealable plastic bag in the vegetable drawer.

COOK

- To prepare basil, remove and discard larger stems. Use kitchen shears to snip leaves into smaller pieces or gather a bunch of leaves together and chop with a sharp knife.
- Add fresh basil to salads or sauces at the end of cooking for a bright pop of flavor.
- Add fresh basil to sauces and soups at the start of cooking for an underlying rich aroma and taste.
- For an easy appetizer, skewer cherry tomatoes, mozzarella balls and basil leaves onto wooden picks.
- Make pesto, see *page 8*.

FLAVOR- packed HERBS

Basil is one of many fresh herbs stocked in Hy-Vee's Produce Department. Minced or snipped, herbs add bright flavor to any dish.



CHIVES

A mild onion flavor makes hollow-stemmed chives an ideal herb for omelets and dressings. Use kitchen shears to quickly snip as much as you need.



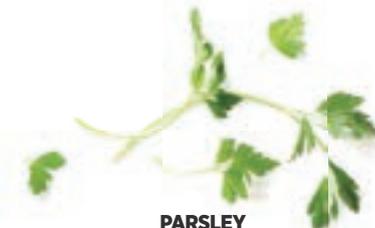
THYME

Aromatic thyme is a popular herb for flavoring rice pilaf, roasts and poultry. To use, remove the tiny leaves and discard the woody stems.



MINT

The brightest of herbs is associated with chocolate desserts and lamb, but mint is also a key ingredient in mojito cocktails and many Middle Eastern dishes.



PARSLEY

The herb is popular among chefs for its clean and slightly peppery flavor that helps lighten creamy dishes and freshen pasta and potato salads.



DILL

The signature flavor contributor to dill pickles, this delicate-yet-earthy herb is equally adept at enlivening rustic breads, creamy dips and grilled or baked salmon.

BASIL-SPINACH PESTO WITH WALNUTS

This simple pesto variation combines basil with spinach for a milder and more balanced flavor. In another twist, walnuts replace the more traditional pine nuts.

Prep: 5 minutes | Bake: 10 minutes |

Serves 16 (1 tablespoon each)

1/3 cup Hy-Vee walnuts, finely chopped

1 cup packed basil leaves (about 2 ounces)

1 cup packed spinach leaves (about 2 ounces)

1/2 cup Hy-Vee finely shredded Parmesan cheese

1 teaspoon minced garlic

1/2 teaspoon Hy-Vee kosher sea salt

Pinch of red pepper flakes, optional

2/3 cup Hy-Vee Select extra-virgin olive oil

1. Preheat oven to 350°F. Place walnuts on an ungreased baking sheet and bake until lightly toasted, about 10 minutes; remove and set aside to cool.

2. In a food processor, combine basil, spinach, walnuts, Parmesan, garlic, salt and red pepper flakes, if desired. Cover and pulse until coarsely chopped. Add oil and process until thoroughly combined.

3. Store in the refrigerator for up to 1 week or in the freezer for up to 1 month. Thaw frozen pesto in refrigerator overnight.

Nutrition facts per serving: 110 calories, 11 g fat, 2 g saturated fat, 0 g trans fat, 5 mg cholesterol, 115 mg sodium, 1 g carbohydrates, 0 g fiber, 0 g sugar, 2 g protein. Daily values: 8% vitamin A, 2% vitamin C, 4% calcium, 2% iron.



BONUS BITE!
TOSS PESTO AND PEELED
COOKED SHRIMP WITH
HOT COOKED PASTA FOR
AN EFFORTLESS AND YET
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Purple Majesty

Bring summer's glory to the table with a freesia and dahlia bouquet. This design is so simple, it goes together in minutes.



WHAT YOU NEED

- FROSTED GLASS VASE
- 30 STEMS PURPLE FREESIA
- 10 STEMS WHITE FREESIA
- 5 STEMS FUCHSIA/PURPLE DAHLIAS
- CUT-FLOWER FOOD, OPTIONAL

STEP 1: Wash and dry the vase and fill with cool water. Add cut-flower food, if desired.

STEP 2: Cut the purple freesia stems 6 to 8 inches taller than the vase. Place the flowers in the vase. Trim the stem ends, one at a time, so the arranged flowers create an arch. Place the white freesia and dahlias in the vase, one at a time, trimming ends so each flower is an appropriate height.



KITCHEN MAGIC

Hy-Vee chef Mark Webster's résumé chronologizes food experience from every corner of the planet. He has won a plethora of awards and honors. This summer, he was inducted into one of the country's most exclusive culinary orders.

It was more than a little overwhelming for Hy-Vee chef Mark Webster of Lee's Summit, Missouri, when he was inducted into the Honorable Order of the Golden Toque in June. This exclusive group, named for a chef's hat, or toque, consists of 100 elite chefs. The order only accepts a new member when a current member passes away.

"When they bring you in, it's like going into the Hall of Fame for a baseball player. It's really an honor," Mark says.

Nominations were made in secret, so Mark didn't know he was being considered until near the end of the nominee vetting when his work history was reviewed.

CAREER BEGINNINGS

Mark's cooking career officially began when he joined the U.S. Navy. After taking a battery of enlistment tests in 1976, Mark was told he was best suited to be a gunner's mate—a seaman who works with weapons and munitions. But explosive experts aren't in high demand in civilian life, while cooks can always get work. So Mark requested a different speciality. He became a cook.

"The Navy changed my life," Mark says. "I traveled the world, went to culinary schools, got a degree in business and was even responsible for important diplomatic luncheons and dinners. Cooking is my true passion. I'm the kind of guy who reads cookbooks on my days off."

ANOTHER PORT, ANOTHER CUISINE

By the time Mark retired from the Navy in 1996, he had been in 40 countries and lived in seven. He learned about Mediterranean food in Italy, Greece and the island of Crete. When he was in New Zealand, he discovered another approach to cuisine. He even gained critical skills as the chef at McMurdo Station in Antarctica.

"Because of the weather, we had no flights in and no flights out at McMurdo Station from February to October. So our fresh milk ran out in about two weeks and vegetables ran out in a month. But my crew—my customers—still wanted meals that were good, period. So I adapt and change from being a cook to being a magician," he says.

STATESIDE

Returning home to Missouri after the Navy, Mark worked in several restaurants, leading to a 10-year run as the executive chef at New Theatre Restaurant, a popular venue that offers live-stage productions and dinner. He enjoyed working there, but it was an intense decade of 12-hour workdays that meant seeing his daughter for only a few minutes in the morning most days.

When he was offered a job at Hy-Vee two years ago, he hesitated. "I wasn't sure about moving from the New Theatre, which is a major tourist attraction, to a grocery store. But it has been the best move I ever made. I only wish I had made this shift sooner."

FRIENDLY AISLES

"When I work in restaurants, most of the time when I talk to a customer it's because something is wrong and they blame me," he says. "It's completely different for me at the store. I think of my customers as my friends."



Mark Webster, Hy-Vee chef, Lee's Summit #2, Missouri

PLANK-GRILLED FISH

WHEN YOU WANT TO IMPRESS GUESTS, GRILL FISH ON CEDAR PLANKS TO ADD A SMOKY TASTE. IT'S AS EASY AS IT IS MAGICAL, CHEF MARK WEBSTER SAYS.

CHOOSE THE FISH: Salmon is a good choice, but any small fillet of fish works.

PREP THE PLANK: Submerge the cedar plank in water for about an hour.

PREP THE GRILL: Heat the grill to medium; brush off the grates.

COOK THE FISH: Place the water-soaked plank on the grill grates on medium heat for 2 or 3 minutes. Char it on one side. Turn the plank over, charred side up, and place the fish on the surface. Cook with the lid closed for 8 minutes. Keep a small pan of water nearby to handle plank flare-ups. Note: Douse the plank, but keep fish out of water.

CHECK FISH FOR DONENESS: Fully cooked fish should flake if you stick a fork in it and twist. If fish is not done, continue to cook, testing it in 2-minute intervals until it is ready.

SERVE: Remove planked fish from the grill and cover. If desired, grill asparagus or tomato slices on the plank for a flavorful side dish.

"All you've done is lowered the lid and let the fish cook. But it's like a magic trick. It's a great visual effect for a party. You have this wonderful slightly smoky fish, and you didn't do so much as flip the fish," Mark says.



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MAKE-AHEAD

oatmeal

Here's something you actually can do in your sleep. Cook up a big batch of steel-cut oats in a slow cooker. Or take the no-cook route and simply refrigerate old-fashioned oatmeal in jars. Either way, you'll have a wholesome porridge ready to go in the morning.

SLOW-COOKER OATMEAL

Prep: 10 minutes | Cook: 8 hours |

Serves 4 (about 1 cup each)

1 tablespoon Hy-Vee butter

1 cup Hy-Vee steel-cut oats

Hy-Vee nonstick cooking spray

3 cups water

1 cup Hy-Vee whole milk

¼ teaspoon Hy-Vee salt

¼ cup ground flaxseed

¼ cup packed Hy-Vee brown sugar

½ cup fresh raspberries

¼ cup sliced almonds, toasted

1. In a skillet, melt butter over medium heat. Add oats; cook and stir for 2 minutes or until toasted.
2. Coat a 1½-quart slow cooker with nonstick cooking spray. Add water, milk, oats and salt to cooker. Cover; cook on low heat for 8 hours or until liquid is absorbed.
3. Add flaxseed. Serve right away topped with brown sugar, raspberries and almonds. Or to serve later, pour oatmeal into a 2-quart square baking pan. Cool for 20 minutes. Cover and refrigerate for up to 3 days. To serve, cut oatmeal into four portions. Place each portion in a microwave-safe bowl; add 1 to 2 tablespoons milk. Cover and microwave on HIGH 2 minutes or until heated through. Serve topped with brown sugar, raspberries and almonds.

Nutrition facts per serving: 350 calories, 13 g fat, 3.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 180 mg sodium, 50 g carbohydrates, 8 g fiber, 17 g sugar, 10 g protein. Daily values: 4% vitamin A, 6% vitamin C, 10% calcium, 15% iron.



STEP 1: In a skillet, melt butter over medium heat. Add oats; cook and stir for 2 minutes or until toasted.



STEP 2: Add water, milk, toasted oats and salt to a 1½-quart slow cooker. Cook on low heat for 8 hours.



STEP 3: To serve oatmeal later, pour into a 2-quart square baking pan. Cool. Cover and chill up to 3 days.



STEP 4: Serve oatmeal topped with brown sugar, raspberries and almonds.

OVERNIGHT OATMEAL

Prep: 10 minutes | Chill: Overnight | Serves 2

1 (5.3-ounce) carton Hy-Vee plain Greek yogurt

¾ cup Hy-Vee old-fashioned rolled oats

¾ cup Hy-Vee skim milk

½ cup chopped or sliced fruit or whole pecans

2 tablespoons packed Hy-Vee brown sugar

Additional fruit or pecans, for garnish

1. In a medium bowl, combine yogurt, oats, milk, fruit or pecans, and brown sugar.
2. Transfer mixture to a pint jar or two half-pint jars. Cover and refrigerate overnight or up to 3 days.
3. To serve, remove jar lids and, if desired, top with additional fruit or pecans.

Nutrition facts per serving: 250 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 75 mg sodium, 43 g carbohydrates, 4 g fiber, 24 g sugar, 15 g protein. Daily values: 4% vitamin A, 40% vitamin C, 25% calcium, 10% iron.



STEP 1: In a medium bowl, combine yogurt, oats, milk, fruit or pecans, and brown sugar.



STEP 2: Transfer mixture to a pint jar or two half-pint jars. Cover and refrigerate overnight or up to 3 days.

BACK TO SCHOOL '15

- KIDS WHO COOK • SUNDAY SUPPER
- A PROMISE TO KEEP
- BALANCING BREAKFAST
- FARM TO TABLE • STONE FRUIT
- THE BEST CHEESE FOR BURGERS
- TEACHER GIFTS • LUNCH BY THE NUMBERS
- CHARACTER COUNTS



Check out seven ways to make canned soups more flavorful and nutritious, *page 70*.



KIDS WHO COOK

COOKING IS A HOT TOPIC FOR KIDS. THEY'RE TAKING CLASSES; LEARNING THROUGH VIDEOS, WEBSITES AND TV; AND WATCHING MOM AND DAD CLOSELY. SEE HOW TOMORROW'S COOKS STARTED AND TRY THEIR RECIPES.

WORDS Kaitlyn Cimino PHOTOS Tobin Bennett

Though she's only 12 years old, Mia is already cooking competitively. Just last spring, she and a team of her peers entered a district-wide competition in which they were judged on their original recipes. Mia has also taken a number of classes at her local Hy-Vee and spends hours each week researching recipes on Pinterest. "I usually start off looking for a dessert, but then I'll find something else along the way and try it out."

More and more young people are joining their parents in the kitchen to learn how to prepare food for their families—and many kids may quickly surpass their parents' cooking abilities. Like Mia, Garrett started at age 9 with baked goods, making cookies and cinnamon rolls for her family. "I really like seeing people's reactions to my food and making people happy, especially my dad, with something that I've made." Now 14 years old, Garrett has tasted success baking treats for classmates and even selling cupcakes at her father's office.

One of her favorite experiences was decorating her cupcakes so they looked like little dolls.

Others are attracted to the cooking process. Hunter's interest piqued as he watched his older brother cook. When Hunter decided to take the reins, he started with classic mac and cheese. He quickly upgraded the dish with bacon, and his cooking days began. He loves dishes like quesadillas, which allow him to improvise. "There are so many different things you can put in a quesadilla—green peppers, meats, beans. I like making up combinations." For inspiration, Hunter watches cooking videos online, including choices among almost 100 videos featured on the Hy-Vee Channel at YouTube.

Tayler took her first Hy-Vee kids' cooking class last fall as an 8-year-old and has mastered such challenging kid recipes as Green Potatoes and Pumpkin Pie in a Bag. At home, Tayler watches her dad closely, learning techniques such as chopping.





CRISPY QUINOA-COATED CHICKEN BITES

Mia has taken cooking classes at Hy-Vee for six years. During that time, she's progressed from small desserts to entrées. She's on the school cooking team, and at home, she helps her mom with dinners, side dishes and, of course, desserts. She found inspiration for these crispy bites online.

Prep: 15 minutes | Bake: 20 to 23 minutes | Serves 6 (5 pieces each)

- ½ cup Hy-Vee all-purpose flour
- 1 teaspoon Hy-Vee garlic powder
- ½ teaspoon Hy-Vee salt
- ½ teaspoon Hy-Vee black pepper
- 2 Hy-Vee large eggs
- 2 tablespoons water
- ½ cup Hy-Vee panko bread crumbs
- ½ cup Hy-Vee grated Parmesan cheese
- ⅓ cup dry quinoa, rinsed and cooked according to package directions
- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- ½ cup Hy-Vee Dijon mustard
- ¼ cup Hy-Vee mayonnaise
- ¼ cup Hy-Vee honey
- 1 tablespoon Hy-Vee apple cider vinegar

1. Preheat oven to 425°F. Line a baking sheet with parchment paper; set aside.
2. In a shallow dish, combine flour, garlic powder, salt and pepper. In another shallow dish, whisk together eggs and the water. In a third shallow dish, stir together the panko, Parmesan and cooked quinoa.
3. Working in batches, place chicken pieces in the dish with the flour mixture and toss to coat. Dip flour-coated chicken in egg mixture, turning over several times until thoroughly coated. Lastly, dip chicken in the quinoa mixture, gently pressing the crumbs into the chicken. Set pieces on the prepared baking sheet. Repeat with remaining chicken. Bake for 20 to 23 minutes or until chicken is cooked through and browned.
4. Meanwhile, for the dipping sauce, in a small bowl, whisk together mustard, mayonnaise, honey and vinegar. Serve chicken with dipping sauce.

Nutrition facts per serving: 360 calories, 14 g fat, 3 g saturated fat, 0 g trans fat, 125 mg cholesterol, 920 mg sodium, 30 g carbohydrates, 1 g fiber, 12 g sugar, 24 g protein. Daily values: 6% vitamin A, 0% vitamin C, 10% calcium, 10% iron.

"REPLACING SOME OF THE CRUMBS WITH QUINOA MAKES THE BAKED CHICKEN TASTE GREAT, AND IT'S HEALTHIER TOO."
—Chef Mia



GRILLED CHEESE WITH TURKEY

Taylor has taken a number of classes at her local Hy-Vee and is excited to try new recipes. "I would really like to learn Cheesy Potatoes," she says. "Making the hash browns looks like the hardest part." Everyone can master Taylor's delicious version of grilled cheese. The turkey is the secret flavor ingredient, she says.

Prep: 25 minutes | Serves 4 (1 sandwich each)
8 slices Hy-Vee Bakery cracked wheat bread
¼ cup Hy-Vee unsalted butter, softened
16 slices Hy-Vee American, pepper Jack and/or cheddar cheese
2 medium tomatoes, thinly sliced
4 ounces thinly sliced Hy-Vee deli turkey

1. Spray a large skillet with nonstick cooking spray and heat over medium heat.
2. Spread butter on one side of each bread slice. Working in batches, place slices buttered sides down in skillet. Top each slice with two slices of cheese, some of the tomato, some of the turkey and two more slices of cheese.
3. Cook until toasted and cheese begins to melt. Using a spatula, flip one slice onto another to form sandwich; remove sandwich and keep warm. Repeat with remaining ingredients until all sandwiches are assembled.

Nutrition facts per serving: 500 calories, 26 g fat, 15 g saturated fat, 0 g trans fat, 95 mg cholesterol, 1,950 mg sodium, 43 g carbohydrates, 3 g fiber, 12 g sugar, 28 g protein. Daily values: 40% vitamin A, 20% vitamin C, 100% calcium, 15% iron.



"TRY DIFFERENT CHEESES
AND VEGGIES. IT'S WHAT
MAKES COOKING FUN."

—Chef Taylor

FAB FRUIT PIZZAS

After his older brother stirred his interest in cooking, 15-year-old Hunter started learning from online videos. Whenever he has a free moment, he searches for a new recipe or cooking techniques to try. For our tasting, he created a fruit pizza. "I don't know if I'll become a chef, but I know I'll continue cooking," he says.

Prep: 15 minutes | Bake: 16 to 18 minutes | Serves 8 (2 slices each)

1 (16.5-ounce) container Hy-Vee refrigerated sugar cookie dough

1 (5.3-ounce) container Hy-Vee vanilla Greek yogurt or $\frac{3}{4}$ cup mascarpone cheese

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

2 cups peeled (if needed) and chopped or thinly sliced fruit, such as grapes, kiwifruit, strawberries, bananas, blueberries, raspberries, apricots and mangoes

2 tablespoons Hy-Vee honey

1. Preheat oven to 350°F. Spray two 12-inch pizza pans or large baking sheets with cooking spray or line with parchment paper.
2. Evenly pat half of the cookie dough to form a 6-inch round in the center of each pan. Bake crusts for 16 to 18 minutes or until golden brown. Cool on a wire rack.
3. Meanwhile, in a medium bowl, stir together yogurt and sugar. Spread yogurt mixture on cookie crusts and arrange fruit on top. Drizzle with honey.

Nutrition facts per serving: 310 calories, 10 g fat, 4 g saturated fat, 0 g trans fat, 0 mg cholesterol, 350 mg sodium, 51 g carbohydrates, 3 g fiber, 33 g sugar, 4 g protein. Daily values: 0% vitamin A, 30% vitamin C, 2% calcium, 8% iron.



"I USE YOGURT INSTEAD OF FROSTING BECAUSE YOU WANT IT TO BE HEALTHIER. YOU CAN ADD ANY FRUIT YOU LIKE BUT I LIKE STRAWBERRIES BEST."

—Chef Hunter





SUNDAE SALAD

When Garrett, 14, saw her Sundae Salad, she couldn't hold back a big smile. "It's beautiful," she says. Easy to prepare, it mimics an ice cream sundae using a cherry tomato and sprinkles of shredded carrot and crumbled bacon on top. "I like salads that are like a buffet with lots of pieces—avocados, bacon, chicken, boiled eggs—whatever my family likes."

Prep: 10 minutes | Serves 4 (1¼ cups salad each)

1 romaine lettuce heart, chopped

1 medium cucumber, chopped into bite-size pieces

1 green bell pepper, seeded and finely chopped

1 medium avocado, seeded, peeled and finely chopped

¾ cup avocado dressing or creamy ranch dressing

¼ cup crumbled crisp-cooked Hy-Vee bacon

¼ cup shredded carrot or Hy-Vee shredded cheddar cheese

4 cherry tomatoes

1. In a large bowl, combine lettuce, cucumber, pepper, avocado and dressing, stirring to combine.
2. Scoop or spoon lettuce mixture into sundae glasses, dishes or bowls. Sprinkle with bacon and shredded carrot. Top each salad with a tomato.

Nutrition facts per serving: 340 calories, 30 g fat, 5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 490 mg sodium, 16 g carbohydrates, 8 g fiber, 6 g sugar, 6 g protein. Daily values: 290% vitamin A, 70% vitamin C, 10% calcium, 15% iron.

"I LOVE TO BUILD MY OWN SALADS. SOMETIMES I JUST USE THE VEGGIES THAT I FIND IN THE REFRIGERATOR."

—Chef Garrett





Sunday Supper

WHEN THREE GENERATIONS OF A FAMILY GATHER FOR SUPPER, THEY CATCH UP OVER A RELAXED MEAL. ENSURE A GOOD TIME FOR YOUR CLAN BY JOINING TOGETHER FOR THE PREP WORK AND COOKING.

WORDS Steve Cooper and Carlos Acevedo PHOTOS Tobin Bennett

Each course in the menu, right, offers healthy, flavorful ingredients. But a three-generational dinner is about much more than the foods served. The goal here should be to build closer family relationships, particularly between grandparents and grandchildren. Grandparents who regularly engage with their grandchildren positively affect the educational achievements of the kids.

According to the National Center on Addiction and Substance Abuse at Columbia University, eating together results in:

- Stronger language skills. Kids who talk more frequently with families over meals develop stronger vocabularies, which helps in all areas of education.

- Higher grades. About 20 percent of teens who eat with their families five or

more times per week get A's in school compared to only 12 percent earning A's among teens who eat with their families twice a week or less.

- Fewer vices. Kids who eat with their families only twice a week are four times more likely to smoke cigarettes, three times more likely to smoke marijuana and twice as likely to consume alcohol when compared to teens

who eat with their families at least six times a week.

FIVE STEPS TO DINNER

MENU. Divide the menu dishes among yourselves to spread the work around. Well before the dinner's date, decide who will supply the food for which courses.

TRANSPORT. The day of dinner, transport ingredients to the grandparents' home. Carry completed dishes in lidded containers in sturdy reusable grocery bags. If necessary, keep food cool in an ice chest.

FOOD AND DRINK. Before cooking starts, set up workstations in the kitchen to give everyone a space to work. Each station needs kitchen tools to prepare food. Let the children prepare the lemonade.

TABLE. Kids can help set the table, putting out tall glasses, dinner plates, flatware, serving spoons and dessert bowls.

STORAGE. Leftovers should be refrigerated as soon as they are no longer needed at the table. Store them in covered containers and refrigerate for up to three days. If it's a long journey home, keep leftovers cool in an ice chest during the drive.

WHEN GRANDPARENTS, PARENTS AND GRANDKIDS GET TOGETHER FOR DINNER, MANY HANDS MAKE LIGHT WORK. IF EVERYONE PITCHES IN WITH MENU PREPARATIONS, THE TABLE WILL BE SET FOR CONVERSATION AND LOVE.

STARTER

GRILLED HAM AND CHEESE
COUNTRY TOASTS

SALAD

CREAMY CORN SALAD

ENTRÉE

PORK TENDERLOIN WITH GRILLED
POTATOES AND GREEN BEANS

DESSERT

SUNDAE BAR

DRINKS

MINT LEMONADE

★ ★ ★

CREAMY CORN SALAD

Corn at its freshest and ripest doesn't need to cook long for an irresistible taste. Fresh-picked corn has more sugar than starch. Over time, sugar turns to starch, so the quicker you cook the corn, the sweeter it is.

Prep: 20 minutes | Chill: 30+ minutes |

Serves 6 (about ½ cup each)

3 ears fresh sweet corn, husks and silk removed

Hy-Vee kosher sea salt, to taste

1½ cups yellow and/or red cherry tomatoes, halved

½ cup thinly sliced red onion

**¼ cup garlic-and-herb spreadable cheese,
such as Boursin**

3 tablespoons fresh lemon juice

1. In a large pot, boil corn in salted water for 5 minutes. Remove with tongs; set corn aside until cool enough to handle.
2. Cut kernels from cobs and place them in a large bowl. Stir in tomatoes and red onion.
3. In a small bowl, combine cheese and lemon juice. Season with salt to taste. Stir into corn mixture. Cover and refrigerate until ready to serve or overnight.

Nutrition facts per serving: 100 calories, 5 g fat, 3 g saturated fat, 0 g trans fat, 10 mg cholesterol, 70 mg sodium, 13 g carbohydrates, 2 g fiber, 5 g sugar, 3 g protein. Daily values: 410% vitamin A, 20% vitamin C, 2% calcium, 2% iron.



*** Bonus feature:**
See how easy it is to make the most delicious corn on the cob. Check out our how-to video in the free digital version of *Hy-Vee Seasons*.

Downloading information on [page 3](#).



PORK TENDERLOIN WITH GRILLED POTATOES AND GREEN BEANS

A garlic-and-herb dry rub enhances the flavor of this savory grilled pork.

Prep: 10 minutes | Stand: 35 minutes |

Grill: 30 minutes | Serves 6

2 pork tenderloins, trimmed

(about 2½ pounds total)

2 tablespoons Hy-Vee Select olive oil

6 tablespoons Hy-Vee Hickory House

Breath Buster garlic-and-herb rub

¾ pound baby red potatoes, cut into chunks

¾ pound Yukon Gold potatoes, cut into chunks

¾ pound fresh green beans, trimmed

6 tablespoons Hy-Vee unsalted butter

8 sprigs fresh thyme, divided

½ cup dry white wine

Hy-Vee salt and Hy-Vee black pepper, to taste

1. Brush tenderloins with olive oil and coat with seasoning rub; let tenderloins stand at room temperature for 30 minutes.

2. Meanwhile, lay out six 12×18-inch rectangles

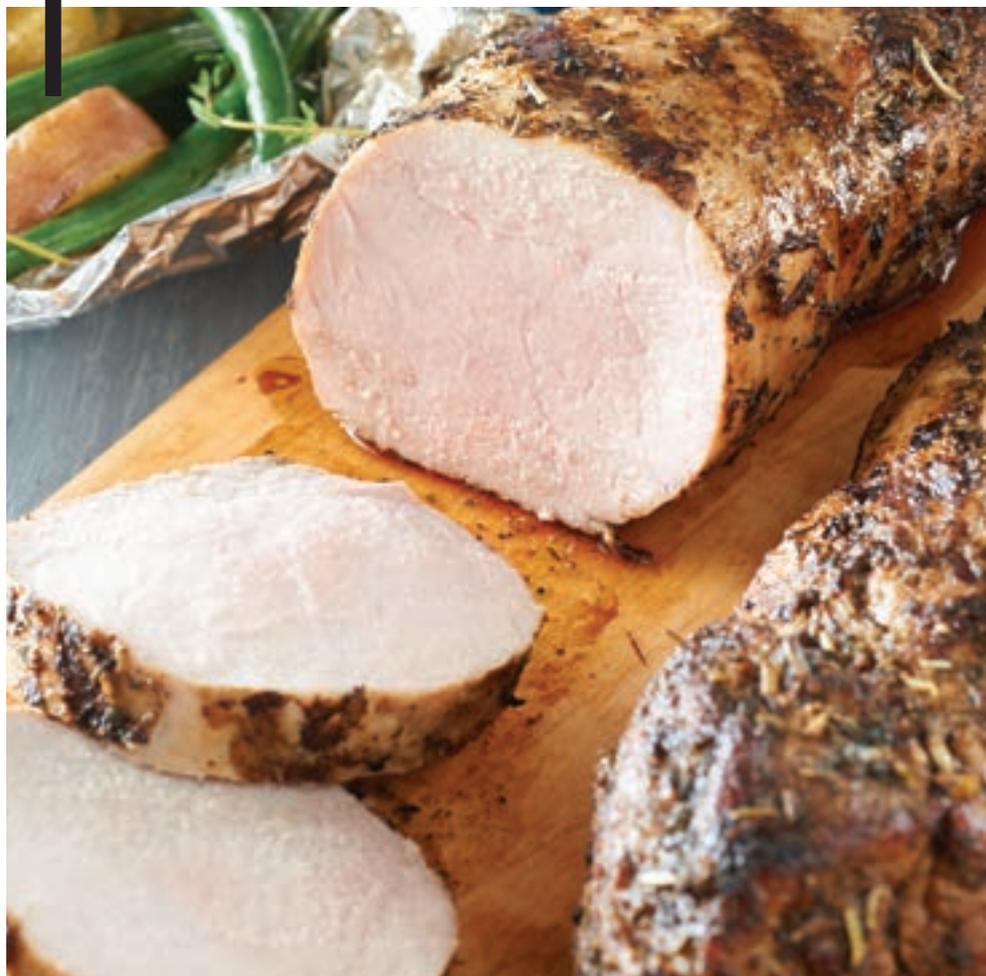
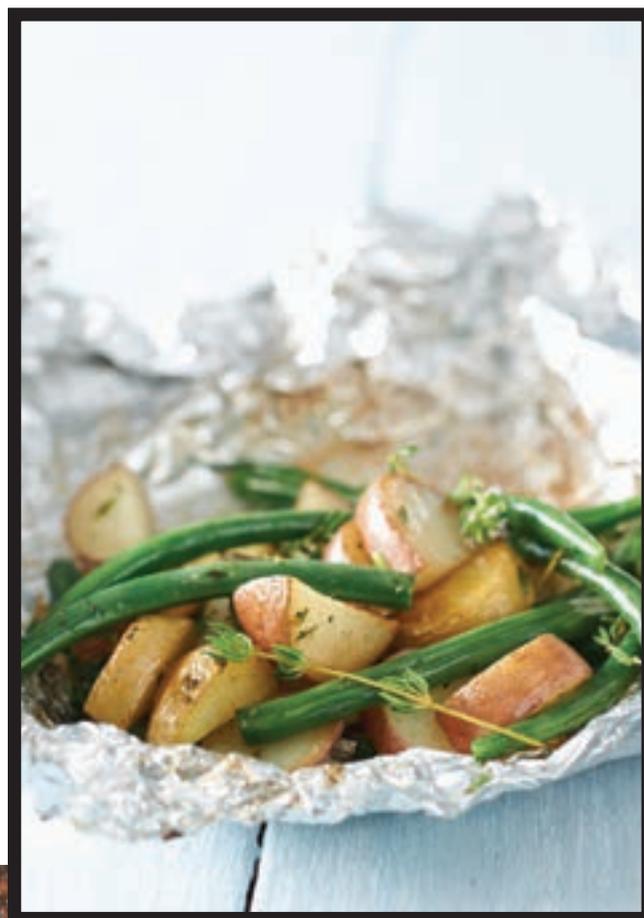
of heavy-duty aluminum foil. Divide potatoes, green beans, butter, six thyme sprigs and white wine among pieces of foil. Season each mixture generously with salt and pepper. To make each packet, bring up foil over vegetable mixture, and double-fold edges to seal tightly.

3. Prepare one side of grill for direct grilling over medium heat and the other side for direct grilling over medium-low heat. Grease grates with nonstick spray. Place vegetable packets on grill over medium-low heat and grill until vegetables are tender and cooked through, about 30 minutes.

4. Grill tenderloin, covered, over medium heat for about 25 to 30 minutes, rotating pork every 5 minutes, or until internal temperature reaches 145°F. Remove pork from grill, tent with foil and let meat rest for 5 minutes.

5. Carefully open packets and serve veggie mixture with pork. Garnish with two remaining thyme sprigs.

Nutrition facts per serving: 490 calories, 20 g fat, 9 g saturated fat, 0.5 g trans fat, 155 mg cholesterol, 420 mg sodium, 29 g carbohydrates, 4 g fiber, 3 g sugar, 43 g protein. Daily values: 4% vitamin A, 0% vitamin C, 10% calcium, 4% iron.



MINT LEMONADE

Put some zip into purchased lemonade by adding crushed mint. Use about 10 mint leaves per pitcher. Let the kids do it. They just lightly roll the leaves between their palms. The object is to crush each leaf slightly to release its oil. No need to pulverize it.



GRILLED HAM AND CHEESE COUNTRY TOASTS

Adults can slice ingredients and toast the bread before dinner starts. Then younger kids can assemble the sandwiches.

Prep: 20 minutes | Grill: 3 minutes | Serves 6 (2 toasts each)

12 (½-inch-thick) slices Hy-Vee Bakery French baguette

½ cup Hy-Vee apricot preserves

2 tablespoons Hy-Vee Dijon mustard

½ pound sliced Hy-Vee deli ham

12 large Hy-Vee potato chips

1 red apple, cored and thinly sliced

½ pound sliced Hy-Vee deli cheddar cheese

1. Prepare a charcoal or gas grill for indirect cooking over medium heat. Lightly toast both sides of each baguette slice on grill over direct heat.
2. To assemble, spread preserves and mustard on one side of each toast. Top each with ham, chips, apple and cheese. Add toasts to the grill and cook over indirect heat, with the lid closed, until cheese is melted, 1 to 2 minutes. Serve immediately.

Nutrition facts per serving: 290 calories, 10 g fat, 5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 840 mg sodium, 37 g carbohydrates, 1 g fiber, 11 g sugar, 13 g protein. Daily values: 6% vitamin A, 10% vitamin C, 20% calcium, 8% iron.



SUNDAE BAR

Every sweet tooth has its own preferences. Satisfy those differences by setting up a Sundae Bar, where everyone makes his or her own dessert. Start with vanilla, strawberry and/or chocolate ice cream. Pick from toppers such as chocolate sauce, peanuts, large sprinkles, Reese's Pieces candy, toffee bar chunks, rainbow sprinkles, chopped Oreo cookies, maraschino cherries and pineapple topping.

*AS DESSERT IS SERVED, ENCOURAGE
THE KIDS TO SIT NEXT TO GRANDMA AND
GRANDPA. LIFE CAN BE SWEET.*





PROMISE

TO KEEP

WORDS Patti Townley-Covert PHOTOS Courtesy of Pinky Swear Foundation

IN THE YEARS SINCE A MINNESOTA BOY WAS TAKEN BY CANCER, HIS FATHER HAS HONORED A PLEDGE HE MADE TO HIS SON. THEY SEALED THE PROMISE BY INTERLOCKING PINKY FINGERS. THE LEGACY OF MITCH CHEPOKAS NOW INCLUDES THE HY-VEE PINKY SWEAR KIDS TRIATHLONS. FUNDS RAISED AT THE EVENTS WILL GO TO FAMILIES WHOSE CHILDREN ARE BATTLING THE DEADLY DISEASE OF CANCER.

The day everything started to change in the spring of 2002, Mitch Chepokas was a quirky, fun-loving 8½-year-old looking forward to singing in his school's end-of-the-year concert. Though his parents describe him as a goofball who loved playing practical jokes, he was also struggling with Marfan's syndrome, a condition that sapped him of energy and had already required major surgery.

When Mitch collapsed during his concert performance, it was only natural that his family assumed Marfan's was the culprit. But two weeks later, the truth began to surface.

He and his family were sitting on their front porch eating fondue and planning a summer vacation, when Mitch burst into tears. In deep pain, he showed his parents a huge lump on his leg. The memory of that day remains fresh for Steve and Becky Chepokas and their daughter, Melissa, of Chanhassen, Minnesota.

The new diagnosis was osteosarcoma, or bone cancer, and doctors identified it as

Stage IV, the worst level. There was nothing anyone could do. Even with treatment, Mitch might live only 10 months.

Steve called the sales promotion and premiums company he owned, and said he wouldn't be in and didn't know when he'd return. Over the next 10 months, he and Becky spent 111 nights in the hospital with their son. They never left Mitch alone.

During Christmas season that year, Mitch lay in a hospital bed, while Steve sat on a nearby windowsill. They couldn't help overhearing a tearful conversation in the next room. A boy was asking his parents, "What do you mean there will be no presents?" The family was broke. Every cent had been spent fighting to save their child's life. Mitch was distressed by what he heard.

"What are we going to do, Dad?"

"Nothing," Steve replied. "We're going to stay out of their business. It has nothing to do with us." But Mitch insisted that wasn't true, and they needed to do something. The boy

“EVERY TIME WE MADE A PROMISE TO ONE ANOTHER, MITCH WOULD LOOK AT ME AND GO, ‘DAD, PINKY SWEAR.’ SO WE MADE A PINKY SWEAR, AND I WILL DO THAT TO THE END OF MY DAYS—FULFILL THAT PINKY SWEAR.”

— STEVE CHEPOKAS

wanted to know how much he had in savings and asked if he could do whatever he wanted with it. When his father said “yes,” Mitch asked his dad to take him to the bank after he finished chemo the next afternoon.

HELPING OTHERS

So, Mitch withdrew \$6,000, his entire savings. He divided the stack of \$100 bills, stuffing them into envelopes. On each one he wrote: “I love you, Mitch XOXOXO.” Then he and Steve distributed these Christmas gifts to the kids in the hospital’s pediatric oncology unit and Ronald McDonald House.

After delivering the last envelope, Steve and Mitch headed toward the elevator. “Dad,” Mitch said, “that is the most fun I’ve ever had! Let’s do it again next year!”

Sadly, Steve replied, “Mitch, you’re probably not going to be here next year.”

Undaunted, Mitch asked his dad to pass out money again, no matter what happened. Steve agreed. Even more, Mitch asked his dad, “Pinky swear with me that you will do this forever.” The father and son linked fingers, and Steve vowed to help kids with cancer as long as he lives.

As 2003 arrived, Mitch was tired of being in a wheelchair and worn out from the constant pain of tumors from the soles of his feet to the top of his head. Despite his young age, he told his parents that he was ready to walk on streets of gold in heaven. Bible study, prayer and church were a big part of his life, and his faith assured him eternal life. But he also longed to be the kid he had been—playing golf, visiting with his grandparents and riding his bike while eating candy. “That was Mitch’s heaven,” said Steve.

Fulfilling the pinky promise began while Mitch was still in the fight for his life. He and Steve signed papers forming the Miracles for Mitch Foundation. Steve sold his company, the proceeds from the sale buying him time—time to be with his son, then time to apply his business

expertise in the nonprofit world. In the last months, Steve had hats, shirts, and bumper stickers made asking people to pray for a miracle.

In spring 2003, Mitch passed away. The foundation’s name was changed to Miracles of Mitch, and within months a Miracles Open Golf Tournament was the organization’s first major fundraiser. The money raised went to support families of kids with cancer.

In 2004, the first MiracleKids Triathlon took place. Mitch loved to swim, bike and run around like other kids, so Steve and Becky knew this would be an appropriate family-friendly fundraiser. Becky said, “It puts a smile on my face to be able to be that backbone and support to

these families when they feel like they are about to lose everything.”



FAMILIES IN NEED

In 2014, the foundation’s name was changed to the Pinky Swear Foundation. Its executive director, Brian Nelson, gave a snapshot of the stressors involved for families facing childhood cancer:

- The average age of a child diagnosed with cancer is six.
- The average length of treatment is two years.
- The average family spends 25 percent of their disposable income on nonmedical needs, such as traveling—often a great distance—for treatments.
- The result is that 1 of every 11 families with a child diagnosed with cancer will file for bankruptcy.

More than \$4.5 million has been raised through Pinky Swear, offering financial assistance to hundreds of families whose children bravely battle the ugliness of cancer. The foundation now works in 12 states, and Steve hopes that by 2018 it will be active in 48 states. Steve has assumed the role of chairman emeritus, and he and Becky attend every board meeting. Pinky Swear remains the Chepokas family passion and something they intend to be involved with for the rest of their lives.

“Mitch will be in our story forever, as he is in our hearts,” Becky says. “The mission is stronger than ever, and Pinky Swear will transcend Mitch.”



RACING TO HELP OTHERS

Hy-Vee has announced that it is partnering with the Pinky Swear Foundation to launch Hy-Vee Pinky Swear Kids Triathlons and 5K Family Runs. These noncompetitive events for kids will promote fitness and raise funds for Mitch's cause in a number of Hy-Vee markets.

"We are extremely pleased to collaborate with the Pinky Swear Foundation and its commendable efforts in raising funds and awareness for children with cancer," said Randy Edeker, chairman, CEO and president of Hy-Vee. "Being involved in our communities is a top priority at Hy-Vee. We hope to engage families in fitness, raise funds for those in need and have a little fun in the process."

READY TO RUN

Hy-Vee has developed a new website aimed at increasing fitness among children. Visit www.hy-veekidsfit.com

The site offers exercise videos featuring online fitness coach Daira. There are games to play, guidance about eating and recipes that will keep kids fit. There's also a health and fitness blog aimed at children's needs.

Take the 5-Week Challenge, which is a fun, at-home program designed for kids and families. The site provides tools to monitor progress in the Challenge, and Hy-Vee dietitians offer meal tips to keep you going strong. Within the program, one day in the week is Family Day so that everyone is motivated to get fit!

Participating in the Kids Fit program helps children get ready for Hy-Vee Pinky Swear events.

For more information, go to www.pinkyswear.org



Top: Triathlon events are fun, nontimed and noncompetitive races for kids of all abilities. Participating and helping others are the goals, rather than winning gold medals.

Above: Becky and Steve Chepokas congratulate a pair of young athletes who completed a Pinky Swear triathlon.

balancing

BREAKFAST

Send kids to school this year with plenty of protein and fiber in their tummies. Eating a smart breakfast gives kids the energy needed to stay alert and engaged in the classroom. Here are tips and easy recipes to fuel your kids.

WORDS Wini Moranville PHOTOS Tobin Bennett

A healthful breakfast for kids before they head off to school requires putting balance and variety into each morning's plan, says Susan Coe, registered dietitian for the Pacific Street Hy-Vee in Omaha, Nebraska.

"Aim for three of the five food groups at breakfast," says Susan, referring to the five food categories—fruits, vegetables, grains, protein foods, and dairy—defined by the USDA.

If that sounds like a challenge, take heart. "Most of us already do that without thinking about it," Susan says.

TWO ESSENTIAL NUTRIENTS

It's key for kids to eat a breakfast containing protein and fiber before they leave for school, says Susan, a mother of two. "Try to include these two nutrients to help keep their tummies full until lunch," she says. Simple carbohydrates, such as those found in doughnuts, won't do the trick. "They just don't stick with you."

Because there isn't a minimum daily requirement for protein, talk to a Hy-Vee dietitian for a recommendation for your child's specific needs. For fiber, calculate a reasonable daily amount of fiber in grams by adding 5 to the age of a child over three years old.

Get a fiber boost from foods with whole grains, such as oatmeal, whole grain cereals, whole wheat waffles and whole wheat toast, plus fruits and vegetables. For protein, opt for eggs, cheese, nuts, peanut butter, milk, yogurt or lean deli meat.

A good fruit choice is 100-percent orange juice. But Susan points out that children ages 1 to 6 years should be limited to 4 to 6 ounces of fruit juice per day, while those ages 7 to 18 years should only drink 8 to 12 ounces per day because of sugar content.

ADJUSTING FOR AGE

Even if your family includes boys and girls ranging in age from kindergartners to seniors, there's no need to play short-order cook in the mornings as you try to meet differing nutritional needs. It's as simple as adjusting portion sizes.

"An 8-year-old-boy needs fewer calories from smaller portions compared to an 18-year-old boy, but the foods themselves can be the same," Susan says. Likewise, younger girls require fewer calories than older girls. And while girls ages 9 and older require fewer calories than boys, everyone can eat the same foods.

Calcium needs, however, do vary between age groups. Children ages 9 to 18 need 1,300 milligrams of calcium per day, while children ages 4 to 8 need 1,000.

WHEN QUICKNESS COUNTS

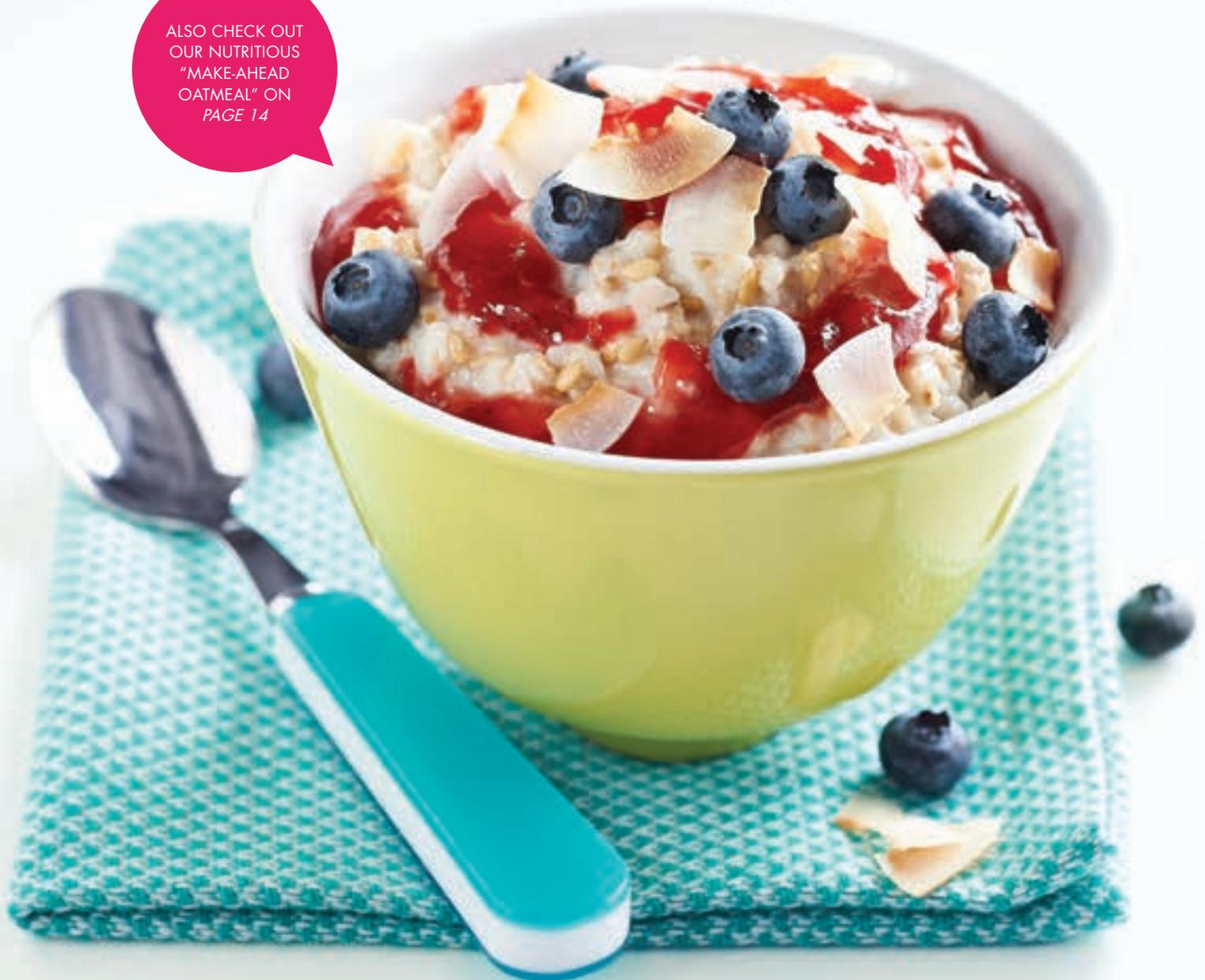
As you race to get out the door, it's easy to resort to toaster pastries, toaster waffles and other speedy breakfast foods that kids are always ready to eat. However, Susan refers to these treats as "sometimes foods"—if kids eat them once in a while, that's OK.

Sneak in a little nutrition when you can. "If you're going for waffles, go for whole grain," she says, "and top the waffle with peanut butter, instead of syrup, to make it more healthful."

Susan recommends parents make a breakfast trail mix ahead of time with whole grain cereal, nuts, and dried fruit and divide it into plastic baggies. Buy milk in small containers, and children can eat in the car.

For other breakfast options that are healthful and convenient, Susan points to Hy-Vee's Health Market. "Kashi makes a great granola bar that I like to recommend for its protein and fiber," she says. The recipes on these pages also fit the bill.

ALSO CHECK OUT
OUR NUTRITIOUS
"MAKE-AHEAD
OATMEAL" ON
PAGE 14



QUICK OATMEAL

Some of the healthiest breakfasts can be warmed and ready to go in minutes. Call on your microwave for a comforting bowl of oatmeal that has a pleasantly chewy texture and nutty taste.

Prep: 5 minutes | Serves 1

1 refrigerated half-pint portion Overnight Oatmeal (recipe, [page 14](#)) or 1 single-serving pouch
instant steel-cut oats

1 to 2 tablespoons Hy-Vee milk
2 tablespoons low-sugar strawberry preserves
2 tablespoons fresh blueberries
2 tablespoons unsweetened coconut flakes, toasted

1. For Overnight Oatmeal, place refrigerated portion in a microwave-safe bowl. Add 1 to 2 tablespoons milk. Cover and microwave on HIGH for 2 minutes or until heated through.

2. For single-serving pouch, prepare oatmeal according to microwave directions on package.

3. Serve oatmeal topped with strawberry preserves, blueberries and toasted coconut.

Nutrition facts per serving: 350 calories, 17 g fat, 10 g saturated fat, 0 g trans fat, 15 mg cholesterol, 180 mg sodium, 48 g carbohydrates, 8 g fiber, 5 g sugar, 9 g protein. Daily values: 4% vitamin A, 2% vitamin C, 8% calcium, 15% iron.



* Bonus feature:
See how easy it is to
make these muffins
by watching a how-to
video on the free
digital version of
Hy-Vee Seasons.

Downloading information
on page 3.

EGG MUFFINS

Bake these mini frittatas ahead and refrigerate for up to three days. Just reheat them in the microwave on HIGH for 30 seconds. You can eat them alone or incorporate them into sandwiches or wraps.

Prep: 10 minutes | Bake: 20 to 25 minutes
Cool: 5 minutes | Serves 12

1½ cups chopped meat and/or vegetables,
such as crisp-cooked bacon, fully cooked
ham, bell pepper, green onion, zucchini,
yellow summer squash

¾ cup Hy-Vee shredded Colby Jack or
cheddar cheese

8 Hy-Vee large eggs

¾ cup Hy-Vee skim milk

¼ teaspoon Hy-Vee salt

⅛ teaspoon Hy-Vee black pepper

1. Preheat oven to 350°F. Spray a muffin tin with nonstick cooking spray. Add 2 tablespoons chopped meat and/or vegetables and 1 tablespoon cheese to each muffin cup; set aside.
2. In a medium bowl, whisk together eggs, milk, salt and pepper. Pour into muffin cups, filling each about three-fourths full.
3. Bake for 20 to 25 minutes or until muffins are set in the centers. Remove from oven and cool for 5 minutes. Serve warm. To store, place muffins in an airtight container. Cover and refrigerate for up to three days.

**GOOD TO
KNOW:**
PROTEIN-RICH EGGS
WILL HELP KIDS FEEL
MORE ALERT AND
ENERGIZED IN THE
CLASSROOM.

TWO COLOR SMOOTHIE

Protein- and fiber-rich smoothies are healthy, convenient and portable for an on-the-go breakfast. Try substituting other frozen fruits and berries.

Prep: 5 minutes | Serves 2

2 (6-ounce) containers Hy-Vee low-fat vanilla yogurt, divided

1 cup Hy-Vee frozen mango chunks or peach slices

1 medium banana, divided

1 cup Hy-Vee frozen strawberries

1. In a blender, combine one container yogurt, mango and half of the banana. Cover and blend until smooth. Pour into two 8-ounce disposable plastic cups.

2. In same blender, combine remaining yogurt, remaining banana and strawberries. Cover and blend until smooth. Pour over mango mixture in cups.

Nutrition facts per serving: 270 calories, 2.5 g fat, 1.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 115 mg sodium, 56 g carbohydrates, 4 g fiber, 45 g sugar, 10 g protein. Daily values: 20% vitamin A, 110% vitamin C, 30% calcium, 6% iron.



POWER BITES

What better way to enjoy a wholesome breakfast than with easy, ready-to-go cereal balls? These deliciously chewy snacks hold together well with almond butter, which is a highly nutritious alternative if your child has peanut allergies.

Prep: 20 minutes | Serves 6 (2 each)

1¼ cups creamy or natural almond butter

¼ cup turbinado sugar, such as Sugar in the Raw

¼ cup agave nectar

½ teaspoon Hy-Vee vanilla extract

⅛ teaspoon Hy-Vee salt

1½ cups Hy-Vee Tasteos cereal

1½ cups Hy-Vee Muesli cereal

1. Line 12 muffin cups with paper baking cups or line baking sheet with parchment paper; set aside.

2. In a medium saucepan, combine almond butter, sugar, agave nectar, vanilla and salt. Bring to boiling; reduce heat. Cook and stir over medium heat for 30 seconds or until sugar is dissolved. Remove from heat and stir in cereals until thoroughly combined. Cool slightly.

3. Shape mixture into a ball and place in prepared muffin cup. Repeat with remaining mixture. Let stand until firm. Store cereal balls in an airtight container for up to 3 days.

Nutrition facts per serving: 240 calories, 7 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 190 mg sodium, 42 g carbohydrates, 3 g fiber, 26 g sugar, 4 g protein. Daily values: 10% vitamin A, 10% vitamin C, 6% calcium, 25% iron.





GOOD TO KNOW:
FLAXSEEDS CONTAIN OMEGA-3 FATTY ACIDS, WHICH ARE GOOD FATS FOR A HEALTHY HEART.

CINNAMON ROLL APPLE SCONES

Prep: 40 minutes | Bake: 20 minutes | Serves 8

- ½ cup Hy-Vee quick-cooking oats, finely ground
- 1 cup Hy-Vee all-purpose flour
- 1 cup Hy-Vee whole wheat flour
- 1 tablespoon ground flaxseeds
- 1 tablespoon Hy-Vee baking powder
- ½ teaspoon Hy-Vee salt
- ⅛ teaspoon Hy-Vee ground nutmeg
- 1 teaspoon Hy-Vee ground Saigon cinnamon, divided
- 3 tablespoons plus 1 teaspoon Hy-Vee butter, divided
- 2 Hy-Vee large eggs, divided
- ½ cup buttermilk
- ¼ cup plus 1 tablespoon Hy-Vee granulated sugar, divided
- 2 teaspoons Hy-Vee vanilla extract
- 1 medium apple, cored and chopped

- ¼ cup Hy-Vee slivered almonds, toasted and finely chopped
- 1 tablespoon packed Hy-Vee brown sugar
- 1 cup Hy-Vee powdered sugar
- 1 to 2 teaspoons Hy-Vee milk

1. Preheat oven to 375°F. Line a baking sheet with parchment paper; set aside.
2. Combine first seven ingredients and ½ teaspoon cinnamon. Cut in 3 tablespoons butter until mixture resembles coarse crumbs. Make a well in the center; set aside. In a bowl, lightly beat one egg. Add buttermilk, ¼ cup granulated sugar and vanilla. Stir in apple and almonds. Add all at once to flour mixture. Using a fork, stir just until moistened.
3. Turn dough out onto a lightly floured surface. Knead

- for 10 to 12 strokes and divide into eight portions. Pat each portion into a 3×2-inch rectangle. Place 2 inches apart on prepared baking sheet.
4. Lightly beat remaining egg; brush onto dough. Combine 1 tablespoon granulated and brown sugars and ½ teaspoon cinnamon; sprinkle on scones.
5. Bake for 20 minutes or until golden. Cool slightly on baking sheet. Melt 1 teaspoon butter. Add powdered sugar and enough milk to make icing of drizzling consistency. Drizzle icing over scones.

Nutrition facts per serving: 330 calories, 9 g fat, 4 g saturated fat, 0 g trans fat, 60 mg cholesterol, 400 mg sodium, 57 g carbohydrates, 4 g fiber, 28 g sugar, 7 g protein. Daily values: 4% vitamin A, 2% vitamin C, 8% calcium, 10% iron.

ENERGY-BOOSTING BREAKFAST TOASTS



PEANUTTY BANANA

Spread peanut butter on toasted whole wheat bread. Top with sliced banana. Sprinkle with chia seeds and drizzle with honey.



FRUIT AND CHOCOLATE

Spread chocolate-hazelnut butter on toasted white bread. Top with orange slices and your favorite fresh berries.



EGGS AND AVOCADO

Top toasted white bread with avocado and hard-boiled egg slices. Sprinkle with salt and pepper and drizzle with olive oil.



SAUSAGE AND EGG

Line toasted whole wheat bread with spinach leaves. Top with mini sausage patties and fried egg. Sprinkle with salt and pepper.



APRICOT AND RICOTTA

Spread ricotta cheese on toasted whole wheat bread. Top with grilled apricot halves. Sprinkle with lemon zest and drizzle with maple syrup.



HERBED CHEESE AND TOMATO

Spread herbed cheese spread on toasted white bread. Top with sliced grape tomatoes. Sprinkle with chopped chives.

**GOOD TO
KNOW:**

SLICED BANANA ADDS
NATURAL SWEETNESS TO
FRENCH TOAST, CUTTING
DOWN THE AMOUNT
OF SUGAR NEEDED.



BANANA-GRANOLA FRENCH TOAST

Cut a loaf of moist banana bread and dry the slices overnight to create superior French toast that's crisp on the outside and soft with a rich custardlike flavor on the inside.

Prep: 20 Minutes | Dry: Overnight | Serves 4
8 (½-inch-thick) slices Hy-Vee Bakery banana bread
1½ cups Hy-Vee vanilla almond granola
3 tablespoons Hy-Vee butter, divided
2 Hy-Vee large eggs, lightly beaten
1 cup Hy-Vee skim milk
2 tablespoons packed Hy-Vee brown sugar
2 teaspoons Hy-Vee vanilla extract
¼ teaspoon Hy-Vee ground cinnamon
½ teaspoon Hy-Vee salt
2 tablespoons Hy-Vee canola oil, divided

¼ cup Hy-Vee creamy peanut butter
2 medium bananas, sliced

1. Place bread slices in single layer on a wire rack. Cover with a clean kitchen towel and let stand overnight. Place granola in food processor or blender; cover and process until coarsely ground. Transfer to a shallow bowl; set aside.
2. Place 1 tablespoon butter in a microwave-safe bowl. Microwave on HIGH for 30 seconds or until melted; set aside.
3. In a shallow bowl, whisk together eggs, milk, brown sugar, vanilla, cinnamon, salt and melted butter. Dip bread slices into egg mixture for about 20 seconds on each side. Dip each slice into granola.

4. Heat 1 tablespoon butter and 1 tablespoon oil on a griddle or in a very large skillet over medium heat. Add bread slices and cook for 3 to 5 minutes or until golden, turning once. Repeat with remaining bread slices, butter and oil.
5. Spread each bread slice with peanut butter. Arrange banana slices over four bread slices. Top with remaining bread slices, peanut butter sides down. Wrap sandwiches in parchment paper to go.

Nutrition facts per serving: 680 calories, 36 g fat, 11 g saturated fat, 0 g trans fat, 145 mg cholesterol, 480 mg sodium, 77 g carbohydrates, 6 g fiber, 42 g sugar, 14 g protein. Daily values: 10% vitamin A, 10% vitamin C, 15% calcium, 15% iron.



farm to table

THE NEXT TIME YOU'RE IN THE HY-VEE PRODUCE AISLE, TAKE A LOOK AROUND. YOU MAY SEE A LOCAL FARMER OR GROWER DELIVERING FRESH-PICKED FRUITS AND VEGETABLES. WE SPOKE TO A FEW OF THESE FINE MIDWESTERNERS, WHO SHARE HOW THEY GROW SOME OF THE HEARTLAND'S BEST PRODUCE.

WORDS Steve Cooper PHOTOS Greg Scheidemann





KERRY AND JANNA WILLIAMS



WILLIAMS PRODUCE
Minnesota farmers Kerry and Janna Williams have one goal: Offer the freshest, most flavorful produce to their farm's customers.

WORKING THE LAND

Kerry and Janna Williams farm 45 acres that have been in the family since about 1900. Their primary crops are watermelon, muskmelon and sweet corn. Kerry sows seed every five days through the planting season to make sure the farm produces continuously through the harvest season. The goal at Williams Produce is to provide a consistent supply of premium produce.

"That means we have to deliver our crops to the market a minimum of two times a week and three times a week in the height of the season," Kerry says. "We are after repeat customers. I don't know if *addictive* is the right word, but that's how we want our customers to feel about what they get from us."

A FAN OF HY-VEE

Delivering fruits and vegetables to cities and towns in Minnesota, South Dakota and Iowa, Kerry counts about 20 Hy-Vee stores among the retailers that sell his farm's produce.

Watermelon

WATERMELON-ARUGULA SALAD WITH NEW YORK STRIP STEAKS

The cool, crisp melon chunks contrast perfectly with the savory charbroiled steak.

Prep: 10 minutes | Stand: 35 minutes |

Cook: 14 to 17 minutes | Serves 4

4 (12-ounce each) New York strip steaks,
1 inch thick, trimmed

8 cups bite-size chunks watermelon
(about ½ medium watermelon)

½ cup sliced red onion

3 cups arugula

½ cup blue cheese crumbles

¼ cup fresh mint, chopped

1 tablespoon Hy-Vee vegetable oil

1 teaspoon Hy-Vee salt

1 teaspoon Hy-Vee ground black pepper

½ cup bottled Hy-Vee Select white balsamic and honey vinaigrette dressing

1. Allow steaks to stand at room temperature for 30 minutes. Preheat oven to 400°F.
2. For the salad, in a large bowl toss together watermelon, red onion, arugula, blue cheese and mint. Cover and chill until serving time.
3. Brush steaks with oil; generously sprinkle both sides of each steak with salt and pepper. Heat an oven-safe grill pan or skillet over medium-high heat. Add steaks to pan; cook for 4 minutes or until grill marks appear on both sides, turning once. Place grill pan in oven. Roast for 10 minutes for medium-rare (145°F) or 12 to 13 minutes for medium (160°F). Let steaks rest for 5 minutes before serving.
4. Toss salad with dressing and serve with steak.

Nutrition facts per serving: 840 calories, 51 g fat, 20 g saturated fat, 0 g trans fat, 195 mg cholesterol, 1,920 mg sodium, 29 g carbohydrates, 2 g fiber, 22 g sugar, 70 g protein. Daily values: 50% vitamin A, 50% vitamin C, 15% calcium, 40% iron.

"They're good people to work with. When I go into a Hy-Vee, I like to go right up to the produce manager and deliver to him. Over time, you make friends and this becomes a one-on-one business. He trusts me and I trust him," Kerry says.

MELON SEASON

Customers often look for the Williams Produce label when they search for a melon. Melon is Williams Produce's biggest draw.

"I don't want to be arrogant, but we feel we deliver the best melon. A lot of time, we pick that melon in the morning and you get it in the afternoon. That allows us to pick it when it is a little riper and has a higher sugar content, better color, better flavor. You won't find any better," Kerry says.

WATERMELON TIP

When choosing a watermelon, look for one that feels heavy for its size. When you tap it with your knuckles, it should give a resounding knock and feel firm. Also, find the round spot where the melon rested on the ground. The spot should be yellow rather than white. A white spot might mean a melon was picked too soon.









STEVEN AND JODI LOUIS



OAKWOOD FRUIT FARMS
Like many farmers, Steven and Jodi Louis work ground that was cleared by an immigrant relative who moved to Wisconsin long ago.

More than a century ago, Steven Louis's great-great-grandfather, Albert Louis, and his family arrived in America from Germany looking for a better way of life. They found it on a few acres among the ridges and coulees in the southern part of Wisconsin. From that start, Oakwood Fruit Farms in Richland Center has grown and thrived.

The farm stretches across 1,000 acres with 200 acres devoted to apple orchards

and the rest to dairy cattle. Steven began working with his father after graduating from the University of Wisconsin in 1992. In 2010, his father stepped back and Steven and Jodi took the operation's helm.

MORE THAN DELICIOUS

"We grow 20 different types of apples," Steven says. "The main ones are Gala, McIntosh, Cortland and Honeycrisp."

Harvesttime is just around the corner. It will begin in mid-August and last well into the fall.

One of the farm's best regular customers is Hy-Vee. Steven personally delivers apples to the Madison store. He's always pleased to see displays of the farm's apples tagged with the company's name.

THE FARMING LIFE

These days, Steven and Jodi rely on their teenage son and daughter to help during the busy summer and fall seasons. Steven

loves this part of life on the family farm.

"Just working outside a great majority of the time is wonderful," he says. "Especially as spring comes and we get busy, with something different to do each day. There's nothing like planting a new orchard and then watching it grow and mature right in front of your eyes."

APPLE TIP

Granny Smith seems to be the variety wearing the crown as the best baking apple. But there are contenders. Jonagold is a good alternative. Still somewhat tart after baking, the texture remains firm. Honeycrisp is still wonderfully complex, though a bit mushy. But the best may be Gala, which holds its form and sweet taste after it comes from the oven.



Gala Apples

A

pples

QUICK APPLE BUTTER

With only four ingredients, this luscious apple spread is simple to prepare and makes use of an abundance of apples. Spread it on toast, English muffins, pancakes or waffles.

Prep: 10 minutes | Cook: 40 minutes |
Serves 32 (about 2 tablespoons each)

3 pounds Honeycrisp apples, peeled, cored and chopped (about 9 apples)

¾ cup apple cider
1 teaspoon Hy-Vee ground cinnamon
½ teaspoon Hy-Vee ground nutmeg

1. In a large straight-sided skillet or Dutch oven, cook apples and cider over medium heat for about 20 minutes or until apples are tender, stirring occasionally. Remove from heat; cool slightly.
2. In a food processor or blender, process the apples until nearly smooth with a few chunks remaining.
3. In the same skillet, combine pureed apples,

cinnamon and nutmeg. Cook over medium-low heat, uncovered, about 20 minutes or until apple mixture is thick and glossy, stirring occasionally. Transfer apple butter to a jar or airtight container and refrigerate for up to 2 months.

Nutrition facts per serving: 25 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium, 7 g carbohydrates, 1 g fiber, 5 g sugar, 0 g protein. Daily values: 0% vitamin A, 4% vitamin C, 0% calcium, 0% iron.



RON AND MATT DEARDORFF



DEARDORFF SWEET CORN

Almost 30 years ago, farmer Ron Deardorff had an epiphany. Plant it—sweet corn—and they will come.

“Thirty years, ago I realized that sweet corn is a fun product and people can’t get enough of it,” says Ron Deardorff. “Most people love fresh sweet corn so much, the crop practically sells itself.”

A SWEET BUSINESS

Compared to corn grown for feed or ethanol, ears of sweet corn are smaller in size with a higher sugar content that accounts for their sweetness.

With 245 acres of sweet corn planted west of Adel, Iowa, Ron and his son, Matt, have found their niche. The scale is smaller and the pace just right.

“Rather than being conglomerated with all the other farmers, when we reach the end of sweet corn season, that’s it. When we’re done, we’re done.”

Not to say that the Deardorffs have it easy. They and their crew push to keep up in a season that starts in early spring with the first of 18 planting dates. By staggering when seeds go into the ground, the Deardorffs ensure a continuous supply of fresh corn from early July until after Labor Day.

Much of the harvest goes to Hy-Vee. Matt makes regular deliveries to stores in Des Moines, Ankeny, Altoona and Indianola. He enjoys this side of the business, engaging with people. “I know all the produce managers and they look forward to seeing us. Good people,” Matt says.

JUST-PICKED FLAVOR

The Deardorffs have earned a reputation for delivering fresh-from-the-field corn, giving hungry Iowans exactly what they want on a summer evening. Ron is proud of the product without being overly prideful. He likes the way his brother answered a question about Deardorff corn quality.

“He was asked, ‘Was this picked today?’ He just smiled and said, ‘Yes. In fact, it slept in the field last night.’”

TIPS FOR SWEET CORN

Farmers know that sweet corn is freshest the day it’s picked. But how can you tell if it is still fresh? Farmers try these tests: 1. Look for ears with husks that are still green and slightly moist, never dry. 2. The threads coming out of the top of the husk should be slightly sticky. 3. Pull back the husk a little and slice into one kernel with a thumbnail. Some milky liquid should flow out.

Sweet corn

SWEET CORN MEDLEY WITH HONEY MUSTARD PORK SKEWERS

When it comes to ripe sweet corn, less is more. Only a few ingredients form this simple veggie side dish.

Prep: 10 minutes | Cook: 15 minutes | Serves 4

1½ pounds pork loin, trimmed and cut into

1- to 1½-inch cubes

½ cup red onion, cut into wedges and separated

1 tablespoon Hy-Vee vegetable oil

2 tablespoons Hy-Vee honey mustard

2 tablespoons Hy-Vee unsalted butter

6 ears sweet corn, husks and silk removed, kernels cut off

1 red bell pepper, stemmed, seeded and finely chopped

¼ cup chopped green onion

Hy-Vee kosher sea salt and Hy-Vee ground black pepper, to taste

1. Set rack in oven 8 to 10 inches from broiler element. Preheat broiler. Spray broiler pan or baking tray with nonstick cooking spray; set aside.
2. For the skewers, alternatively thread pieces of pork and red onion onto four skewers; brush with oil. Heat a grill pan or skillet over medium-high heat; brown skewers on all sides for about 3 minutes, turning several times to brown pork evenly. Transfer skewers to prepared broiler pan. Broil skewers for 6 minutes or until pork is nearly cooked through. Brush skewers with honey mustard and broil for 2 minutes more or until honey mustard is bubbly and starts to brown. Remove skewers and keep warm until ready to serve.
3. For the corn medley, in a skillet melt butter over medium-high heat. Add corn, bell pepper and green onion; cook for 3 minutes or until vegetables are tender. Season to taste and serve with pork skewers.

Nutrition facts per serving: 430 calories, 15 g fat, 6 g saturated fat, 0 g trans fat, 125 mg cholesterol, 160 mg sodium, 36 g carbohydrates, 4 g fiber, 13 g sugar, 41 g protein. Daily values: 30% vitamin A, 90% vitamin C, 2% calcium, 15% iron.









DAVE AND BEV MCCONNELL



UTTERBACK FARMS

For most of us, the word *farm* conjures images of acres of crops ripening under a hot summer sun. Fish don't generally enter the picture.

"We grow our crops using an approach called aquaponics," says Dave McConnell of Middletown, Missouri. "I tell Bev her grandpa would be rolling over in his grave if he saw what we're doing on his farm."

GROWING IN WATER

Similar to hydroponics, there's no planting in soil with aquaponics. Instead,

this technique relies on fish to supply the natural plant foods needed to raise healthy fruits and vegetables.

"With aquaponics, you don't need to use chemical fertilizers. And you aren't using pesticides or herbicides or anything like that because, if you do, it's going to kill the fish," Dave says.

Aquaponic farming is done in large greenhouses filled with long rows of interconnected water troughs, where a foot-deep stream is always running in a closed loop. Plants are mounted over the ever-passing water, allowing their hanging roots to drink all they want.

The fish—tilapia are on the job at Utterback Farms—never enter the flow. Instead, they are penned within a pool kept clean by the continuous flow of the stream.

JUDGE BY TASTING

Dave says, "You can call me biased but the quality we get from our produce is far

superior to anything we have ever tasted before. I will put our produce up against anyone's products."

In addition to great taste, the farm's crops have extraordinarily long shelf lives. Dave says the lettuce sold through Hy-Vee has an 18-day use-by date. He's had some lettuce last 30 days.

"We serve four Hy-Vee stores right now, but we hope to add more over the next year," Dave says. "We're just beginning."

TOMATO TIPS

For the best tomatoes, never refrigerate them. Cold temperatures change the taste of tomatoes and break down the flesh. Instead, store fresh whole tomatoes on a counter. If you refrigerate a cut tomato, use it later in a sauce or casserole where texture won't be noticed.



Tomatoes

TOMATO-BASIL PESTO WITH ROASTED CHICKEN

Sweet cherry tomatoes take center stage in this easy pasta dish, dressed with a tasty tomato pesto dressing. Use either fresh or roasted tomatoes.

Prep: 30 minutes | Serves 6

- 4 cups cherry tomatoes, quartered; divided*
- 1 cup chopped basil, plus more for garnish
- ½ cup Hy-Vee natural almonds, toasted; divided
- ½ cup Hy-Vee Select extra virgin olive oil, plus more for drizzling on pasta
- 2 garlic cloves
- 2 tablespoons nutritional yeast, optional

Hy-Vee kosher sea salt and Hy-Vee ground black pepper, to taste

1 (12-ounce) package Hy-Vee pasta, such as tricolor rotini or bow tie, cooked and drained

3 cups chopped cooked Hy-Vee rotisserie chicken, heated

1. For pesto, in a food processor, combine 1 cup tomatoes, 1 cup basil, ½ cup almonds, olive oil, garlic and, if desired, yeast. Cover and process until smooth. Add remaining almonds and pulse processor until mixture is coarsely chopped. Season to taste with salt and pepper.
2. In a large bowl, combine cooked pasta, pesto,

chicken and remaining tomatoes. Drizzle with olive oil. If desired, garnish with additional basil.

***Roasted tomato variation:** Preheat oven to 400°F. Line a baking sheet with parchment paper. Halve 9 roma tomatoes; arrange on prepared baking sheet. Drizzle with 2 tablespoons olive oil. Sprinkle with salt and pepper. Roast for 1 hour. Chop and use in place of cherry tomatoes for pesto and pasta.

Nutrition facts per serving: 540 calories, 28 g fat, 4.5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 170 mg sodium, 50 g carbohydrates, 5 g fiber, 6 g sugar, 24 g protein. Daily values: 25% vitamin A, 25% vitamin C, 6% calcium, 20% iron.



STONE Fruit

Peaches, plums and apricots, oh my! Summer is the season for delicious stone fruit. But these days, even more enticing fare can be found at Hy-Vee from a California farm that specializes in tasty hybrids.

WORDS Carlos Acevedo PHOTOS Cameron Sadeghpour

Ever heard of a fruit called a plumcot? Or an aprium? If not, you probably will one day soon. They are among several mouthwatering stone-fruit hybrids that were created in California and now are sold in Hy-Vee supermarkets.

THE FRUIT

Stone fruits include peaches, which are the most popular, and nectarines, plums, apricots, cherries and mangoes, among others. Though the botanical name for this type of fruit is drupe, they are more commonly referred to as stone fruit because of the rocklike pits inside. In the United States, the season generally runs from May to September.

Within the last 10 years, growers have started marketing unique hybrids made by cross-pollinating familiar varieties, such as apricots and plums, which becomes a plumcot or an aprium. The result is a new fruit that looks and tastes different from either of its parent fruits.

THE FARM

One cutting-edge purveyor who got on board the hybrid bus early is Family Tree Farms in Reedley, California. The town is located inland in a long fertile valley southeast of San Francisco. The farm includes 5,000 acres, sprawling with diverse orchards full of peaches, nectarines, apricots, plums, cherries and satsumas (a type of mandarin orange), and also blueberries and pistachios.

“However, we tend to focus on specialty stone fruit: plumcots, apriums, white peaches, flat peaches and such. It’s a good niche,” says Daniel Jackson, an owner and director of the family-run farm. Actually, he prefers a simpler ID. “My official title is farmer.”

The Jacksons have worked the land for generations, although they only opened Family Tree Farms for business as a full-service operation about 15 years ago. The patriarch is David Jackson, who runs the farm with three sons and a son-in-law.

THE CHALLENGES

There are many challenges. Getting such fragile product from the Golden State to your local Hy-Vee in delicious and unblemished condition requires an army of skilled people. Family Tree Farms alone employs roughly 4,000 workers during peak season—to plant, maintain, harvest, pack and ship its fruit.

Another hurdle these days: finding enough water. California is in a state of emergency due to a historic four-year drought that has depleted aquifers and groundwater, forcing officials to enact statewide conservation measures. To cope, Family Tree Farms supplements its canal irrigation with well water and plants a greater proportion of pistachio trees, which send roots far deeper than fruit trees in order to reach the shrinking water table.

“Our mission,” David proclaims proudly in an online video, “is to consistently produce, package and market the most flavorful fruit in the world.” (Also see familytreefarms.com for a fun video recipe on delicious *Peach Pie in a Minute*.)

THE FLAVOR

You might call it a never-ending quest for exceptional flavor, but to the Jacksons it’s just another day on the farm.

“We never say we are done improving the way our fruit tastes,” Daniel says. “There is always something we can do to make them better.”

To that end, the Jacksons’ farm has

a Research and Development Center, which includes a 5-acre research orchard. Exotic species are imported from around the world. The Jacksons also obtain promising hybrids from top plant breeders, such as Floyd Zaiger. He is best known for creating the pluot.

Saplings and grafts are affixed to local rootstock for testing, then allowed to grow into mature trees to gauge hardiness and productivity.

When ready, the fruit is harvested and sampled at tastings open to the public every Friday. The farmers invite customers and even people off the street to come rate the new varieties on characteristics such as aroma, texture, acidity and sweetness. They also ship research fruit to Hy-Vee for feedback.

“It’s pretty cool,” says Tim Lugar, a Hy-Vee produce purchasing specialist. “They’ll send sample boxes once a week for us to try that are full of varieties so new they don’t even have proper names yet.” Instead they have numbers: 209LZ12 is a new type of peach with lower acidity, for instance.

And what happens to the ones that pass muster? A few years later after the trees mature and bear fruit, they end up in the produce aisle at your local Hy-Vee. There will be over 100 varieties of stone fruit sold at Hy-Vee this year—some of which are exclusive to these stores—and new varieties are being introduced weekly with names as quirky as they are evocative: Who wouldn’t want to bite into a flavor grenade plumcot, a raspberry jewel plumcot or a peach pie peach?

“People get excited about fruit, and we want to keep it that way,” Daniel says. “We want our customers to be the heroes when they bring delicious fresh fruit home to their kids.”

PLUM STREUSEL BARS

Prep: 1 hour | Bake: 30 minutes | Refrigerate: overnight |

Serves 16

Hy-Vee nonstick cooking spray

5 medium plums, pitted and sliced

1 cup water

1½ cups Hy-Vee granulated sugar

2 cups Hy-Vee all-purpose flour, divided

6 tablespoons Hy-Vee powdered sugar

3 tablespoons Hy-Vee cornstarch

½ teaspoon Hy-Vee salt, divided

¾ cup plus 5 tablespoons cold Hy-Vee butter, sliced, divided

½ cup packed Hy-Vee brown sugar

1 teaspoon Hy-Vee ground cinnamon

¼ teaspoon Hy-Vee ground nutmeg

½ cup Hy-Vee chopped walnuts

1. Preheat oven to 350°F. Line an 8×8-inch baking pan with foil, extending the foil over the edges. Spray foil with nonstick cooking spray; set aside.
2. In a Dutch oven, bring plums and water to boiling; reduce heat. Simmer for 30 minutes or until softened, stirring occasionally. Cool slightly. Transfer to a food processor. Cover and process until smooth. Return to Dutch oven. Add granulated sugar. Cook and stir over medium heat about 15 minutes or until reduced to 2 cups; set aside.
3. Meanwhile, in a large bowl, combine 1½ cups flour, powdered sugar, cornstarch and ¼ teaspoon salt. Using a pastry blender, cut in ¾ cup butter until mixture resembles coarse crumbs. Press into bottom of prepared pan. Bake for 15 minutes or until edges are light brown.
4. For crumb topping, combine remaining ½ cup flour, brown sugar, cinnamon, nutmeg and remaining ¼ teaspoon salt. Using a pastry blender, cut in 5 tablespoons butter until mixture resembles coarse crumbs. Add walnuts.
5. Pour plum filling over hot crust. Spoon crumb topping over filling. Bake for 15 minutes or until topping is set. Cool completely in pan on a wire rack. Cover and refrigerate overnight. Just before serving, use foil to lift uncut bars out of pan. Cut into bars.

Nutrition facts per serving: 320 calories, 15 g fat, 8 g saturated fat, 0 g trans fat, 30 mg cholesterol, 75 mg sodium, 47 g carbohydrates, 1 g fiber, 33 g sugar, 2 g protein. Daily values: 8% vitamin A, 4% vitamin C, 2% calcium, 6% iron.

THE COMBINATION OF A RICH SHORTBREAD CRUST, SWEET PLUM FILLING AND SPICED CRUMB TOPPING MAKES FOR THE PERFECT TREAT. USE BOTH TART ITALIAN AND SWEET AND JUICY BLACK PLUMS FOR THE FILLING, BECAUSE THE TWO FLAVORS COMPLEMENT EACH OTHER SO NICELY.





THE SWEET PLUM TOPPING COOKS DOWN WHILE BAKING AND SETTLES NICELY INTO THE TENDER BUTTER CAKE. WHEN THE CAKE IS INVERTED, YOU HAVE A SHOWPIECE DESSERT WITH LUSCIOUS FRUIT OOOZING OVER THE TOP AND DRIPPING DOWN THE SIDES.

UPSIDE-DOWN PLUM CAKE

Prep: 1 hour | Bake: 45 minutes | Cool: 2 minutes | Serves 8

3 Hy-Vee large eggs

Hy-Vee nonstick cooking spray

3 medium plums

4 tablespoons plus ½ cup Hy-Vee butter, softened, divided

1½ cups plus 2 tablespoons Hy-Vee sugar, divided

2 tablespoons red plum jam

1½ cups Hy-Vee all-purpose flour

1 teaspoon Hy-Vee baking powder

¼ teaspoon Hy-Vee salt

1 teaspoon Hy-Vee vanilla extract

1 teaspoon of orange zest

½ cup heavy whipping cream

1. Separate yolks and whites from eggs. Allow eggs to stand at room temperature for 30 minutes. Preheat oven to 350°F. Spray bottom and sides of a 9-inch-round baking pan with nonstick spray. Line with parchment paper; spray paper with nonstick spray and coat with flour; set aside.

2. Halve plums crosswise; remove stones. Cut plums into thin slices. In a small saucepan, melt 4 tablespoons butter. Add ½ cup sugar and jam. Cook over medium-low heat for 2 minutes or until thickened. Pour mixture into prepared pan. Arrange plum slices in a single layer on top.

3. In a medium bowl, whisk together flour, baking powder and salt; set aside. In a large mixing bowl, beat ½ cup butter for 30 seconds with an electric mixer on medium speed. Add 1 cup sugar; beat until light and fluffy. Beat in egg yolks, vanilla and orange zest, scraping sides of bowl. Alternately add flour

mixture and cream to butter mixture, beating on low after each addition, just until combined; set aside.

4. Using thoroughly cleaned beaters, beat egg whites until soft peaks form (tips curl). Add 2 tablespoons sugar, 1 tablespoon at a time. Continue beating until stiff peaks form (tips stand straight). Fold beaten whites into cake batter. Spoon batter over plums in pan; spread evenly. Bake about 45 minutes or until a toothpick inserted near center comes out clean. Cool in pan on wire rack for 2 minutes. Using a small sharp knife, loosen cake around edge of pan. Invert cake onto a serving plate. Remove and discard parchment paper. Serve cake warm.

Nutrition facts per serving: 500 calories, 25 g fat, 15 g saturated fat, 1 g trans fat, 135 mg cholesterol, 180 mg sodium, 66 g carbohydrates, 1 g fiber, 47 g sugar, 5 g protein. Daily values: 20% vitamin A, 4% vitamin C, 4% calcium, 8% iron.

Stone fruit 101

Named after the hard pits inside, stone fruits today include not only longtime favorites, such as peaches and plums that we know and love, but several unexpected and delicious hybrids that are new, including pluots and apriums. Learn more about them with this simple stone fruit guide.



PEACHES

A perennial summer favorite, peaches are the most popular stone fruit in America due to their luscious flavor and juiciness when perfectly ripe. They come in several varieties, including yellow, white and flat. Though available from April to October, peaches are best from June to August. When buying peaches, select fruits that are firm but not hard and smell like peaches. Also look for freestone peaches, which have pits that easily separate from the fruit.

NECTARINES

These are essentially hairless peaches. In other respects, nectarines are identical to their fuzzy cousins and come with yellow or white fruit flesh, as well as either free- or clingstones. They need to be a bit smaller and firmer than peaches but otherwise taste the same and can be substituted for any recipe that calls for peaches. One difference is that nectarines are more prone to blemishes than peaches, so check them carefully before purchase.

PLUMS

One of the juiciest stone fruits, plums range in color from purple to yellow and can be sweet or tart. There are two major types: Japanese, which are larger and quite juicy, and European plums, which are firmer and smaller. Round Japanese plums are typically available sooner in summer than most other stone fruit and are usually eaten out of hand. The oval European variety have thicker skins that can be slightly bitter, but they are ideal for baking and jams.



APRICOTS

Originally from China, this fragrant, peachlike fruit is now grown around the world, with 90 percent of America's apricots coming from California. Apricots are sweet but less juicy than peaches and have a shorter growing season in the United States—May through August—than elsewhere in the world. They are generally at their peak in June and July. Look for fruit with a rich color and a slightly soft flesh, which is an indication of ripeness.

APRIUMS

This hybrid is a cross between an apricot and a plum. However, the apricot characteristics are dominant and the fruit, in fact, looks and smells similar to an apricot. The taste, meanwhile, is intense and somewhat plumlike. It is quite sweet and juicy with a firmer texture than a plum. Some varieties of aprium can bruise easily, so check the fruit carefully for soft spots and blemishes before purchasing.

PLUOTS

A cross between a plum and an apricot, tasty pluots are a hybrid fruit created in the 1980s by cross-pollination in an orchard, rather than genetic engineering in a lab. Sometimes called a dinosaur egg, the fruit tends to be sweeter than either parent and firmer fleshed. Though a hybrid, it has more in common with a plum than an apricot. Meanwhile, a variation called a plumcot has more in common with an apricot than a plum.



CHEF MARK WEBSTER SHARES A FRESH HOMEMADE SALSA THAT TASTES AMAZING WITH LEMONY HERBED CHICKEN.

GRILLED LEMON-GARLIC CHICKEN WITH PEACH SALSA

Prep: 20 minutes | Marinate: 4 hours

Grill: 43 to 48 minutes | Serves 6

$\frac{3}{4}$ cup fresh lemon juice

$\frac{1}{2}$ cup Hy-Vee Select olive oil

6 cloves garlic, minced

1 tablespoon Hy-Vee dried oregano leaves

2 teaspoons kosher salt

2 teaspoons Hy-Vee black pepper

6 chicken hindquarters (about 4 pounds)

3 ripe peaches, peeled, pitted and chopped

1 red bell pepper, seeded and finely chopped

2 jalapeño peppers, seeded and finely chopped*

2 tablespoons finely chopped yellow onion

1 tablespoon chopped fresh cilantro

$1\frac{1}{2}$ teaspoons lime peel

2 tablespoons fresh lime juice

1 tablespoon rice wine vinegar

1 teaspoon packed Hy-Vee brown sugar

2 tablespoons Hy-Vee unsalted butter

1 (12-ounce) jar Hy-Vee peach preserves

1. For marinade, whisk together lemon juice, olive oil, garlic, oregano, salt and black pepper. Pour in a large resealable plastic bag set in a bowl. Add chicken to bag; seal and turn to coat. Marinate chicken in the refrigerator at least 4 hours, turning bag occasionally.

2. For salsa, combine peaches, bell pepper, jalapeños, onion, cilantro, lime peel, lime juice, rice wine vinegar and brown sugar. Cover and chill until serving time.

3. Prepare a charcoal or gas grill for direct cooking over medium heat. For peach glaze, in a saucepan, melt butter. Stir in preserves; cook until it reaches glaze consistency.

4. Oil grill grates. Remove chicken from marinade; discard marinade. Grill chicken over direct heat for

8 minutes, turning once. Prepare grill for indirect heat. Grill chicken 35 to 40 minutes more or until done (165°F). Brush chicken with peach glaze during the last 10 minutes of grilling. Serve chicken with salsa.

Nutrition facts per serving: 570 calories, 18 g fat, 6 g saturated fat, 0 g trans fat, 250 mg cholesterol, 380 mg sodium, 50 g carbohydrates, 3 g fiber, 4 g sugar, 52 g protein. Daily values: 50% vitamin A, 150% vitamin C, 4% calcium, 15% iron.

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



GRILLED BALSAMIC-MAPLE PORK CHOPS AND NECTARINES

Prep: 40 minutes | Marinate: 2 hours |

Grill: 14 to 18 minutes | Serves 4

$\frac{1}{3}$ cup Hy-Vee Select balsamic vinegar

$\frac{1}{3}$ cup Hy-Vee Select extra virgin olive oil

3 tablespoons Hy-Vee Select

100% pure maple syrup

1 tablespoon chopped fresh basil

1 clove garlic, minced

$\frac{3}{4}$ teaspoon Hy-Vee kosher sea salt

$\frac{1}{4}$ teaspoon Hy-Vee black pepper

4 center-cut pork chops, about 1 inch thick

1 tablespoon Hy-Vee unsalted butter

1 tablespoon packed Hy-Vee brown sugar

4 nectarines, halved and pitted

Fresh basil leaves, for garnish

1. For marinade, in a small bowl, whisk together balsamic vinegar, olive oil, maple syrup, basil, garlic, salt and pepper. Place $\frac{1}{4}$ cup marinade in a small saucepan and set aside. Pour remaining marinade in a large resealable plastic bag set in a bowl. Add pork chops to bag; seal and turn to coat. Marinate pork chops in refrigerator up to 2 hours.

2. Prepare a charcoal or gas grill for direct cooking over medium heat. For nectarine glaze, add butter and brown sugar to reserved marinade. Heat over low heat until butter is melted. Brush half of the glaze onto cut sides of nectarines.

3. Remove pork from marinade, discarding marinade. Grill pork chops over medium heat for 14 to 18 minutes or until internal temperature reaches 145°F, turning once halfway through grilling and adding nectarine halves during the last 7 minutes of grilling. Grill nectarines until tender and juicy.

4. Arrange pork chops on a serving platter. Add nectarines and drizzle with remaining glaze. If desired, garnish pork chops with basil leaves.

Nutrition facts per serving: 480 calories, 22 g fat, 7 g saturated fat, 0 g trans fat, 130 mg cholesterol, 850 mg sodium, 25 g carbohydrates, 2 g fiber, 20 g sugar, 48 g protein. Daily values: 10% vitamin A, 15% vitamin C, 2% calcium, 10% iron.



* Bonus feature:
Fire up the grill for
juicy pork chops.
Check out this
recipe's how-to
video in the free
digital version of
Hy-Vee Seasons.

Downloading information
on page 3.

NECTARINES AND OTHER STONE FRUITS—
PLUMS, PEACHES AND APRICOTS—PAIR WELL
WITH THE FLAVOR OF PORK. BRUSHING THE
FRUIT WITH BALSAMIC-MAPLE GLAZE HELPS IT
CARAMELIZE DURING GRILLING AND ADDS A
WELCOME ACIDIC BITE.



PEACHY PLUM SAUCE

Prep: 35 minutes | Serves 8 (¼ cup each)

2 peaches, pitted and sliced into thick wedges

⅓ to ½ cup water

1 cup red plum jam

1½ teaspoons fresh lemon juice

1½ teaspoons Hy-Vee butter

½ teaspoon peach brandy

THIS VIBRANT RED
FRUIT SAUCE OFFERS
A COMPLEX BLEND
OF PEACH AND PLUM
FLAVORS. SERVE IT ON
PANCAKES, WAFFLES
OR ICE CREAM
SUNDAES. MIX AND
MATCH DIFFERENT
VARIETIES OF STONE
FRUIT AND JAM AS
YOU PLEASE.

1. In a saucepan, combine peach wedges and ⅓ cup water. Use more water if peaches are less ripe. Bring to boiling; reduce heat. Simmer, uncovered, 15 to 20 minutes or until peaches are soft, stirring occasionally. Stir in jam, lemon juice, butter and brandy. Cook 2 minutes more. Cool slightly. Store, covered, in refrigerator for up to 1 week.

Nutrition facts per serving: 120 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 30 g carbohydrates, 1 g fiber, 27 g sugar, 0 g protein. Daily values: 2% vitamin A, 4% vitamin C, 0% calcium, 0% iron.



STONE FRUIT DANISH ROLLS

Prep: 25 minutes | Bake: 15 to 20 minutes | Serves 12

- 1 (17½-ounce) package (2 sheets) frozen puff pastry, thawed
- 1 (8-ounce) package Hy-Vee cream cheese, softened
- ¼ cup Hy-Vee granulated sugar
- ½ teaspoon Hy-Vee vanilla extract
- ½ teaspoon lemon zest
- 2 teaspoons freshly squeezed lemon juice
- 2 medium peaches, nectarines or plums, halved, seeded and thinly sliced
- ¼ cup plum jam
- 1 Hy-Vee large egg
- 1 tablespoon water
- Hy-Vee powdered sugar, for garnish

1. Preheat oven to 400°F. Line a baking sheet with parchment paper; set aside.
2. On a lightly floured surface, unfold one pastry sheet. Using a 3¼-inch round cutter, cut six circles from pastry. Transfer to prepared baking sheet. Repeat with remaining puff pastry sheet.
3. In a medium mixing bowl, beat cream cheese and sugar with an electric mixer on medium speed until softened. Add vanilla, lemon zest and juice; combine well. Spread about 1 tablespoon cream cheese mixture onto each puff pastry cutout. Arrange fruit slices on top, overlapping slightly.
4. In a microwave-safe bowl, microwave jam until melted. Brush on fruit slices. In a small bowl, combine egg and water. Brush over edges of cutouts.
5. Bake for 15 to 20 minutes or until pastry is golden. If desired, sift powdered sugar over tops of rolls. Serve warm.

Nutrition facts per serving: 290 calories, 18 g fat, 7 g saturated fat, 0 g trans fat, 35 mg cholesterol, 280 mg sodium, 26 g carbohydrates, 1 g fiber, 12 g sugar, 5 g protein. Daily values: 8% vitamin A, 4% vitamin C, 2% calcium, 8% iron.

FRESH PEACH SLICES BRUSHED WITH PLUM JAM GLISTEN ON TOP OF FLAKY PUFF PASTRY. THEY'RE JUST AS DECADENT AS THE FRUIT PASTRIES FOUND AT TRADITIONAL FRENCH BAKERIES.

★THE BEST★

Cheese

FOR BURGERS

FOR THE ULTIMATE CHEESEBURGER, STEAL A STEAKHOUSE TRICK AND REACH BEYOND THE AMERICAN SLICES FOR CHEESES THAT CAN TURN YOUR BEEF PATTIES INTO MOUTHWATERING MASTERPIECES. CONSIDER THESE OPTIONS FOR EASY-CHEESY BURGER MAKEOVERS.

WORDS Carlos Acevedo PHOTOS Tobin Bennett

1 SWISS: A partially skimmed cow's milk cheese, Swiss is famously full of big holes. These are formed by bubbles of carbon dioxide released by bacteria in the curds as the cheese ripens. Swiss cheese is typically pale yellow with a nutty, slightly sweet flavor that complements beef. The semisoft cheese melts easily when placed on a sizzling patty.

2 PROVOLONE: This silky, mild cow's milk cheese has a firm texture and is slightly tangy, so it is able to elevate the taste of a burger without overpowering other flavors. Originating in southern Italy, it is now popular throughout the United States, as well.

3 COLBY: Invented in 1885 at a cheese factory in Colby, Wisconsin, this cheese has a milder and creamier flavor than cheddar and is softer with a springy texture, which means its melting qualities are similar to American cheese.

4 BRIE: This French cheese comes in a wheel and sports a velvety edible rind. Inside, the cheese is cream-colored and soft enough to spread. Its flavor ranges from sweet and buttery to pungent, depending on the producer. For a burst of decadent richness, cut a wheel of Brie into thin slices and place on the beef patties.

5 CHEDDAR: The familiar orange cheese, originally from Cheddar, England, gets its color from red annatto seeds. For good reasons, it is an old standby to jazz up sandwiches and burgers. Though firm, it slices easily and ranges from mildly tangy to intensely sharp with bright fruit flavors, depending on how long the cheese has aged.

6 HAVARTI: An aromatic cow's milk cheese, Havarti typically contains many small holes. Depending on how long it has aged, Havarti can range from semisoft to semihard. It is often enriched

with dill or caraway seeds, which can add another flavor dimension to burgers. There are extra creamy versions as well, which melt into a delicious sauce when heated.

7 BLUE: For big flavor, nothing beats blue. A benign mold added to the cheese creates the iconic blue streaks and a pronounced funkiness that enhances the beefiness of a burger. Blue cheese pairs deliciously with onions and tomatoes, too. Naturally crumbly, blue also now comes in slices.

8 PEPPER JACK: This tangy cheese is a type of Monterey Jack cheese with hot peppers added. Exceptionally meltable, pepper Jack is an easy way to add a spicy kick to burgers.

9 GOUDA: Holland's most famous cheese, this firm cheese possesses a nutty and sometimes fruity flavor. Often smoked with hickory chips, it develops a meaty aroma mildly reminiscent of bacon.





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BE A CLASS ACT AND SHOW APPRECIATION TO YOUR NEW TEACHERS WITH THESE THOUGHTFUL GIFTS. EACH IDEA IS COST-EFFECTIVE, SIMPLE TO PRODUCE AND CLASSROOM-FRIENDLY. THE BEST PART? HY-VEE STOCKS MOST OF THE SUPPLIES YOU NEED! CELEBRATE THE NEW SCHOOL YEAR WITH GRATITUDE.

WORDS Lauren Chorpene PHOTOS Tobin Bennett

TEACHER *GIFTS*



IT IS THE SUPREME
ART OF THE TEACHER
TO AWAKEN
JOY IN CREATIVE
EXPRESSION
AND KNOWLEDGE.

ALBERT EINSTEIN

PICTURE-PERFECT

Liven up the walls in your student's new classroom with an inspirational and educational quote. Download it from www.hy-vee.com/seasons and place in an 11×14-inch frame. It will motivate the class year-round.

WE APPRECIATE



NOTEBOOK PADS

Put fun on a teacher's desk with notepads that look like mini lined notebooks. Purchase a package of lined 4x6-inch index cards. Cut cards in half and stack them. Set one card half aside. Use clamps to align and secure card stack. On the short end nearest the red line, apply an even, thick coat of rubber cement; let dry. Repeat with three more coats. Remove clamps. Trim remaining card half to measurements of glued end. Apply rubber cement to back side and place over glued end of pad; let dry. Remove top page for a clean look, if needed.



CANDY PENCILS

Stack chocolates inside a plastic tube for a decadent treat. This sweet midday pick-me-up for your child's teacher goes together quickly. Place a Hershey's Kiss chocolate upside down in the bottom of the container. Set Ferrero Rocher chocolates in next. Top with a Godiva Milk Chocolate Truffle for the pencil eraser. The finishing touch is a silver ribbon tied around the tube. Chewing on pencils is now encouraged!



GIFT BOX

Nestle a Hy-Vee gift card in this academically inspired packaging for a greatly appreciated teacher's gift. Then the teacher can visit a local Hy-Vee store for necessary classroom items. Wrap a small packing tube with lined notebook paper, attaching the paper with clear tape. Pack the tube with the gift card and a few standard school supplies such as poster tack, a calculator or pens. Finish the package with a yellow ribbon tie.

THE TEACHERS



BLOOMING BUD VASE

Build a useful bouquet that will last all school year. These pretty pencils are fun to make and the materials might surprise you. For the flower toppers, stack five paper baking cups. Fold stack in half three times. Round the outside edge for a petal shape. For smaller petals, cut off more of outside edge. Unfold paper cups. For a layered look, fan petals and arrange large petals under smaller petals. Poke an end of a piece of floral wire through the flower center. Wrap end into a small ball to secure. Wrap other wire end around a green pencil. Place in a glass milk jar and attach personalized tag with twine.



THE ABCs

Help decorate your child's classroom with these playful and practical chalkboard letters. Each can be set on a shelf or hung on the wall. Covered with chalkboard paint, the letters act as changeable displays for encouraging notes, interesting facts or famous quotes. Paint wooden letters with black or colored chalkboard paint; let dry. Repeat with another coat. Tack ends of a twine piece to back of each letter for a hanging loop. Give the letters as a set, adding a bundle of white and colored chalk from Hy-Vee. Need gifts for several teachers? Instead of ABCs, give each teacher the first letter of his or her last name.



APPLE BANDS

Dress up rubber-band balls, which teachers love to have handy. With the dolled-up apple look, the balls are cute enough to display while rubber bands remain easily accessible. Purchase premade rubber-band balls at Hy-Vee. Transform them into apples with a wooden skewer, floral wire and green paper. Work a 1-inch section of skewer under the layers of rubber bands until the skewer is secure. Wrap wire around the exposed end. Cut a leaf shape from green paper. Fold in half; unfold. Poke floral wire through the end of leaf and secure to skewer.

KID-APPROVED IDEAS!

LUNCH BY THE NUMBERS



CHEESY
BAGEL
PIZZA
TASTES
GREAT ANY
DAY OF
THE WEEK.

Step up your lunch-packing game with fun, healthy eats that keep kids smiling. Choose from irresistible snacks and wraps, playful soups and sandwiches, and much more. Satisfy even the pickiest eaters.

WORDS Lois White PHOTOS Tobin Bennett

NEW CLASSIC

PB&J

PB&Js are an ultimate kid favorite. Time to trade in the old sandwich for this luscious almond butter and strawberry creation that will have your kids begging for more. Try other fruits, too, such as apples and bananas.



2 VEGGIE BOATS

PEPPERS:

Fill colorful mini bell peppers with purchased egg salad.



CABBAGE:

Fill purple cabbage leaves with a mixture of tabbouleh, feta cheese, cherry tomatoes and chopped fresh herbs.



DIPS & DIPPERS

3



HUMMUS:

Pack veggie sticks with a flavored hummus dip for some veggie-tastic snacking.



GUACAMOLE, SALSA, SOUR CREAM & CHEESE:

Dip chips into a tasty four-layer dip that has all your kid's favorite taco toppings.



YOGURT, HAZELNUT BUTTER & HONEY:

Give apples a new spin by pairing them with this sweet and tangy dip.

4

SWEET SURPRISES



Fill Hy-Vee Bakery cookies with hazelnut butter.



Dip graham crackers into melted chocolate and coat with decorative candies.



Top Hy-Vee pudding with berries and toasted coconut.



Layer cubed Hy-Vee Bakery brownies with apples, whipped dessert topping and caramel sauce.

5

CHEESY BITES

Use a melon baller to hollow out roma tomatoes. Fill with cottage cheese. Season with pepper.

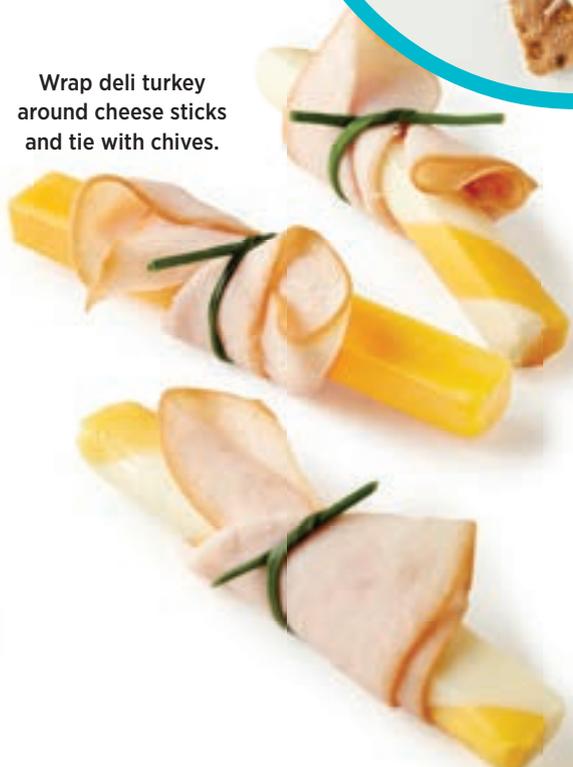


Spread crackers with a cream cheese spread; sprinkle with nuts and drizzle with honey.

Cut out letters on mini cheese wheels and insert pretzel sticks.



Wrap deli turkey around cheese sticks and tie with chives.



Wrap deli ham and Swiss cheese around apple slices.





Walnuts, raisins, banana chips, pepitas, peanut butter chips and coconut flakes



Freeze-dried strawberries, granola, almonds and chocolate chips



Freeze-dried veggie mix, cheddar bunny crackers and sunflower seeds



Cashews, almonds, dried blueberries, dried apples and soy nuts



Peanuts, dried cranberries, pretzels, marshmallows and chocolate chips



Pistachios, round toasted-oat cereal and dried pineapple, mango and cherries

6

MUNCHIE MIX COMBOS

A healthy snack mix is a great way to fill out a lunch box. Kids love crunch. They also go for dried fruits and veggies, which add essential nutrients and lively flavors. Start with one of these mixes, adding other wholesome bite-size ingredients you have on hand. If you're not into mixing your own combos, check out the ready-made snack mixes at your Hy-Vee store.

LOOK WHAT'S
NEW!

Campbell's
FRESH-BREWED SOUP®

Brew the Perfect Snack
in 3 Easy Steps

TRY NEW!

1 POUR
packet
into mug



2 BREW
both K-Cup® pod



3 STIR
and enjoy!



NEW!

Campbell's K-Cup
Fresh Brewed Soups:
Southwest or Regular
6 ct. \$6.99



TRY NEW!

Prego & **Pace**

**READY
MEALS**



TRY ALL OF OUR
DELICIOUS VARIETIES!

1 HEAT

2 TEAR

3 EAT

NEW!

Prego and Pace
Ready Meals:
select varieties
9 oz. \$2.18

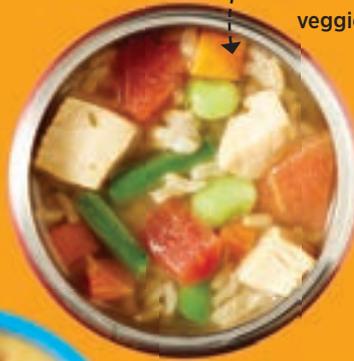


**SOUP-ER
SEVEN**

Soup warms kids' bodies
and provides a nourishing
lunch. Try these tips and
tricks for dressing up canned
soups to make them more
tasty and nutritious.

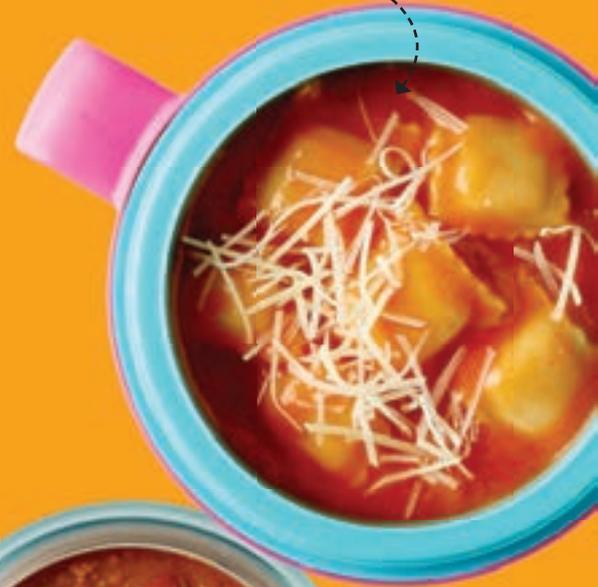


Liven up beef and
vegetable soup with
fun pasta shapes.

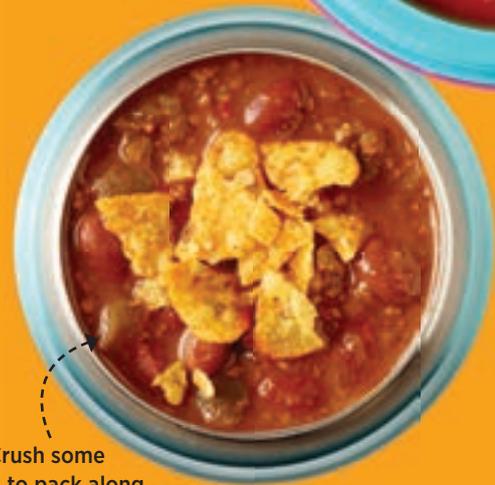


Add cooked
chicken and
edamame to
veggie-rice soup.

Add cooked ravioli
to tomato soup.
Top with shredded
Parmesan cheese.



Jazz up cheesy
potato soup with
mini meatballs.



Crush some
chips to pack along
with chili.



Stir fresh veggies
and rotisserie
chicken into
alphabet soup.



Toss fresh veggies
into a ramen
noodle soup.



Tortilla, cream cheese, bacon and lettuce



Tortilla, turkey, mayo, spinach and tomato



Tortilla, ham, cheese and mustard



Tortilla, cheese, scrambled egg, black beans and salsa

8

SUSHI-STYLE ROLLS



Tortilla, pizza sauce, pepperoni slices and shredded cheese



Tortilla, chicken, cheese, tomato and guacamole



Tortilla, cream cheese, spinach, turkey, cucumber and carrot



Tortilla, salami, mayo and Swiss cheese

9

PUNCHED-UP FRUITS & VEGGIES

Give your favorite fruits and veggies your personal punch of flavor with these easy spreads and toppers.

1. Celery, peanut butter and raisins
2. Star fruit studded with blueberry
3. Dried apricot, cream cheese and almond
4. Celery, bean dip and black sesame seeds
5. Apple, almond butter and coconut
6. Strawberry and chocolate-hazelnut spread
7. Sugar snap pea pod and tuna salad
8. Cucumber, herbed cream cheese spread and cherry tomato
9. Cucumber, hummus and feta





Bagel, pizza sauce, pepperoni, shredded mozzarella cheese and dried oregano



English muffin, cream cheese, deli turkey slices and dried cranberries



English muffin, provolone cheese slice, deli roast beef and dill pickle slices



English muffin, cheddar cheese slice, lettuce, tomato wedges, bacon and hard-boiled egg slice

10

TOTALLY TOPPED SAMMIES

Elevate your sandwich game from good to great with these simple ideas. If kids help make it, they'll be more likely to eat it. Top sliced bagels or English muffins with presliced cheese, leftover chicken or whatever else is already in your fridge to make lunch easy. Hummus, mayo or soft cheese are good glue for holding sandwiches together.



English muffin, pesto, fresh mozzarella cheese, tomato and fresh basil



Bagel, hummus, spinach, avocado slices, green and red bell peppers and feta cheese crumbles



Bagel, spaghetti sauce, cooked meatballs, mozzarella cheese and grated Parmesan cheese



English muffin, tuna salad, peas, celery and Colby Jack cheese



English muffin, sliced deli ham, fresh pineapple chunks and sliced Swiss cheese



Bagel, lettuce, chicken salad, apples and chopped walnuts

QUICK LUNCH HELPERS

Kids notice when you elevate your game by loading their lunchboxes with foods and drinks that are as nutritious as they are fun. Make a kid's day with a squeezable fruit pouch, peanut butter bars, whole grain chips and other goodies.



Horizon Organic Milk:
select varieties
8 oz. 4/\$5.00



Dole Fruit Bowls
or Squish'ems!: select
varieties 3.2 or 4 oz. or
4 ct. \$2.18



NEW!

Juicy Juice Splashers:
select varieties
6 oz. \$2.99



V8 Protein Bars or Shakes:
select varieties 1.75 or 10 oz. \$5.99



NEW!

Jif Bars: select
varieties 5 ct. \$3.48



Frito Lay SunChips or
Oven Baked Chips:
select varieties
6.25 or 7.625 oz. \$2.98



Nabisco Multi-Packs: select varieties
9 to 25.2 oz. \$4.68



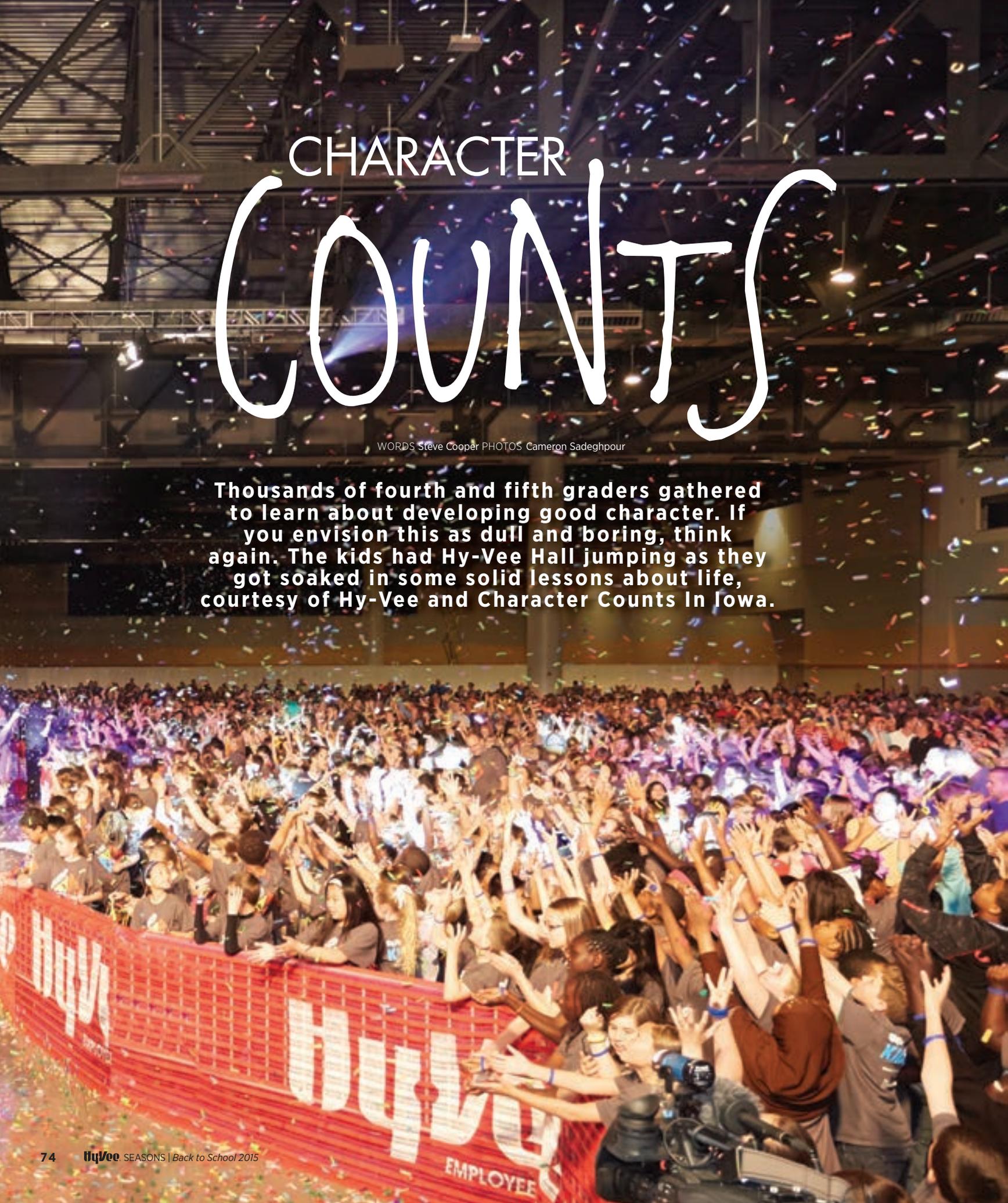
Sargento All-Natural
Cheese Sticks: select
varieties 8 to 12 oz.
\$4.28



Frigo String Cheese or Meat Kits:
select varieties 8 to 12 oz. \$2.99



Bar-S Deli Shaved Meats:
select varieties
8 or 9 oz. 2/\$5.00

A large crowd of children, mostly fourth and fifth graders, are gathered in a gymnasium. They are all wearing dark-colored t-shirts and have their arms raised in the air, many holding up purple and white streamers. The air is filled with colorful confetti (red, blue, green, yellow) that is falling from the ceiling. The gymnasium has a high ceiling with visible steel beams and lighting fixtures. The overall atmosphere is festive and energetic.

CHARACTER COUNTS

WORDS Steve Cooper PHOTOS Cameron Sadeghpour

Thousands of fourth and fifth graders gathered to learn about developing good character. If you envision this as dull and boring, think again. The kids had Hy-Vee Hall jumping as they got soaked in some solid lessons about life, courtesy of Hy-Vee and Character Counts In Iowa.



As the rhythm and thump of a swelling pop anthem grabbed the crowd and an MC started to dance, a screeching cheer broke out from the crowd of 7,400 fourth and fifth graders. They pressed toward the stage, joined in with their own version of a happy dance, and the hall reverberated with excitement.

Elementary students from 83 schools across Central Iowa gathered at Hy-Vee Hall in Des Moines in late April for Exercising Your Character (EYC). The annual event for youngsters combines character development and encouragement to eat well and stay active.

QUALITY TIME

Each segment of the two-hour event opened with dancing, singing, shouting and wiggling. Punctuating the show were brief character messages from three athletic stars, Olympic gold medalist Shawn Johnson, Drake University women's basketball coach Jennie Baranczyk and Northern Iowa University men's basketball coach Ben Jacobson.

Hy-Vee has sponsored the annual EYC event since 2007 in cooperation with Character Counts In Iowa, a national organization that promotes civility through character development at all stages of life. Hy-Vee volunteers helped kids get where they needed to be, and the company provided lunches and T-shirts to the children who attended and assisted with bus transportation for some schools.

The program was structured to alternate between short segments of speaker presentations and very active dancing. This

kept the crowd active and involved, while underscoring the message that fitness is important for everyone.

WHAT IS CHARACTER COUNTS?

Looking for the right words to explain the value of Hy-Vee's support for nonprofit Character Counts In Iowa (CCI), the group's assistant director Amy Smit says, "It's been monumental."

CCI promotes civility and helps Iowans practice and recognize good character. Founded in 1997, CCI is now part of The Robert D. and Billie Ray Center at Drake University. Ray is a former governor of Iowa.

At the core of what CCI teaches in schools, workplaces and throughout Iowa's communities are the Six Pillars of Character. They are trustworthiness, respect, responsibility, fairness, caring and citizenship.

"The values of Character Counts line up with the values that have always been a part of Hy-Vee," says Ryan Grant, Hy-Vee director of sports marketing and events.

In addition to supporting the EYC gathering for fourth and fifth graders, Hy-Vee is a major donor to the Ray Center. Hy-Vee chairman, CEO and president Randy Edeker says, "We are excited to support a center that pays tribute to the legacy of Gov. Ray and his wife through its dedication to developing strong, ethical leaders for our communities."

GUINNESS RECORD

The last item on the EYC agenda in April was establishing a world record for the number

of people doing jumping-jack exercises together for 2 minutes. The previous record was 1,368 jumpers, according to the Guinness Book of World Records. With 7,400 students on hand in Des Moines and each of them itching to make the record book, the goal certainly seems to have been reached.

ENERGIZED KIDS

As they left EYC, children were smiling. They'd had a good time. "It was fun and exciting," said Milan, a student from Aurora Heights Intermediate School in Newton. "We don't usually get to do anything like this."

The EYC character-building program is one of many events that Hy-Vee supports to encourage a better life in the communities it serves. Because the Des Moines event has proved so successful, Hy-Vee is looking to host events in other Midwestern cities, Ryan says.

"It's an important event for Hy-Vee. Keeping kids healthy and helping them to develop good character benefits us all," says Ryan. "It also gives kids a taste of what Hy-Vee is all about and what the company values."

BIG ANNOUNCEMENT

Near the end of the EYC event, Hy-Vee announced its partnership with the Pinky Swear Foundation to launch a series of noncompetitive triathlons and 5K family runs in five Midwestern cities this summer. For information, see the story "Hy-Vee Pinky Swear Kids Triathlon," *page 31*, or go to www.pinkyswear.org

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It's cookie time somewhere.

Take 'em Home. Made.



WE, TOO, LOVE FRESH-BAKED COOKIES. That's why we went on a mission in search of a better cookie recipe. Better ingredients. Bigger chips. Plumper raisins. Richer chocolate. Creamier peanut butter. Crunchier. Chewier. And ultimately—yummier. We hope you and your sweet tooth enjoy. Let us know how we did at hy-vee.com.

HyVee

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50% off Nature Made Multivitamin, Melatonin, Calcium or Gummies: select varieties 60 to 300 ct.



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Use as directed.

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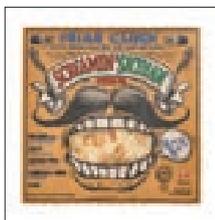
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FALL 2015

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