

seasons ^{HyVee}

OVER THE
TOP
SHAKES

82
RECIPES, TIPS
AND
TRICKS WITH
CHOCOLATE

THE **EASIEST**
MOLTEN
CHOCOLATE CAKE
PAGE 18

CHOCOLATE
ON BBQ RIBS?
YES!
PAGE 36



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THE *Chocolate* **ISSUE**



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

Please recycle after use.

GET TO KNOW

Executive Pastry Chef Bryce Ekeren started working as a Hy-Vee Sweet Shoppe manager about eight months ago in Minnesota. Previously, he created unforgettable desserts at hotels, resorts and on a cruise ship. Now he keeps Hy-Vee shoppers happy.



Get Chef Bryce's truffle recipe, page 60.

My career has taken me to Florida, Hawaii, Texas, Germany and places in between, but I'm fortunate to be back home again in Minnesota. Hy-Vee's concept for Sweet Shoppes in stores was presented to me, and I was lucky enough to get in on the ground floor.

Three Sweet Shoppes have opened so far in Minnesota. But more are coming soon to Hy-Vee stores throughout the Midwest. Each Sweet Shoppe is an island of irresistible pleasures. Our design staff fills cases with such delightful confections as White Chocolate Mousse Cakes, Fresh Fruit Chocolate Lattice Cakes, Sea Salt Caramel Truffles, Mini Champagne Cupcakes, S'Mores Cake Donuts and countless others.

Because our designers are so talented, we set aside a spot at the counter for their original work. I even put in some of my own, including 10-piece chocolate puzzles that were little snow scenes. A food-grade printer was used to create the three-dimensional pieces. It was fun, but I should have made more than 60. I don't think there was anything else like it in Minneapolis.

You can understand why I'm so happy working for Hy-Vee. I've got carte blanche to find new ways to make people smile.

With this issue, we've narrowed the focus of *Hy-Vee Seasons* exclusively to food. Over the last decade, recipes and cooking-related stories have always been central. Now cooking, baking, roasting, grilling, blending and other culinary delights are our only subjects.

In addition to the newly narrowed focus, I am biased about this issue for another reason: The star of this issue is chocolate. Be still, my heart! Discover how to prepare a Triple Cocoa Cocktail in "Cheers," page 15, whip up "Chocolate Classics," page 18, or bring out the delicious essence of pork and chicken in "Savory Chocolate," page 36.

Enjoy sampling all you find on these pages. There's magic in every bite and each sip.

Sincerely,
Bryce Ekeren | Hy-Vee, Eagan, Minnesota

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DIGITAL

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

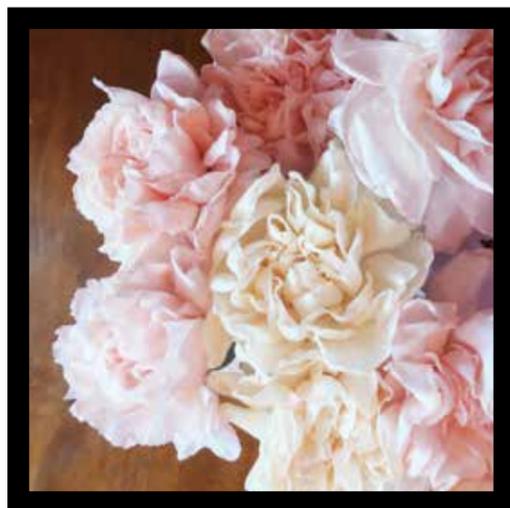
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VIDEO

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



SUZY S. PULLED OUT ALL THE STOPS FOR HER SWEETIE WITH THIS CHOCOLATE FINALÉ. YOU CAN TOO. TRY OUR EASIEST MOLTEN CHOCOLATE CAKES, PAGE 21.



BRITTANY G. SHARED A GORGEOUS BOUQUET OF PINK BLOOMS FROM HY-VEE.



A BEAUTIFUL CAKE MADE BY HY-VEE BAKERY FOR A BEAUTIFUL WEDDING DAY. POSTED BY BRITT F.



OUR FEATURED
INSTAGRAM READER

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with **seasons** HyVee



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See how easy it is to stuff pasta shells, make macarons or make ham gravy. youtube.com/HyVee



CHOCOLATE BERRY CUBES

Make easy chocolate treats by filling the cups of an ice cube tray two-thirds full of melted dark chocolate. Add a few berries, pressing into the chocolate. Refrigerate for 1 hour before removing the cubes.



milk and cookie shooters

STEP 1: Stir together 1 (16.5-oz.) package Hy-Vee chocolate chip cookie dough and ½ cup Hy-Vee all-purpose flour. Press dough onto bottom and sides of six (3-oz.) metal ramekins. Refrigerate for 30 minutes.

STEP 2: Preheat oven to 375°F. Place ramekins on a baking sheet. Bake for 10 minutes. Using the handle of a wooden spoon, gently press puffed areas of dough against the bottom and edges of ramekins. Bake 10 more minutes or until golden, pressing puffed areas as needed. Cool cookie shells in ramekins for 15 minutes.

STEP 3: Using a paring knife, loosen shells from sides of ramekins; invert onto a wire rack. Brush melted chocolate (see directions, page 12) inside each shell to seal the bottom and sides; refrigerate until chocolate sets. Fill shells with milk and serve.

Chocolate Bowls

STEP 1: Inflate small balloons, then wash and thoroughly dry them. Lightly coat the balloons with Hy-Vee nonstick cooking spray. Set aside.

STEP 2: Melt bittersweet chocolate (see directions, page 12). Dip the bottoms of balloons in bittersweet chocolate, then place the balloons on a small baking sheet lined with parchment paper. Let stand at room temperature for 1 hour or refrigerate for 30 minutes or until chocolate sets up.

STEP 3: Use a pin to poke a hole near the knot and slowly let out the air. Carefully remove the balloon. Fill the bowls as desired and serve immediately or store in an airtight container in the refrigerator for up to 3 days.

To make white bowls, substitute white chocolate for bittersweet chocolate.



* Bonus Feature: Watch the video, "How to make chocolate bowls," at hy-vee.com

DIY MAGICAL SHELL: STIR TOGETHER 4 OZ. MELTED BITTERSWEET CHOCOLATE, ¼ CUP HY-VEE REFINED COCONUT OIL AND 1 TBSP. HY-VEE LIGHT CORN SYRUP.



Strawberries

BRIGHT RED AND BEAUTIFUL, STRAWBERRIES CAN MAKE OUR MOUTHS WATER LIKE FEW OTHER FOODS. NOT ACTUALLY A BERRY, THIS UNUSUAL FRUIT IS THE ONLY ONE TO WEAR ITS SEEDS ON THE OUTSIDE—SOME 200 OR SO PER STRAWBERRY!



need to know

SELECT

Choose strawberries that are firm, plump and aromatic with the green leaves still attached. Color is a good telltale sign that strawberries are ripe and sweet: the redder, the better. Once picked, a strawberry will not ripen any more, so avoid any that are partially white if possible.

STORE

Strawberries will keep fresh for a few days in the refrigerator. Do not trim or wash them until just before eating, as this will hasten spoilage. You can freeze strawberries for up to six months. Place washed and trimmed berries on a baking sheet. When frozen, transfer to an airtight container for storing.

NUTRITION

Strawberries are bursting with nutrition. They are an excellent source of vitamin C, manganese and potassium and are also rich in antioxidants. One cup of strawberries contains less than 50 calories and 3 grams of fiber, which helps regulate blood sugar.

WORDS: Carlos Acevedo PHOTOS: Cameron Sadeghpour

TRIPLE-DIPPED STRAWBERRIES

YOU'LL GET EXTRA CREDIT FOR THESE TRULY SPECTACULAR STRAWBERRIES. EACH IS DUNKED NOT ONCE, NOT TWICE BUT THREE TIMES FOR LAYERS OF DELICIOUS FLAVOR. DON'T SKIP THE SPRINKLES—THEY ADD A SMIDGE OF CRUNCH AND OODLES OF PIZZAZZ.



1

In separate bowls, melt **bittersweet chocolate**, **white chocolate** and **pink candy melts**. See directions, page 12.

2

Dip three-fourths of each **strawberry** into bittersweet chocolate and place on waxed paper. Let stand until chocolate sets. Dip half of each strawberry into white chocolate and return to waxed paper. Let stand until set.

3

Dip one-fourth of each strawberry into candy melts and place once more on waxed paper. Let stand for a few minutes or until final coating is firm but tacky. Sprinkle with desired nonpareils or sprinkles and let stand until set.

NO TIME? Buy hand-dipped strawberries from your local Hy-Vee.

better
with
BAKER'S



MAKE THIS BROWNIE BOTTOM PUDDING PIE USING BAKER'S SEMI-SWEET CHOCOLATE. TOP WITH PECANS COATED IN BAKER'S DIPPING CHOCOLATE.

For complete recipe see www.kraftrecipes.com/recipes/brownie-bottom-pudding-pie-55715.aspx



Baker's Baking Chocolate or Dipping Chocolate: select varieties 4 or 7 oz. **\$2.48**



CapriSun Organic: select varieties 10 ct., 6 fl. oz. **\$3.99**



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GET TO KNOW

MEET SHANNON AHLMAN

Title
Floral Manager at Hy-Vee in Grand Island, NE

Years at Hy-Vee
Six years

Awards
Winner of 2016 Hy-Vee Extreme Floral Design Challenge

What's your favorite part of the job?

"As a florist, you are portraying emotion in the arrangements that you create. So you are making these connections with people that can be very deep."

When did you begin noticing flowers?

"I had a green thumb as a kid so gardening was a natural interest for me."

What drew you to the floral business?

"It started with a little flower called the African violet. I fell in love with it. Totally hooked. Opened a flower shop and originally thought we were going to grow African violets and everyone else would love them too. But this was a small community, so we added other fresh flowers to our stock and those took over pretty quickly."



Surrounded by flowers, Hy-Vee Floral Manager Shannon Ahlman is in his element. A lifelong gardener, he takes pride in his floral designs and enjoys nothing more than beautiful blooms.

From the Heart

WANT TO EXPRESS YOUR LOVE, CHEER UP YOUR MOTHER OR CONSOLE A FRIEND? DO IT WITH FLOWERS, SAYS HY-VEE FLORIST SHANNON AHLMAN.

Q: When did you decide to become a florist?

A: I started with an eight-hour course from a community college in Omaha. At the time, I was going to Wayne State College in Wayne [Nebraska], but I drove to Omaha once a week for four weeks to take evening classes. Then I learned on my own—observed a lot, looked at magazines, did my research. This was all before the Internet. It was all trial and error. Then I had my own floral shop for 10 years.

Q: So what was the learning curve like for you?

A: I always remember the first wedding we did. I delivered this very light box of corsages and boutonnieres to the church. When I got to the church door carrying the box, a big gust of wind came up and, right in front of my eyes, all the flowers blew away. Everything was flying down the street. A guy stopped and helped me gather them but it was a disaster. I had a lot to learn.

Q: What early lesson sticks with you today?

A: I started seeing that every flower is different, even if they are the same kind of flower. There are small variations in color and height and look. These differences dictate how a design should go for the best results.

Q: What is your biggest challenge as a florist?

A: Florists share some of the most emotional and

intimate moments of life with our customers. People come to us for engagements, weddings, the death of loved ones, those kinds of things. Big life moments. You have to be sensitive to them. Like, when it's prom season, young girls come to us to order prom corsages. They come with hopes and expectations for their big night. But for our designers, it means 300 corsages and all the work that comes with that. Maybe they get a little overwhelmed. So I remind them, "Girls who get these corsages want the best. Don't forget that. You're taking care of somebody else's emotions."

Q: What simple rules would you give those who want to create their own flower arrangements?

A: *One:* Be sure to recut the ends of stems before putting them in water so the flower can draw in more water. *Two:* Limit the amount of foliage that will be below the waterline. *Three:* Cut flowers so the blooms sit along the rim of the vase, rather than sticking out all over the place. *Four:* Nothing is worse than the polka-dot effect. That's where you have a bunch of flowers in light colors and stick in a few darker colors. The arrangement starts looking like polka dots. Instead, keep colors of all the flowers in the same hue. You might have a color scheme of all blues, all reds, all yellows or whatever you please.

WORDS: Steve Cooper PHOTOS: Cameron Sadejipour and Tobin Bennett



Rose Know-How

SELECT THE FRESHEST

Pick roses that are just beginning to open, says Jodi Evans, Hy-Vee Floral Manager in Ankeny, IA. These have the best potential to open. Super tight buds may seem like the right choice, but they don't always open.

MAKE THEM LAST LONGER

- Keep the roses in a cool place.
- Change the water every couple of days. Trim only the stems at a 45-degree angle with hand pruners. Underwater trimming prevents air exposure, which causes roses to deteriorate faster.
- Add flower food to a new batch of water. It will provide nutrients the roses need to stay fresh for a longer period of time.

CHOCOLATE IS SWEET, BUT SO IS RECEIVING A BEAUTIFUL BOUQUET OF ROSES FROM A LOVED ONE ON V-DAY. HERE ARE FUN FACTS ABOUT THE CLASSIC BUD.

WHAT'S THAT COLOR MEAN?

White/Cream Purity, Innocence, Silence, Secrecy, Delight	Peach Appreciation, Closing the Deal, "Let's Get Together," Sincerity, Gratitude
Pink Appreciation, "Thank You," Admiration, Gentleness	Yellow Joy, Delight, Friendship, "Welcome Back," New Beginnings
Red Romantic Love, Passion, Beauty, Courage, Respect	Green Abundant Growth, Renewal of Life and Energy, Cheerfulness
Orange Enthusiasm, Desire, Fascination	Purple Love at First Sight, Enchantment

Long-stem, short-stem, wrapped with greens and baby's breath or beautifully arranged in a vase, roses are abundant at your Hy-Vee Floral department. Let Hy-Vee help you delight your valentine in a special way.



Melting Chocolate

REVEAL THE LUSCIOUS SIDE OF CHOCOLATE BY MELTING IT. THE FIRM TEXTURE TURNS INTO A RICH POOL OF SWEETNESS YOU CAN USE TO DIP, DRIZZLE OR COAT.

3 ways

DIRECT HEAT

Place chopped chocolate in a small heavy saucepan over low heat. Stir constantly until chocolate just begins to melt. Remove saucepan from heat and continue stirring until smooth.

MICROWAVE

Place 6 oz. chopped chocolate in a microwave-safe bowl. Microwave, uncovered, on 50 percent power for 1 minute; stir. Microwave on 50 percent power for 2 to 3 more minutes, stirring every 30 seconds until chocolate is melted and smooth.

DOUBLE BOILER

Place chopped chocolate in a heatproof bowl set over hot, but not boiling, water. Stir occasionally until chocolate is almost melted. Remove from heat and stir until chocolate is melted and smooth.



* Bonus Feature: Learn how to melt chocolate. Watch the video at hy-vee.com

WORDS: Lois White PHOTOS: Cameron Sadeighpour and Tobin Bennett

Melt It!

Here are the types of chocolate that are good for melting. Break or chop bars into small pieces to speed the melting process.

WHITE CHOCOLATE

For melting, use only bars or wafers that contain cocoa butter. Sweet, rich white chocolate pairs well with fruits that have high acidity, such as tart berries and citrus. Macadamia nuts also complement the richness of white chocolate.

DARK CHOCOLATE

Smooth, dark semisweet and intensely flavored bittersweet bars and wafers are considered dark chocolate. Complement the chocolate with something very sweet—ripe strawberries, pears or bananas—or nuts with distinctive flavor components, such as peanuts and hazelnuts.

MILK CHOCOLATE

Milk chocolate is sweeter and less bitter than dark chocolate. Pair it with caramel or peanut butter for a rich combo or with milder nuts, such as walnuts.

CANDY COATING

This chocolate-like product, also called almond bark, contains vegetable fat instead of cocoa butter, so it is not as rich in flavor. It comes in assorted colors and flavors and sets up quickly.



Garnishes

Fine Curls To create flat, thin shavings, scrape a vegetable peeler or knife lengthwise across an edge of a softened chocolate bar held over a paper plate. Keep the bar in your back pocket for a few minutes to get it to the right temperature. Avoid touching the shavings as they will quickly melt. Chill finished curls in the refrigerator until ready to use.



Loose Curls Spread a melted baking bar or candy coating onto the bottom of a baking pan. Let stand in a cool place until chocolate is firm. Using a metal spatula, scrape chocolate from bottom of pan into loose curls. Chill finished curls in the refrigerator until ready to use.

HOW TO STORE

Place chocolate in a sealed plastic bag and store in a cool, dry place (65°F) for up to 1 year. If stored at warmer temps, it may develop a "bloom," or grayish marks. Bloom will not affect the quality of chocolate for melting or baking.

MELTING POINTERS

Chop the Chocolate

Always use a dry cutting board and a sharp, heavy knife when chopping chocolate. It's easiest if you begin chopping from a corner of the chocolate.

Keep Moisture Away

Make sure all equipment is completely dry and do not cover chocolate while melting. Even just a drop of water may cause the chocolate to "seize," meaning it will clump, harden and become dry and grainy.

Use Low Heat

For the smoothest results, melt chocolate slowly and gently at a low temperature. It needs only to get warm to melt.

Stir Often

Tend to the chocolate closely while it's melting, as it can scorch in a split second.





Filigree Hearts

LACY, DELICATE CHOCOLATE HEARTS MAKE ELEGANT GARNISHES FOR DESSERTS AND DRINKS. TO MAKE SEVERAL HEARTS AT A TIME, USE A BAKING SHEET AND CAREFULLY REPOSITION THE PATTERN UNDER THE PARCHMENT AS YOU GO ALONG. REFRIGERATE THE HEARTS LAYERED BETWEEN SHEETS OF WAXED PAPER IN AN AIRTIGHT CONTAINER.

HOW TO PIPE CHOCOLATE HEARTS

STEP ONE:

Pour melted chocolate into a small cone made of parchment paper (or a small resealable plastic bag). Cut off a tip to make a small hole.

STEP TWO:

Lay a piece of parchment paper on top of your heart design or template.* Squeeze the chocolate out in a thin line onto the parchment, tracing the heart and design details.

STEP THREE:

Freeze for 20 minutes or until set.

STEP FOUR:

Using an icing spatula, gently remove the chocolate hearts from the parchment paper.

*Create your own heart design or download our filigree template at hy-vee.com/seasons



5 ways to use

CUPCAKES: CROWN A HY-VEE BAKERY CUPCAKE WITH A FILIGREE HEART TUCKED INTO VANILLA OR PINK BUTTERCREAM ICING.

CHEESECAKE: RAZZLE DAZZLE THE TOP OF A NEW YORK-STYLE CHEESECAKE WITH FILIGREE HEARTS.

MOUSSE OR PUDDING: GIVE IT A HEARTFELT FINISH WITH A DECORATIVE FILIGREE HEART.

DRINKS: FANCY UP A DESSERT DRINK—OR ANY DRINK CROWNED WITH WHIPPED CREAM—BY ADDING A FILIGREE HEART.

LOLLIPOPS: PIPE HEARTS ONTO LOLLIPOP STICKS FOR A UNIQUE VALENTINE'S DAY CHOCOLATE LACE BOUQUET.

Cheers!

RAISE A GLASS TO COCOA! THIS SENSUOUS CONCOCTION EXPLODES WITH SO MUCH CHOCOLATE FLAVOR, YOU MIGHT PREFER TO CALL IT DESSERT.

CHOCOLATE GARNISH
TRIM A WOODEN SKEWER SO IT IS JUST LONG ENOUGH TO REST ON THE GLASS BOTTOM AND STILL SUSPEND A ROW OF SOFT CHOCOLATE CANDIES.

30
minutes
or less

TRIPLE COCOA MARTINI

Total Time 2 minutes
Serves 1

Ice cubes

1½ oz. Godiva chocolate liqueur, Godiva white chocolate liqueur or Bailey's chocolate cherry liqueur

1½ oz. crème de cacao

1 oz. vodka

1 oz. Hy-Vee half-and-half

½ oz. Hy-Vee chocolate syrup

Hy-Vee baking cocoa

1. FILL a cocktail shaker with ice; add chocolate liqueur, crème de cacao, vodka, half-and-half and chocolate syrup. Cover and shake for 10 seconds.

2. STRAIN into a martini glass. Sift cocoa powder over top. Serve immediately.

Per serving: 440 calories, 3.5 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 20 mg sodium, 48 g carbohydrates, 0 g fiber, 35 g sugar, 15 g protein

WORDS Carlos Acevedo PHOTOS Cameron Sadeighpour



GET YOUR SWIRL ON! FOR EXTRA FLAVOR, RIM THE LIP OF YOUR MARTINI GLASS WITH CHOCOLATE SYRUP AND DRIZZLE IT INSIDE IN A DECORATIVE SWIRL.

CHOCOLATE LIQUEURS AT HY-VEE



Godiva Chocolate Liqueur

A rich, creamy milk chocolate liqueur that makes an ideal foundation for any chocolate cocktail.



Godiva White Chocolate Liqueur

This version from Godiva uses white chocolate to make a milky white liqueur.



Bailey's Chocolate Cherry Liqueur

This seasonal liqueur combines rich cherry flavor with creamy chocolate for an alternative to pure chocolate flavor.



We, too, love fresh-baked cookies. That's why we went on a mission in search of the best cookie recipe ever. We tried a lot of recipes. Asked customers to taste and test. Tweaked the recipes and sampled again. And again. (Tough job, but someone had to do it!) We hope you and your sweet tooth enjoy the results of our "cookie quest."



SHAKE IT UP

Go crazy with these loaded shakes, page 32

February '17

CHOCOLATE CLASSICS | CHOCOLATE | DINNER FOR TWO | MONSTER SHAKES | SAVORY CHOCOLATE | STADIUM EATS | GOOD AS IT GETS | DOUBLE DIP | WILL YOU BE MY GALENTINE? | CAN'T BEAT THESE TREATS | ICING ON THE CAKE

PHOTO Cameron Sadehpour



CHOCOLATE CLASSICS

TRY OUR BEST-OF-THE-BEST RECIPES

COOKIES, BROWNIES AND MOLTEN LAVA CAKE! INDULGE IN THREE OF THE MOST BELOVED BAKED TREATS, CHOCK-FULL OF RICH, DECADENT CHOCOLATE. LEARN OUR SECRETS FOR MAKING THESE STAND OUT ABOVE ALL OTHERS.

WORDS Lois White
PHOTOS Cameron Sadeghpour

*** CHOOSE THE BEST BAKING CHOCOLATE**
Use high-quality baking bars and baking cocoa to add rich, complex flavor to your baked goods. Choose chips that hold their shape when baked and perfectly balance other additions, such as nuts.

*** DON'T HAVE THE RIGHT CHOCOLATE ON HAND?**
Here are a few simple substitutions.

Bittersweet Chocolate—1 square (1 oz.)

- 1 square (1 oz.) unsweetened chocolate plus 1 Tbsp. Hy-Vee granulated sugar, or
- 1 Tbsp. Hy-Vee baking cocoa plus 2 tsp. Hy-Vee granulated sugar and 2 tsp. Hy-Vee vegetable shortening

Unsweetened Chocolate—1 square (1 oz.)

- 3 Tbsp. Hy-Vee baking cocoa plus 1 Tbsp. Hy-Vee cooking oil or vegetable shortening, melted



CHOCOCOLATE CHIP

Total Time 45 minutes
Serves 50 (1 cookie each)

- 2½ cups Hy-Vee all-purpose flour
- 1 tsp. Hy-Vee baking soda
- ½ tsp. Hy-Vee salt
- ¾ cup Hy-Vee butter, softened
- ¼ cup Hy-Vee vegetable shortening
- ¾ cup packed Hy-Vee brown sugar
- ¾ cup Hy-Vee granulated sugar
- 2 Hy-Vee large eggs
- 1 Tbsp. Hy-Vee vanilla extract
- 1 (12-oz.) pkg. Hy-Vee semisweet chocolate chips
- 1 cup Hy-Vee chopped walnuts

1. PREHEAT oven to 375°F.

2. STIR together flour, baking soda and salt in a bowl; set aside.

3. BEAT butter and shortening in a large mixing bowl with an electric mixer on medium for 30 seconds. Add brown sugar and granulated sugar. Beat on medium for 2 minutes, scraping sides of bowl occasionally. Beat in eggs and vanilla until combined. Beat in as much flour mixture as you can with the mixer. Stir in any remaining flour mixture; add chocolate chips and nuts.

4. DROP rounded tablespoons of dough 2 inches apart on an ungreased cookie sheet. Bake for 10 minutes or until edges are light brown. Cool cookies on a wire rack.

Per serving: 130 calories, 7 g fat, 3.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 50 mg sodium, 15 g carbohydrates, 1 g fiber, 10 g sugar, 1 g protein

*** LOADED WITH GOOEY CHOCOLATE CHIP GOODNESS,** THE ULTIMATE COOKIE IS CHEWY WITH A SOFT CENTER. BOTH BUTTER AND SHORTENING CONTRIBUTE A BUTTER FLAVOR AND HELP THE COOKIES KEEP THEIR SHAPE. WALNUTS ADD FLAVOR AND CRUNCH.

CHOCOLATE WALNUT BROWNIES

Total Time 50 minutes
Serves 16 (1 bar each)

½ cup Hy-Vee butter, plus additional for greasing
4 oz. bittersweet chocolate, chopped
1½ cups Hy-Vee sugar
2 tsp. Hy-Vee vanilla extract
¼ tsp. Hy-Vee salt
2 Hy-Vee large eggs
1 cup Hy-Vee all-purpose flour
¼ cup Hy-Vee baking cocoa
16 whole walnuts

1. PREHEAT oven to 350°F. Line an 8×8×2-in. baking pan with foil, extending the foil over edges of pan. Butter foil; set pan aside.

2. COMBINE butter and chocolate in a heavy medium saucepan. Cook and stir over low heat until chocolate melts and mixture is smooth; cool slightly. Stir sugar, vanilla and salt into chocolate mixture until combined. Add eggs, one at a time, beating with a wooden spoon after each addition. Stir in flour and baking cocoa just until combined.

3. POUR batter into prepared baking pan, spreading evenly. Arrange walnuts on top, lightly pressing into batter.

4. BAKE for 30 minutes or until a wooden toothpick inserted in the center comes out almost clean, with a few moist crumbs clinging to it. Do not overbake. Cool in pan on a wire rack. Using the edges of the foil, lift uncut bars out of pan. Cut into bars with a sharp knife.

Per serving: 220 calories, 11 g fat, 5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 45 mg sodium, 29 g carbohydrates, 1g fiber, 22 g sugar, 2 g protein

* **A CHEWY, FUDGY TEXTURE AND A RICH CHOCOLATE FLAVOR COME FROM USING A SAUCEPAN METHOD AND TWO TYPES OF CHOCOLATE.**

* **A WARM WELL OF INTENSE BITTERSWEET CHOCOLATE FLOWS OUT OF A TENDER ROUND CAKE—ENOUGH CHOCOLATE TO SEND YOU INTO A BLISSFUL CHOCOLATE HAZE!**

Total Time 30 minutes
Serves 2

½ cup Hy-Vee butter, plus additional for greasing
Hy-Vee baking cocoa
6 oz. bittersweet chocolate
2 Hy-Vee large eggs
2 egg yolks
¼ cup Hy-Vee sugar
2 Tbsp. Hy-Vee all-purpose flour
Hy-Vee chocolate ice cream, optional
Purchased hot fudge sauce, optional
Fresh raspberries, for garnish

1. PREHEAT oven to 400°F. Butter two 10-oz. ramekins or custard cups. Dust with cocoa; set aside.

2. MELT butter and chocolate in a medium saucepan over low heat, stirring frequently. Cool slightly.

3. BEAT eggs, egg yolks and sugar in a medium mixing bowl with an electric mixer on high for 5 minutes. Beat in flour and melted chocolate until combined. Divide batter between prepared ramekins.

4. PLACE ramekins on a baking sheet. Bake for 15 minutes or until sides of cakes are firm but centers are soft. Do not overbake.

5. COOL cakes in ramekins for 5 minutes. Run a small knife or metal spatula along sides of cakes to loosen. Invert onto dessert plates. If desired, top with ice cream and hot fudge sauce; garnish with raspberries.

MAKE-AHEAD PREP: Prepare as directed through Step 3. Cover and refrigerate for up to 4 hours. Let stand at room temperature for 30 minutes before baking.

Per serving: 1,110 calories, 84 g fat, 52 g saturated fat, 2 g trans fat, 495 mg cholesterol, 85 mg sodium, 78 g carbohydrates, 6 g fiber, 54 g sugar, 16 g protein

* **Bonus Feature:** Learn how to make Easiest Molten Chocolate Cakes. Watch the video at hy-vee.com

30 minutes or less **EASIEST MOLTEN CHOCOLATE CAKES**

CHOCOLATE

WORDS: Lois White PHOTOS: Tobin Bennett

GET YOUR DAILY DOSE OF CHOCOLATE WITH THIS HELPFUL GUIDE.

DARK CHOCOLATE

Bittersweet and semisweet are considered dark chocolate; use them interchangeably for baking and candy making as well as eating out of hand. Semisweet contains 52 to 62 percent cacao and has a higher sugar content. It's a popular choice for cookies and desserts. Bittersweet contains up to 85 percent cacao. Its pure, intense chocolate flavor shines in a rich ganache.

WHITE CHOCOLATE

Simply put, white chocolate isn't really chocolate at all. The creamy ivory-hued product contains no pure chocolate or cocoa solids. It's called white chocolate because it contains cocoa butter, milk solids and sugar. It melts beautifully for a candy coating, and its sweetness makes it a lovely addition to baked goods. In baking, use only white chocolate products with cocoa butter on the label.

MILK CHOCOLATE

Mild, sweet milk chocolate contains significantly less cacao than dark—36 to 46 percent. With at least 12 percent milk solids, the chocolate is lighter in color and milder than dark chocolate. Its high sugar content makes it sensitive to heat, so it's best to use this in no-bake recipes, fillings or icings, or as a topping for baked treats.



All chocolate begins with the cacao (kah-KAY-oh) tree. ITS BEANS CONTAIN COCOA BUTTER AND CHOCOLATE LIQUOR—THE AMOUNTS OF EACH DETERMINE THE FLAVOR OF THE CHOCOLATE AND HOW IT IS BEST USED.



UNSWEETENED CHOCOLATE

ALSO CALLED BAKING CHOCOLATE, THIS PRODUCT IS PURE CHOCOLATE AND COCOA BUTTER—NO ADDED SUGAR. ITS DEPTH OF FLAVOR STANDS OUT IN BROWNIES, COOKIES AND CHOCOLATE CAKE—ALL RECIPES THAT ALSO CALL FOR A GOOD AMOUNT OF SUGAR TO BALANCE THE HARSH BITTERNESS OF THE CHOCOLATE. YOU CAN SUBSTITUTE UNSWEETENED CHOCOLATE FOR DARK CHOCOLATE BY SLIGHTLY INCREASING THE SUGAR IN YOUR RECIPE.

FUN fact

mmm... aaahhh... delight calm get relaxed
The smell of chocolate increases theta brain waves, which trigger relaxation.

PREPPING CHOCOLATE



CHOPPING CHOCOLATE
Using a chef's knife, cut chocolate into large chunks. Chop into smaller pieces by making small chops with the knife, moving side to side.



GRATING CHOCOLATE
Rub a cool, firm square of chocolate across the large section of a handheld grater.



SHAVING CHOCOLATE
Draw a vegetable peeler across the narrow side of a bar of room-temperature chocolate (milk chocolate works best).

What is cocoa powder? Cocoa powder is made when chocolate liquor is pressed to remove three quarters of its cocoa butter. The remaining cocoa solids are processed to make fine unsweetened cocoa powder. When it comes to delivering deep, dark chocolate flavor, cocoa powder is hard to beat. It comes in two forms: natural or Dutched.

Natural cocoa powder Unsweetened cocoa powder is naturally acidic and has an intense bitter flavor. It's often used in recipes calling for baking soda; the two react with each other to allow baked goods to rise.

Dutch-process cocoa This powder has been treated with an alkali to neutralize the natural acidity in the cocoa solids. It has a more mellow chocolate flavor and a deeper color than natural cocoa powder.

When to use either type You can use either type in recipes that do not call for baking soda or baking powder. In other cases, it's best to stick with the type of cocoa called for in the recipe. If the recipe doesn't specify, use natural cocoa. Using the wrong type of cocoa can result in a flat cake or sunken cupcakes.

5 ways to AMAZE with Chocolate

GIVE DESSERT A CHOCOLATY PUNCH IN INSPIRING NEW WAYS.

- 1 DRIZZLE** MELTED CHOCOLATE ON THE PLATE BEFORE ADDING DESSERT.
- 2 DUST** A WHITE CAKE, BROWNIES OR CHOCOLATE TART WITH COCOA.
- 3 PILE** CURLS ON TOP OF A FRENCH SILK PIE OR LAYERED CHOCOLATE CAKE.
- 4 SHAPE** CUTOUTS OF MELTED WHITE AND DARK CHOCOLATE AND ADD TO ICED CUPCAKES.
- 5 POUR** CHOCOLATE GLAZE OVER A SLICE OF CHEESECAKE OR BANANA CREAM PIE (WITHOUT MERINGUE).

Cocoa basics

Dinner

INSTEAD OF GOING OUT THIS VALENTINE'S DAY, COOK YOUR OWN SPECIAL DINNER. IT WILL BE TWICE AS NICE. OUR RECIPES AND SHORTCUT TIPS WILL HELP YOU PULL THIS OFF AS A COUPLE.

WORDS Lois White
PHOTOS Cameron Sadeghpour and Tobin Bennett

Far

Stella

chef's tip

FOR MORE FLAVOR, I ADD SEA SALT TO MY PASTA COOKING WATER. IT SEASONS THE PASTA AS IT ABSORBS THE LIQUID AND SWELLS.

—Chef Stephen Clark, Springfield, MO



red pepper shrimp



[**SHORTCUT TIP**]

BUY SHRIMP THAT'S ALREADY PEELED AND DEVEINED FROM HY-VEE. IT'S SUPER CONVENIENT.

RECIPE, PAGE 27

chef's tip

A GREAT SURF AND TURF DINNER! YOU CAN CHANGE UP THE FLAVOR ON THE TENDERLOIN BY RUBBING IT WITH CRACKED PEPPERCORNS.

—Chef Landon Schumacher, Sioux Falls, SD

RECIPE, OPPOSITE

filets & broiled lobster tails



[SHORTCUT TIP]

CHOOSING LOBSTER TAILS FOR YOUR SURF AND TURF DINNER WILL GIVE YOU A LOVELY MEAL THAT DOESN'T REQUIRE BIBS, NUTCRACKERS OR WADS OF NAPKINS. BE SURE TO THAW FROZEN LOBSTERS AHEAD OF TIME.

FILETS & BROILED LOBSTER TAILS

Total Time 1¼ hours Serves 2

Hy-Vee olive oil nonstick spray
2 (4-oz.) center-cut beef tenderloin steaks, about 2 in. thick
Hy-Vee kosher sea salt and black pepper
¼ cup Hy-Vee Select olive oil
2 Tbsp. chopped fresh sage
2 Tbsp. chopped fresh rosemary
2 Tbsp. fresh thyme leaves
1 Tbsp. minced garlic
½ tsp. Hy-Vee red pepper flakes
2 (6-oz.) lobster tails, thawed if frozen
¼ cup Hy-Vee unsalted butter
½ cup chopped fresh herbs, such as chives, rosemary or tarragon

- 1. PREHEAT** oven to 450°F. Spray an 8×8-inch baking dish with nonstick spray; set aside. Line a baking pan with aluminum foil; set aside.
- 2. SEASON** steaks with salt and pepper. Lightly spray a skillet with nonstick spray; add steaks. Cook over medium-high heat for 6 minutes or until seared, turning once. Transfer steaks to prepared baking dish. Bake to desired doneness, allowing about 13 minutes for medium-rare (145°F) or 18 minutes for medium (160°F). Remove from oven.
- 3. HEAT** olive oil in same skillet over low heat. Add sage, rosemary, thyme, garlic and red pepper flakes. Cook for 1 minute. Turn off heat; add steaks and turn to coat with herb mixture. Keep warm until serving time.
- 4. PREHEAT** broiler. Split tops of lobster tail shells using kitchen shears. Pull the shells apart to expose the meat. Melt butter in a small saucepan over low heat; add ½ cup herbs. Place lobster on prepared baking pan; pour butter mixture over top. Broil for 10 minutes or until lobster meat is opaque.

Per serving: 1,080 calories, 82 g fat, 30 g saturated fat, 1 g trans fat, 310 mg cholesterol, 470 mg sodium, 8 g carbohydrates, 1 g fiber, 0 g sugar, 73 g protein

RED PEPPER SHRIMP

Total Time 40 minutes Serves 2

2 Tbsp. Hy-Vee Select olive oil, divided
8 jumbo shrimp, peeled and deveined, thawed if frozen
Hy-Vee kosher sea salt and black pepper
½ bulb fennel, thinly sliced
½ (16-oz.) jar roasted red peppers, drained
½ large onion, finely chopped
1 tsp. minced garlic
¼ cup Hy-Vee heavy whipping cream
¼ cup seeded and chopped tomato
6 oz. packaged dried fettuccine
Fennel fronds, for garnish

- 1. HEAT** 1 Tbsp. oil in a large straight-sided skillet over medium-high heat. Season shrimp with salt and pepper. Add shrimp to skillet; cook for 3 minutes or until shrimp are opaque, turning once. Transfer shrimp to a platter and keep warm.
- 2. ADD** remaining 1 Tbsp. oil to same skillet; heat over medium heat. Add fennel; cook until tender, stirring occasionally. Transfer fennel to a paper towel-lined plate.
- 3. ADD** roasted peppers, onion and garlic to same skillet. Cook over medium heat until softened. Transfer mixture to a blender. Cover and blend until smooth. Return mixture to skillet; stir in cream, tomato and cooked fennel and shrimp. Simmer mixture while pasta is cooking.
- 4. COOK** fettuccine according to package directions; drain. Serve shrimp sauce over fettuccine. If desired, garnish with fennel fronds.

Per serving: 650 calories, 27 g fat, 9 g saturated fat, 0 g trans fat, 90 mg cholesterol, 670 mg sodium, 78 g carbohydrates, 7 g fiber, 11 g sugar, 19 g protein

Easy Sides & Apps

[1] ASPARAGUS AND PROSCIUTTO BUNDLES

Preheat oven to 375°F. Line a baking sheet with parchment paper; set aside. Combine 1 Tbsp. Hy-Vee grated Parmesan cheese, ½ tsp. lemon zest and Hy-Vee black pepper to taste in a small bowl. Cut 2 slices prosciutto in half lengthwise. Wrap each slice around 3 trimmed asparagus spears; set aside. Brush one side of 2 sheets phyllo with 1 Tbsp. melted Hy-Vee butter; sprinkle with Parmesan mixture. Cut each sheet in half lengthwise; wrap each portion around an asparagus bundle, exposing some of the prosciutto and asparagus. Place bundles on prepared baking sheet. Bake for 10 to 12 minutes or until phyllo is crisp and golden. Serves 2 (2 bundles each).



[2] BALSAMIC PARMESAN BREAD DIP

Combine 1 cup Hy-Vee Select olive oil, 2 Tbsp. Hy-Vee balsamic vinegar, 1 Tbsp. Hy-Vee dried basil, 1 Tbsp. minced garlic, 1 tsp. Hy-Vee black pepper, ½ tsp. Hy-Vee kosher sea salt, ½ tsp. crushed red pepper and 2 Tbsp. Hy-Vee grated Parmesan cheese. Serve with Hy-Vee Bakery artisanal bread, such as ciabatta or focaccia.

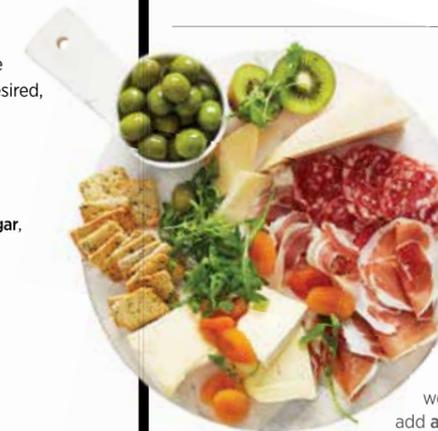
[3] BEET AND GOAT CHEESE HEART STACKS

Cut heart shapes out of 6 pickled beet slices using a 1-inch cutter. Spread ½ (4-oz.) pkg. Hy-Vee Select garlic and herbs fresh goat cheese, softened, on four of the heart-shaped beet slices. Create two stacks, alternating beet slices with cheese. If desired, sprinkle chopped Hy-Vee salted pistachios on top.



[4] CHARCUTERIE FORTWO

Start with an assortment of crackers or toasted Hy-Vee Bakery French baguette slices. Add slices of prosciutto and salami, a soft and spreadable cheese, such as Brie, a firm cheese, such as Gouda, fresh and dried fruit and something briny—olives or cornichons play well here. For other flavorful additions, add arugula, lightly tossed in purchased vinaigrette, and Dijon or country-style mustard.



chef's tip

AFTER RUBBING THE SEASONINGS ON THE CHICKEN, LET IT STAND FOR 15 MINUTES BEFORE ROASTING. THIS WILL GIVE THE FLAVORS TIME TO PENETRATE INTO THE MEAT.

—Exec. Chef Tim Freed, Peru, IL

simple roast chicken & veggies



[SHORTCUT TIP]
ROAST CHICKEN AND VEGGIES TOGETHER IN ONE PAN FOR EASY CLEANUP.

RECIPE, PAGE 30

[SHORTCUT TIP]

TRIM A FEW MINUTES OFF YOUR PREP TIME BY USING A PURCHASED TARRAGON OR BERRY-FLAVORED VINAIGRETTE.

RECIPE, PAGE 30



30
minutes
or less

apple, fennel & strawberry salad

chef's tip

FOR A COMPLETE, PROTEIN-RICH MEAL, SERVE THIS SALAD OVER A QUINOA PILAF MADE BY SAUTÉING COOKED QUINOA WITH CHOPPED FENNEL AND ONION. SERVE THE PILAF WARM OR CHILLED.

—Chef Renee Soper, Madison, WI

Cook as a Couple

- 1. TRY NEW THINGS**
Challenge yourselves by cooking recipes you've never made before. Put all your efforts into the entrée, then round out the meal with bread and a simple green salad.
- 2. SMALL-BITE NIBBLES**
Start things off with one of the light bites on page 27. Along with a glass of wine or a cocktail, it will put you at ease as you begin prepping the meal.
- 3. TALK IT OVER**
It's one of the best ways to tackle a cooking challenge. Does the chicken look done? Are these onions chopped finely enough? Does this dish need more salt? When you collaborate in a friendly way, everything will turn out better.
- 4. SHARE TASKS**
Measuring, chopping, cooking ... take turns on the prep work to keep it fun and exciting.
- 5. HAPPY DINING**
Turn off the TV and put away your cell phones. It's time to sit down and enjoy the meal you've made together.

SIMPLE ROAST CHICKEN & VEGGIES

Total Time 2 hours Serves 4

- 1 (4½- to 5-lb.) whole roasting chicken, giblets removed and discarded
- 1 lemon
- 2 Tbsp. Hy-Vee Select olive oil
- 2 Tbsp. chopped fresh herbs (rosemary, thyme, basil and/or oregano)
- Hy-Vee kosher sea salt and black pepper
- 4 oz. red potatoes, quartered
- 4 oz. small carrots with tops, halved
- 4 oz. Brussels sprouts, halved

1. PREHEAT oven to 400°F. Skewer neck skin of chicken to back; tie legs to tail with 100 percent cotton kitchen twine. Twist wing tips under back. Place chicken, breast side up, on a rack in a shallow roasting pan.

2. ZEST lemon. Combine zest with olive oil, herbs, salt and pepper. Toss potatoes, carrots and Brussels sprouts together in a medium bowl. Add half of the herb mixture; tossing to coat. Arrange vegetables around chicken in roasting pan.

3. RUB remaining herb mixture over chicken. Quarter zested lemon and add to chicken cavity. Roast chicken and vegetables, uncovered, for 1 hour or until an instant-read thermometer inserted in a breast registers 155°F. Remove chicken and vegetables from oven; cover with foil and let stand for 15 minutes before serving.

Per serving: 430 calories, 19 g fat, 4.5 g saturated fat, 0 g trans fat, 145 mg cholesterol, 170 mg sodium, 11 g carbohydrates, 3 g fiber, 2 g sugar, 50 g protein

APPLE, FENNEL & STRAWBERRY SALAD

Total Time 20 minutes Serves 2

- 1 recipe Tarragon Vinaigrette, below
- ½ fennel bulb
- 1 Granny Smith apple
- ¼ red onion
- ½ cup sliced strawberries
- ½ cup baby arugula leaves
- Mint leaves, for garnish

1. PREPARE Tarragon Vinaigrette; cover and refrigerate until ready to serve.

2. TRIM stalks from fennel bulb; reserve fronds for garnish.

3. CUT fennel, apple and red onion into paper-thin slices, using a mandoline slicer or sharp knife. Layer the slices with the strawberries and arugula on two serving plates. Drizzle with Tarragon Vinaigrette. If desired, garnish with mint leaves and fennel fronds.

TARRAGON VINAIGRETTE: Whisk together 1 Tbsp. white wine vinegar, 2 tsp. fresh lemon juice, 1½ tsp. Hy-Vee orange juice, ½ tsp. Hy-Vee honey and ½ tsp. chopped tarragon. Slowly add 2½ Tbsp. Hy-Vee Select olive oil, whisking constantly until combined.

Per serving: 240 calories, 17 g fat, 2.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 35 mg sodium, 2 g carbohydrates, 5 g fiber, 15 g sugar, 2 g protein

STEAK TIPS & PARMESAN POTATOES

Total Time 40 minutes Serves 2

- 1 recipe Parmesan Potatoes, right
- 8 oz. beef sirloin steak, trimmed and cut into 1-inch pieces
- Hy-Vee kosher sea salt and black pepper
- 2 Tbsp. Hy-Vee all-purpose flour
- ¼ cup Hy-Vee unsalted butter, divided

- 2 sprigs thyme, plus more for garnish
- 1 clove garlic, crushed
- ½ cup Zinfandel wine
- ½ cup Hy-Vee beef broth
- 1 tsp. Hy-Vee Worcestershire sauce
- ½ tsp. Hy-Vee baking cocoa

1. PREPARE Parmesan Potatoes; keep warm.

2. SEASON steak with salt and pepper. Add steak and flour to a gallon-size resealable plastic bag; seal bag and toss to coat.

3. HEAT 2 Tbsp. butter in a large skillet over medium-high heat. Shake excess flour off steak; add to skillet. Stir in thyme and garlic. Cook for 4 minutes or until steak is brown, turning once. Transfer steak to a platter; leave thyme and garlic in skillet.

4. ADD wine, broth and Worcestershire sauce to skillet; bring mixture to boiling. Scrape up any brown bits in the bottom of the skillet. Gently boil until liquid is reduced by half.

5. MELT remaining 2 tablespoons butter; stir in cocoa. Add cocoa mixture and steak tips to skillet. Cook for 2 minutes more or until heated through.

6. SERVE steak tips over Parmesan Potatoes. If desired, garnish with additional thyme.

PARMESAN POTATOES: Peel and quarter 1 lb. Hy-Vee russet potatoes. Cook in enough salted boiling water to cover for 20 to 25 minutes or until tender; drain. Mash with a potato masher or beat with an electric mixer on low. Add 3 Tbsp. Hy-Vee unsalted butter and 3 Tbsp. shredded Parmesan cheese. Season to taste with Hy-Vee salt. Gradually beat in 3 Tbsp. Hy-Vee whole milk to make mixture light and fluffy. Add additional milk, if needed.

Per serving: 860 calories, 58 g fat, 34 g saturated fat, 1.5 g trans fat, 205 mg cholesterol, 490 mg sodium, 40 g carbohydrates, 5 g fiber, 12 g sugar, 32 g protein

chef's tip

SEARING THE OUTSIDE OF THE BEEF IN A HOT PAN IS KEY. IT GIVES THE BEEF COLOR AND A NICE CRUST AND ALSO LOCKS IN THE JUICES.

—Chef Craig Joos, Rock Island, IL

[SHORTCUT TIP]
PINCHED FOR TIME? HEAT UP PREMADE REFRIGERATED MASHED POTATOES, STIR IN SOME PARMESAN CHEESE AND YOUR SIDE IS READY.

RECIPE, OPPOSITE



steak tips & parmesan potatoes



This is no time for half measures. Cram that entire chocolate bar on top!

Add a donut or two. Why not?

CHOCOLATE COMA

THE BASE

SMEAR INSIDE OF GLASS WITH:

2 TBSP. HY-VEE MARSHMALLOW CREME

RIM GLASS WITH:

2 TBSP. FUDGE SAUCE

+ ½ CUP HY-VEE PRETZEL RINGS

BLEND TOGETHER:

4 SCOOPS HY-VEE CHOCOLATE ICE CREAM

+ ½ CUP HY-VEE 2% MILK

+ 1 CREAM-FILLED CHOCOLATE SNACK CAKE

POUR INTO GLASS

TOPPERS

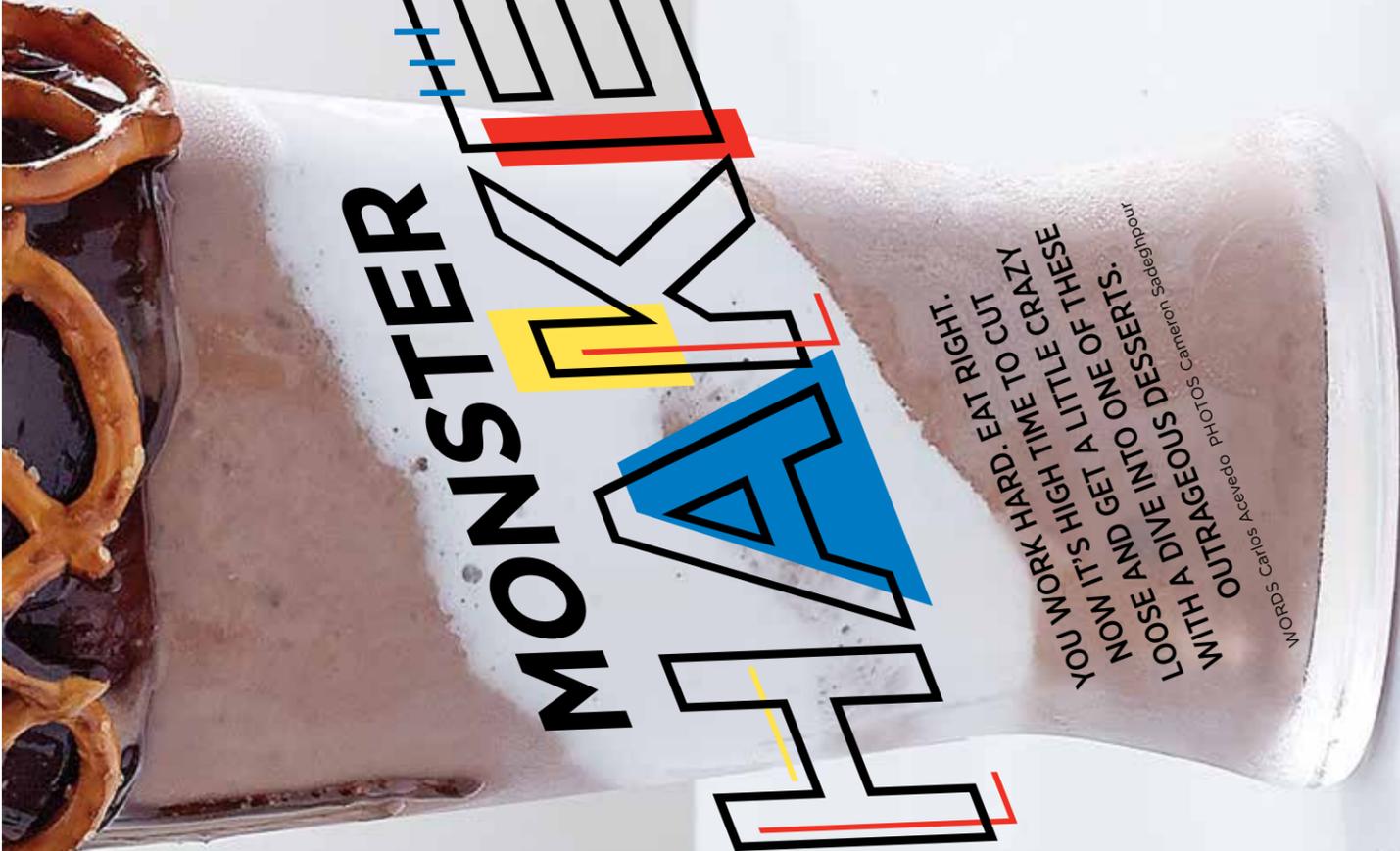
HY-VEE MARSHMALLOWS
CHOCOLATE SNACK CAKES

HY-VEE BAKERY PETITS FOURS AND DONUTS

CHOCOLATE-COATED PEANUT BUTTER CUPS

HY-VEE WHIPPED TOPPING

CANDIES & SPRINKLES
FUDGE SAUCE



SHAKES

YOU WORK HARD. EAT RIGHT!
NOW IT'S HIGH TIME TO CUT
LOOSE AND GET A LITTLE CRAZY
WITH A DIVE INTO ONE OF THESE
OUTRAGEOUS DESERTS.

WORDS Carlos Acavedo PHOTOS Cameron Satchell

You can never get enough Hy-Vee brownies!



THE BASE

RIM GLASS WITH:
2 TBSP. FUDGE SAUCE

+
MINT DARK CHOCOLATE CANDIES

BLEND TOGETHER:
4 SCOOPS HY-VEE MINT CHIP ICE CREAM

+
½ CUP HY-VEE 2% MILK

POUR INTO GLASS

TOPPERS

CHOCOLATE MINT WAFERS

MINT CHOCOLATE BARS

PEPPERMINT PATTIES

HY-VEE BAKERY BROWNIES

MINT CHOCOLATE CURLS (see right)

SPRINKLES AND CANDIES

MINT CREME-FILLED COOKIES

HY-VEE CHOCOLATE SAUCE

CHOCOLATE MINT MADNESS

MINT CHOCOLATE CURLS:
Shape nonstick aluminum foil into a container the size and shape of a stick of butter. In a microwave-safe bowl, heat ¼ cup bittersweet chocolate chips on high for 15 seconds at a time, stirring occasionally, until completely melted. Pour into the aluminum container. In another microwave-safe bowl, heat ¼ cup mint chocolate chips on high for 15 seconds at a time, stirring occasionally, until completely melted. Pour over bittersweet chocolate in aluminum container. Stir chocolates once or twice with a small spatula to swirl, then place in refrigerator for 2 hours or until completely firm. To form mint chocolate curls, run a vegetable peeler along chocolate bar in long steady strokes.

COOKIE CHAOS

Straws let you enjoy this shake from the bottom up!

This can be peanut butter, almond butter, chocolate hazelnut butter, whatever you want.

THE BASE

SMEAR INSIDE OF GLASS WITH:
2 TBSP. FUDGE SAUCE

RIM GLASS WITH:
2 TBSP. SPECULOOS COOKIE BUTTER

+
HY-VEE MINI CHOCOLATE CHIPS

BLEND TOGETHER:
4 SCOOPS HY-VEE COOKIE DOUGH ICE CREAM

+
½ CUP HY-VEE 2% MILK

POUR INTO GLASS

TOPPERS

HY-VEE BAKERY CHOCOLATE CHIP COOKIES

COOKIE STRAWS

FUDGE AND MARSHMALLOW PINWHEELS

COOKIES 'N' CREME DROPS

CARAMEL CORN

HY-VEE WHIPPED TOPPING

HY-VEE MINI CHOCOLATE CHIPS

FUDGE SAUCE

COOKIE CRUMBLES



* Bonus Feature: Learn how to make Monster Shakes. Watch the video at hy-vee.com



Without the sugar, chocolate is free to show off its savory side with deeply complex flavors that bring out the true essence of pork and chicken.

savory CHOCOLATE

WORDS Carlos Acevedo PHOTOS Cameron Sadeghpour and Tobin Bennett



CHOCOLATE ADDS A HINT OF BITTERNESS *but also* SWEETNESS, RICHNESS AND A DEPTH OF FLAVOR THAT ROUNDS OUT A DISH.

—HY-VEE STORE CHEF BRANDON ZAWADA, MILAN, IL

SLOW COOKER MOLE CHICKEN

Total Time 30 minutes plus 6 to 8 hours on LOW or 3 to 4 hours on HIGH **Serves** 4

- 1 (15-oz.) can Hy-Vee low-sodium black beans
- 3 cups Hy-Vee reduced-sodium chicken broth
- ¼ cup canned chipotles in adobo sauce
- ¼ cup Hy-Vee white corn restaurant-style tortilla chips
- ¼ cup toasted Hy-Vee almonds
- 2 Tbsp. roasted minced garlic
- 1 Tbsp. Hy-Vee chili powder
- ¼ tsp. Hy-Vee ground cinnamon
- 8 boneless, skinless chicken thighs, thawed if frozen
- 2 oz. bittersweet chocolate, chopped
- Hy-Vee kosher sea salt, to taste

WHAT IS MOLE?
MOLE [MOH-lay] IS A THICK AND RICH SAUCE FROM MEXICO. SOME MOLES USE PIQUANT SUN-DRIED CHILES, SPICES AND UNSWEETENED CHOCOLATE TO FORM COMPLEX FLAVORS.

Hot cooked white rice
Garnish options, such as jalapeño chile pepper slices, cilantro, roasted sesame seeds and/or lime slices

1. **COMBINE** black beans, broth, chipotles, tortilla chips, almonds, garlic, chili powder and cinnamon in a food processor. Cover and process until smooth.
2. **TRANSFER** black bean mixture to 3½- or 4-quart slow cooker. Add chicken. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours. Add chocolate and stir until chocolate melts. Season with salt, to taste.
3. **SERVE** chicken and mole sauce over rice. Garnish as desired.

Per serving: 460 calories, 19 g fat, 5 g saturated fat, 0 g trans fat, 130 mg cholesterol, 740 mg sodium, 37 g carbohydrates, 9 g fiber, 7 g sugar, 38 g protein

HOW TO DO SAVORY CHOCOLATE RIGHT
The key is balance. Too much cocoa powder can give food a bitter flavor. Baking spices and coffee complement chocolate, while garlic powder and salt help temper bitterness. Use this rub on all types of meat including steak, pork loin and whole chicken.

MOCHA-RUBBED RIBS

Total Time 4½ to 5½ hours
Serves 10

3 Tbsp. Hy-Vee baking cocoa
1 Tbsp. instant espresso coffee powder
1 Tbsp. Hy-Vee chili powder
1 tsp. packed Hy-Vee dark brown sugar
1 tsp. Hy-Vee granulated garlic
½ tsp. Hy-Vee ground cumin
½ tsp. ground mustard
½ tsp. ground coriander
¼ tsp. ground allspice
2 (3-lb.) racks pork loin back ribs, trimmed
Hy-Vee kosher sea salt and black pepper, to taste
4 cups mesquite or hickory wood chips, soaked in water for 30 minutes
Hy-Vee BBQ sauce, to taste

1. COMBINE baking cocoa, espresso powder, chili powder, brown sugar, garlic, cumin, mustard, coriander and allspice; set aside.

2. PAT ribs dry with paper towels. Remove the tough silverskin membrane on the bone sides of the rib racks. Season ribs generously with

salt and pepper. Sprinkle cocoa mixture evenly on both sides of ribs; rub in with your fingers.

3. ARRANGE coals, wood chips and water pan in a smoker according to the manufacturer's directions. Add additional coals and adjust vents as needed to maintain about 250°F.

4. PLACE ribs on a well-greased rack directly over water pan; cover or close smoker.

5. SMOKE ribs for 4 to 5 hours or until ribs are tender and an instant-read thermometer inserted into the meat between the ribs reaches 190°F, adding wood chips as needed to maintain smoke for the first 2 hours.

6. REMOVE ribs from smoker. Cover loosely with foil and let stand for 20 minutes. Serve with BBQ sauce.

Per serving: 590 calories, 44 g fat, 17 g saturated fat, 0 g trans fat, 195 mg cholesterol, 830 mg sodium, 2 g carbohydrates, 1 g fiber, 0 g sugar, 44 g protein

WHY COCOA?
COCOA POWDER WORKS WELL TO COAX OUT AND ENHANCE THE SAVORY FLAVORS OF COOKED MEAT. IN ADDITION, STUDIES HAVE SHOWN THAT CHOCOLATE IS ACTUALLY GOOD FOR YOU.



I ALSO LIKE ADDING *cocoa powder* TO THE BARBECUE SAUCE. YOU CAN ACTUALLY SMELL THE CHOCOLATE!

—HY-VEE STORE CHEF JIM NADEAU, CEDAR FALLS, IA



Stadium EATS

WORDS Carlos Acevedo PHOTOS Cameron Sadeghpour



**RECIPES
PAIR
WELL
WITH AN
ICE COLD
BEER.**

Forget your team rivalries and unite over some good stadium-style munchies. Pair these touchdown-worthy eats with craft brews recommended by three Hy-Vee beer experts.

FRIED ONION RINGS

Total Time 1 hour
Serves 6 (4 onion rings each)

3 large yellow onions
2 cups buttermilk
1 Tbsp. bottled hot sauce
Hy-Vee vegetable or canola oil, for deep frying
3 cups Hy-Vee all-purpose flour
3 Tbsp. Cajun seasoning
Hy-Vee kosher sea salt, to taste

- PREHEAT** oven to 250°F. Place two wire racks on two rimmed baking sheets; set aside.
- CUT** onions crosswise into ½-in.-thick slices; separate into rings. Set large rings aside; reserve small rings for another use.
- COMBINE** buttermilk and hot sauce in a large resealable plastic bag. Add large onion rings to bag; seal bag. Turn to coat rings. Marinate for about 30 minutes.

4. HEAT 2 in. of oil in a deep skillet or 5-qt. Dutch oven over medium-high heat to 350°F on a deep-fry thermometer. (If you don't have a deep-fry thermometer, stick a dry bamboo chopstick into the oil; if it takes about 2 seconds for bubbles to rise and encircle the chopstick, the oil is ready.)

5. DRAIN onion rings, reserving marinade in a medium bowl.

6. WHISK together flour and Cajun seasoning in a large bowl.

7. TOSS 3 to 4 onion rings into flour mixture, dip into reserved marinade and toss again into flour mixture. Add to hot oil and fry for 3 minutes or until golden brown, turning once. Use a skimmer to transfer to wire rack on baking sheet. Continue with remaining onion rings, working in batches.

8. SPRINKLE fried onion rings with salt, to taste. Keep warm in oven for up to 30 minutes before serving.

Nutrition facts cannot be accurately calculated for fried foods.

Stadium BREWS



EVEN KEEL SESSION IPA, *Ballast Point Brewing Company*. An easy drinking, low-alcohol pale ale.



FAT TIRE AMBER ALE, *New Belgium Brewing*. Well-balanced ale with toasted malt and fruit flavors.



SAMUEL ADAMS BOSTON LAGER, *Boston Beer Company*. A smooth, full-bodied beer with prominent malt and caramel flavors.



LEINENKUGEL'S ORIGINAL, *Jacob Leinenkugel Brewing Company*. Crisp, classic flavors that go down smooth. This pairs well with most foods.



UNFILTERED WHEAT BEER, *Boulevard Brewing Company*. An American-style beer with bright citrus flavor. It is the best-selling craft beer in the Midwest.



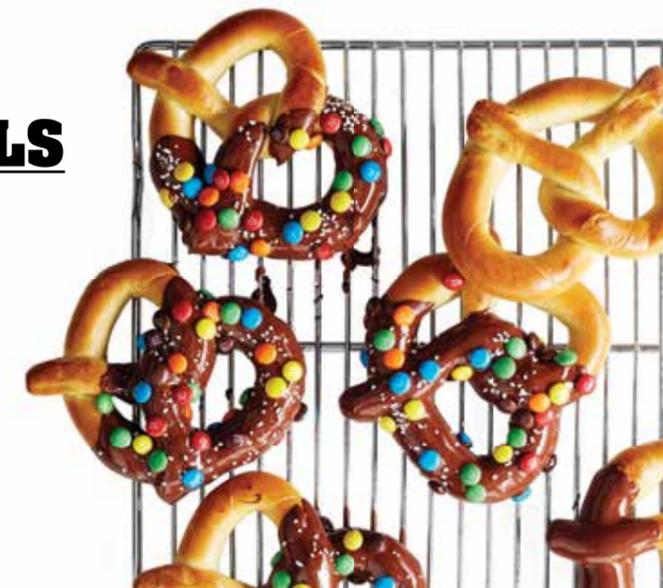
NOONNER PILSNER, *Sierra Nevada Brewing Company*. This golden German-style pilsner has surprisingly big spice and floral hops flavors.



PAIR WITH:
TWO HEARTED ALE, BELL'S BREWERY
— Jason Schultz, Hy-Vee Wine & Spirits Manager, Bloomington, IL

CHOCOLATE-DIPPED PRETZELS

Reheat 6 frozen soft pretzels according to package directions. Place a cooling rack over a baking sheet. Place 12 oz. chopped semisweet chocolate in a microwave-safe bowl. Microwave, uncovered, on 50 percent power for 1 minute; stir. Microwave on 50 percent power for 2 to 3 minutes more, stirring every 30 seconds until chocolate is melted and smooth. Partially dip pretzels into chocolate, letting excess chocolate drip off. Place on cooling rack and let stand until chocolate sets up. Repeat dipping. While chocolate is still wet, dip into miniature candy-coated milk chocolate pieces. If desired, sprinkle with Hy-Vee kosher sea salt. Let chocolate set up before serving.





PAIR WITH:
FOUNDERS
PORTER,
FOUNDERS
BREWING
COMPANY

— Seth Wenger,
Hy-Vee Wine &
Spirits Manager,
Certified
Cicerone, Iowa
City, IA



CHOCOLATE-DRIZZLED CARAMEL CORN

Line two baking sheets with waxed paper. Place 12 oz. semisweet chocolate chips in a microwave-safe bowl. Microwave, uncovered, on 50 percent power for 1 minute; stir. Microwave on 50 percent power for 2 to 3 more minutes, stirring every 30 seconds until chocolate is melted and smooth. Toss together 16 oz. caramel corn and 2 cups unsalted peanuts on prepared baking sheet. Drizzle with melted chocolate and stir with a wooden spoon to coat. If desired, sprinkle with Hy-Vee kosher sea salt. Let stand for 5 minutes or until chocolate sets up.

ONE BITE OF
THIS SWEET,
CRUNCHY SNACK
WILL HAVE YOU
MELTING IN
DELIGHT.

BBQ BRISKET NACHOS

Total Time 20 minutes Serves 8

1 lb. Hy-Vee Kitchen smoked brisket or 1 recipe Slow Cooker BBQ Brisket, right

½ cup Hy-Vee BBQ sauce

½ (15-oz.) bag Hy-Vee restaurant-style tortilla chips, divided

1 cup Hy-Vee mild and black bean salsa or Hy-Vee Kitchen cowboy caviar, divided

1 cup jarred queso sauce, divided

1 green onion, sliced; divided

Desired toppers, such as additional sliced green onions, jalapeño pepper slices and cilantro

1. PREHEAT oven to 350°F.

2. SHRED brisket. If using smoked brisket, combine shredded meat with BBQ sauce. If using slow cooker brisket, combine shredded meat with reserved liquid.

3. PLACE half of the tortilla chips in a 3-quart casserole. Top with half of the brisket, salsa, queso sauce and green onion. Repeat layers with remaining chips, brisket, salsa, queso sauce and green onion.

4. BAKE for 10 minutes or until nachos are heated through. Add desired toppers and serve immediately.

SLOW COOKER BBQ BRISKET: Rub 1 lb. fresh beef brisket with ¼ cup dry barbecue rub. Cover with plastic wrap and refrigerate for at least 30 minutes or until ready to cook. Place brisket and 2 cups Hy-Vee BBQ sauce in a 3- or 4-quart slow cooker. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours or until fork tender. Remove brisket from slow cooker; reserve 1 cup liquid.

Per serving: 420 calories, 14 g fat, 3.5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 1,090 mg sodium, 58 g carbohydrates, 3 g fiber, 31 g sugar, 15 g protein

30
minutes
or less



PAIR WITH:
MAXIMUS ALE,
LAGUNITAS BREWING
COMPANY

— Jamie York, Hy-Vee
Wine & Spirits Assistant
Manager, Lee's Summit, MO



GOOD

AS IT

ADD LUXURY TO YOUR LIFE WITH THE
MANY FLAVORS OF ZÖET PREMIUM BELGIAN
CHOCOLATE. EACH SATISFYING BITE TAKES
YOU TO A FARAWAY LAND OF DELICIOUSNESS.

GETS

WORDS Aaron Ventling and Lois White PHOTOS Cameron Sadeghpour and Tobin Bennett

ZÖET PREMIUM BELGIAN CHOCOLATE

Belgian chocolatiers have a reputation for producing some of the most decadent chocolate in the world. Belgium, known as the “Chocolate Capital of the World,” is where chocolate is scrutinized by experts for its aroma, flavor and fine texture. For Belgians, chocolate is more than food; it’s a way of life. You won’t walk the cobbled streets of Brussels without seeing some of the country’s 2,000 specialty chocolate shops. Add to this Belgium’s 500 different manufacturers, and it seems the scent of chocolate hangs in the air of this small country like a sweet fog.

It was here, just outside of Brussels, that ZÖET chocolate bars were created by experts who use some of the finest ingredients and cacao beans in the world to make them. ZÖET, the Dutch word for “sweet,” is available in bar form in more than 20 varieties of milk, dark and white chocolate with a range of mix-ins, such as caramel and fruit. The bars travel across the Atlantic and are sold exclusively at Hy-Vee grocery stores.

The secret behind ZÖET bars? The Belgians use higher-than-average cocoa powder content—43 percent to the United States’ 20 percent—and a lengthier blending process that delivers a smoother result. The mastery of old-world techniques is combined with modern technology to successfully transform a delicacy previously enjoyed only by the affluent into a luxury everyone can appreciate.

CHOCOLATE FAQS

WHAT MAKES BELGIAN CHOCOLATE UNIQUE?

Belgian chocolate uses cacao beans grown in the Congo, located in Central Africa. The hot, rainy and tropical climate in this area is ideal for growing some of the best quality cacao beans in the world. Belgian chocolatiers, who love chocolate as much as you do, use the beans to prepare ZÖET premium chocolate bars.

WHAT DO THE CACAO PERCENTAGES MEAN?

The “% cacao” that you’ll find on packages of ZÖET bars refers to the percentage of cocoa solids in the chocolate. Cocoa solids are all the ingredients from a cacao bean, including cocoa powder, cocoa butter,

chocolate liquor and even ground cocoa nib. The higher the percentage, the darker and more strongly flavored the chocolate will be as there is less room for sugar and other flavorings in the product. A higher percentage also means the chocolate has more health benefits.

WHAT ARE SOME OF THE HEALTH BENEFITS OF DARK CHOCOLATE?

Dark chocolate with 70 percent or more cacao is rich in antioxidants. It has been scientifically proven to boost your mood and improve blood flow, while lowering blood pressure. It also contains a good dose of iron, and just a small amount can cure a chocolate craving.

ZÖET BAR CHOICES

EXTRA DARK CHOCOLATE
PLAIN OR WITH COCOA NIBS

DARK CHOCOLATE
PLAIN OR WITH TOASTED COCONUT, PEAR & ALMONDS, ORANGE & ALMONDS, BLACKBERRY & GINGER, LEMON & PEPPER, ALMONDS, MINT CRISP, CHERRY, HATCH CHILE PEPPER, PUMPKIN SPICE

MILK CHOCOLATE
PLAIN OR WITH TOFFEE & SEA SALT, SALTED POTATO CHIPS

WHITE CHOCOLATE
PLAIN OR WITH STRAWBERRIES, CANDY CANE CRUNCH

CHOCOLATE TASTING PARTY

Eat a lot of chocolate in small amounts, compare notes on the flavors and maybe even discover a new fave. Sound like fun? Then invite a few friends over to indulge in ZÖET chocolate bars, which come in many different flavors. Here are tips for helping guests make the most of every bite of chocolate.

OFFER A VARIETY of ZÖET chocolate bars, including white chocolate, milk chocolate, dark chocolate and extra dark chocolate. Allow roughly two squares per person. Any more will overwhelm palates.

SERVE FROM BITTER TO SWEET—dark first, then milk, then white. However, start with the sweetest of the dark chocolates—those with the lowest percentage of cacao—and work your way up to the strongest.

PROVIDE PALATE CLEANSERS, such as apple slices or crusty fresh bakery bread, along with water so one type of chocolate doesn't influence another type.

At your chocolate tasting, include both dried and fresh fruits. Dried fruits have concentrated flavors, so they stand up to dark chocolate. Fresh berries and citrus complement the richness of white and milk chocolate, while nuts add a delightful crunch. Crusty fresh bakery bread or unsalted crackers help neutralize the palate. Coffee is a good way to end your tasting. Pair dark chocolate with bolder, darker roast coffees and milk chocolate and caramel with medium or light roasts.



SPREAD THE LOVE

Open a jar of ZÖET spread and add a little sweetness to your day. The spreads come in amazing flavors that will delight your senses. Their smooth, creamy richness takes waffles, toast or crepes to a whole new level. Use them as a dip for strawberries or apples. Or, better yet, sneak a spoonful right out of the jar.

SPREAD FLAVOR GUIDE

1. ZÖET Speculoos Cookie Butter is made with generous chunks of Belgian Speculoos cookies. The spiced shortcrust biscuits give it

a gingerbread flavor with a caramel accent.

2. ZÖET Dark Chocolate Spread is rich, dark and decadent and as good as eating brownie batter right out of the bowl.

3. ZÖET Toffee Bits & Sea Salt Milk Chocolate

Spread has a distinctive salty-sweet flavor and gets its crunch from the toffee bits.

4. ZÖET Almond Chocolate Spread is made with almond butter and low-fat cocoa powder. It's ultracreamy.

SWEET ZÖET SPREADS STAR IN THESE AMAZING 10-MINUTE DESSERTS.



CHOCO-TOFFEE BALLS
Combine 1 (8-oz.) package Hy-Vee cream cheese, softened, and ½ cup ZÖET Toffee Bits & Sea Salt Milk Chocolate Spread. Crush 9 Hy-Vee honey graham for 1½ cups crumbs. Stir crumbs into chocolate mixture. Form mixture into 1-inch balls. Roll balls in Hy-Vee mini semisweet chocolate chips and English toffee bits. Serves 30.



CHOCOLATE COOKIE BUTTER SHAKE
Combine 1 cup Hy-Vee chocolate ice cream, ¼ cup Hy-Vee 2% milk and 2 Tbsp. ZÖET Speculoos Cookie Butter in a blender. Cover and blend until smooth. Pour into a glass. Top with Hy-Vee whipped topping and sprinkle with desired crushed candy. Serves 1.



CHOCOLATE-ALMOND DESSERT DIP
Place 1 cup Hy-Vee Greek plain nonfat yogurt and ½ cup ZÖET Almond Chocolate Spread in a bowl. Beat until combined. Beat in ½ cup Hy-Vee powdered sugar until smooth. Serve with strawberries, apple slices, shortbread cookies or broken waffle cone pieces. Serves 8 (1½ Tbsp. each).



YOUR TREAT!
SNEAK A LITTLE EXTRA INDULGENCE INTO YOUR DAY.

double dip

GATHER FRIENDS FOR A CASUAL, FUN PARTY FEATURING RICH CHOCOLATE FONDUE WITH AN ARRAY OF DIPPERS. NO MATTER WHAT GETS DIPPED, EVERYTHING TASTES BETTER WITH CHOCOLATE.

WORDS Carlos Acevedo PHOTOS Cameron Sadeghpour

Microwave Chocolate Fondue

Combine 10 oz. premium bittersweet baking chips, 10 oz. premium milk chocolate baking chips and 1½ cups Hy-Vee heavy whipping cream in a medium microwave-safe bowl. Microwave, uncovered, on 50 percent power for 2 minutes; stir. Microwave on 50 percent power for 2 to 3 minutes more, stirring every 30 seconds until chocolate is melted and smooth.

what to dip

- Churros
- Dried Apricots
- Popcorn
- Kiwi
- Potato Chips
- Dragon Fruit
- Bacon
- Blackberries
- Raspberries
- Blueberries
- Hazelnut Rolled Wafers
- Pineapple
- Strawberries
- Star Fruit
- Chocolate Chip Scones
- Wafer Cookies
- Waffles
- Animal Crackers
- Whole Pecans
- Edamame
- Marshmallows

will you be my



galentine?

WORDS Lois White PHOTOS Cameron Sadeghpour and Tobin Bennett

This February, grab the girls and celebrate. Coined in 2010 by Leslie Knope on the television series *Parks and Recreation*, Galentine's Day takes place on February 13th. The unofficial holiday celebrates friendship and ladies, from coworkers to sisters.

If you're planning to host, keep these tips in mind. Plan a group game that generates noise and laughter. Charades, Taboo and Apples to Apples become even more outrageously fun after a couple of

bubbly cocktails or glasses of wine.

Choose bite-size foods that take minimal effort to pull together but leave your guests satisfied. Let an over-the-top treat like the donut cake, *opposite*, be a sweet surprise. Offer at least one signature cocktail (see Strawberry Moscato Cocktail, *page 56*). For decoration, get creative with anything pink, white or metallic. Streamers, balloons and florals are all available at your local Hy-Vee.

DONUT CAKE

OH, DONUT LOVERS. HERE WE HAVE THE PERFECT CAKE THAT'S BIG ON FUN AND EASY TO MAKE. YOU DON'T EVEN HAVE TO TURN ON THE OVEN!

GATHER THE COMPONENTS
Order two dozen cake donuts from your Hy-Vee Bakery—enough to fit a 10-in. pedestal. Purchase candies and sprinkles, plus a dozen roses in white, ivory and various shades of pink from your Hy-Vee Floral department.

CREATE THE CAKE
Ice the donuts and add desired candies and sprinkles. Once they're dry, get stacking. Tuck a few food-safe roses into the open spaces for a festive look. Be sure to gently wash and dry the roses before allowing them to touch the food.





Mini Pizzas

Total Time 45 minutes
Serves 3 (1 individual pizza each)

1 Tbsp. Hy-Vee Select olive oil, for greasing
1 (6.5-oz.) pkg. Hy-Vee pizza crust mix
1 Tbsp. Hy-Vee Italian seasoning
½ cup hot water

1. PREHEAT oven to 450°F. Grease a baking sheet; set aside.

2. COMBINE pizza crust mix, Italian seasoning and water in a bowl until moistened. Divide dough into three portions. Using floured fingers, form each portion into a heart-shaped crust on prepared baking sheet. Bake for 10 minutes or until edges are golden. Reduce oven temperature to 425°F. Continue with one of the options that follow.

CHICKEN PESTO PIZZAS: Spread half of a 6.5-oz. jar Hy-Vee Select pesto Genovese onto crusts. Top with 1 cup chopped cooked chicken, 8 oz. mozzarella pearls, 1 cup halved grape tomatoes and a drizzle of bottled garlic butter sauce. Bake for 6 to 8 minutes more or until cheese is bubbly. Let stand for 5 minutes before serving.

HAM AND GRAPE PIZZAS: Sprinkle 1 cup shredded Fontina cheese (4 oz.) on crusts. Top with 5 thin slices deli smoked ham, 1 medium sliced tomato and ½ cup halved red seedless grapes. Drizzle with 1 Tbsp. Hy-Vee honey and sprinkle with chopped fresh thyme. Bake as directed above.

Per serving: 640 calories, 32 g fat, 11 g saturated fat, 0.5 g trans fat, 90 mg cholesterol, 1,040 mg sodium, 50 g carbohydrates, 4 g fiber, 7 g sugar, 36 g protein

Per serving: 490 calories, 21 g fat, 9 g saturated fat, 0.5 g trans fat, 60 mg cholesterol, 1,140 mg sodium, 56 g carbohydrates, 2 g fiber, 14 g sugar, 22 g protein



savories

1. SPAGHETTI-MEATBALL BITES

No fork twirling required for this twist on an Italian dinner. Heat frozen Italian meatballs according to package directions; toss with jarred vodka pasta sauce. Stick a cocktail fork or party pick into each meatball, then wrap cooked spaghetti noodles around fork.

2. PROSCIUTTO RIBBON MANGO

This two-ingredient appetizer is the easiest party starter ever! Peel and seed a fresh mango; cut into large chunks. Cut prosciutto slices lengthwise into ribbons. Wrap a prosciutto ribbon around each mango chunk and—ta-da!—it's ready to secure with a toothpick.

3. BEET HUMMUS

Get in on a fun new way to eat a finger-friendly starter like crostini. Combine 1 (10-oz.) container Hy-Vee Select original hummus and ½ cup drained pickled beet slices in a blender. Cover and blend until smooth. Spread mixture on toasted Hy-Vee Bakery French baguette slices; top with radish slices and yellow tomato halves. If desired, sprinkle with sea salt and garnish with fresh dill.



1



2

PREP THE TABLE

MAKE IT A HAPPY BLEND OF PINKS AND CHOCOLATE. GATHER A VARIETY OF CAKE STANDS AND CANDY CONTAINERS. BUY PINK PLATES AND NAPKINS. VISIT YOUR HY-VEE BAKERY FOR DONUTS, MINI CUPCAKES AND PETITS FOURS. HEAD TO THE FLORAL DEPARTMENT FOR ROSES. THEN HIT THE COOKIE, CANDY AND ICE CREAM AISLES FOR MORE SWEET OPTIONS.

THE PINKEST PINKS
Take liberty with the food and flowers by choosing different shades of pink. Handcraft labels with heartfelt messages to wrap around individual containers of ice cream.

CENTERPIECE CAKE
What could be more delightful than sweet glazed donuts piled high on a pretty cake stand? Choose vanilla-, chocolate- and strawberry-flavored donuts. All are delicious.

LET THERE BE CHOCOLATE!
Chocolate is a girl's best friend, so create a glorious spread of candy and bite-size desserts. Chocolate ice cream offers something cool and creamy to indulge in between other sweet bites.

sweets

1. PRETTY PETITS FOURS

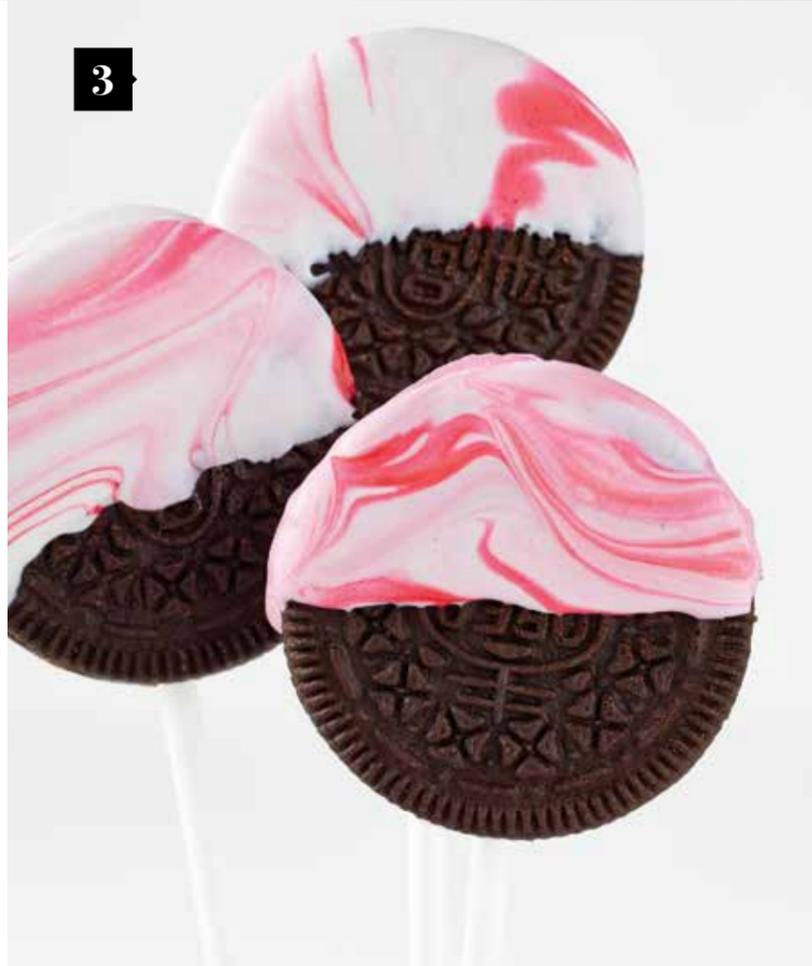
Once a staple of tea parties in 19th-century Europe, these deliciously darling cakes are a must-have for a Galentine's Day dessert spread. Look no further than your Hy-Vee Bakery, where the cakes come covered in icing. You can request the addition of pink and white hearts to go along with your party theme.

2. MINI CUPCAKES

These delicate cakes pack a deliciously sweet punch with a generous buttercream topping. Purchase **unfrosted mini chocolate cupcakes** and **vanilla buttercream icing** at your Hy-Vee Bakery. Pipe the icing on each cupcake, sprinkle with **coarse sugar** and add a fresh **raspberry**. For the heart decoration, melt **pink candy melts** according to package directions. Pipe the melted candy into heart shapes onto a sheet of waxed paper, chill to set then insert into the icing.

3. TIE-DYED COOKIE POPS

The only thing better than eating your favorite **sandwich cookies** is dressing them up for a party. Insert a lollipop stick into the cream filling of each cookie. Then melt **white chocolate** according to package directions. Using a toothpick, swirl **oil-based pink food coloring** into the white chocolate. Partially dip cookies into the coating; gently tap the stick to allow excess coating to drip off, then place upright in a glass to dry. (Note: Use oil-based food coloring to prevent the white chocolate from seizing up.)



3



strawberry moscato cocktail

Total Time 5 minutes
Serves 1

Ice cubes

1½ oz. citrus vodka

1 Tbsp. Hy-Vee strawberry jelly

Juice of 2 lemon wedges

3 oz. berry-flavored Moscato wine

Fresh strawberry slices, optional
Candy swirl stick, optional

1. **FILL** a cocktail shaker with ice; add citrus vodka, jelly and lemon juice. Cover and shake for 10 seconds. Strain into an ice-filled glass. Top with Moscato wine. If desired, add

strawberry slices and a candy stick before serving.

***Note:** Make this a raspberry cocktail by substituting seedless red raspberry jam.

Per serving: 240 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 5 mg sodium, 21 g carbohydrate, 0 g fiber, 18 g sugar, 0 g protein

30
minutes
or less

MAKE IT A MOCKTAIL

THERE'S NO BETTER TIME TO DRINK SOMETHING BEAUTIFULLY BRIGHT PINK THAN ON GALENTINE'S DAY, EVEN IF IT'S NOT SPIKED. HERE ARE A COUPLE OF MOCKTAILS THAT ARE SO DELICIOUS NO ONE WILL MISS THE REAL DEAL.

OMBRE GRAPEFRUIT MOCKTAIL

Add 4 oz. grapefruit juice and 2 Tbsp. simple syrup (1 part water to 1 part sugar) to a glass. Top off glass with lemon-lime carbonated soda and 1 tsp. grenadine syrup. Add a stir stick.

CRANBERRY-CITRUS MOCKTAIL

Add 3 oz. cranberry juice, 2 Tbsp. orange juice and 1½ tsp. lime juice to an ice-filled cocktail shaker. Cover and shake for 10 seconds. Add 3 oz. lemon-lime carbonated beverage. Strain into a martini glass.



1 ANY DAY WORKS
TECHNICALLY, GALENTINE'S DAY IS FEBRUARY 13, BUT FEEL FREE TO PLAN YOUR PARTY FOR THE SATURDAY OR SUNDAY BEFORE VALENTINE'S DAY TO AVOID ANY CONFLICTS.

2 EAT TO YOUR HEART'S CONTENT
Calorie counting is strictly prohibited, so grab a donut from the extraordinary cake on the dessert table. After all, donuts and friends are among two of the most important things in life.

GALENTINE'S DAY Rules

3 **4**

No Boys Allowed
Galentine's Day is the day for girls to celebrate being girls. It's all about listening to music, dancing, sharing a few drinks and going the silly route. **Sorry, guys, we'll see you on Valentine's Day.**

DRINK UP PINK COCKTAILS AND MOCKTAILS SAY "CHEERS TO A GREAT FRIENDSHIP!"

Sing along—good voice or not!
Switch up the playlist and sing along to old favorites and new jams. Alternate who plays DJ to mix it up even more.

5

1

CHOC-IT-UP ICE CREAM COOKIE SANDWICHES

STEP ONE: Melt white or dark chocolate (see directions, *page 12*).

STEP TWO: Dip one end of a frozen ice cream cookie sandwich into melted chocolate.

STEP THREE: Immediately dip chocolate-coated side into coconut, toffee bits or sprinkles. Place on a waxed paper-lined baking sheet. Freeze until chocolate sets up.



CAN'T BEAT THESE TREATS!

WORDS Lois White PHOTOS Cameron Sadeghpour and Tobin Bennett

Chocolate lovers, get ready to treat yourself to amazing ice cream dips, brownies, cupcakes and more! There's no reason to wait for a special occasion with recipes as simple as these.

2



PUDDING PIZAZZ

Top purchased Hy-Vee pudding with whipped topping and desired toppers such as chopped milk chocolate pretzel balls, candy or cocoa-coated miniature marshmallows.

CRAZY GOOD COOKIE-BROWNIE BARS

1 Preheat oven to 350°F. Line a 9×9×2-inch baking pan with foil; grease foil. Spread 1 (16.5-oz.) package refrigerated chocolate chip cookie dough into bottom of pan.

2 Place a layer of double cream-filled chocolate sandwich cookies over cookie dough in pan.

3 Prepare 1 (21-oz.) box brownie mix according to package directions. Spread batter over cookie layer. Bake for 30 to 35 minutes or until a wooden toothpick inserted near the center comes out clean.

3



4

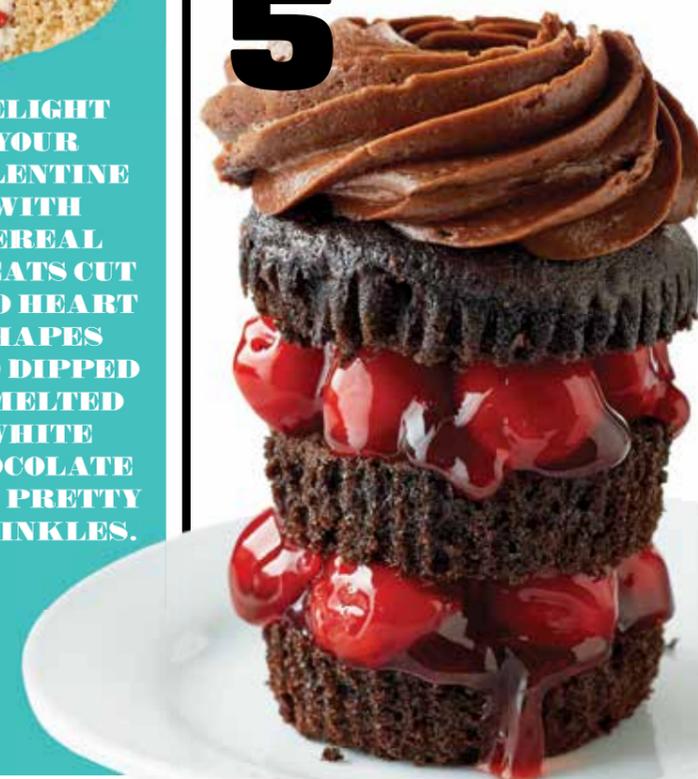


DELIGHT YOUR VALENTINE WITH CEREAL TREATS CUT INTO HEART SHAPES AND DIPPED IN MELTED WHITE CHOCOLATE AND PRETTY SPRINKLES.

CHOCO-CHERRY STACK CAKES

Combine Hy-Vee canned cherry pie filling with desired amount of chocolate-cherry liqueur. Cut Hy-Vee Bakery frosted chocolate cupcakes crosswise into thirds and spoon cherry mixture between layers.

5



6 CHOCOLATE TRUFFLES

Chop 5 oz. semisweet chocolate; set aside. Combine ¼ cup Hy-Vee heavy whipping cream and 1 tsp. Hy-Vee light corn syrup in a heavy small saucepan. Heat over medium heat just until mixture begins to boil. Remove from heat; whisk in chocolate until melted and smooth. Whisk in 2 Tbsp. Hy-Vee butter, softened, until melted.

Transfer mixture to a small bowl. Cover and refrigerate for 1 hour. Scoop 1 Tbsp.-size portions onto a baking sheet lined with waxed paper. Refrigerate for 30 minutes. Roll portions into balls. Then roll balls into desired sprinkles, Hy-Vee mini semisweet chocolate chips, walnuts or baking cocoa. Makes 15 truffles.



GLAZED-OVER BISCOTTI

Preheat oven to 300°F. Cut a loaf of Hy-Vee Bakery artisan raisin walnut bread into ½-in. slices. Cut each slice in half; place on a baking sheet. Bake for 10 minutes. Turn slices over and bake for 5 minutes more or until crisp. Cool on a wire rack. Dip slices into melted semisweet chocolate chips and toasted chopped pecans. Place biscotti on waxed paper-lined baking sheets. Let stand at room temperature or in the refrigerator until chocolate sets up.





Hy-Vee cake designers Kassie Mather and Patty Hammond were a first for the Food Network's *Cake Wars* competition. In four years on TV, there had never been contestants who worked for a supermarket. Though the experience didn't end as Kassie and Patty had hoped, their visit to prime time was definitely an adventure.

WORDS Lois White and Steve Cooper PHOTOS Cameron Sadeghpour

Q: How did you get on *Cake Wars*?

Kassie: At the end of an episode one night, they said that anyone who wanted to be on the next season could go online and let them know. So jokingly I said, "Oh yeah, I could do that." Then my husband and my boys are like, "Yeah, you should do that!"

Q: How was it decided the two of you would appear on the show?

Kassie: I got an email from a producer asking for photos showing our work. A few months later, I got a call asking for a video of us. Then the producer calls and says we are flying you to Los Angeles on July 19 to film for four days.

Q: How did the filming go?

Kassie: Magic was the theme for the first round and we only got 75 minutes to make the cake. So we had to come up with something to do really fast but also clean and smooth and related to magic. When we watched the episode later, I felt some of the other contestants spent a lot of time arguing with each other. Patty and I worked together and it went smoother for us.

Patty: Once we went live, I thought I was going to throw up. But I told myself, "You can do this. You know what you are doing. You are good at this." And it started going better. Then we got in this groove and it was just Kassie and me working, laughing and having fun. It became all about representing Hy-Vee and doing well.

Q: At the end of filming, one team was cut. How hard was it when the producers picked you?

Patty: I was totally bummed. We had an amazing cake planned if we made the finals. It was really a cool design, but we didn't get a chance to show it off on national television.



THE CAKE
This was Kassie and Patty's design for *Cake Wars*.



Kassie: When our episode was finally on in October, everyone could see that we had skills. That's obvious to anyone who ever sees our work.

Q: So what was your take-away from the experience?

Kassie: I look back and I feel like we really did great competitionwise, no matter what happened. Patty and I really showed off how creative we can be.

Q: No doubt you have made other cakes that were memorable. Tell us about your favorites.

Patty: I had a cake recently where they wanted a piped-on Tyrannosaurus rex storming through a pumpkin patch crushing the pumpkins with his mouth. That took me a little bit longer than most cakes because I had to pipe on the Tyrannosaurus and make it kid friendly. I think the boy was six or seven. When cakes are for 14- or 15-year-olds, they can be a little more lifelike. But for little kids, we can go more cartoony and fun. This was fun.

Kassie: For me, it was a cake I made for a group called Icing Smiles. They find out about terminally ill children and then get a decorator in the area to donate a cake. So I made one for a child who was terminal. The family requested a popular pony character and I had fun with that. I got to deliver it to the little girl. That sticks out in my mind as something special.

GET TO KNOW

KASSIE MATHER

Title
Lead Cake Designer at Hy-Vee on Edgewood Rd. in Cedar Rapids, Iowa

Years at Hy-Vee: Six years

Awards
Hy-Vee Cake Challenge: First place in 2013 Regionals and Decorator's Choice in 2014 Regionals

Favorite Part of the Job
"It has always been something different. Every day there is something new to do. It's never been monotonous."

An Unlikely Tool You Use
"For working with fondant, I often use a pizza cutter. It's a cheap option and it works very well."

PATTY HAMMOND

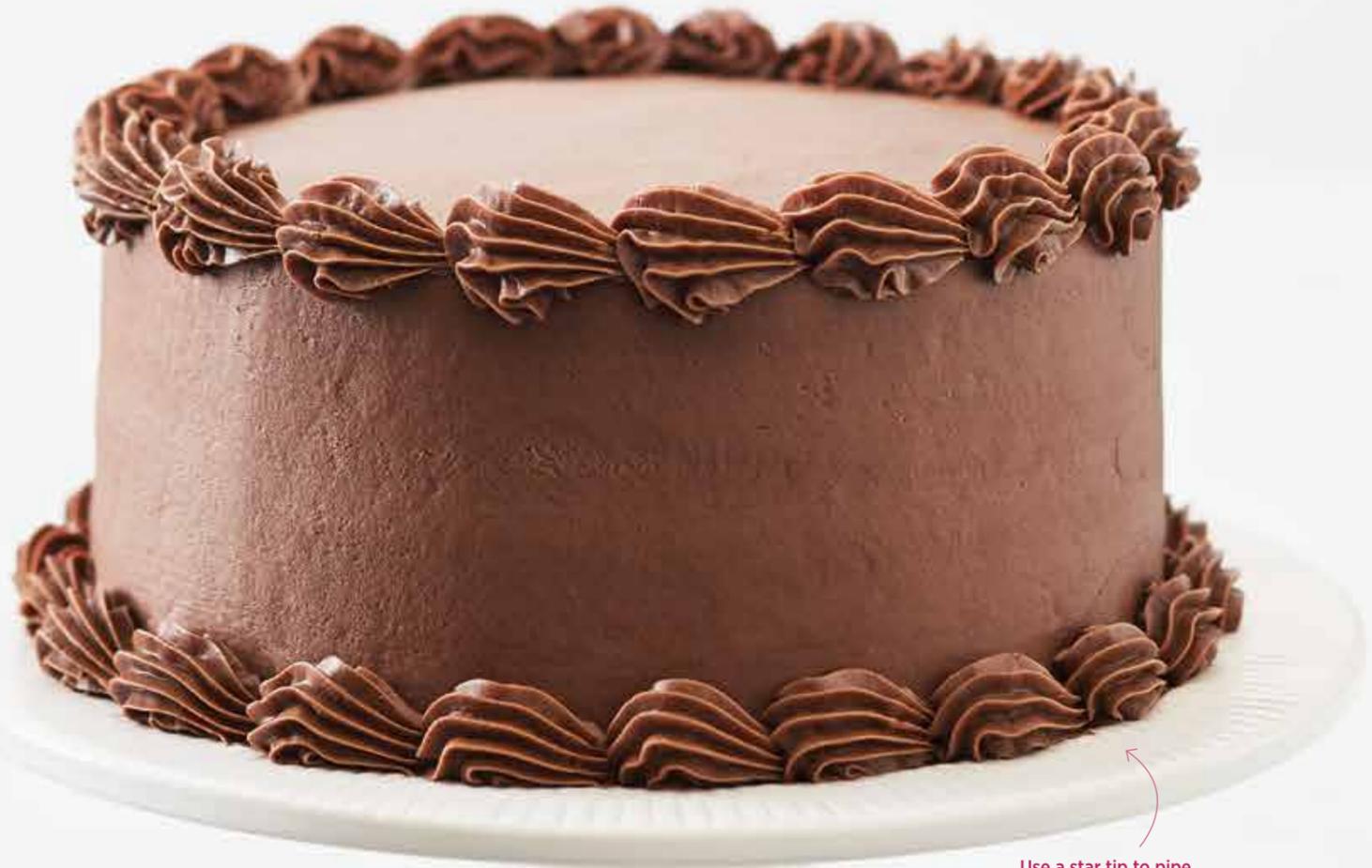
Title
Assistant Bakery Manager and Lead Cake Designer at Hy-Vee on Mount Vernon Rd. in Cedar Rapids, Iowa

Years at Hy-Vee: Six years

Awards
Hy-Vee Cake Challenge: First place and Decorator's Choice in 2015 Regionals

Favorite Part of the Job
"One thing I really like about decorating is working with the customer one-on-one to create something special for them that matches their needs."

An Unlikely Tool You Use
"When I want to make something that looks like wood trim, I use a cheap little skewer that's disposable. I always tell home cake makers to find what works for you, your own little groove."



Use a star tip to pipe a shell border around the top and bottom edges of the cake.

FROSTING 101

Five easy steps! Purchase blank cakes and buttercream at your Hy-Vee Bakery.



Level the Cake Move a large serrated knife back and forth in a gentle sawing motion to remove the crown of each cake layer so it's level and flat before filling and stacking.



Pipe the Buttercream Use a large round tip to pipe a ring of buttercream around the edge of the first cake layer. Continue piping rings of buttercream to fill in the center.



Smooth the Buttercream Use a spatula to smooth out the buttercream as evenly as possible. Place second cake layer, bottom side up, on top of first layer. The bottom creates a nice flat top for your cake.



Pipe More Buttercream Continue piping rings of buttercream around the sides and on top of the cake.



Smooth the Buttercream Use a large spatula to smooth out the top and push the icing toward the edges of the cake. Then smooth out the sides and go back over the top, if needed.

DECORATE LIKE A PRO



RUFFLE EDGING: Use rose tip #104. Hold decorating bag at a 45-degree angle with wide end of tip lightly touching surface and narrow end facing down and away from surface. Move your wrist up to pull up the icing and down to complete one wave of the ruffle. Repeat this up-and-down motion to complete entire ruffle.



VERTICAL SEA RIBBON: Use open shell tip #199. Hold bag at a 45-degree angle and pipe from bottom up. Squeeze with heavier pressure and slightly lift the tip as the icing builds. Decrease the pressure as you push the tip toward the cake.



ROSETTE TRIM: Use star tip #22. Hold decorating bag at about a 90-degree angle. Lightly squeeze and move your hand to the left, up and around in a circular motion to create a peak at the top.



SMOOTH ROUND BORDER: Use round tip #12. Hold decorating bag at a 45-degree angle with the end of the bag pointing to the right. Squeeze with heavier pressure and slightly lift the tip as the icing builds. Decrease the pressure as you push the tip down toward the cake.

get the goods

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

SNACKS



Chex Mix, Garden of Eatin' or Bugles: select varieties 9 to 15 oz. **2/\$6.00**



Pretzel Crisps: select varieties 5.5 or 14 oz. **\$4.48**



Lindt Truffle: select varieties 5.1 oz. **\$3.99**



Ghirardelli Chocolate: select varieties 4.1 to 12 oz. **\$3.48**

SNACK FACTORY'S ORIGINAL PRETZEL CRISPS PACK A SALTY PUNCH INTO AN APPLE STACK MADE WITH PEANUT BUTTER AND LUSCIOUS MELTED CHOCOLATE.



FRIDGE AND FREEZER



Mars Family Size M&M's: select varieties 15.4 to 19.5 oz. **\$4.99**



Dove Chocolates: select varieties 7.94 or 8.87 oz. **\$3.49**



Farm Rich Breakfast Donut Holes or Scones: select varieties 15 or 16 oz. **\$4.29**



Pictsweet Vegetables: select varieties 8 to 14 oz. **\$1.79**



Frigo Cheese: select varieties 5 to 15 oz. **2/\$5.00**



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



Sargento All Natural Shredded Cheese: select varieties 5 to 8 oz. **2/\$4.00**



Wimmers Summer Sausage: select varieties 18 oz. **\$5.99**



Wimmers Natural Casing Dinner Sausage or Little Smokies: select varieties 13 or 14 oz. **\$3.99**



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

A HAPPY POOCH

KEEPING YOUR CANINE FRIEND HEALTHY AND HAPPY IS EASY. START WITH NUTRITIOUS TREATS.

THE 10 PERCENT RULE

TREATS SHOULD MAKE UP NO MORE THAN 10 PERCENT OF A DOG'S DAILY CALORIES. BUT MEASURING THAT AMOUNT CAN BE TRICKY. DR. APRIL BLONG, OF THE IOWA STATE UNIVERSITY COLLEGE OF VETERINARY MEDICINE, RECOMMENDS GIVING BITS OF THE SAME KIBBLE PETS EAT FOR MEALS. "DOGS ARE NOT PICKY ABOUT TREATS. THEY JUST WANT FOOD," SHE SAYS.

Safe, Healthy Treats

Giving treats can be a healthy way to bond with your dog. Try veggies and fruit, such as apple slices (with no seeds), carrot sticks and green beans. Other snack options include small pieces of rice cakes or small amounts of air-popped popcorn with no butter, salt or unpopped kernels. Avoid using treats to replace meals.

STEER CLEAR OF CHOCOLATE

THE SWEET CONTAINS THEOBROMINE, WHICH CAN POISON A DOG AND CAUSE STOMACH UPSET, SEIZURES AND EVEN DEATH. DARK CHOCOLATES POSE THE GREATEST RISK. GRAPES AND RAISINS ARE ALSO TOXIC TO DOGS AND MAY CAUSE KIDNEY FAILURE.



Feed Their Life To The Fullest



- No corn, wheat or soy
- No artificial flavors or preservatives
- No poultry by-product meal
- High quality protein



Nature's Recipe Dog Food: select varieties 12 lb. **\$17.99** or 15 lb. **\$22.99**
 Nature's Recipe Dog Food: adult or small bite select varieties 4.5 lb. **\$7.99**
 Nature's Recipe Dog Food: select varieties 4 or 4.5 lb. **\$8.99**

COUPON VALID 02/01/2017 - 02/28/2017

HyVee



SAVE \$1.00 OFF

Nilla Wafers: select varieties 11 oz.

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HyVee



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COUPON VALID 02/01/2017 - 02/28/2017

HyVee



BUY 3 GET \$1.00 OFF

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30
minutes
or less

**30 MINUTES
OR LESS**

GF
option

GLUTEN FREE

V
option

**VEGETARIAN
DISH**

SNACK TIME MEETS PLAY TIME

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BUTTERFLY
SNACK PACKS
USING ZIPLOC
BAGS, GOLDFISH
CRACKERS AND
CLOTHESPINS!

Ziploc Snack or
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Ziploc Freezer
or Storage Bags:
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seasons april '17 | **NEXT ISSUE**

Celebrate Easter with a country-style brunch, including artisan breads from the Hy-Vee Bakery. Plus, get the behind-the-scenes story of how this bread is made. We'll also give you five-ingredient recipes for fresh, seasonal meals, tips for grilling veggies and more!



April '17

PHOTO Tobin Bennett

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