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- One Step Russett Potatoes. Funds will be used to develop community fruit-and-vegetable gardens.



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seasons

Hy-Vee®

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food technologists to guarantee that they are reliable, easy to follow
and good-tasting.

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Please recycle after use.

5th BIRTHDAY

Hy-Vee Seasons Magazine

For several issues, we've been celebrating five years of memorable stories, projects and recipes. Look for more great ideas in the issues ahead.

Letter

Dear Hy-Vee Reader,

Fall is one of my favorite times of year. The heat and busyness of summer subsides and the cool autumn evenings provide great opportunities to enjoy the brilliant seasonal colors. From the changing of the leaves to the beautiful late-blooming flowers and the silhouette of a field ready for harvest, the imagery of fall has always appealed to me.

The season brings the return of football, something I enjoy with my family. Each of my adult sons supports a different team; but for me, it is less about the game than time spent with them. I enjoy trips to Iowa City, Ames and Lincoln, as well as Sunday afternoons in Kansas City. I get to enjoy the fruits of their elaborate tailgating operations. Tables are stacked with chips, dip and pumpkin bars, and there's a wonderful aroma around the grill as brats and rib-eye steaks are prepared.

Fall also means the school routine is back in full swing. It's fun to listen to my grandchildren report their new discoveries and lessons learned. The excitement in their voices and the twinkle in their eyes remind me of the enjoyment of learning and trying new things.

As we start this wonderful season, this edition of *Hy-Vee Seasons* is full of creative ways to enjoy it. Take time to learn new ways of displaying your fall mums and creating floral arrangements in "Mums of Fall," *page 32*. As you gather to tailgate and enjoy the big game, whether in the parking lot of your favorite team or in your family room, try the amazing recipes offered in "Home Game," *page 40*. Also, watch the delight on young faces as kids make their own sweet fall treats after you read "Caramel Apples," *page 50*. There are many reasons to enjoy this time of year. I hope this edition gives you new ideas to discover during your time with friends and family.

Sincerely,
Monte Wiese
Senior Vice President, Supply Chain

Stuffing: More than Turkey





Three Hy-Vee chefs prove stuffing is too good to save just for the holidays. Add stuffing to your year-round meal lineup with recipes that introduce exciting new flavors using quick-cooking methods.

TEXT RICHARD SWEARINGER PHOTOGRAPHY TOBIN BENNETT

Thanksgiving turkey may be America's most popular dish that features stuffing, but that doesn't mean you have to wait to enjoy delicious stuffings as economical side dishes throughout the year.

What can be stuffed? Choices include garden-fresh sweet peppers, earthy yams, savory beef and pork loins, hard-shell squashes, such as game birds as pheasants, even whole fish.

STUFFING 101

Stuffing goes well with so many main dishes because it has a mild flavor foundation of bread, cornbread, rice or other grains. All are enduring favorites for stuffing because they're good at absorbing flavors from the rest of the ingredients. Just about every stuffing recipe calls for herbs, such as sage, combined with aromatic vegetables, such as celery or onions. From there, creative regional variations are limitless and include oysters, dried fruit, wild rice, nuts, sausage and spicy chiles.

Some people prefer moist stuffing made with butter and broth for full, rich flavor. Just as many like stuffing on the dry side with crispy edges and a well-browned top.

What to call this dish also divides into two camps. Is it stuffing or dressing? Either is correct, says Joan Hall, chief editor of the *Dictionary of American Regional English*.

"Many folks feel strongly about the right word, and they stick to it even in the face of equally fierce partisans of the competing term," Hall says. "For some people it's only 'stuffing' if it has actually been cooked in the turkey; they say that it must be called 'dressing' if it's baked in a separate container. Others find that silly and eat their 'stuffing' from the casserole in which it was cooked."

A FULL PLATE OF STUFFING RECIPES

Whichever you call it, a fast, easy way to serve stuffing on weeknights is Best-Ever Stuffing, *right*, baked in a casserole dish rather than in a bird. A mix of whole wheat and Italian breads keeps this recipe from getting mushy, while plenty of onion, celery and seasoning ensures bold flavor.

If you avoid gluten, try Vegan & Gluten-Free Quinoa Stuffed Peppers, *page 8*, a recipe from Hy-Vee chef James Alexander of Omaha. Replacing bread in this stuffing is quinoa—protein-packed, nutty-tasting, edible seeds from the Andes, and available at Hy-Vee stores. After cooking quinoa in broth and apple cider, toss it with fresh sage, thyme, chunks of apple, celery and onion. Then stuff it in green bell peppers and bake until the peppers are tender and the aroma of herbs fills your kitchen.

Jalapeño Cornbread Stuffed Chicken with Very Berry Chipotle Sauce, *page 11*, is from Hy-Vee chef Richard Babcock of Overland Park, Kansas. His recipe highlights the affinity of cornbread and poultry. The cornbread is made from a mix that's supplemented with fresh green onions, jalapeño peppers and Monterey Jack cheese. Once it's baked, the cornbread is used as stuffing in boneless chicken breasts. For a finishing touch, drizzle on prepared berry chipotle sauce.

Down South, white rice is "dirty" when it has been cooked with sausage or giblets, which give the rice a brown tone and succulent meaty flavor. Dirty Wild Rice & Andouille Sausage-Stuffed Pork Loin, *page 13*, adds an upper Midwest spin by including wild rice. Spread the stuffing on a pork loin, roll it up then roast. This recipe comes from Hy-Vee chef Alex Strauss of West Des Moines. Loaded with hints of spiciness—particularly if you add Tabasco sauce to the mix—the stuffing and sweet meat complement each other in a way that is a pleasure for the senses.

Stuffings are just as good for dessert as they are in main courses. And a pan of Stuffed Baked Apples, *page 15*, deserves a spot on your next Sunday dinner menu. Apples are cored then filled with a mix of dried cranberries, pecans, brown sugar and cinnamon. A buttery, vanilla-flavored syrup keeps the apples juicy during baking, making them tender while giving the cinnamon flavor an inviting presence in the dish.

BEST-EVER STUFFING

Flavors blend in this satisfying version of classic stuffing. Poultry seasoning—a blend of sage, thyme, marjoram and nutmeg—is a key ingredient.

Prep time: 1 hour

Cook time: 35 minutes

Serves 12 (about $\frac{2}{3}$ cup each).

12 ounces Italian bread, cut in 1-inch cubes

6 slices Hy-Vee whole wheat bread, cut in 1-inch cubes

1 (14.5-ounce) can Hy-Vee 33%-less-sodium chicken broth, divided

1½ cups chopped celery

1¼ cups chopped onion

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

1½ teaspoons poultry seasoning, or to taste

1 teaspoon Hy-Vee salt

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

Hot water, as needed

Spread bread cubes on rimmed baking sheets. Set aside to dry overnight.*

Preheat oven to 350°F. Spray the bottom of a 9×13-inch glass baking dish or 3-quart casserole with nonstick cooking spray; set aside. Place bread cubes in a large mixing bowl. Set aside.

Heat $\frac{1}{4}$ cup of the chicken broth in a medium saucepan over medium heat. Set remaining chicken broth aside. Add celery, onions and butter to saucepan. **Simmer until onions and celery are softened, about 10 minutes. Stir in poultry seasoning, salt and pepper. Pour over bread cubes and stir to coat. Gradually add remaining chicken broth and stir until evenly moistened. If desired, stir in enough hot water to evenly moisten bread cubes.

Spread in prepared baking dish. Bake for 35 to 45 minutes or until heated through and top is crusty. Serve hot.

* If desired, dry bread cubes in a 170°F oven, checking every 5 minutes. Do not let bread brown.

** Variation: Stir uncooked onions and celery into bread cubes. Melt butter into chicken broth then stir into bread cubes. Add hot water, if necessary. Bake as directed.

Nutrition facts per serving: 140 calories, 4.5 g fat, 2.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 490 mg sodium, 23 g carbohydrates, 2 g fiber, 3 g sugar, 4 g protein. Daily values: 4% vitamin A, 2% vitamin C, 2% calcium, 6% iron.



Best-Ever Stuffing



“This has all the flavors you want for traditional Thanksgiving stuffing, but it is *a vegan dish*.”

Fennel gives the illusion that sausage is in the recipe.”

Chef James Alexander,
Omaha Hy-Vee

VEGAN & GLUTEN-FREE QUINOA-STUFFED PEPPERS

Built around healthful quinoa, holiday dressing flavors come alive with the blend of spices, apple and bell pepper.

Prep time: 30 minutes

Cook time: 45 minutes

Serves 6 (1 pepper each).

1 cup low-sodium gluten-free vegetable stock or broth

1 cup fresh apple cider

1 teaspoon fennel seed, lightly crushed

1 cup quinoa, rinsed

2 tablespoons Grand Selections olive oil

1¼ cups diced celery

1¼ cups diced onions

2 Granny Smith apples, peeled, cored and finely chopped

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

½ cup Hy-Vee dried cranberries

2 tablespoons finely chopped fresh thyme

1 tablespoon finely chopped fresh sage

½ cup Hy-Vee chopped pecans, optional

6 medium green bell peppers, tops cut off and hollowed

Thyme sprig for garnish, optional

Preheat oven to 350°F. In a medium saucepan, bring the vegetable stock, apple cider and fennel seed to boiling over medium-high heat. Add quinoa, cover and return to boiling. Simmer, covered, until all liquid is absorbed, about 15 minutes.

Meanwhile, heat olive oil in a large skillet over medium heat. Sauté celery, onions, apples, salt and black pepper in hot oil for 5 minutes or until slightly softened.

Combine quinoa and sautéed vegetables and fruit. Stir in cranberries, thyme, sage and, if desired, pecans. Spoon stuffing into bell peppers then stand upright in a baking dish.

Bake for 30 to 35 minutes or until peppers are tender and stuffing is heated through. To serve, garnish with thyme sprig, if desired.

Nutrition facts per serving: 360 calories, 14 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 55 mg sodium, 56 g carbohydrates, 9 g fiber, 28 g sugar, 7 g protein. Daily values: 15% vitamin A, 240% vitamin C, 8% calcium, 15% iron.



Vegan & Gluten-Free Quinoa-Stuffed Peppers



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*Jalapeño Cornbread Stuffed
Chicken with Very Berry Chipotle Sauce*



JALAPEÑO CORNBREAD STUFFED CHICKEN WITH VERY BERRY CHIPOTLE SAUCE

This cornbread gets south-of-the-border kick with chipotle sauce and jalapeño peppers. These naturally good partners are reminders of corn tortillas and typical accompaniments.

Prep Time: 45 minutes

Cook Time: 60 minutes

Serves 6.

$\frac{2}{3}$ cup Hy-Vee skim milk

$\frac{1}{3}$ cup Hy-Vee vegetable oil

1 Hy-Vee large egg

$\frac{2}{3}$ cup chopped green onions

$\frac{1}{2}$ cup minced fresh seeded jalapeño peppers (about 3 peppers)

1 cup shredded Monterey Jack cheese

1 (15-ounce) package Krusteaz Natural

Honey Cornbread & Muffin Mix

6 (6-ounce each) boneless chicken breasts

Fiesta Juan's Very Berry Chipotle Sauce, for garnish

Fresh cilantro, chopped, for garnish

Preheat oven to 400°F. Lightly spray an 8-inch square glass baking dish with nonstick cooking spray; set aside.

For the stuffing, in a medium bowl, combine milk, oil and egg. Add green onions, jalapeño peppers, cheese and cornbread mix. Stir just until moistened. Evenly spread batter in prepared baking dish. Bake for 22 to

26 minutes or until light golden brown. Cool on wire a rack.

Reduce oven temperature to 325°F.

Place one chicken breast at a time in a resealable plastic bag. With a meat mallet, pound chicken through bag to an even thickness (approximately $\frac{1}{4}$ -inch).

Spoon approximately $\frac{1}{2}$ cup cooked stuffing on flattened chicken breast then pat down with hands, leaving space around edges. Set aside remaining stuffing. Start rolling from short side, making sure stuffing stays inside roll. Secure with toothpick. Repeat for each chicken breast. Place on shallow nonstick baking sheet. Bake for 30 to 35 minutes or until chicken reaches an internal temperature of 165°F. Remove from oven and let rest for 5 minutes.

Heat reserved stuffing to serve alongside chicken breasts. On six serving plates, drizzle some chipotle sauce in a circular pattern. Cut each stuffed breast in half then place on sauce. Garnish with cilantro.

Nutrition facts: 630 calories, 29 g fat, 8 g saturated fat, 0 g trans fat, 125 mg cholesterol, 760 mg sodium, 55 g carbohydrates, 3 g fiber, 18 g sugar, 37 g protein. Daily values: 8% vitamin A, 20% vitamin C, 25% calcium, 10% iron.



“The addition of the Very Berry Chipotle Sauce gives this recipe a nice balance of *sweet, savory and smoky.*”

Chef Richard Babcock,
Overland Park Hy-Vee

A photograph of a pork loin stuffed with wild rice and andouille sausage, sliced and served on a white platter with a fork. The pork loin is the central focus, sliced into several pieces that reveal a filling of wild rice, andouille sausage, and other vegetables. The platter is set on a yellow patterned tablecloth, and a silver fork is visible on the left side.

*Dirty
Wild Rice &
Andouille
Sausage-
Stuffed
Pork Loin*



DIRTY WILD RICE & ANDOUILLE SAUSAGE-STUFFED PORK LOIN

Andouille, a Cajun-style spicy smoked sausage, is a fixture in jambalaya and gumbo. Here, it serves to wake up pork loin and your taste buds.

Prep Time: 35 minutes

Cook Time: 2 hours 25 minutes

Serves 12 (about 6 ounces stuffed pork and rice).

2 boxes (6 ounces each) Hy-Vee long-grain rice and wild rice (seasoning packets included)

4¾ cups water

5 tablespoons Hy-Vee butter, divided

1 package (14 ounces) Klement's Andouille sausage

1½ cups finely chopped yellow onion

1 cup finely chopped celery

1 cup finely chopped green bell pepper

4 cloves garlic, minced

1 teaspoon Chef Paul Prudhomme's

Poultry Magic seasoning

1 tablespoon Hy-Vee paprika

1 cup Hy-Vee 33% less-sodium chicken broth

6 green onions, thinly sliced

1 teaspoon Tabasco sauce, optional

1 (4-pound) boneless pork center loin roast*

Preheat oven to 325°F. For stuffing, in a medium saucepan, combine rice, seasoning

packets, water and 2 tablespoons of the butter. Bring to boiling, reduce heat, cover and simmer for 25 minutes or until water is absorbed. Meanwhile, cut sausage in ½-inch slices. Heat remaining butter in saucepan over medium-high heat. Add sausage and cook 5 minutes, stirring occasionally. Stir in onion, celery, bell pepper, garlic, seasoning and paprika. Cook for 10 minutes, stirring occasionally. Reduce heat to medium-low; stir in prepared rice, chicken broth, green onions and, if desired, Tabasco sauce. Cook for 15 to 20 minutes or until liquid is absorbed. Set aside.

To butterfly pork, cut pork lengthwise from off-center, cutting to, but not through, opposite side. Open butterflied halves to lay flat. With knife blade parallel to surface of cutting board, slice larger portion of pork in half horizontally, cutting to, but not through, opposite side; open flat. Scoop out 3 cups stuffing; cover and refrigerate until serving time. Evenly spread remaining stuffing on cut surface of pork. Tightly roll pork to resemble original roast, then tie securely with butchers twine.

Place roast on a rack in a shallow greased roasting pan. Roast, uncovered, for 75 minutes, or until temperature reaches 155°F on a meat thermometer. Remove from oven. Cover and let stand for 15 minutes before carving. Meanwhile

“This is my take on a *Cajun classic*. In this case the ground andouille sausage is what makes it ‘dirty.’”

Chef Alex Strauss,
West Des Moines Hy-Vee

heat reserved stuffing to serve alongside. Carve pork crosswise in 1-inch slices. Warm reserved stuffing to serve alongside roast.

*Or ask a Hy-Vee meat specialist to butterfly cut the pork for you at the meat counter.

Nutrition facts per serving: 430 calories, 17 g fat, 7 g saturated fat, 0 g trans fat, 125 mg cholesterol, 990 mg sodium, 25 g carbohydrates, 2 g fiber, 2 g sugar, 43 g protein. Daily values: 15% vitamin A, 25% vitamin C, 6% calcium, 10% iron.



BREAD FOR STUFFING

Make stuffing your own: Branch out with different breads or stir in new ingredients to vary texture, flavor or appearance.

Hy-Vee bakery and bread aisles are full of intriguing options to change the personality of stuffing simply by bread choices. Multigrain breads add texture, rye imparts tang plus the flavor of caraway seeds and pumpernickel gives both hearty flavor and dark color. Find these and more in the Baking Stone Bread line at Hy-Vee stores.

Consider what you're serving when making changes. We like to pair strong flavor meats, such as venison or wild turkey, with a stuffing made using half raisin bread, half a more ordinary bread.

Whatever bread is used, dry it thoroughly. After cutting the loaf in cubes or tearing it in chunks, spread pieces on a large baking sheet to stand overnight at room temperature or dry in a 300°F oven for 10 to 15 minutes, stirring once or twice, until cubes crumble easily.

Make stuffing even more memorable with some of these additions. For 12-serving recipes, add an 8-ounce package of sliced portobello mushrooms; 1 or 2 Granny Smith apples, cored and cubed; 1 tablespoon bourbon; 8 ounces cooked and crumbled bacon; or ¾ cup chopped toasted walnuts or pecans.

Because stuffing expands while it cooks, stuff turkey cavities loosely. For food safety, when cooking stuffing in a bird, make sure stuffing center reaches 165°F by checking the temperature with a meat thermometer.



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What You Need

Next time you roast turkey for your family, be sure to include delicious Sara Lee bread in the stuffing. When everyone praises the meal, you'll know one of the secrets was that loaf of Sara Lee.





STUFFED BAKED APPLES

Each bite of this baked dessert will satisfy taste buds with rich, deep sweetness. Is it the apple, the dried cranberries, the cinnamon? It's everything.

Prep Time: 30 minutes

Cook Time: 40 minutes

Serves 6.

$\frac{2}{3}$ cup water

$\frac{2}{3}$ cup Hy-Vee granulated sugar

9 tablespoons Hy-Vee unsalted butter, divided

$\frac{3}{4}$ teaspoon Hy-Vee vanilla

$\frac{1}{2}$ cup Hy-Vee dried cranberries

$\frac{1}{2}$ cup Hy-Vee pecan pieces

6 tablespoons packed Hy-Vee dark brown sugar

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

6 apples (Gala, Rome Beauty, Jonagold or Granny Smith)

Hy-Vee lemon juice

Preheat oven to 350°F. Grease the bottom of a glass 9×13-inch baking dish; set aside.



For syrup, in a microwave-safe bowl, combine water, sugar and 3 tablespoons of the butter. Microwave on HIGH for 1 minute, stir. Continue heating and stirring just until sugar is dissolved and syrup comes to a boil. Stir vanilla into syrup mixture; set aside.

For filling, in a medium bowl, combine cranberries, pecans, brown sugar and cinnamon. Cut in remaining 6 tablespoons butter with a pastry blender or fork until thoroughly combined; set aside.

Using an apple corer, work from both ends of apples to remove core. Remove enough center to hold 3 to 4 tablespoons filling. Peel top of apple, if desired. Rub inside the apple with lemon juice to prevent browning.

Stuff apples with cranberry filling, packing tightly and mounding on top. Place apples in prepared baking dish. Pour syrup around apples (not over top) in baking dish. Cover with foil. Bake for 25 minutes. Remove foil and bake 15 minutes more or just until tender. (Do not over-bake, which causes apples to become mushy and lose their shape.) To serve, drizzle apples with warm syrup.

Nutrition facts: 490 calories, 24 g fat, 12 g saturated fat, 0.5 g trans fat, 45 mg cholesterol, 10 mg sodium, 72 g carbohydrates, 6g fiber, 63g sugar, 2g protein. Daily values: 15% vitamin A, 15% vitamin C, 4% calcium, 4% iron.

Stuffed Baked Apples



Butternut

Acorn

Butternut

Seasons of
Squash

Zucchini



From A to Z—that is, from acorn to zucchini—squash is a fall favorite that is as versatile as it is delicious. Usher in autumn with a fresh spin on squash by trying recipes that are sure to keep you satisfied. Fall has never tasted so good!

TEXT KALSEY McCALL PHOTOGRAPHY ANDY LYONS

Baked into sweet breads, stuffed into mouth-watering ravioli, woven into delectable risotto or simply and deliciously roasted with herbs, squash is the quintessential comfort food of the cool fall months. With its smooth and creamy textures, buttery flavors and delicately nutty undertones, squash is a complement to any meal, whether as a stellar side dish or the main attraction.

It can be tossed into a savory sauce, sweetened with brown sugar or pureed into a fresh soup. It's versatile and delicious.

Related to pumpkins and melons, squash can be divided into two basic categories: summer squash and winter squash.

Summer squashes, such as yellow squash and zucchini, are harvested when the plants are immature and the rinds are tender and edible. Winter squashes, however, have thicker, generally inedible skins. Winter squashes, including acorn, butternut, buttercup, carnival, Hubbard and spaghetti, are harvested during cool fall months.

If squash is a new ingredient to your recipe repertoire, don't be intimidated. The seemingly endless ways to prepare squash will entice you to try more. Here are a few of our favorite varieties.

A SQUASH SAMPLER

Acorn squash. This squash has sweet buttery yellow-orange flesh that easily transforms into a variety of seasonal dishes. Pureed with steamed Bartlett pears and mingled with flavors of curry and ginger, this squash makes a hearty and memorable soup.

Buttercup squash. With slightly nutty flavor and delicately sweet overtones, buttercup is often baked and simply seasoned with butter and brown sugar. For a savory dish, stuff a halved, steamed buttercup with cooked sausage, celery, onions and sour cream.

Butternut squash. A good jumping-in point for those new to preparing squash, this variety resembles ever-popular sweet potatoes in taste and texture, and it melds with nutmeg, brown sugar and cinnamon. For a gourmet spin, combine butternut with thyme or sage, onion, blue cheese and bread crumbs. Cut in chunks and cook on low in a slow cooker, microcook, or bake in an oven. Butternut is also a good match for hearty steaks or roast chicken.

Spaghetti squash. This one gets its name from stringy flesh that resembles spaghetti. When cooked, spaghetti squash strands may be used as a pasta substitute, making some dishes more waistline-friendly.



Spaghetti



The numbers tell the spaghetti squash story, says registered dietitian Alyssa Krejci of the Hy-Vee in Gladstone, Missouri. One cup of this cooked squash contains only 42 calories, 10 grams of carbohydrates and less than 0.5 grams of fat. Contrast that with one cup of cooked pasta, which contains about 225 calories, 44 grams of carbohydrates and 1.5 grams of fat. Spaghetti squash is the more healthful choice, particularly for those with diabetes.

Zucchini squash. An excellent source of vitamin C, zucchini has delicate flavor and requires little more than a quick sauté in butter or olive oil with or without fresh herbs. For garden-fresh flavor, toss chunks of zucchini into stir-fry or on homemade pizza. Zucchini can be grilled with veggie kabobs or added to soup or ratatouille. It makes yummy bread, too.

All squash packs a nutritional punch, says Alyssa.

“Squash is a nutritional powerhouse, and incorporating squash into your diet can offer a great deal of valuable nutrients for relatively few calories and fat,” she says. “Orange and yellow varieties of squash, such as butternut squash, are especially high in vitamin A, which helps to keep your eyes and skin healthy and helps to protect against infections.”

PICK THE PERFECT SQUASH

- As a general rule, the heavier the squash relative to its size, the more flavorful and moist it will be.
- Choose a squash without cracks or soft areas.
- Make sure the stem is intact, firm and dry.
- Look for a squash that is rich and deep in its respective coloring.
- Squash skin should have a dull matte appearance. Shiny skin indicates that the squash has been harvested too early.
- Small squash are more tender and tasty than large ones, except in the case of spaghetti squash.

FROM CHEF CURTIS STONE



“Butternut, kabocha and acorn squash are delicious, but they can be difficult to cut. One way around this is to pierce the squash then bake it whole, which softens it. Once baked, cut into wedges.”

ZUCCHINI PINEAPPLE BREAD

Wondering why anyone would ever put squash into a bread recipe? Zucchini gives each loaf soft texture and high nutritional value. To sweeten the nutty flavor, we added pineapple.

Prep: 20 minutes

Cook: 1 hour

Rest: 10 minutes

Serves 24.

2 cups Hy-Vee sugar
1 cup Grand Selections olive oil
3 Hy-Vee large eggs
2 teaspoons Hy-Vee vanilla
2 cups coarsely grated zucchini (about 1 large)
1 (8-ounce) can Hy-Vee crushed pineapple, drained
3 cups Hy-Vee all-purpose flour
2 teaspoons Hy-Vee baking soda
1 teaspoon Hy-Vee salt
½ teaspoon Hy-Vee baking powder

2 teaspoons Hy-Vee cinnamon
1 teaspoon Hy-Vee nutmeg
1 cup Hy-Vee walnut pieces
1 cup Hy-Vee dried cranberries

Preheat oven to 350°F. Grease and flour two 5×9-inch loaf pans; set aside.

In a large bowl, combine sugar, olive oil, eggs and vanilla. Stir in zucchini and pineapple.

In a medium-size bowl, combine flour, baking soda, salt, baking powder, cinnamon and nutmeg. One-third at a time, add dry ingredients to wet ingredients, stirring after each. Mix in walnuts and cranberries. Evenly divide batter between prepared pans. Bake for 1 hour or until toothpicks inserted near centers come out clean. Cool in pans 10 minutes. Cool completely on wire racks.

Nutrition facts: 270 calories, 13 g fat, 2 g fat, 0 g trans fat, 25 mg cholesterol, 220 mg sodium, 36 g carbohydrates, 1 g fiber, 22 g sugar, 3 g protein. Daily values: 2% vitamin A, 4% vitamin C, 2% calcium, 6% iron.



Serving Squash



Acorn Squash

FLAVOR PROFILE

The pale orange, slightly fibrous flesh of acorn squash is sweet and nutty though somewhat bland. Dress up flavor with brown sugar and cinnamon or garlic butter or serve it with other root vegetables.

HOW TO PREPARE

Because the rind is very hard, it's easiest to simply cut this squash in half and roast with the rind intact. Scoop out seeds before roasting, and season the squash or fill with additional ingredients after it has been roasted. Each half makes a single serving.



Buttercup Squash

This winter variety is similar in taste to butternut but slightly sweeter. Because its orange-yellow flesh is more dense, its texture is drier than butternut.

Trim ends; cut in half lengthwise. Scoop out seeds. Add a small amount of water to the dish, then oven roast until squash is tender. Use the moist flesh in soups, muffins or pies. Recipes often call for squash to be pureed.



Butternut Squash

Butternut squash is smooth and finely grained with moist, deep orange flesh. The taste is sweet and nutty, similar to sweet potatoes. The bolder the orange color, the sweeter the flavor.

Cook in a slow cooker or microwave until tender. To micro-cook, cut unpeeled squash in chunks; place in a covered dish with a little water. Cook until tender. Cool then scoop pulp from rind. Chunked raw butternut squash is a nutritious addition when simmered in stews or curries.



Spaghetti Squash

This football-size squash is more about texture than flavor. The mild flavor of spaghetti squash complements dressings and sauces. The larger a spaghetti squash, the more flavorful.

Prick the squash all over with a skewer then roast until tender. When cool enough to handle, cut the squash in half lengthwise. Scoop the seeds and fibrous strings from the center then gently scrape the tines of a fork around the squash edge to form strands of pulp.



Zucchini

This delicately sweet summer squash has thin skin and moist flesh. Small squashes have crisp texture and sweet flavor; big ones become softer and bitter. Add grated zucchini to breads, cakes and muffins for moistness and flavor.

Sauté, roast, steam or grill zucchini to highlight its delicate texture. Or simmer it in soups to bring out its sweetness. Slice or shred raw zucchini for salads or baked goods. There is no need to peel the squash; simply rinse, trim the ends and prepare according to a recipe.

STORING SQUASH

- Store uncut winter squash for 2 to 3 months (1 to 2 months for spaghetti squash) in a cool, dry, dark location, such as a basement.
- Once cut, place winter squash in a resealable plastic bag and store in the refrigerator up to 4 days (2 days for spaghetti squash).
- To freeze winter squash, cook first. Puree, mash or chunk, and store in airtight freezer bags up to 1 year.
- Store summer squash, such as zucchini, up to 3 days wrapped in paper towels in a plastic bag in the refrigerator.
- To freeze summer squash, slice in ½-inch pieces and steam for 4 minutes. Drain, cool and seal in airtight freezer bags. Or shred raw zucchini and freeze it for baking later. Summer squash will keep up to 10 months in the freezer.

CHICKEN AND WILD-RICE-STUFFED ACORN SQUASH

As temperatures decline with the season, this earthy meal, with its blend of natural flavors, is deeply satisfying.

Prep Time: 45 minutes

Cook Time: 70 minutes

Serves 6 (½ squash each).

3 acorn squash, halved and seeded

½ cup water

1 tbsp Hy-Vee butter

1 tbsp Grand Selections olive oil

1 cup uncooked, cubed chicken breast

¼ tsp Hy-Vee salt

¼ tsp Hy-Vee ground black pepper

½ cup chopped celery

¾ cup chopped yellow onion

¼ cup chopped orange bell pepper

¼ cup chopped fresh mushrooms

1¼ cups Hy-Vee 33%-reduced-sodium

chicken broth

1 cup water

1 (6-ounce) box Hy-Vee Long Grain and
Wild Rice (seasoning mix included)

½ cup Hy-Vee panko bread crumbs

1 tbsp Hy-Vee butter, melted

Preheat oven to 400°F. Place acorn squash halves cut-side-down on a baking pan that has 1-inch deep sides. Pour ½ cup water into pan. Bake squash halves for 30 minutes or until fork-tender.

Meanwhile, for filling, heat 1 tablespoon butter and the oil in a large skillet over medium-high heat. Add chicken, salt and black pepper. Brown chicken. Stir in celery, onion, bell pepper and mushrooms; sauté 5 minutes. Stir in broth, water, rice and rice seasoning packet. Cook, stirring frequently, 10 to 15 minutes, until liquid is absorbed.

In a small bowl, combine breadcrumbs and 1 tablespoon butter. Fill each squash half with about ½ cup filling. Top with 1 heaping tablespoon crumb mixture. Bake for 25 minutes more.

Nutrition facts per serving: 290 calories, 8 g fat, 3 g saturated fat, 0 g trans fat, 25 mg cholesterol, 830 mg sodium, 49 g carbohydrates, 5 g fiber, 7 g sugar, 11 g protein. Daily values: 25% vitamin A, 50% vitamin C, 10% calcium, 15% iron.





Minute Rice or Success Rice: selected varieties 4 to 14 oz. \$1.97



Pillsbury or Robin Hood Flour: select varieties 5 lb. \$2.78



Nutella Hazelnut Spread 13 oz. \$3.48



Pillsbury Baking Products: select varieties 14 to 19.4 oz. 2/\$4.00



Oscar Mayer Butcher Cut Bacon: select varieties 22 oz. \$6.49



8th Continent Soy Milk: select varieties 64 oz. 2/\$6.00



Almond Breeze: select varieties 64 oz. \$3.28



Bear Creek Soup: select varieties 7 to 13 oz. \$2.98

Mashing Winter Squash

Rinse winter squash under cool tap water while scrubbing with a clean produce brush.

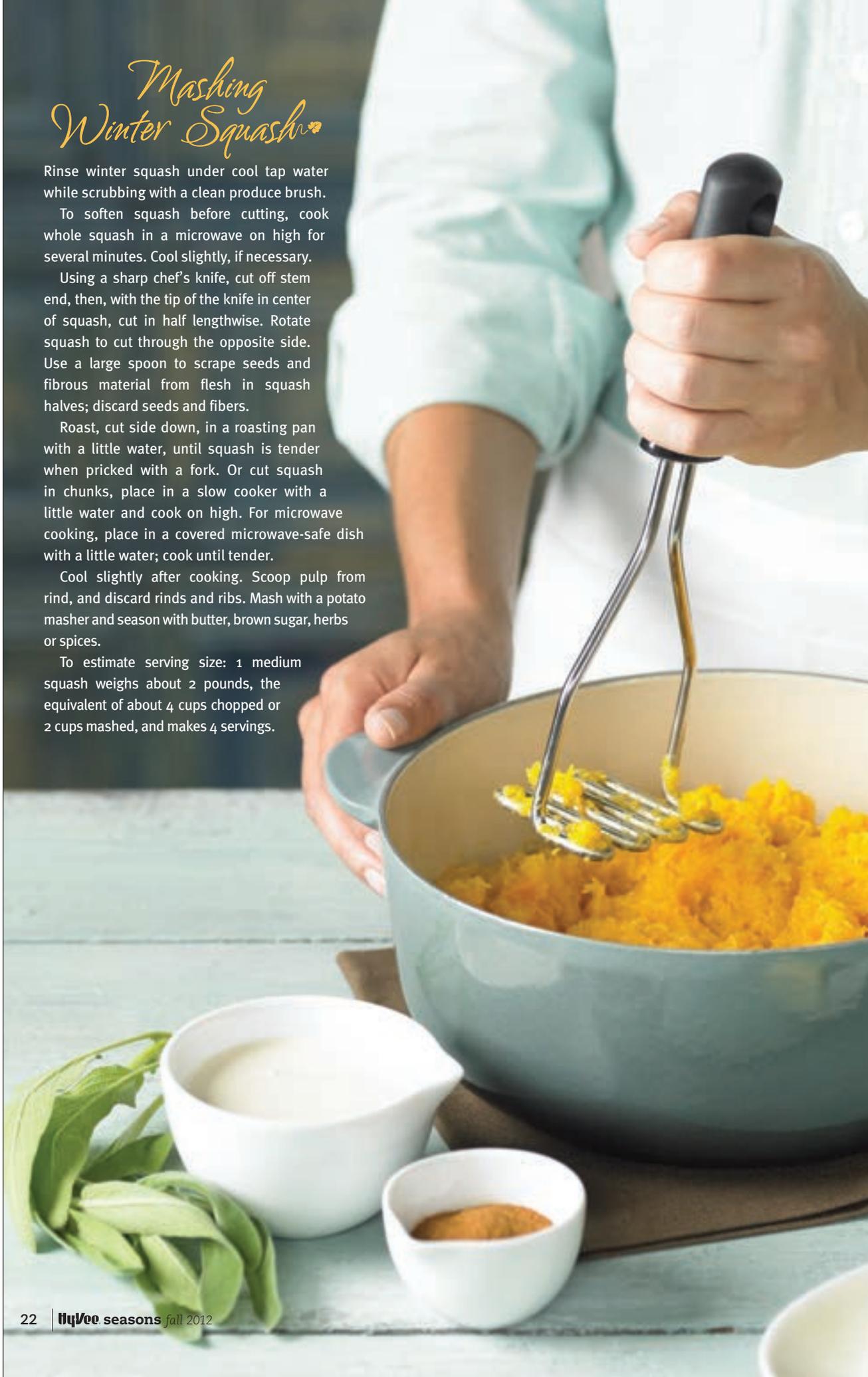
To soften squash before cutting, cook whole squash in a microwave on high for several minutes. Cool slightly, if necessary.

Using a sharp chef's knife, cut off stem end, then, with the tip of the knife in center of squash, cut in half lengthwise. Rotate squash to cut through the opposite side. Use a large spoon to scrape seeds and fibrous material from flesh in squash halves; discard seeds and fibers.

Roast, cut side down, in a roasting pan with a little water, until squash is tender when pricked with a fork. Or cut squash in chunks, place in a slow cooker with a little water and cook on high. For microwave cooking, place in a covered microwave-safe dish with a little water; cook until tender.

Cool slightly after cooking. Scoop pulp from rind, and discard rinds and ribs. Mash with a potato masher and season with butter, brown sugar, herbs or spices.

To estimate serving size: 1 medium squash weighs about 2 pounds, the equivalent of about 4 cups chopped or 2 cups mashed, and makes 4 servings.





HERB-ROASTED SQUASH

The savory flavors of three squash varieties are heightened with a mix of oil, vinegar, garlic and herbs. This is a go-with-anything side or add turkey sausage for a one-platter meal.

Prep time: 20 minutes

Cook time: 45 minutes

Serves 16 ($\frac{3}{4}$ cup each).

- 1 butternut squash, peeled, seeded and cut in 1-inch cubes
- 2 acorn squashes, peeled, seeded and cut in 1-inch cubes
- 2 buttercup squashes, peeled, seeded and cut in 1-inch cubes

- $\frac{1}{2}$ cup Grand Selections olive oil
- 2 tablespoons Grand Selections balsamic vinegar
- 3 garlic cloves, minced
- 3 tablespoons Hy-Vee dried parsley
- 2 teaspoon Hy-Vee salt
- 1 teaspoon Hy-Vee black pepper
- $\frac{3}{4}$ teaspoon Hy-Vee rosemary
- $\frac{3}{4}$ teaspoon Hy-Vee thyme
- Pine nuts, optional

Preheat oven to 475°F. Line an 11x15-inch rimmed baking sheet with aluminum foil.

Place squash cubes in a large bowl; set aside. Whisk together olive oil, vinegar, garlic, parsley, salt, black pepper, rosemary and thyme. Pour over squash and toss to coat. Spread squash in a single layer on prepared baking sheet.

Bake for 35 to 45 minutes, stirring every 15 minutes, until squash is tender and golden brown. Garnish with pine nuts, if desired.

Nutrition facts per serving: 100 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 350 mg sodium, 10 g carbohydrates, 3 g fiber, 2 g sugar, 1 g protein. Daily values: 90% vitamin A, 15% vitamin C, 4% calcium, 4% iron.



Baraboo: New Brew for You

Beer is deceptively simple. Take the new craft brews called Baraboo Beer, for instance. The main ingredients in the label's three standard varieties are water, barley, wheat, yeast and some bitter little buds called hops. Yet tastes range from bold to earthy to crisp. How do they do that?

TEXT STEVE COOPER PHOTOGRAPHY TOBIN BENNETT



There's real beauty in pouring a glass of Woodpecker Wheat Ale from Baraboo Beer, a new craft beer sold exclusively at Hy-Vee stores. Set a tall, slender, cool and absolutely spotless glass on the counter. Open a bottle and, holding the glass at about 45 degrees, pour the amber liquid into the vessel just fast enough to create a little turbulence at the bottom of the glass.

As the beer swirls, it releases the carbon dioxide that helps form the familiar white, slightly fizzy foam head. When all the beer is in the glass, it should have a head of about one inch.

Position the glass so light will shine through it. The glistening yellow contents appear to be liquid gold. You've struck it rich.

A NEW LABEL

Two years ago, Baraboo Beer was just an idea. Managers in the Wine and Spirits Department at Hy-Vee couldn't help but notice that sales of craft beers were rising. Craft beers are those bottled by small

and medium-size brewers who still make beer the old-fashioned way with natural ingredients. This devotion to traditional brewing leads to tastes that are bolder, more complex and much more diverse than those available from mass-market beers produced by large brewing companies.

"The craft beer movement is very strong right now, so the time was right for Baraboo," says Jay Wilson, Hy-Vee assistant vice president for wine and spirits.

To create Baraboo, Stevens Point Brewing in Stevens Point, Wisconsin, was tapped. The process began with a meeting among the project's Hy-Vee team and brewmaster Gabe Hopkins and the brewery's team. The group settled on the varieties of beer they wanted to produce and the specific characteristics of the tastes.

Gabe, a biochemist, says, "The Hy-Vee people wanted an amber-color lager—something that was a little bit aggressive on the hops. So I went to the drawing board and developed a recipe."

In the first phase, three beers were created: the lager, an India pale ale (IPA) and a wheat beer. Each began as a 10-gallon batch that was brewed, tested, tasted, revised, then rebrewed and retested until both parties were satisfied. Developing each beer required months because every batch takes 21 days to make. Once the small-batch recipe was proven, Gabe had to run other samples and tests to confirm that the recipe would remain consistent when brewed in larger 3,100-gallon batches.

A CHOICE OF SIX

Three distinct beer styles form the foundation of the Baraboo beer lineup. Each pleasing flavor will be available year-round. The main choices with Baraboo are:

Red Granite Lager. This amber ale is in the same beer family as most popular brands. As a craft beer, however, it is made with traditional ingredients. No corners are cut for the sake of mass production, as is often the case with mass-market beers.

Lumberjack IPA. Brewed with a pale malt and light hops, this one is a distinctive taste among the three beers. Though called India pale ale, this ale originated in England and was shipped overseas to British soldiers and civil servants in India during the 1800s.

Woodpecker Wheat Ale. The distinctive taste of wheat is present in this light brew. The lineage of this recipe goes back to the world's oldest brewery, which operated 1,000 years ago in Germany.

In addition to this trio of beers, there will also be three seasonal Baraboo beers sold at Hy-Vee. The first will be released this fall, followed by a winter variety and a spring/summer brew.

The new beer's names have Wisconsin roots. Baraboo River flows through the state. Lumberjacks and woodpeckers are part of the forest culture, and Wisconsin's state rock is red granite.

FOR A BETTER BEER

For those new to the subtleties of craft beers, follow these tips to make the most of a bottle of Baraboo or any beer.

- Start with a clean glass. Soap and other residues on glassware can melt away a foamy head. To defend against this problem, wash beer glasses with baking soda.
- Serve at refrigerator temperature. Below 40°F or so, cold begins to suppress flavors, whether in beer, soft drinks or any food. Avoid ice-cold glassware too.
- Never drink from the bottle. If you do, you won't smell any of the aromatic scents of the beer, missing its full flavor.

A LONG TRADITION

When a Midwestern brewery was sought to craft the Baraboo line, leaders at Hy-Vee wanted a partner with experience. As the nation's fifth-oldest continuously operated brewery, Stevens Point Brewery has been in business since 1857. It has been there through the Civil War, the Great Depression, Prohibition and other historic events. Prohibition presented special challenges, but Stevens Point weathered the dry years by developing an appealing root beer that remains a favorite today.

For most of its existence, Stevens Point was unknown outside Wisconsin. It wasn't even sold in surrounding states until the 1990s. Now it's marketed in 22 states and counting. A big moment came in 1973 when Chicago's famed newspaper columnist Mike Royko initiated a search for the best beer in the country. Point Special, the company's highly rated lager, took the prize. One judge said, "Great flavor and a great beer smell. I could drink it all night."

Today the company produces more than 100,000 barrels of brew per year. The lineup includes more than 20 lagers, ales and wheat beers. Look deep enough into one of their malty brown beers and you can see all the way back to the Middle Ages in the heart of Europe.

Now it's time for Baraboo to take center stage at Stevens Point. Work on this line of beers launched in December 2010. Bryan Wygert, director of sales for the brewing company, remembers very clearly the day it began. "It was about 4,000 degrees below zero and I was out in my car freezing while I talked through the plans with Jay Wilson of Hy-Vee. The car was the only place I could get a signal for my cell phone."

Both companies expect success.

Jay Wilson, who heads up the wine and spirits effort for Hy-Vee, says, "We're very satisfied with the results. These aren't just craft beers for someone who is trying them for the first time. These are solid beers that even the most seasoned craft-beer drinker will enjoy."



Red Granite Lager

Among the ever-increasing variety of beers, Americans prefer amber lagers above all others. To separate this robust brew from competitors—primarily mass-market domestic beers—the presence of hops has been increased, giving this malty well-balanced beer an edge. It's a tasty companion for hamburgers or steaks.



BREW TALK

Here are a few common beer terms.

Ale: Yeast works at the top of the brewing vat, rather than at the bottom; tends to be a more malty flavor than lager.

Beer clean: Restaurant term for an absolutely spotless glass.

Clean: This is a taste term meaning there are no obvious flaws in flavor or aroma.

Hoppy: A beer with a big presence of hops; finish taste will be bitter.

Lager: Most popular beers are golden lagers having a clean, smooth taste.

Nose: The aroma of a beer.

Pilsner: A German lager brewed in 1842. Most American beers mimic its taste.

Session beer: A beer that doesn't make drinkers' stomachs feel full, so several can be enjoyed during a session. These beers may also have low alcohol content.

Skunky: With overexposure to light, beer can go rancid. It gives off foul aroma with a strong, skunklike smell.

Woodpecker Wheat Ale

With a taste that is clean and refreshing, Woodpecker Wheat is a light ale that won't leave you feeling full. Made with malted barley and malted white wheat, it pairs well with such light fare as chicken and fish. This is a good choice when you want to have more than one at a sitting. Brewmaster Gabe Hopkins says, "It's a 12-ounce bottle of flavor."



"Stevens Point beer has been around since 1857. Our goal is to make this Hy-Vee beer every bit as good as any other beer we brew."

— BRYAN WYGERT, STEVENS POINT BREWERY

Lumberjack IPA

Hops infuse bite and a sometimes-bitter taste into beer, and traditional India pale ales (IPA) can be overly hoppy. To avoid this pitfall, sweet malt is added to balance any bitterness in Lumberjack. This allows other flavors—citrusy, fruity scents—to be sensed while drinking.

Lumberjack IPA pairs well with spicy foods, such as Mexican and Thai cuisine.



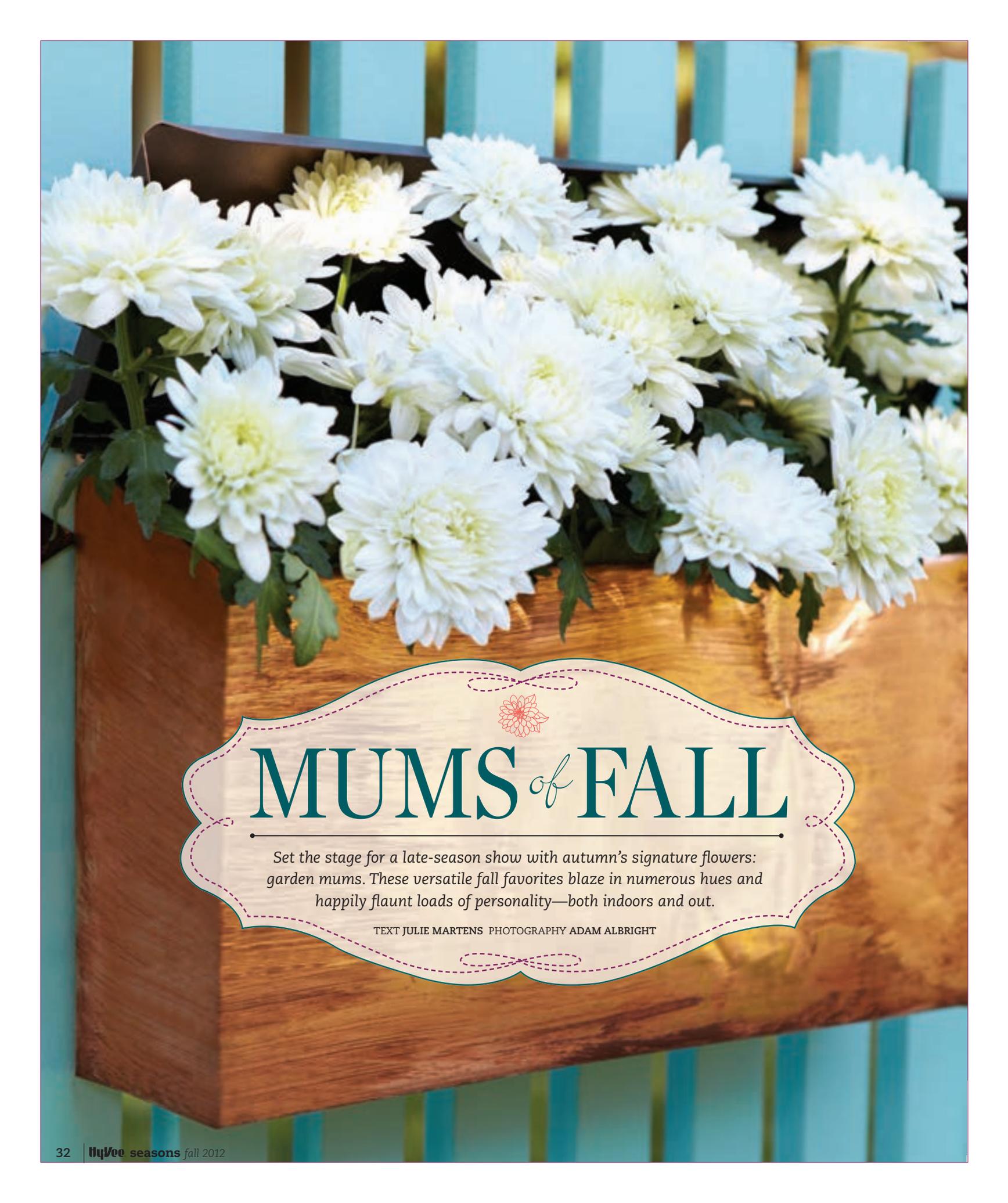


Top Left: Not sure what hops look like? They are the buds shown here, grown for display outside the brewery. Hops give beer its sharp taste.

Above: To learn the fine points about Baraboo Beer, several managers of Hy-Vee Wine and Spirits Departments visited Stevens Point Brewery in Wisconsin. Shown from *left to right* are K.J. Harnack, of Omaha, Nebraska; Charles Gibson, of Milan, Illinois; Andrea Stater, of West Des Moines; and Jefferson Jackson, of Davenport, Iowa.

Top Right: Charles Gibson, a wine and spirits manager for Hy-Vee, adds hops to a brewing tank near the end of the beer-making process. Hops are conical buds that give beer its bitterness.

Right: One of the prime ingredients of craft beer is malted barley, seen atop a bag. The grain gives beer its sweet harvest flavors and is converted by yeast into alcohol and the carbon dioxide that gives beer its bubbles.



MUMS *of* FALL

Set the stage for a late-season show with autumn's signature flowers: garden mums. These versatile fall favorites blaze in numerous hues and happily flaunt loads of personality—both indoors and out.

TEXT JULIE MARTENS PHOTOGRAPHY ADAM ALBRIGHT

Create Curb Appeal

Who says you can't wear white after Labor Day? Dress your home with white garden mums, and you'll receive compliments aplenty. Using mums in a single color creates a cohesive display that's guaranteed to please. White offers a no-miss choice since it doesn't compete with multi-hued fall foliage. Hang a box to hold a garden gate bouquet or stir excitement on the porch with a mum that flowers to match your front door.





Autumn Glory

Fresh-cut mums shine in floral arrangements, especially when you select blossoms in classic fall shades of burnt orange, burgundy and bronze. The sizzle builds with pumpkin orange Asiatic lilies and the gold-orange bicolor petals of alstroemeria. Deep red hypericum berries add texture to the bouquet, while blooms of snow white roses and hydrangea quietly complement and cool the fiery hues. In a vase, cut chrysanthemums typically last 7 to 14 days. Enhance vasilife by using floral preservative, available from your Hy-Vee florist.

Step Up to Color

Give your porch a budget-friendly facelift by wrapping pots of garden mums in burlap. Tie raffia bows to hold burlap in place. To craft an eye-pleasing scene, choose mums with blossoms in similar shades.

Check all pots daily, and water when soil is dry to the touch. Small pots have less soil volume, so they'll need watering frequently.

Don't allow soil to dry out completely; every time a garden mum wilts, it loses 3 to 5 days from its useful life.



(Wrapped in natural burlap) Pelee Mum with cover 6.5-inch \$10.00

(Wrapped in white burlap) Mum Fall Colors with cover 4.5-inch \$6.49



Welcome Friends

Greet guests with garden mums gathered in a simple basket placed atop an entry table. Indoors, a potted mum can look good from 7 to 14 days or even longer. Indoor mums survive longest when you keep them out of direct sunlight but near a bright window, with temperatures between 65 and 75 degrees during the day and 10 degrees cooler at night. Water before soil is fully dry to the touch. When flowers start to fade, replace them with fresh plants.



Mobile Mums Roll out an old wagon, *above*, to showcase garden mums and other autumn icons, such as winter squash and gourds. Tuck pots of mums into a vintage copper tub for a look that stands up to fall weather. Be sure to set potted mums on saucers if your cachepot doesn't have drainage holes.

Blooming Pumpkin Craft a chrysanthemum centerpiece, *above right*, by using a pumpkin as a base. Start with a bunch of fresh mums from your Hy-Vee florist and a small flat-bottomed pumpkin that sits upright. Drill small holes into the pumpkin. Determine spacing by slipping a mum bloom into the first hole. Allow a little or a lot of the pumpkin skin to show between blooms, as you prefer. This arrangement won't last long; it's best assembled the day of your gathering, while flowers are at their peak.

Squash on Display Butternut squash makes a perfect vase, *right*, for fresh-cut flower bouquets featuring chrysanthemums. Cut off the top of a squash and scoop out the insides. Slip a piece of presoaked floral foam into the cavity, and insert flower stems to create an arrangement. For a longer-lasting bouquet, slip a glass cylinder into the squash to hold the flower stems.



Mum in wooden planter 6.5" \$25.00





Sitting Pretty

For a can't-miss display, slip a trio of terra-cotta pots into a peeling-paint wooden box and perch it on a porch bench. Garden mums are perennials and may survive winter if tucked into planting beds. Get plants in the ground at least 6 weeks before the soil freezes. After the ground freezes, mulch plants with evergreen boughs, straw or bark. Wait until spring to remove faded flowers.

Playing with Color

Breathe new life into a retired ladder and empty paint cans by pressing them into service as a handy holder for garden mums. Cover paint cans with an enamel shade that complements mum blooms. Don't forget to prime the cans first with a metal primer. Spray-paints make quick work of covering cans. Hang cans from small nails hammered into ladder rungs. Check mums daily to determine watering needs, especially if your plant ladder will receive any direct sun.



Learn more about decorating with mums by viewing the video at www.hy-vee.com/resources/videos

HOME GAME

Enjoy home-field advantage when you invite friends to watch the big game at a football-themed gathering. Prepare some of the appetizers yourself, have guests bring others or order a takeout feast. We supply the ideas to create a truly memorable afternoon of fun.

TEXT RICHARD SWEARINGER
PHOTOGRAPHY TOBIN BENNETT





Football games provide the perfect rhythm for a party: They have a definite beginning, middle and end; teams oblige hosting responsibilities by calling occasional timeouts; and the clock runs out in less than 3 hours. America's weekend game allows plenty of time between plays for eating, drinking, swapping team trivia and analyzing plays—as well as good-natured disagreements about the call you saw as a first down and your friends saw as a fourth-down turnover.

For the party, we've supplied the playbook: a menu of all appetizers. Once the food is on the table, all you have to do is relax—that is, unless you are called on to referee guests who get a little heated over the game.

THE GAME PLAN

Like a seasoned quarterback, sometimes you want to launch a game-winner, other times you may need to manage the clock. Do both by creating a fan-friendly atmosphere. Put a football spin on decorations and get serving tables ready. And don't plan to carry the team alone. Guests can supply part of the menu. For example: You might get hamburger sliders ready while friends bring kicky jalapeño poppers or potato salad.

THE FOOD

Our menu is designed to capture the spirit of a festive tailgate party. At the start, set out cups filled with Sweet 'N' Salty Party Mix, created with pretzels and crackers for saltiness and brown sugar for sweetness. The snack mix can be made the day before the party.

Spicy poppers are on many must-have lists for football food. We've taken the idea and gone one better with Chicken-Stuffed Jalapeños. No need to fry them; instead, add hearty cooked chicken to the traditional mix of cream cheese and cheddar scooped into halved jalapeños. A few minutes in the oven makes the peppers tender and the cheese golden and bubbly. Prepare the poppers just before the party then put them on the serving table while hot from the oven.

The centerpiece of the snack table is a platter of Fullback Sliders. The patties, a savory blend of ground beef and bacon chopped in a food processor, are grilled and served on cocktail buns. Like the poppers, sliders are best served warm. Fry the patties right before game time.

In place of french fries, serve the burgers with our Touchdown Potato Salad, a well-seasoned mustard potato salad that has that most alluring ingredient—bacon. The salad can be made the day before the party then served in small cups.

Whether your team wins or loses, there's a sweet finish to this tailgate event: mini cupcakes named Playmaker Brownie Bites. These are made with easy-bake Hy-Vee brownie mix, and chocolate is the backdrop for playbook symbols written in white decorating gel on the dark frosting.

THE DRINKS

Football season conveniently coincides with one of the best times to explore beer. Brewers release some of their most interesting beers and ales during autumn, with varieties ranging from refreshing copper-color Oktoberfest beers to spicy pumpkin-flavored ales. In addition, Hy-Vee stores are featuring a new line of Baraboo beers created just for their customers (see "Baraboo: New Brew for You," page 24).

Make sure to have a balance of both alcoholic and nonalcoholic drinks for guests. For help in choosing the best beverages for family and friends, consult your local Hy-Vee Wine and Spirits Department.



LACK OF KNOWLEDGE
BUT RATHER A LACK
OF WILL."
-VINCE LOMBARDI

30

6 73 4 28 6 31 2



LOOK LIKE A WINNER

Get guests into the party mood with an enticing, big-scoring spread of food and drink decorated in a football theme.

For the backdrop, we used a chalkboard stenciled in a gridiron, with X and O playbook symbols. The scene can also be created from a sheet of hardboard and green chalkboard paint. For props among the food trays, use small game-day clipboards emblazoned with inspiring lines from some of the game's well-known coaches. Print the quotes from a computer then attach the messages on the clipboards.

Get snacks ready for the game by attaching number stickers to cups

then fill them with Sweet 'N' Salty Party Mix. Make Touchdown Brownie Bites then decorate boldly with Xs, Os and other football symbols.

Stock up on everything that carries your team logo: helmets, balls, trophies, game blankets. Pull out your college-team rug for lounging or set out a few foam-plastic footballs to toss around during commercial breaks and halftime.

Don't stress about making everything perfect. Nobody will toss a penalty flag just because the cake stands don't match.

recipes on page 44

GAME PLAN



TOUCHDOWN POTATO SALAD

Here's something most men can agree on: Potato salad only gets better with the sweet taste of bacon. A mustard glaze adds kick.

Prep Time: 30 minutes
Cook Time: 20 minutes
Chill Time: 3 hours
Serves 8 (½ cup each).

4 cups cubed, unpeeled red potatoes	½ teaspoon Hy-Vee salt
1 cup Hy-Vee light mayonnaise	½ teaspoon dill weed
1 tablespoon Hy-Vee Dijon mustard	4 hard-cooked eggs, chopped
2 teaspoons Hy-Vee sugar	1 stalk celery, diced
	½ cup chopped green bell pepper
	6 green onions, diced
	5 slices Hy-Vee bacon, cooked and chopped

In a large saucepan, cover potatoes with water and bring to boiling. Reduce heat and simmer 10 minutes or until fork-tender; drain and cool. In a small bowl, stir together mayonnaise, mustard, sugar, salt and dill weed. In a large bowl, combine cooled potatoes, eggs, celery, bell pepper, green onions and bacon. Add dressing; stir gently to coat. Cover and refrigerate at least 3 hours before serving.

Nutrition facts per serving: 220 calories, 13 g fat, 1.5 g saturated fat, 0 g trans fat, 110 mg cholesterol, 540 mg sodium, 20 g carbohydrates, 2 g fiber, 5 g sugar, 7 g protein. Daily values: 10% vitamin A, 35% vitamin C, 4% calcium, 6% iron.



CHICKEN-STUFFED JALAPEÑOS

Little boats of cheese with a punch, these snappy appetizers will disappear in a hurry. If peppers seem too hot, cut out some the veins.

Serves 24 (1 jalapeño half each).

4 ounces Hy-Vee cream cheese, softened	¼ teaspoon Hy-Vee salt
1 cup Hy-Vee shredded cheddar cheese	1 cup finely shredded cooked chicken
2 tablespoons Hy-Vee salsa	12 medium jalapeños, halved and seeded*
1½ teaspoons ground cumin	1½ teaspoons paprika or chili powder, optional

Preheat oven to 400°F. Line a baking sheet with foil. In a medium-size mixing bowl, beat together cream cheese, cheddar cheese, salsa, cumin and salt. Stir in chicken. Spoon about 1 tablespoon into each jalapeño half. Place on prepared baking sheet. If desired, sprinkle with paprika or chili powder. Bake about 20 minutes or until golden brown.

* Wear protective gloves to prevent skin irritation while handling peppers.

Nutrition facts per serving: 45 calories, 3 g fat, 2 g saturated fat, 0 g trans fat, 15 mg cholesterol, 85 mg sodium, 1 g carbohydrate, 0 g fiber, 0 g sugar, 3 g protein. Daily values: 4% vitamin A, 15% vitamin C, 4% calcium, 0% iron.



SWEET 'N' SALTY PARTY MIX

Opposites attract—and this combo of tangy pretzels, crisp cereals, flavorful nuts and sweet-tooth candies are so desirable.

Prep Time: 20 minutes
Cook Time: 75 minutes
Serves 54 (½ cup each).

8 cups Hy-Vee toasted corn cereal	1 cup light corn syrup
8 cups Hy-Vee toasted rice cereal	1¼ cups Hy-Vee butter, melted
1 (8-ounce) bag bagel chips	2 tablespoons Hy-Vee light soy sauce
4 cup Hy-Vee waffle pretzels	1 tablespoon Hy-Vee garlic salt
2 cups Hy-Vee lightly salted party peanuts	1 cup packed Hy-Vee brown sugar
	1 (19.2-ounce) bag milk chocolate M&Ms

Preheat oven to 375°F. In a large bowl, combine corn cereal, rice cereal, bagel chips, pretzels and peanuts.

In another bowl, combine corn syrup, butter, soy sauce, garlic salt and brown sugar. Pour over cereal mixture and toss to coat. Transfer to two large baking sheets. Bake, uncovered, for 1¼ hours or until crispy, stirring every 15 minutes. Cool. Add M&Ms. Store in airtight containers.

Nutrition facts per serving: 210 calories, 9 g fat, 4.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 330 mg sodium, 28 g carbohydrates, 1 g fiber, 13 g sugar, 3 g protein. Daily values: 6% vitamin A, 2% vitamin C, 4% calcium, 15% iron.



PLAYMAKER BROWNIE BITES

These brownies may be small, but the chocolate flavor is intense. Frost and decorate the tops after the bites have cooled.

Prep Time: 20 minutes
Cook Time: 16 minutes
Serves 30.

1 (16-ounce) package Hy-Vee fudge brownie mix	3 tablespoons Hy-Vee vegetable oil
1 Hy-Vee large egg	15 assorted mini candy bars: Take 5, PayDay, Butterfinger, Heath or Mounds, halved
½ cup water	1 cup Hy-Vee creamy chocolate fudge frosting
	White or colored decorator frosting

Preheat oven to 350°F. Line miniature muffin pans with paper liners or lightly grease muffin cups. In a large bowl, combine brownie mix, egg, water and oil according to package directions.

Spoon 1 tablespoon of the batter into each muffin cup, filling two-thirds full. Place halved mini candy bars into centers of each. Bake for 16 to 18 minutes or until toothpick inserted through top edge of brownie comes out clean. Cool 5 minutes in pans. Remove to cooling racks. Spread brownie bites with frosting. Pipe game symbols, names or messages with decorator frosting.

Nutrition facts: 140 calories, 6 g fat, 2.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 80 mg sodium, 21 g carbohydrates, 1 g fiber, 16 g sugar, 1 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 4% iron.



FULLBACK SLIDERS

Incorporate smoky bacon flavor into every bite by mixing ingredients in a food processor. Food processor size determines whether half the recipe is mixed at a time.

Serves 16 (1 slider each).

1½ pounds uncooked Hy-Vee bacon

1½ pounds 93% lean ground beef

1 cup soft bread crumbs (2 bread slices)

4 teaspoons Hy-Vee spicy brown mustard

1 teaspoon onion powder

16 Hy-Vee bakery cocktail buns

Assorted toppings: curly leaf lettuce, tomato slices, mayonnaise, sliced cheddar or American cheese

In a food processor, working in two batches, process half the bacon until almost smooth. Add half the beef, then half the bread crumbs, mustard and onion powder; process until well mixed. Transfer to a large bowl. Process remaining half of slider ingredients.

Shape meat mixture into 16 (4-inch diameter) patties about ¾-inch thick. Grill or fry about 4 minutes per side. Serve on buns with assorted toppings.

Nutrition facts: 600 calories, 24 g fat, 8 g saturated fat, 0 g trans fat, 75 mg cholesterol, 910 mg sodium, 58 g carbohydrates, 3 g fiber, 3 g sugar, 34 g protein. Daily values: 0% vitamin A, 0% vitamin C, 2% calcium, 25% iron.

TOPPING IDEAS FOR SLIDERS

- | | |
|-----------|-----------|
| TOMATO | JALAPEÑOS |
| LETTUCE | PICKLES |
| COLE SLAW | ONION |
| CHEESE | OLIVES |
| AVOCADO | PEPPERS |



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



Nabisco Newtons and Nilla Wafers: select varieties 8 to 14 oz. \$3.98



Jolly Time Pop Corn: select varieties 4.8 to 10.5 oz., 3 or 4 pk. \$1.88



Coffee-mate Flavored and Sugar Free Coffee Creamer: select varieties 10.2 to 15 oz. \$3.98



V8 Vegetable Juice: select varieties 6 pk., 33 or 64 oz. \$3.18



Old Orchard 100% Apple and 100% Blends: select varieties 64 oz. \$1.99



Monster Energy: select varieties 15.5 to 16 oz., 4 pk. \$5.99



Oscar Mayer Lil Oscars: select varieties
2 oz. \$0.88



Bush Variety or Chili Beans: select
varieties 15 to 16 oz. \$0.89



Nabisco Single Serve Tray Packs:
select varieties 12 pk. \$4.99



Daisy Brand Sour Cream 16 oz. \$2.18



Baileys Coffee Creamers: select varieties
16 oz. 2/\$4.00



Bertolli or P.F. Chang's Dinners or Soups:
select varieties 22 to 24 oz. \$6.99



On-Cor Classic Entrées: select varieties
26 to 28 oz. 2/\$6.00

EASY SERVE WITH A CROCK-POT

Offer a trio of dips kept hot in a convenient three-bowl warmer. Don't have this type of small appliance? Any small slow-cooker will work for each dip.

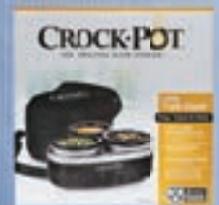
We chose an artichoke dip, a Southwestern queso dip and a barbecue sauce, because all three are terrific served as is or as launching pads for creative add-ins. Here's how to whip up these classics.

Artichoke-and-Sweet Pepper Dip. Blend chopped, grilled and peeled red sweet peppers and onions into a mix of artichokes and sour cream.

Southwestern Queso Dip. Mix chopped fresh tomatoes and snipped fresh cilantro into a jar of any variety queso (cheese) dip.

Barbecue sauce. This can be as easy as warming up your favorite bottled barbecue sauce. Dress it up with chopped, cooked bacon and a few shakes of steak rub.

Crock-Pot Trio Slow Cooker with
Travel Bag \$29.99





Reynolds Wrap Foil: select varieties 35 to 75 ft. \$3.68

Hefty Plates and Bowls: select varieties 16 to 60 ct. 2/\$4.00



SERVE 'EM FRESH

Serve fresh veggies and dip on soak-proof Hefty Plates. Got leftovers? With Reynolds Wrap, you can save them for later.



Land O'Frost Premium Lunch Meats: select varieties 10 to 16 oz. \$3.99

Land O'Frost Wrap or Sub Kits: select varieties 14.5 to 20 oz. \$4.99

Reser's Main Street Bistro: select varieties 20 oz. \$4.99

PILED HIGH

Sandwich-ready meats from Land O'Frost will satisfy any appetite. Make a sub just the way you want it.



MORE FOOD IDEAS

Sliders are a versatile appetizer. For example, you can make a more nutritious or spicy version of our recipe, *page 45*, by substituting ground turkey for the beef or topping with spicy Hennings Hatch Pepper Heritage Cheddar Cheese, grilled onions, and, for crunch, shredded lettuce. What to do with leftovers? Keep them fresh by wrapping in Reynolds Wrap.

Generous size buns for submarine sandwiches invite innovation, *above right*. Build sandwiches using the basic ingredients of the Land O'Frost Italian-Style Sub Sandwich Kit. Then take fixings to an unexpected level. In place of lettuce, make subs with shredded arugula, snipped fresh basil leaves and a drizzle of olive oil and red wine vinegar.

Warm some Wimmer's Little Smokies, *right*, to serve with dips. Or try a Smokin' Good Skewer. Soak 6-inch wooden skewers in water for 30 minutes, then thread with little dogs, sweet peppers and chicken. Or dress up skewers with pineapple and onion or cherry tomatoes and mushrooms.



MIGHTY GOOD

Big 'n' Meaty Summer Sausage and Little Smokies from Wimmer's are just alike in one way. Both have huge tastes that your party guests will enjoy.



Wimmer's Big 'N' Meaty and Big 'N' Cheesy Summer Sausage 20 oz. \$4.97

Wimmer's Little Smokies: select varieties 14 to 16 oz. 3/\$10.00



HY-VEE ENTERTAINING TRAYS

Making life easier for you, your local Hy-Vee is standing by to create all or part of your party buffet. *From top to bottom:* the Signature Zarda Bar-B-Q® Feast Platter with three varieties of slow-smoked meats; the Signature Winging It Platter, featuring jumbo chicken wings paired with a flavorful dipping sauce; and the Vegetable Platter, an eye-catching selection of fresh crisp produce and dip.

These are just the beginning of choices. Hy-Vee has 12 seafood platters, 8 trays that feature meats and cheeses, another dozen fresh combinations of fruits and vegetables, 8 trays of sandwiches and condiments, chicken wings served 5 ways and Signature Party Trays that offer a variety of bite-size treats—from Chinese appetizers to Creole shrimp to mini ciabatta sandwiches.

To place an order, contact the Hy-Vee Catering Department at the store nearest you. To see the makeup of each platter, go to www.hy-vee.com.

Buffalo Wing Platter; starting at \$29.99

Signature Zarda Bar-B-Q Feast Platter \$50.00





caramel apples



An apple, a stick and some caramel. These simple ingredients come together in one of the most joyful tastes of childhood. Of course, you can feast on a caramel apple at any age.

TEXT KIM STUART PHOTOGRAPHY ADAM ALBRIGHT

School doors are open. Morning air is crisp and branches are filling with riotous color. Autumn is unfolding in all its glory! Fields are ripe with harvest and the moon seems fuller as the earth puts on an impressive show of russet, orange, red and gold. Nothing quite compares to the beauty of these days, but we think the perfect caramel apple comes pretty close. Gather your brood under a clear sky to share in the quintessential taste of autumn. With only a basket of apples and stash of sweet treats, you can transform a quiet afternoon into a memory worth savoring. Catch the moment—and the flavors—while you can. Something this good won't last long.

it's party time!

Make caramel apples the centerpiece of your child's next birthday party or a family gathering on a lovely fall day. To involve a crowd, set up an easily spotted station, where partygoers create their own treats.

Set the stage in the backyard with an easy-build party island—a simple table created from an old wooden door or a sheet of plywood set on sawhorses.

Give the display presence by using primary colors on the sawhorses. Adorn edges with bright bandana pennants, and showcase the treats by showing them off in wooden apple crates. Fill in with pots of blooming fall mums, baskets of apples and a case of fruit-flavor sodas.

Carter Logue, *right*, is showing off his skill at twirling a Granny Smith apple in caramel. After turning the apple in the sweetness, he'll embellish it with such toppings as candies, nuts, crumbled cookies and dried fruits.

Young children will need help and supervision, particularly when working around small heated appliances. But they won't mind the minding, as long as they get a delectable caramel apple to celebrate the day.



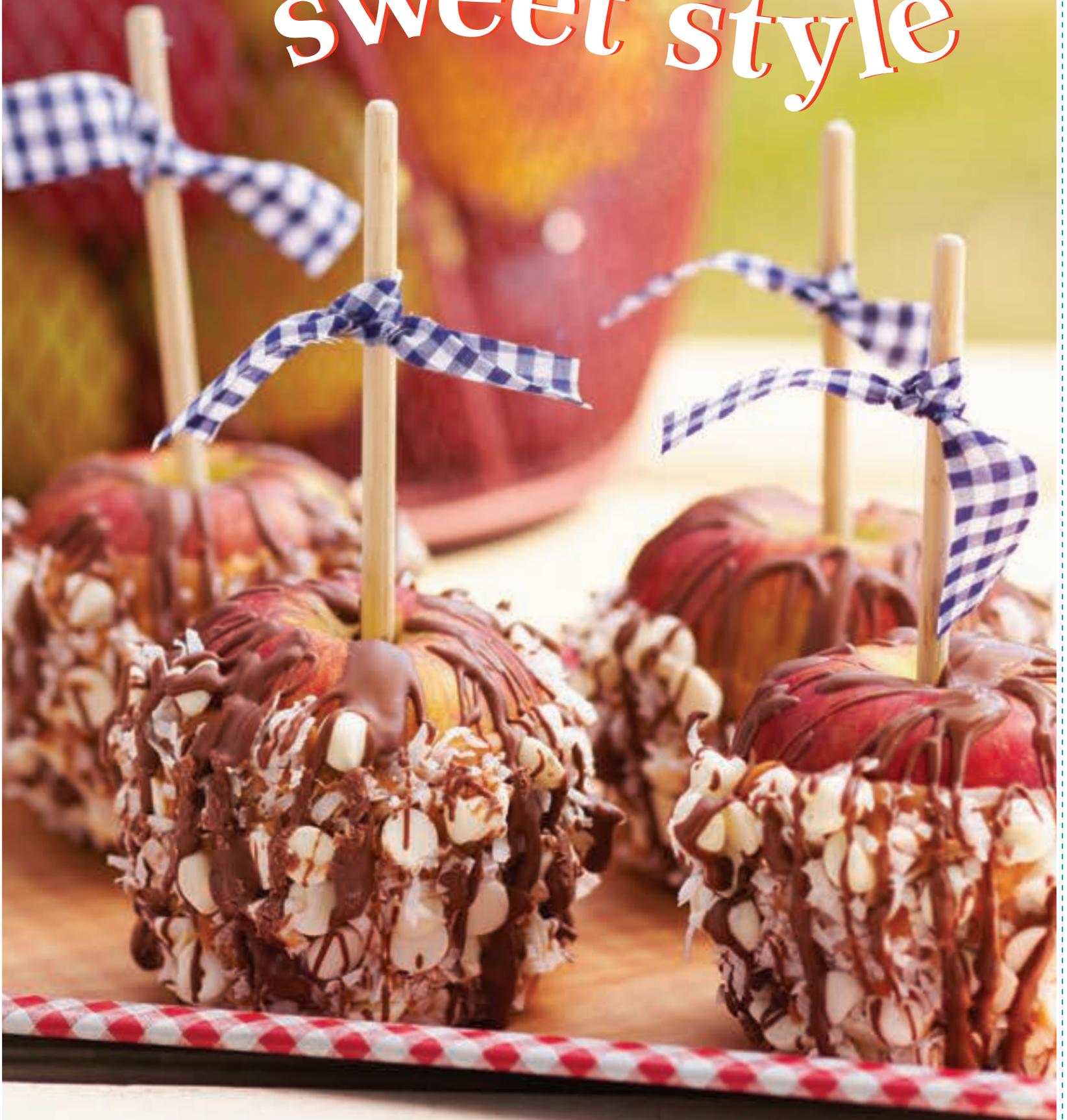
BLAST FROM THE PAST!

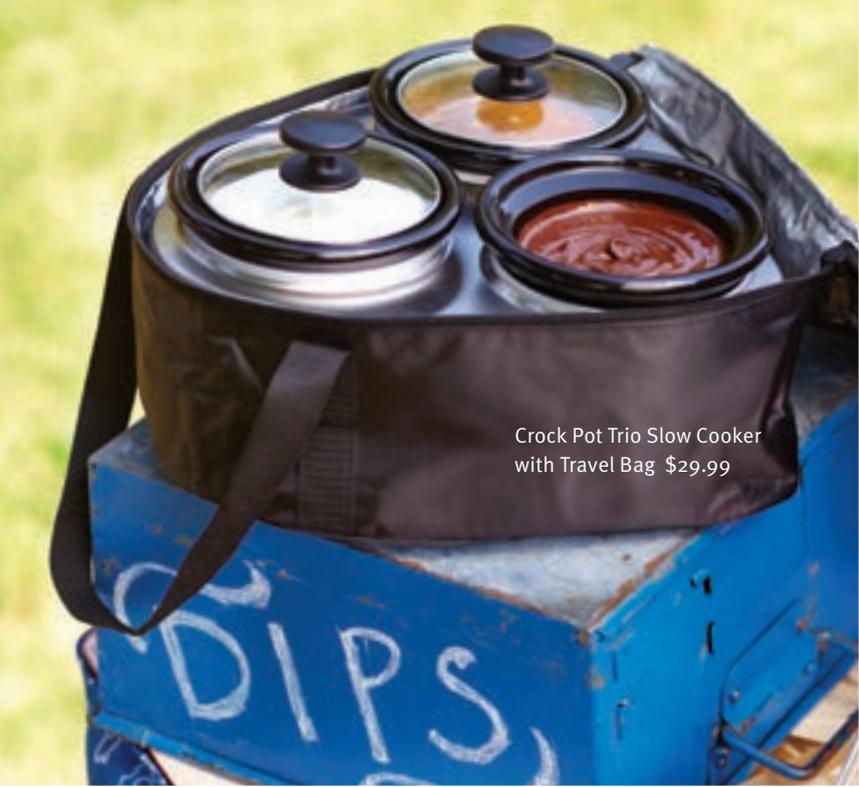
Because he has grown, you may not recognize Carter Logue, with the apple, above. He last appeared in *Hy-Vee Seasons Back-to-School 2007*, right. His appearance here comes as we conclude a look back in celebration of the magazine's 5th anniversary.





sweet style





Crock Pot Trio Slow Cooker
with Travel Bag \$29.99

Handy Trio The three-pot slow-cooker, *above*, can heat or cook sauces and dips, then keep them warm. It comes with a travel bag that makes toting easy.

Apples Dotty For these candy-coated treats, *above right*, roll caramel-dipped apples, while tacky, in a layer of M&Ms, applying gentle pressure with fingertips to adhere candies without crushing. Tie pretty fabric strips to the sticks.

Crunchy Goodness Walnut chunks and candy corn, *below right*, are tasty starting points for toppers. Don't stop there, though. For healthful treats, add shaved almonds, chopped peanuts and other nuts.

Fancy Finish White chocolate pieces, coconut and dark chocolate adorn appealing caramel apples, shown *opposite*.

TRADITIONAL CARAMEL DIP

Serves 14 to 16 (one apple each).

- 14 to 16 medium apples, scrubbed to remove any wax
- 14 to 16 wooden skewers, chop sticks or popsicle sticks
- 4 cups assorted toppings (crushed cookies, candies, nuts)
- 1 cup Hy-Vee salted butter
- 2¼ cups packed Hy-Vee light brown sugar
- 1 (14-ounce) can Hy-Vee sweetened condensed milk
- 1 cup light corn syrup
- 1 teaspoon Hy-Vee vanilla

Skewer apples with wooden sticks. Set aside on parchment paper. Place assorted toppings in shallow dishes near the dipping station.

In a medium-size saucepan, melt butter over low heat. Add brown sugar, sweetened condensed milk and light corn syrup. Increase heat to medium-high and bring to boiling, stirring well.

Once boiling, clip a candy thermometer to pan. Reduce heat to medium. Boil at a steady rate, stirring frequently, until caramel reaches firm-ball stage, 248°F (13 to 18 minutes). Remove from heat; stir in vanilla.

Transfer caramel to a warm slow cooker or dip from pan. To dip, hold apples at an angle, turn slowly to allow caramel to set and allow excess to drip off, or gently scrape with a spatula. Roll in toppings. Cool on parchment.

Nutrition facts per plain caramel apple: 510 calories, 16 g fat, 10 g saturated fat, 0.5 g trans fat, 40 mg cholesterol, 180 mg sodium, 95 g carbohydrates, 4 g fiber, 76 g sugar, 3 g protein. Daily values: 10% vitamin A, 15% vitamin C, 10% calcium, 2% iron.



how to make caramel apples



We chose Granny Smith and Braeburn apples because the tartness of these varieties balances with sweet caramel. If you find Granny Smith apples a bit sour, sweet replacements include red Jonagold, Pink Lady and Pippin. Wash and dry apples well before using.

Use chopsticks or other food-safe skewers as sturdy handles. A layer of parchment paper prevents coated apples from sticking to the tray.



Unwrap and melt caramel candies in a small slow-cooker, adding a little water as caramel softens. At about 200°F, the caramel will be slightly stringy when a small test scoop is lifted with a spoon.

One at a time, dip each skewered apple into the caramel; turn slowly to coat each apple evenly, letting caramel harden slightly as the apple is rotated.



On the caramel coating, add finishing touches of yumminess: nuts, candies, dried fruits, granola, mini marshmallows and more. Sprinkle sweet goodies on parchment paper then roll barely dry caramelized apples through the toppers, applying enough pressure to make the pieces stick to the caramel.

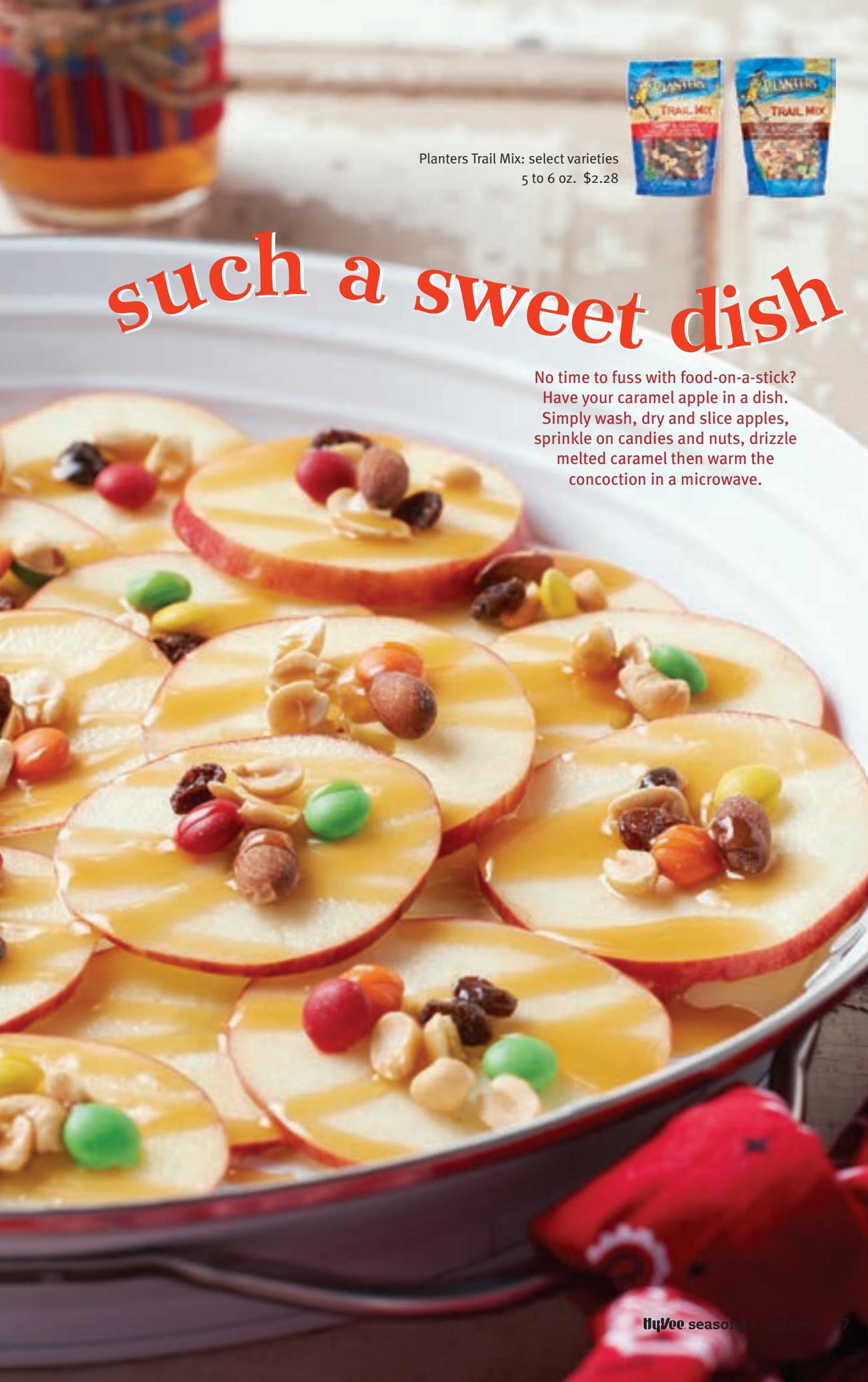
Set coated apples on a clean sheet of parchment paper for the caramel to dry and set. Enjoy with gusto.



APPLYING CARAMEL WITH EASE

The drawback to making caramel apples is melting the candy for the coating, then dipping and drying. It's fun, but time-consuming and cleanup can be tedious. Here's the easiest method: caramel apple wraps. Thin circular sheets of caramel are made to wrap around apples. Wash and dry the fruit, making sure to remove wax. A single wrap can be stretched to cover a medium-size apple. For large apples, cut back the caramel sheet to create a neat top edge, *right*, or cover the entire apple using two sheets. With the first sheet, cover the apple bottom then stretch the caramel toward the top. Apply the second sheet from the top, working down. Once covered, heat the apple according to package directions. After it's slightly cool, the apple is ready to apply toppings.





Planters Trail Mix: select varieties
5 to 6 oz. \$2.28



Claussen Pickles: select varieties
20 to 32 oz. \$3.28

such a sweet dish

No time to fuss with food-on-a-stick?
Have your caramel apple in a dish.
Simply wash, dry and slice apples,
sprinkle on candies and nuts, drizzle
melted caramel then warm the
concoction in a microwave.



Philadelphia Soft Cream Cheese or
Indulgent Cream Cheese Spreads:
select varieties 8 oz. \$2.48



Philadelphia Cooking Creme:
select varieties 10 oz. \$2.68



Oscar Mayer Carving Board or select
meats: select varieties 7.5 to 9 oz. \$3.77



Oscar Mayer Deli Family Size:
select varieties 16 oz. \$5.98



Crystal Light: select varieties
6 to 8 qt. or 7 to 10 ct. \$2.18



Planters Peanut Butter: select varieties
28 oz. \$3.99

New *at* Hy-Vee

Products promising fresher clothes, more nutritious meals and no more losing phone calls because of dead batteries are yours with these great buys at Hy-Vee.

PHOTOGRAPHY TOBIN BENNETT



Purex Crystals

With this new fabric softener, clothes will smell fresher for longer. Purex Crystals are different from what you've been using. Toss them in the wash—not the dryer—and fabrics remain fresh for weeks. Made from natural crystals, these are safe enough for baby clothing.

Purex Crystals:
select varieties
28 oz. \$4.28



Clorox Bleach

The new Clorox® Concentrated Regular Bleach offers cleaning power that has been trusted for generations. The improved formula helps you whiten and disinfect with less. If you want a cleaner, healthier house and the brightest of laundry whites, this is the one.

Clorox Bleach: select varieties
55 to 64 oz. \$1.99

Hy-Vee Greek Yogurt

Yes, Hy-Vee Greek Yogurt is high in protein: 14 grams in a 6-ounce serving. Yes, the calories are low, ranging from 100 to 150 per serving. Nope, no fat, either. So there's every reason to enjoy a fresh-tasting serving today, though none of those are the best reason. The best reason is strawberries, blueberries, honey, peach and other flavors.



Energizer Universal USB Chargers

Whether at home or in your car, there's an Energizer Universal USB Charger for a quick way to power up electronic devices. Plug the charger into your car or a wall socket, and you have a charging station that powers a variety of manufacturers' products. Works with smartphones, tablets, music players and more.

Energizer Single Universal Wall or Car Charger \$9.99



Palermo's Pizza

How about a truly hot pizza for a change? Because they come from your oven, Palermo's pizzas are steaming hot when you sit down to eat. Palermo's Flatbread Style pizza is available in a variety of cheese, meat and combination flavors.

Palermo's Flatbread Pizza:
select varieties
11.6 to 15.35 oz. \$4.99



Healthy Choice Natural and Steaming Entrees

Steaming brings out the best in the crisp vegetables, tender meats and perfectly al dente pastas in this line of eight delicious entrées. Healthy Choice meals include chicken, steak and grilled vegetable recipes. It's like dining out while dining in.

Healthy Choice Baked, Natural and Steaming Entrées:
select varieties 10.7 oz. \$1.99



Febreze Car Vent Clips

Clip on one of these air fresheners to make your ride more enjoyable for up to 30 days (on low and under ambient conditions). Vent clips are available in five odor-eliminating scents.

Febreze Car Vent Dual Pack:
select varieties .13 oz. \$5.28



Pizzas & Calzones

With a few tricks of the trade, you can make sensational pizza at home that rivals your favorite takeout. Explore options for sauces, toppings and cheese to produce fresh flavor alliances. Unlock the secrets of your own signature pizza.

TEXT JILL JOHNSON PHOTOGRAPHY ADAM ALBRIGHT



The steaming cardboard box smells good enough to eat. Once open, you encounter a beckoning circle of crisp, golden crust layered with tasty sauce, generous amounts of melted cheese and juicy toppings. Fondness for this ingenious, delectable mainstay raises the question, “Can I make pizza at home that tastes as good as takeout?” The answer is yes, emphatically. Use our hints and recipes to create the crust you’ve always desired and the nutritious variety of toppings you long for.

BAKING ON A PIZZA STONE

One of the trademarks of remarkable pizza is the definitive snap of the outer crust. Traditional brick or commercial pizza ovens accomplish this with temperatures upwards of 700°F. Most household ovens can achieve comparably crisp results when dough is baked on a pizza stone. Available in kitchen stores or retail housewares departments, these round or rectangular pizza-size slabs of unglazed stoneware accumulate heat and transfer it directly to the food. Because pizza stones must be preheated in a hot oven at least 30 minutes, pizza is assembled on paper parchment then slid onto and off the hot stone, parchment and all. This is done with a pizza peel (a shovel-like tool, shown beneath the parchment paper, *below*)

or with a rimless baking sheet. Hot pizza stones require at least an hour cool-down before cleaning. Scrub and rinse with water only—stones will absorb soaps.

FLOUR POWER

For chewy, yeast-raised crusts, about half the flour should be high-protein flour, such as semolina or bread flour, to give crusts strong, elastic structure. Crisp, thin crusts are best achieved in home ovens with lower protein, all-purpose flour. Choose unbleached flour for optimal flavor. To achieve desired results, use the type of yeast, either active dry or quick-rise, specified for each recipe.

Pizza dough can be mixed by hand, in a food processor or with a mixer and dough hook. Making dough the day before use then letting it rise in the refrigerator streamlines pizza production and makes rolling the dough easy.

BUILD TO SUIT

As with regional barbecue, personal opinion about pizza runs deep. Every pizza lover has his or her own idea of greatness. To create a “pizza de résistance,” consider both tested wisdom and your own preferences.

As a general rule, top a pizza according to its crust. Heavy toppings such as sausage, ground beef, large amounts of moist vegetables and a generous layer of cheese work well on supportive, chewy crusts. Lightly top a thin, crisp pizza to avoid overwhelming its delicate crust.



create your own!

To build a delicious pizza, add some of the fresh ingredients listed below—or top with other flavors you favor.



sauces

This can be a smooth or chunky tomato-based sauce, garlicky hummus, pesto or a simple brushing of olive oil.

meat

Choices include pepperoni, Canadian bacon, prosciutto, ham, salami, sausage, cooked shrimp or grilled chicken.

vegetables

Dice or slice multi-color peppers, onions, mushrooms, tomatoes, artichoke hearts, olives, squash or broccoli.

cheese

Beyond mozzarella, choose shredded provolone, cheddar, Monterey Jack, fontina, Asiago, Parmesan, goat cheese, gorgonzola or feta.



Prego Pizza and Pasta Sauces: select varieties
14 oz. \$1.38

making the dough

Crispy Pizza Crust:

Prep Time: 2 hours 20 minutes

Optional Rest Time: Overnight

Makes 2 (12-inch) pizza crusts, serving 8 (2 slices each).

2½ cups Hy-Vee unbleached flour

1½ teaspoons quick-rise yeast

2 teaspoons Hy-Vee sugar

1 teaspoon Hy-Vee salt

¾ cup warm water (105-115°F)

3 tablespoons Grand Selections olive oil

In a large bowl, combine flour, yeast, sugar and salt. Stir in water and olive oil until combined. Turn out onto a lightly floured surface and knead for 8 to 10 minutes or until smooth and elastic. Shape dough into a ball. Place in a large oiled bowl, turn to coat then cover with plastic wrap. Let rise in a warm place for 1½ hours, until doubled in size, or overnight in a refrigerator.

Punch down dough. Divide in two equal parts. Place each half in center of a 13-inch long sheet of parchment paper. Cover and let rest for 10 minutes.

Nutrition facts (crust only): 190 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 290 mg sodium, 31 g carbohydrates, 1 g fiber, 1 g sugar, 4 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 10% iron.

Chewy Pizza Crust:

Prep Time: 1½ hours

Optional Rest Time: Overnight

Makes 2 (12-inch) pizza crusts, serving 8 (2 slices each).

1¼ cups warm water (105-115°F)

1 teaspoon Hy-Vee granulated sugar

1 (¼-ounce) package active dry yeast (2½ teaspoons)

1¾ cups semolina flour or bread flour

1½ cups Hy-Vee unbleached flour

¾ teaspoon Hy-Vee salt

Parchment paper (if using pizza stone)

In a large bowl, stir warm water and sugar; sprinkle yeast over surface. Let stand until foamy, about 5 minutes. Stir in semolina flour, unbleached flour and salt. Knead with dough hook or turn out onto a lightly floured surface and knead for 6 to 8 minutes, until smooth and elastic. Shape dough into a ball. Place in a large oiled bowl, turn to coat; cover with plastic wrap. Let rise in a warm place for 45 to 60 minutes, until doubled in size, or let rise overnight in a refrigerator.

Punch down dough. Divide in two equal parts. If using a pizza stone, place each half on center of a 13-inch long sheet of parchment paper. If using pizza pans, place each half on a lightly floured surface. Cover and let rest for 10 minutes.

Nutrition Facts (crust only): 220 calories, 0.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 220 mg sodium, 45 g carbohydrates, 2 g fiber, 2 g sugar, 7 g protein. Daily values: 0% vitamin A, 0% vitamin C, 2% calcium, 15% iron.

CHICKEN-VEGETABLE PIZZA

There's rich flavor in the sauce, artichokes and cheese. Still, the star of the pizza is the homemade crust.

Prep Time: 25 minutes

Cook Time: 50 minutes

Serves 8 (2 slices each).

Dough for Crispy Pizza Crust
(recipe, opposite)

6 tablespoons Hy-Vee pizza sauce,
divided

8 ounces fresh mozzarella cheese,
sliced ¼-inch thick, divided

1 cup chopped cooked chicken
breast, divided

4 cups assorted vegetables: thinly sliced
onion; bell pepper strips; quartered
canned artichoke hearts; ¼-inch slices
steamed broccoli florets, divided

½ cup Hy-Vee shredded Parmesan
cheese, divided

Place oven rack in lowest position; place
pizza stone or baking sheet on rack.
Preheat oven to 500°F for 30 minutes.
Uncover one dough portion; sprinkle
lightly with flour. Roll to a 9×13-inch
rectangle or 12-inch circle about ¼-inch
thick. Repeat for remaining dough.

Spread 3 tablespoons pizza sauce on
each crust; add half the mozzarella
cheese, chicken, vegetables and
Parmesan cheese to each. Trim excess
parchment around dough. Pull
parchment with pizza onto a pizza
peel or a rimless baking pan. Slide
parchment and pizza onto the hot
pizza stone or baking sheet. Bake
each pizza for 8 to 10 minutes or
until golden.

Remove pizza and parchment with
a peel or by pulling parchment
onto another baking sheet.
Transfer to cutting board; pull out
parchment. If browner crust is
desired, broil for 1 to 2 minutes
or until brown and bubbly.
Transfer to cutting board.

Nutrition facts per serving:

360 calories, 14 g fat,

6 g saturated fat, 0 g trans fat,

40 mg cholesterol, 600 mg sodium,

38 g carbohydrates, 3 g fiber,

3 g sugar, 18 g protein.

Daily values: 25% vitamin A,

60% vitamin C, 25% calcium,

15% iron.



Make a crowd-pleasing grilled pizza.

Watch our how-to video at

www.hy-vee.com/resources/videos



Baking Stone Bread

Easy, cheesy, hot-from-the-oven French bread pizza offers an ingenious shortcut for homemade pizza. Thick, hearty slices of bread become ready crusts for savory toppings and bubbly cheese, making pizza prep incredibly fast. It's a crowd-pleasing solution to what's-for-dinner when time and energy are running short. Because pizza quality is closely linked to the crust, it makes perfect sense to use premium Baking Stone Bread from Hy-Vee as the foundation of this quick-fix supper.

DELICIOUS—ANY WAY YOU SLICE IT

With this meal, versatility reigns. Choose from the variety of cylindrical Baking Stone loaves: French, Italian Country, French Baguette or, for explosive cheese flavor, Asiago Batard. Slice the loaf in half lengthwise in two long planks, cutting off some of the bottom for bread to stand stable during baking. Or make small pizzas by cutting bread in $\frac{3}{4}$ -inch crosswise slices. Use the entire loaf to make a meal for 4 to 6 or cut just enough slices for a serving or two. For chewy, artisan texture, use Baking Stone Focaccia Bread in Black Pepper Parmesan or Asiago flavors, sliced in half horizontally in two rectangles.

Let personal taste determine toppings. Stick with such familiar favorites as pepperoni, sausage, onion or mushroom or test new novel flavor combinations: crumbled bacon with pineapple, smoked sausage with zucchini slices or a vegetarian pairing of black beans and sliced peppers. See what's already in your fridge that would make amiable partners: grilled steak strips and stir-fried vegetables, barbecued chicken and sautéed onions or taco meat and chopped tomatoes. In the cheese department, shredded mozzarella is always a winner with its magnificent melting qualities. But don't overlook cheddar, fontina, a Mexican blend or, for a bit of a bite, pepper Jack.

Steps to make French bread pizza are so simple, no recipe is required. Slice the bread, thinly spread cut surfaces with pizza sauce, place slices on a baking pan then sprinkle with cheese, reserving some for the final flourish. Add meat and vegetable toppings and the rest of the cheese. Bake in a preheated 400°F oven about 10 minutes, until bread edges are golden brown.

Make one of the 24 varieties of Baking Stone Breads the hub of the family meal or serve them as prized sides to main courses. They're the best.

Baking Stone Italian Bread 16 oz. \$1.99





TACO PIZZA (as seen on page 60)

Crumbled tortilla chips give this pizza plenty of crunch. To give it a bit of kick, add sliced jalapeño peppers to the toppings.

Prep Time: 30 minutes

Cook Time: 16 to 18 minutes

Serves 8 (2 slices each).

Dough for Chewy Pizza Crust, page 62

1 pound lean ground beef

2 tablespoons taco seasoning

2 tablespoons water

½ cup Hy-Vee tomato paste

½ cup Hy-Vee thick & chunky salsa

1 cup chopped onion

1 cup chopped green peppers

4 cups Hy-Vee shredded Mexican

cheese blend

2 cups slightly crushed Hy-Vee
nacho-flavored tortilla chips

3 cups shredded iceberg lettuce

1 medium avocado, seeded, peeled
and sliced

1 medium tomato, chopped

Prepare dough for Chewy Pizza Crust.

Place oven rack in lowest position; if using pizza stone, place on rack before turning oven on. Preheat oven to 400°F.

In a large skillet, brown beef; drain. Stir in taco seasoning and water; set aside. For sauce, combine tomato paste and salsa; set aside.

Uncover one dough portion; sprinkle very lightly with flour. If using pizza stone, roll dough directly on parchment paper to a 12-inch diameter circle about ⅛-inch thick. If using pizza pans, on a lightly floured surface, roll dough to 12-inch diameter circle. Place dough on lightly greased pizza pan. Repeat for remaining dough.

Top crusts with sauce, seasoned beef, onion and green peppers. Sprinkle with cheese. If using pizza stone, transfer pizza with parchment paper directly to pizza stone. Bake for 16 to 18 minutes, until crust is golden. Garnish with chips, lettuce, avocado and tomato.

Nutrition facts: 710 calories, 32 g fat, 17 g saturated fat, 0 g trans fat, 110 mg cholesterol, 1,050 mg sodium, 66 g carbohydrates, 7 g fiber, 7 g sugar, 41 g protein. Daily values: 30% vitamin A, 45% vitamin C, 45% calcium, 30% iron.

SPICY ITALIAN CALZONES

Mouthwatering Italian sauce spiked with mushrooms and green peppers creates a calzone to match the best that New York City can offer.

Serves 6.

Dough for Chewy Pizza Crust, page 62

1 (8-ounce) package Hy-Vee Italian-blend
shredded cheese, divided

1 pound bulk Italian sausage

1 cup chopped onion

1 cup chopped red and/or green peppers

1 (4-ounce) can Hy-Vee mushroom stems
and pieces, drained

⅓ cup Hy-Vee pizza sauce

Additional pizza sauce, optional

Prepare dough for Chewy Pizza Crust and allow to rise. Punch down dough. Divide in six equal parts for small calzones or two equal parts for large calzones. Cover and let rest for 10 minutes.

Set aside 2 tablespoons of the cheese to reserve for topping.

In a medium-size skillet, cook sausage. Remove from heat and drain. Stir in onion, peppers, mushrooms and pizza sauce. Stir in the larger portion of cheese.

Preheat oven to 450°F. Uncover one portion of dough, very lightly sprinkle with flour. Roll to a 7-inch circle for a small calzone or 12-inch circle for large calzone. Position dough

on calzone press. For a small calzone, place a heaping ½ cup sausage filling on half the dough. For a large calzone, use 2 cups filling. Close press firmly to seal. Transfer calzone to a baking sheet. Repeat for remaining dough and filling.

Bake calzones until golden, 17 to 20 minutes for small calzones or about 25 minutes for large calzones. Sprinkle with reserved cheese during the last 3 minutes of baking. If desired, serve with additional pizza sauce for dipping.

Nutrition facts per serving: 580 calories, 20 g fat, 9 g saturated fat, 0 g trans fat, 50 mg cholesterol, 1,160 mg sodium, 70 g carbohydrates, 5 g fiber, 5 g sugar, 28 g protein. Daily values: 25% iron, 10% vitamin A, 40% vitamin C, 30% calcium.



CALZONE MAKERS

Folding a calzone properly is the secret to success with this hefty meal, which is part pizza and part sandwich. This press perfectly forms calzones for serving.

Pizza Craft Large Calzone Press \$7.99





CURTIS STONE'S HOMEMADE PIZZA WITH MOZZARELLA, CHERRY TOMATOES AND PESTO

Go vegetarian for the night with flavors from Italy. Roasted tomatoes, pesto and garlic lure you with deep, savory flavors. Makes two 10-inch pizzas.

Prep Time: 20 minutes
Total Time: 40 minutes
Serves 4.

ROASTED TOMATOES:

- 12 cherry tomatoes
- 1 tablespoon extra-virgin olive oil
- Salt and freshly ground black pepper, to taste

PESTO:

- 2 garlic cloves
- 1½ bunches fresh basil leaves (about 1½ cups lightly packed)
- ½ cup pine nuts, toasted
- ½ cup freshly grated Parmesan cheese
- ½ cup extra-virgin olive oil
- Salt and freshly ground black pepper, to taste

PIZZA:

- All-purpose flour, for dusting
- 1 recipe for Chewy Pizza Crust, page 62
- 6 ounces fresh mozzarella cheese
- 4 tablespoons freshly grated Parmesan cheese
- ¼ cup fresh basil leaves
- Salt and freshly ground black pepper, to taste

To roast tomatoes:

Preheat oven to 475°F. Lay tomatoes on a stainless steel or non-aluminum baking sheet and drizzle lightly with 1 tablespoon of olive oil. Sprinkle with salt and pepper. Roast tomatoes in oven until they are tender and begin to brown, about 10 minutes. Remove from oven and set aside.

To make pesto:

Using a Bump and Grind or another large mortar and pestle, smash garlic into a coarse puree. Add basil and pound until it is coarsely chopped. Add pine nuts and smash to break them up. Mix in Parmesan cheese. Slowly mix in olive oil. Season pesto to taste with salt and pepper and set aside.

To prepare pizzas:

Increase oven temperature to 500°F. Prepare 1 recipe for Chewy Pizza Crust. Form a thin, irregularly-shaped disk that is about 10 inches in diameter. Place on a heavy baking sheet.

Spread ¼ cup of pesto sauce in a thin layer over pizza dough, leaving a ½-inch border around edge. Arrange half of roasted tomatoes over pizza. Tear mozzarella into long stringy pieces and scatter half of them over pizza. Sprinkle on 2 tablespoons of Parmesan cheese.

Repeat to make second pizza.

Bake pizzas for about 12 minutes or until bottoms are crisp and deep golden brown and cheese has melted and becomes pale golden on top.

Slide pizzas off of baking sheets and onto a cutting board. Scatter basil leaves over pizzas. Sprinkle with salt and pepper. Using a pizza wheel or large sharp knife, cut pizzas into pieces and serve.



Rotel Diced Tomatoes: select varieties
10 oz. \$1.18



Marie Callender Pies: select varieties
28 to 46 oz. \$5.99



Swiss Miss Pudding: select varieties
6 pk. \$2.29



Banquet Family Entrées: select varieties
24 to 28 oz. \$2.88



Hunt's Ketchup 24 oz. \$1.18



Banquet Boxed Chicken: select varieties
12 to 15 oz. \$2.38



Fleischmann's Sticks, Sleeves or Bowls:
select varieties 11.4 to 16 oz. \$1.68



FAMOUS QUESO

PREP IN 10 MINUTES. SERVES 20.

- 1 can (10 oz.) RO*TEL® Original Diced Tomatoes & Green Chilies, undrained
- 1 pkg. (16 oz.) Velveeta® Pasteurized Prepared Cheese Product, cut into cubes

Combine undrained tomatoes and cheese in medium saucepan.

Cook over medium heat 5 minutes or until cheese is completely melted and mixture is well blended, stirring frequently. Serve warm as a dip with tortilla chips or crackers.



BIG FLAVORS.



BEEFY CHILI SKILLET WITH

PREP IN 15 MINUTES. SERVES 6.

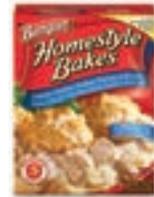


- 1 pound ground sirloin beef (90% lean)
- 2 cans (15 oz. each) Wolf® Brand Chili with Beans
- 1 can (14.5 oz.) Hunt's® Diced Tomatoes, undrained

Cook beef in large skillet over medium-high heat until crumbled and no longer pink, stirring occasionally; drain. Stir in chili and undrained tomatoes. Reduce heat to low; simmer 5 to 7 minutes or until hot, stirring occasionally.



Wolf Brand Chili: select varieties 15 oz. 2/\$3.00



Homestyle Bakes: select varieties 25.7 to 30.9 oz. \$3.49



Egg Beaters: select varieties 15 oz. \$2.77

LITTLE TIME.



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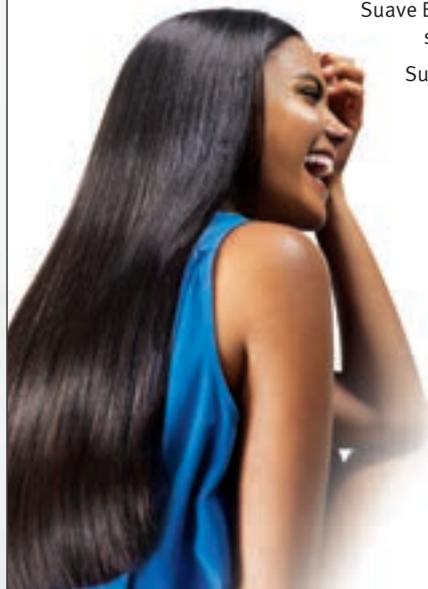
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5:55 PM



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