

seasons

HyVee
EMPLOYEE OWNED

**POULTRY
& SIDES**
THE ULTIMATE
THANKSGIVING
pg 16 & 44

**COZY
DINNERS**
SAVORY SOUPS
& PERFECT PASTA

**DECADENT
DESSERTS**
pg 36

**LOOKING
BACK**
HY-VEE THROUGH
THE YEARS
RECIPES FROM
THE DECADES
pg 30

FALL 2014
~~\$4.95~~ FREE
HY-VEE.COM

HY-VEE SEASONS

WHERE THERE'S A HELPFUL SMILE, IN EVERY AISLE.

FALL 2014 • VOLUME 8 ISSUES



MATCH MADE IN HEAVEN

Everyone loves pairing fresh-baked cookies with a tall glass of milk, but baking the perfect batch is harder than it looks. Why not let Hy-Vee do the work? Our bakers have developed delicious varieties of homemade cookies, featuring Ghirardelli Chocolate. You'll love the results.



NEW AT HY-VEE!

Indulge in the best, try the new sweet, plump, chewy homemade Gourmet Cookies from Hy-Vee. Our bakers use heavenly Ghirardelli Chocolate. Four new gourmet cookie flavors: Dark Chocolate, Cayenne & Caramel • Intense Dark Chocolate & Almond Espresso • Peanut Butter, Milk Chocolate & Sea Salt • Oatmeal, Greek Yogurt & Cranberry



CONTENTS



FEATURES

16 PERFECT POULTRY

All of our holiday birds—turkeys, chickens, Cornish game hens and ducks—promise to be tender, juicy and crowd-pleasing.

22 EASY FALL SOUPS

Nothing is better on a cool autumn evening than a hot, steaming bowl of homemade soup. There's comfort in every spoonful.

30 A HELPFUL SMILE + FIFTY RECIPES For 50 years, “Where there’s a helpful smile in every aisle” has been the Hy-Vee slogan. Celebrate with the foods and trends of each decade.

36 SHOT IN THE DARK

For a grown-up dessert, add a dash of bourbon, a drizzle of rum or a hint of liqueur.

42 CHEESES FOR THE PERFECT TRAY

Set out recommended samples that introduce your guests to five mild-to-bold types of cheese made here and abroad.

44 HOLIDAY SIDES

Dig into fresh takes on traditional holiday side dishes. They'll leave you craving more.

54 BANANAS

Go wild with sweet, creamy banana dishes, everything from sundaes to cakes to fritters.

62 DINNER FOR 2

Try one of our recipes for a five-star meal. Easy and elegant, most are ready in 30 minutes.

68 GREAT CHEFS COOK-OFF

Chefs in the Hy-Vee Kitchen are among the best in the business, including nine who made the Supermarket Chef Showdown finals.



CONTENTS

SECTIONS & COLUMNS

7 IN SEASON: WINTER SQUASH

Add sweet, tender flavors to any meal by serving winter squash.

9 DIY BLOOMS: HAND-TIED BOUQUET

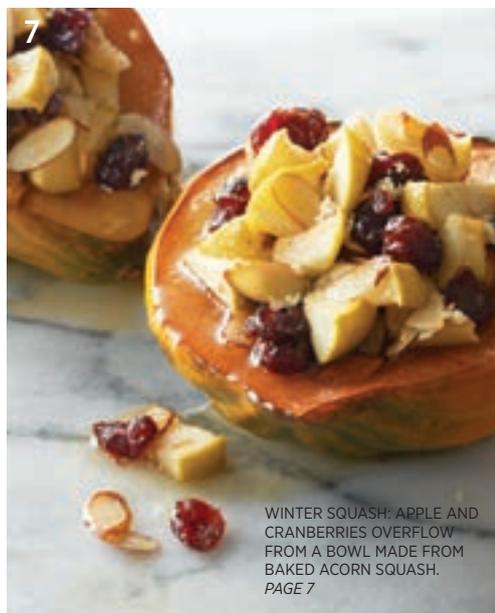
Get in sync with the season. Create an arrangement in subtle shades of orange.

10 OUR BEST: TEAM BUILDER

Discover what it takes to be an award-winning Hy-Vee store director.

13 COOKING 101: SOUP STARTER

Learn the secret of stocks and broths to heighten flavors of soups, stews and other steaming dishes.



WINTER SQUASH: APPLE AND CRANBERRIES OVERFLOW FROM A BOWL MADE FROM BAKED ACORN SQUASH. PAGE 7



70 SOLUTIONS

With the cold and flu season upon us, where can you go for help when it's needed?

IN EVERY ISSUE

- 3 EDITOR'S LETTER
- 4 YOU ASKED
- 76 TOP PICKS
- 81 NEXT ISSUE

**HY-VEE FLORAL:
HIGHLIGHT
THE BEAUTY OF FALL
WITH FLORALS STRAIGHT
FROM THE SEASON'S
COLOR PALETTE.**

HY-VEE SEASONS
VOLUME 8, ISSUE 5

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About Our Editor:

Since joining the Hy-Vee staff two years ago, chef Luke Peters has also been named catering manager in Cedar Rapids. His career path has included 15 years of restaurant experience and two culinary degrees. Shown here are Hy-Vee CEO Randy Edeker, *left*, and chef Luke Peters.

DEAR HY-VEE READER,

More than 20 years ago, I became a chef because I love food. Nothing has changed through the years. My life will always be about fruits and vegetables, flours and spices, creams and wines—and helping people experience memorable meals, often from their own kitchens.

I'm privileged to engage with so many people here at Hy-Vee. It's different from working in restaurants, where I was usually isolated behind kitchen doors. Here at the store, I interact with customers on a daily basis—offering advice, giving them insider secrets and gaining insights and knowledge from them in return.

People are much more adventurous in their cooking today; we aren't limited to meat-and-potatoes diets any longer. It's a generational thing. You'll see it in the pages ahead, where you'll discover recipes as varied as roast duck, eggplant patties and a wonderful acorn squash stuffed with apple and cranberries. These are some of the tastes of autumn, which are deeper, richer and more savory than those of the warmer seasons.

Good food is at the heart of this Fall issue of *Hy-Vee Seasons*. For flavorful holiday entrées, check out "Perfect Poultry," *page 16*, and the robust tastes in "Holiday Sides," *page 44*. We also look back to the 1960s, when the familiar Hy-Vee slogan, "Where there's a helpful smile in every aisle," was first used in a TV commercial. Read about it in "A Helpful Smile + Fifty Recipes," *page 30*, and travel back in time with some of the recipes.

Welcome to the Fall issue. All your friends at Hy-Vee hope you enjoy it.

Sincerely,

Luke Peters, Chef

Cedar Rapids #7, Iowa

ASK US

What should customers look forward to this fall at Hy-Vee? Are there any great seasonal meal ideas that your department will be offering?



COOL AUTUMN NIGHTS MEAN HOT AUTUMN MEALS. SEE WHAT THESE HY-VEE MANAGERS & A DIETITIAN SAY TO LOOK FOR THIS FALL!

A: There are lots of great meal ideas to be found in the HealthMarket. In the fall I always love root vegetables. The pumpkin in our organic section is freshly canned with no preservatives and works great in soufflés and desserts. Who doesn't love a great pumpkin pie?

Michelle Mueller
HealthMarket Manager
Rochester #1, MN

A: When fall comes around, a new selection of colorful and nutritious produce is available, such as apples, squash, grapes and berries. Many of these items are excellent sources of flavonoids, which are antioxidants believed to reduce the risk of cancer, heart disease, asthma and stroke. Other benefits may include a better immune system, a longer life and better brain health.

Cassie McClellan
Dietitian
Columbia #3, MO

A: A LOT OF OUR SEASONAL SALADS, SUCH AS CRANBERRY RELISH AND PUMPKIN FLUFF, CAN BE MADE TO ORDER FOR A HOLIDAY DINNER. CRISP APPLE WALDORF SALAD IS ALSO VERY POPULAR.

Brian Wolhoy
Kitchen Manager
Dubuque #2, IA

A: Autumn is a great time to utilize our fresh Bakery Department. Our made-from-scratch bread bowls will make your best soup the star of a lunch or dinner. Our sourdough bread makes great hot sandwiches—truly the best around—and is phenomenal in stuffing for the holidays. Our delicious pumpkin pies or fluffy pumpkin breads are perfect for pairing with your fall entrées.

JD Deering
Bakery Manager
Blue Springs, MO

A SAMPLING OF RECIPES IN THIS ISSUE

ORANGE-GLAZED CORNISH GAME HENS *PAGE 19* • APPLE-SAGE BRINED TURKEY *PAGE 20*
 • BEEF AND BARLEY WITH MUSHROOMS *PAGE 25* • TURKEY VEGETABLE CHOWDER WITH LEMON-BASIL DUMPLINGS *PAGE 29* • AMARETTO NUT BARS *PAGE 38* • CARIBBEAN RUM WHITE CHOCOLATE CAKE *PAGE 39* • POTATOES AU GRATIN *PAGE 46* • CORN SOUFFLÉ CASSEROLE *PAGE 50*
 • HOMEMADE BANANA PUDDING *PAGE 58* • BANANA CREAM CUPCAKES *PAGE 60* • LINGUINI CHICKEN CARBONARA *PAGE 65* • CAPRESE-STYLE EGGPLANT STACKS *PAGE 66*



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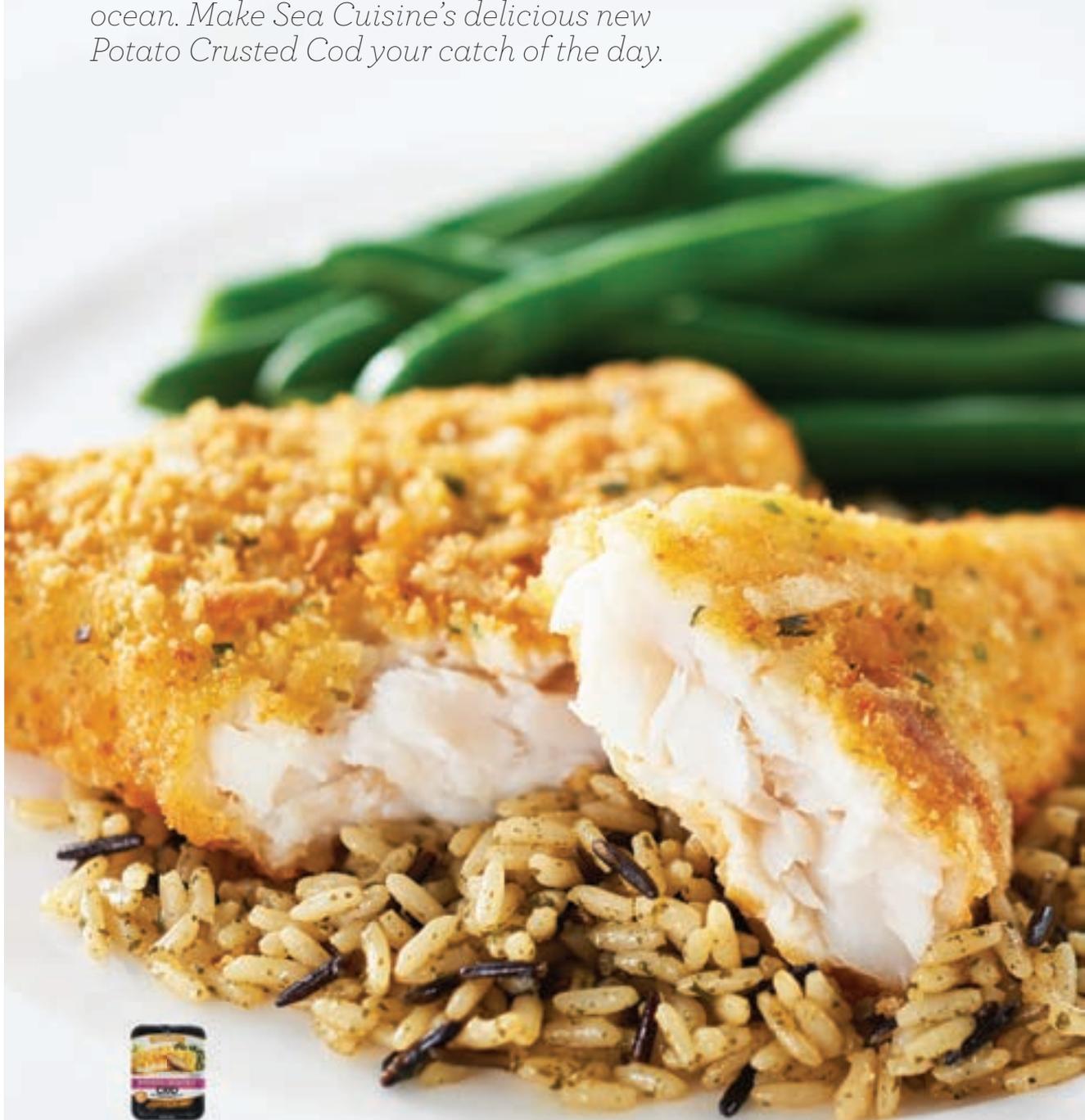
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See Worthy

Crisp outside with an ample portion of fresh fish fillet inside, this is comfort food from the ocean. Make Sea Cuisine's delicious new Potato Crusted Cod your catch of the day.



winter SQUASH

Sweet, tender and packed with antioxidants for good health, winter squash is a fantastic addition to any meal. Serve it with pork or turkey. Or use it in gratins, pastas, soups and desserts.

SELECT

Always pick squash that is firm and heavy for its size with a smooth, dull, thick rind. Those with soft rinds may lack flavor. If a stem is still attached, it should be rounded and dry. When choosing a green acorn squash, select one with less orange. Acorn squash that is more orange than green may be stringy.

STORE

Winter squash do best when stored in a dark, cool place, ideally at 55°F. Colder temperatures cause them to rot. At home, store whole, unwashed squash in a pantry and use within a few weeks. Cut squash can be stored covered in a refrigerator for a day or two.

PREP

Using a sturdy, sharp knife with a long blade, carefully pierce the rind and cut squash in half. Scoop out the seeds and lay halves flat. Peel and cut into pieces, if desired. To peel exceptionally tough rinds, pierce all over with a knife and microwave the squash 3 to 5 minutes until it's soft enough to cut.

"I love a fall harvest bisque. Throw in some squash, carrots, turnips and parsnips along with some onions and fennel. Boil down, then add heavy cream. It's a quick, easy bisque; sweet and a little spicy."

Chef Ron Dillavou,
Hy-Vee in Waterloo #4, Iowa

DID YOU KNOW?

WINTER SQUASH CAN BE SWEETENED WITH MAPLE SYRUP, HONEY, BROWN SUGAR OR ORANGE JUICE.

**COOKING
WINTER
SQUASH**

Roast: Cut and seed. (Seeds can be saved for roasting.) Lightly oil a baking sheet and place each half cut-side down; pierce skin with a knife. Cover halves in oil, season to taste and place one layer deep. Roast the squash at 375°F about 45 minutes until tender.

Steam: Peel, cut squash into pieces, discard seeds. Place in steamer basket over 1 inch of boiling water. Steam covered until tender, 10 to 20 minutes. Works best with easily peeled varieties of squash.

Microwave: Pierce all over with a knife to vent steam. Cook on full power for 5 to 10 minutes or until tender. Knife will easily pierce rind and flesh when ready. Cool, cut in half and remove seeds. To cook pieces, peel, cut into pieces, discard seeds and microwave squash until tender.

Apple-Cranberry-Stuffed Acorn Squash

Serve warm delightful fall flavors in a squash bowl. This fruity blend includes apples, cranberries and almonds.

Prep: 15 minutes | Bake: 90 minutes | Serves 4

- 2 cups Hy-Vee cranberry juice, heated**
- 2 acorn squash, halved and seeded**
- 2 cups chopped Granny Smith apples**
- ½ cup Hy-Vee packed brown sugar**
- ½ cup Hy-Vee dried cranberries**
- ½ cup Hy-Vee sliced almonds**

- 6 tablespoons Hy-Vee butter, melted (divided)**
- ¼ teaspoon Hy-Vee ground cinnamon**
- ⅛ teaspoon Hy-Vee ground nutmeg**

1. Preheat oven to 350°F.
2. Pour cranberry juice into 13×9-inch baking pan. Arrange squash halves, cut-sides down, in cranberry juice. Bake, uncovered, for 30 minutes.
3. In a medium bowl, combine apples, brown sugar, cranberries, almonds and 4 tablespoons melted butter. Sprinkle with cinnamon and nutmeg.
4. Remove squash from oven; drain juice from pan.

5. Turn squash upright and brush remaining 2 tablespoons melted butter over cut sides and cavities of squash.
5. Fill cavities with apple mixture. Return squash to oven and bake, uncovered, 60 minutes more or until squash halves are tender.

Nutrition facts per serving: 580 calories, 25 g fat, 12 g saturated fat, 0.5 g trans fat, 45 mg cholesterol, 30 mg sodium, 90 g carbohydrates, 7 g fiber, 64 g sugar, 5 g protein. Daily values: 30% vitamin A, 60% vitamin C, 15% calcium, 15% iron.

hand-tied BOUQUET

Creating a beautiful autumn bouquet is easier than you think. This rustic piece looks great in hand and as a table arrangement when your event is through.



WHAT YOU NEED

- 10 ORANGE RANUNCULUS
- 7 DISBUD MUMS
- 3 CREAM GARDEN ROSES
- 5 FINESSE ROSES
- 10 STEMS DUSTY MILLER
- 5 STEMS SILVER BRUNIA
- FLORAL SHEARS
- TWINE OR STRING
- BLACK-AND-WHITE GINGHAM RIBBON
- 1 LARGE GLASS VASE

STEP 1: Arrange bouquet in one hand, removing leaves as desired, and tie together with twine or string.

STEP 2: Wrap ribbon once around bouquet hiding string. Tie in a bow.

STEP 3: When bouquet is not in use, display in a clear vase with water.

TEAM BUILDER

As a boy working side by side with his father in a small-town market, Randy Kruse learned about honesty, integrity and the rewards of hard work. Here's proof he paid attention: He's been honored by an industry group for his leadership skills as a Hy-Vee store director.



For Randy Kruse, taking home the Manager of the Year award from the Food Marketing Institute (FMI) this year was akin to winning a championship.

"It was my Super Bowl. It was quite an honor," says Randy, a store director for Hy-Vee in Ames, Iowa.

FMI is an industry group representing food retailers in the United States and around the world. Randy competed against managers from other supermarket chains with 200 or more stores. Judging criteria included leadership, communication with staff, innovation and improving a store's financial performance.

In his youth, Randy worked for his father in the family-owned grocery store in Laurens, Iowa. When Randy joined Hy-Vee 35 years ago, it was with his father's encouragement. Randy began his career at the store as a part-time checker/stocker in Fort Dodge, Iowa. He has been a store director since 1992, when he was assigned to the store in Waseca, Minnesota. He also held the director position at stores in Carroll and Windsor Heights, Iowa.

Q: WHAT WAS YOUR FIRST JOB WITH HY-VEE?

A: I got to take care of an aisle. Aisle number two was my aisle. I wanted that aisle because it was the most difficult. I stocked it with canned vegetables and similar items and I kept it looking the best that was possible.

Q: WHAT HAS BEEN YOUR FAVORITE ASSIGNMENT?

A: I love being a store director because I enjoy mentoring people. I feel that I can really connect with my employees and build a team. The way I feel about the job also has



Randy Edeker, Chief Executive Officer, Hy-Vee, *left*, and Randy Kruse, Store Director, Hy-Vee Ames #2, Iowa, *right*, at the Food Marketing Institute conference in Chicago.

a lot to do with the customers. I have made so many incredible friends over the years through my work.

At Hy-Vee, we have the most unique autonomous system in the industry. As a store director, I'm allowed to make the decisions needed every day that directly affect thousands of customers and my community, and are also good for the company.

Q: WHAT ARE SOME OF YOUR RESPONSIBILITIES ?

A: Being a Hy-Vee store director allows me to make the majority of all decisions for our store. I control the pricing to stay competitive against other local stores. I oversee item selection, the hiring of help and all the donations we make to the community. I also develop the store's annual budget and set the sales and profit goals. Other companies dictate everything to their managers, but at Hy-Vee we create our own strategies at the store level and are held accountable for them. It truly gives us the responsibility of running our own business.

Q: WHEN ENTERING A STORE FOR THE FIRST TIME, WHAT ARE SIGNS THAT IT IS WELL-MANAGED?

A: You get a feel for a store in the first ten steps you take inside. A new customer will notice if there is a clean entryway, a nice clean floor and that they are greeted with a smile by someone who says, "Hi, how are you today?" or "Welcome to Hy-Vee." All those things make our customers feel good.

Q: WHAT ARE THE BEST DAYS IN YOUR STORE?

A: My best days are when I can spend most of my time on the sales floor working with the employees and visiting with my customers. It's very gratifying when you can leave the store knowing that you have helped make someone's day better.

Q: WHAT HAS BEEN YOUR MOST CHALLENGING EXPERIENCE ON THE JOB ?

A: I was still a new store director in Waseca when our checkers and some of the customers started feeling ill. It turned out that someone released pepper spray inside the store. It spread through the aisles, so we had to close. Police, fire and a hazmat team were called in to help. After they left, our staff stayed the entire night to clean up. Our state health inspector gave us the OK to reopen just in time to celebrate the Fourth of July. It was a very stressful time, but through that I learned that a store director has to be ready for anything.

A DOZEN TIPS FOR SUCCESS

As a Hy-Vee store director, Randy Kruse guides a team of 435 employees. Here are his tips for daily success in any job:

- Speak to every customer.
- Be a teacher and trainer to others.
- Lead by example and be a team player.
- Follow the rules.
- Have a great attitude.
 - Be the company's brand!
- Represent your company inside and outside.
- Be organized and detail-oriented.
- Respect your boss.
 - It's OK to make a mistake every day—but never make the same mistake twice.
 - Be a good communicator and listener.
 - Make perfection your goal.

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Soup STARTER

When you want an outstanding soup, there are several choices for a rich and savory foundation. While ready-made stocks and broths are convenient, a homemade starter made from simple ingredients fills your house with tantalizing aromas during a few hours of hands-off cooking. This clean, aromatic flavor can't be beat.

READYMADE STARTERS:

STOCK: Chicken, beef, vegetable or seafood stocks come in resealable cartons. Stock is made mostly by simmering bones and has a richer body than broth. You'll also find low-sodium and unsalted varieties. To enhance the flavor of a lower-sodium stock, simmer it with vegetables and some seasonings for about 30 minutes.

BROTH: Straight from the can or resealable carton, a chicken, beef, vegetable or flavor-infused broth differs from stock. Broths have hearty, distinctive flavors—chicken and beef broths taste meatier because pieces with high meat-to-bone ratio are typically used. Reduced-sodium or even unsalted broth is also available.

OTHER OPTIONS: Instant bouillon granules or cubes are available in chicken, beef and vegetable flavors. These also come in flavor-infused and low-sodium varieties. Besides these shelf-stable staples, there are soup-base pastes that work in a similar way. Simply combine them with boiling water to make a hearty broth.

HOMEMADE CHICKEN SOUP STARTER

For richer body, use the bony pieces of chicken (back, neck and wings). For meatier flavor, use a whole chicken.

Prep: 25 minutes | Cook: 3 hours | Makes about 4 quarts

- 1 (5- to 6-pound) roasting chicken
- 3 stalks celery with leaves, cut up
- 2 medium parsnips, peeled and cut up
- 2 medium carrots, unpeeled and cut up
- 2 large onions, unpeeled and cut up
- 2 heads garlic, unpeeled and halved
- 1 teaspoon Hy-Vee salt
- 4 sprigs each fresh parsley, thyme, sage and basil
- 4 bay leaves
- 1 teaspoon Hy-Vee whole black peppercorns
- Cold water

1. Place chicken in an 8-quart stockpot. Add celery, parsnips, carrots, onions, garlic and salt.
2. Bundle the parsley, thyme, sage, basil, bay leaves and peppercorns together in several thicknesses of 100-percent-cotton cheesecloth; tie with kitchen string to form a bag. Add to stockpot.
3. Fill stockpot with cold water to cover ingredients by 2 inches. Slowly bring water to boiling; reduce heat. Simmer, covered, for 3 hours.
4. While the starter is simmering, use a small strainer to skim the fat and impurities off the top of the surface.
5. Remove chicken from stockpot; let cool.* Strain the starter into a large bowl through two layers of 100-percent-cotton cheesecloth placed in a colander or large strainer. Discard vegetables and seasonings.
6. If using the starter while hot, skim off fat. Using a fat-separating pitcher, let fat rise to the top, then pour

the starter from the spout. (Or use a spoon to skim away fat floating on the surface.)

7. If storing the starter for later use, cool it quickly by placing the hot bowl, uncovered, in another bowl of ice water. Stir starter occasionally. Once the starter is cooled, cover and chill for several hours or until firm. Lift off the fat layer with a spoon.
8. Place the starter in an airtight storage container. Cover and chill for up to 3 days. Or transfer starter to a freezer container. Cover and freeze for up to 6 months.

*Note: The chicken meat will be dry after simmering for several hours but can be reserved and used for soups or casseroles. Discard chicken bones and skin. For step-by-step instructions, see [page 14](#).



STEP 1: Prep celery, parsnips, carrots, onions, garlic and salt.



STEP 2: Bundle the parsley, thyme, sage, basil, bay leaves and peppercorns together in several thicknesses of 100-percent-cotton cheesecloth.



STEP 3: Fill stockpot with cold water to cover ingredients by 2 inches. Slowly bring water to boiling; reduce heat. Simmer, covered, for 3 hours.



STEP 4: While the starter is simmering, use a small strainer to skim fat and impurities off the top of the surface.



STEP 5: Remove chicken from stockpot; let cool. Strain the starter into a large bowl through two layers of 100-percent-cotton cheesecloth placed in a colander or large strainer. Discard vegetables and seasonings.



STEP 6: If using the starter while hot, skim off fat. Using a fat-separating pitcher, let fat rise to the top, then pour the starter from the spout.



STEP 7: If storing the starter for later use, cool it quickly by placing the hot bowl, uncovered, into a bowl of ice water; stirring starter occasionally. Once the starter is cooled, cover and chill for several hours or until firm.



STEP 8: Lift off the fat layer with a spoon.



STEP 9: Place the starter in an airtight storage container. Cover and chill for up to 3 days. Or, transfer the starter to a freezer container. Cover and freeze for up to 6 months. Small amounts of the starter also can be frozen in ice cube trays, then transferred to resealable freezer bags.

TAKE STOCK!

Keep homemade starter on hand to jazz up the flavor of everyday cooking in ways that are always sodium-smart.

STEAMING: Use about 2 tablespoons of the starter when steaming veggies in the microwave.

COOKING: Use the starter instead of water to cook pasta, rice and other grains according to package directions. It can also replace water or wine used in savory recipes.

REHEATING: Add the starter as needed to thin your sauces, soups and stews.

BASTING: Use the starter as a basting liquid to moisten oven-roasted chicken or meat.

DEGLAZING: Use the starter as the liquid for scraping up brown bits in a pan after roasting or browning meat or poultry.

BRAISING: Use the starter to cook tough cuts of meat with long, slow, moist heat.

MAKING GRAVY: Deglaze the roasting pan and thicken the starter for a rich gravy.

FALL '14

- PERFECT POULTRY • EASY FALL SOUPS
- A HELPFUL SMILE + FIFTY RECIPES • SHOT IN THE DARK
- CHEESES FOR THE PERFECT TRAY • HOLIDAY SIDES • BANANAS
- DINNER FOR 2 • GREAT CHEFS COOK-OFF

PHOTO Tobin Bennett



Perfect

WORDS Lois White PHOTOS Tobin Bennett

POULTRY

The most sumptuous Thanksgiving feast starts with a beautiful bird. While turkey may be the centerpiece at large gatherings, roast chicken, duck and Cornish hens can make big impressions at small tables.

A bird of any size can make a holiday feast memorable. For cooks, the real beauty lies in choosing from an assortment of birds and recipes. Whether you're feeding a handful or a houseful, we've got the perfect bird for your table.

CLASSIC ROAST CHICKEN, surrounded by savory vegetables and served with pan gravy, will feel right at home in an intimate gathering. A 5- to 6-pound roaster serves up to eight people. Roasting the chicken at a high oven temperature is the secret to perfectly crunchy, crisp skin. Rubbing a fragrant herb butter underneath the skin enhances flavor and keeps the meat tender and super moist. It's something special your guests won't soon forget.

CORNISH HENS, a small breed of young chicken, offer attractive individual servings and fast prep. A whole hen surrounded by vegetables on a plate makes a delicious and elegant presentation. These tasty morsels weigh about 1½ pounds each and roast in little more than an hour. They also fit easily into the oven. Brushing on a sweet glaze helps the skin caramelize and crisp up.

DUCK offers a distinctive earthy flavor and dark moist meat, something you won't get when taking the tried-and-true path with other birds. Cooks may find duck intimidating because of its fatty skin. Not to worry. Our recipe, *page 21*, will give you a tender and juicy, pomegranate-glazed bird with a slightly

sweet finish. Some of the duck fat can be used to baste the meat while roasting. The rest of this liquid gold can be spooned off and used in other ways, such as for drizzling over roasted vegetables. Figure on a 5- to 6-pound bird to feed four people.

TURKEY, the iconic bird, takes on exciting new flavors when soaked overnight in a salty brine. The meat absorbs seasoned liquid, which breaks down the proteins and seals in flavor and moisture prior to roasting. If you're brining, avoid self-basting birds. Look for the words *natural* and *no additives* on the label. If the turkey is frozen, allow three days of thaw time in the refrigerator. Figure about 1 pound (including skin and bones) per person to allow for seconds and leftovers.



Herb-Roasted CHICKEN WITH VEGETABLES

Rubbing a compound herb butter underneath the skin enhances flavor and keeps the meat tender and juicy while roasting. A high oven temperature promises a crisp skin with more delicious flavor.

Prep: 35 minutes | Roast: 1¼ to 1¾ hours |
Stand: 10 minutes | Serves 8

1 lemon

½ cup Hy-Vee butter, softened

¼ cup finely shredded aged white cheddar cheese

2 cloves garlic, minced

2 tablespoons chopped fresh Italian parsley

2 tablespoons chopped fresh basil

2 tablespoons chopped fresh chives

2½ teaspoons Hy-Vee kosher salt, divided

½ teaspoon Hy-Vee black pepper, divided

1 (5- to 6-pound) whole roasting chicken

1 medium fennel bulb

4 medium carrots, peeled and cut into 3-inch lengths

2 medium red potatoes, quartered

¼ cup chicken broth

2 tablespoons Hy-Vee Select olive oil

1 recipe Simple Pan Gravy, optional

1. Zest lemon; set zest aside. Cut lemon into quarters. Juice two of the quarters for 2 teaspoons lemon juice; set aside. Reserve remaining quarters for cavity of chicken.

2. For compound butter, in a bowl combine butter, cheese, garlic, parsley, basil, chives, reserved lemon zest and juice, ½ teaspoon salt and ¼ teaspoon pepper. Mix until smooth and well-blended.

3. Preheat oven to 425°F. Starting at the neck of chicken, use handle of wooden spoon or fingers to carefully separate skin from meat of the breast, thighs and legs of chicken, being careful not to tear the skin. Spoon all but 2 tablespoons compound butter under skin; use fingers to push and press some of the mixture out to thighs and legs.

4. Season chicken cavity with ½ teaspoon salt. Stuff lemon quarters into cavity of chicken. Tie legs together with clean 100-percent-cotton kitchen string. Place chicken, breast-side up, on rack in roasting pan. Rub chicken with remaining compound butter. Sprinkle with 1 teaspoon salt and ¼ teaspoon pepper.

5. Cut off and discard fennel stalks. Remove any wilted outer layers; cut a thin slice from base of bulb. Cut bulb into quarters lengthwise. Cut core out of each quarter. Cut quarters lengthwise into wedges. Place fennel in a large bowl. Add carrots and potatoes. Stir in chicken broth, olive oil and ½ teaspoon salt. Arrange vegetables around chicken in pan.

6. Roast, uncovered, for 1¼ to 1¾ hours or until chicken is no longer pink (165°F in thigh), stirring vegetables a few times. Add small amount of chicken broth if pan gets too brown.

7. Remove chicken from oven and let stand for 10 minutes. Remove lemon from cavity, and discard. Serve chicken with vegetables and pan juices. Or, if desired, serve with Simple Pan Gravy.*

Nutrition facts per serving: 380 calories, 23 g fat, 10 g saturated fat, 0 g trans fat, 115 mg cholesterol, 770 mg sodium, 15 g carbohydrates, 3 g fiber, 3 g sugar, 29 g protein. Daily values: 110% vitamin A, 25% vitamin C, 8% calcium, 10% iron.

*Note: You will find the recipe for Simple Pan Gravy at www.hy-vee.com/meal-solutions/recipes



SIMPLE PAN GRAVY

Prepare this simple gravy while the chicken stands before carving.



Orange-Glazed CORNISH GAME HENS

Light and savory, Cornish game hens are similar in taste to chicken. Part of the allure for guests is that each carves his or her own bird.

Prep: 15 minutes | Roast: 1 to 1¼ hours |

Stand: 10 minutes | Serves 2

2 (1½-pound) Cornish hens, thawed

½ small orange, quartered

3 tablespoons Hy-Vee orange marmalade

4 teaspoons Hy-Vee butter

2 teaspoons Hy-Vee Worcestershire sauce

8 ounces fresh haricots verts or thin green beans, trimmed

8 red pearl onions, halved

3 cloves garlic, peeled

2 teaspoons Hy-Vee Select olive oil

Hy-Vee salt and black pepper, to taste

1. Preheat oven to 350°F. Tie drumsticks to the tails using 100-percent-cotton kitchen string. Wrap string around breasts, securing wing tips with string. Stuff an orange quarter inside each cavity. Arrange hens, breast-sides up, on a rack in a shallow roasting pan. Place roasting pan on middle rack of oven. Roast for 45 minutes.

2. Meanwhile, in a small microwave-safe bowl combine orange marmalade, butter, and worcestershire sauce. Cook on high for 15 to 30 seconds or until butter is melted. After 45 minutes of roasting, increase oven temperature to 400°F. Brush orange sauce on hens. Roast 15 to 30 minutes more or until internal temperature of innermost part of thigh, the wing and thickest part of breast is 165°F and juices run clear. Remove from oven and cover with foil; let stand for 10 minutes.

3. Meanwhile, bring a large pot of water to boiling. Add haricots verts, pearl onions and garlic; cook for 3 minutes. Drain in colander and immediately add to a bowl of ice water to stop cooking. Drain well. In a large skillet, heat olive oil over medium-high heat. Add haricots verts, onions and garlic. Cook and stir for 2 to 3 minutes or until crisp-tender. Season with salt and pepper.

4. Arrange vegetable mixture on platter. Top with hens.

Nutrition facts per serving: 1,190 calories, 39 g fat, 12 g saturated fat, 0 g trans fat, 740 mg cholesterol, 520 mg sodium, 42 g carbohydrates, 4 g fiber, 24 g sugar, 162 g protein. Daily values: 30% vitamin A, 80% vitamin C, 20% calcium, 40% iron.

Apple-Sage

BRINED TURKEY

Brining with kosher salt and herbs ensures every slice is moist and juicy.

Prep: 30 minutes | Chill: 8 to 12 hours |

Roast: 3½ hours | Stand: 15 minutes | Serves 12 to 14

2 cups fresh sage sprigs, divided

6 bay leaves, divided

4 large lemons

12 cups water

8 cups Hy-Vee apple cider

1½ cups Hy-Vee granulated sugar

1 cup Hy-Vee kosher salt

5 cloves garlic, peeled

3 tablespoons whole black peppercorns

12 cups ice

1 (12- to 14-pound) turkey

Hy-Vee vegetable oil

2 tablespoons chopped fresh sage

Sweet cherries, for garnish

Additional sage sprigs, for garnish

1 recipe Apple Cider-Mushroom Gravy, optional

1. Reserve two sage sprigs and one bay leaf for stuffing inside turkey cavity. Remove and cut up peel from lemons; juice lemons. In a 16-quart stockpot, combine lemon juice and peels, water, cider, sugar, salt, remaining sage sprigs, garlic, peppercorns and remaining bay leaves. Cover; heat over high heat until mixture is steaming, stirring occasionally to dissolve sugar and salt. Remove from heat. Add the ice; let stand until ice melts and mixture is cool.

2. Remove neck and giblets from turkey; discard. Rinse turkey cavity. Place turkey in stockpot with cooled brine. Cover and chill for 8 to 12 hours.

3. Preheat oven to 325°F. Remove turkey from brine, pouring excess brine from cavity; discard brine. Pat turkey dry with paper towels. Stuff reserved sage and bay leaf inside turkey cavity. Tie drumsticks together with 100-percent-cotton kitchen string. Place turkey, breast-side up, on a rack in a shallow roasting pan. Brush with oil; sprinkle with chopped sage. Insert an ovenproof thermometer into the center of an inside thigh muscle. Thermometer should not touch bone. Cover turkey loosely with foil.

4. Roast turkey for 2½ hours. Remove foil; cut kitchen string between drumsticks so thighs cook evenly. Continue roasting 1 hour more or until internal temperature of innermost part of thigh, the wing and thickest part of breast is 165°F and turkey is no longer pink. Juices should run clear and drumsticks should move easily in their sockets.

5. Remove turkey from oven. Cover with foil; let stand for 15 to 20 minutes. Transfer to a serving platter. Garnish with sweet cherries and additional sage sprigs. If desired, serve turkey with Apple Cider-Mushroom Gravy.*

*Note: Find the recipe for Apple Cider-Mushroom Gravy at www.hy-vee.com/meal-solutions/recipes

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

APPLE CIDER-MUSHROOM GRAVY

This rich pan gravy adds the perfect finishing touch to the Apple-Sage Brined Turkey. Prep the gravy on the stove while the bird is standing.



Pomegranate-Glazed DUCK WITH CHERRY-PEAR CHUTNEY

Ducks have a distinctive earthy flavor and dark, moist meat. Unlike their wild cousins, farm-raised ducks from Hy-Vee each contain a thick layer of fat under the skin, which makes the meat incredibly succulent. Prick the skin before roasting to allow the fat to escape.

Prep: 30 minutes | Roast: 1½ to 2 hours |
Stand: 15 minutes | Serves: 4

1 (5- to 6-pound) duckling, giblets removed and discarded

1 teaspoon Hy-Vee kosher salt

½ teaspoon Hy-Vee black pepper

1 orange, peeled and cut into quarters

1 head garlic, papery skin removed and top trimmed

2 celery stalks, cut into 2-inch pieces

2 cups pomegranate juice

¼ cup Hy-Vee granulated sugar

1 tablespoon chopped fresh thyme

Orange slices, for garnish

Pomegranate seeds and fresh thyme, for garnish

1 recipe Cherry-Pear Chutney, optional

1. Preheat oven to 350°F. Rinse duckling body cavity; pat dry. Skewer neck skin to back; tie legs to tail with 100-percent-cotton kitchen string. Place duckling, breast-side up, on rack in shallow roasting pan.

Prick skin generously. Season outside and inside of duckling with salt and pepper. Stuff orange quarters, garlic and celery into cavity of duck.

2. Roast duck, uncovered, for 1½ to 2 hours or until the internal temperature of the innermost part of the thigh, the wing and thickest part of the breast is 175°F and drumsticks move easily in their sockets. Juices might still appear pink.

3. Meanwhile for glaze, in a large saucepan bring pomegranate juice and sugar to boiling. Cook, uncovered, over medium heat about 20 minutes or until reduced to ½ cup, stirring frequently. Remove from heat. Stir in chopped thyme.

4. Brush glaze over duck several times during the last 30 minutes of roasting. Remove from oven; cover with foil and let stand for 15 minutes. Place orange slices on platter; arrange duck on top and sprinkle with pomegranate seeds and fresh thyme. Serve duck with Cherry-Pear Chutney.*

Nutrition facts per serving: 920 calories, 34 g fat, 13 g saturated fat, 0 g trans fat, 435 mg cholesterol, 940 mg sodium, 43 g carbohydrates, 1 g fiber, 33 g sugar, 105 g protein. Daily values: 15% vitamin A, 100% vitamin C, 10% calcium, 80% iron.

*Note: Find recipe for Cherry-Pear Chutney at www.hy-vee.com/meal-solutions/recipes

CHERRY-PEAR CHUTNEY

This chutney adds a punch of sweet-tart flavor to Pomegranate-Glazed Duck or any holiday turkey or ham. For another delicious combo, substitute fresh or frozen cranberries for the cherries.

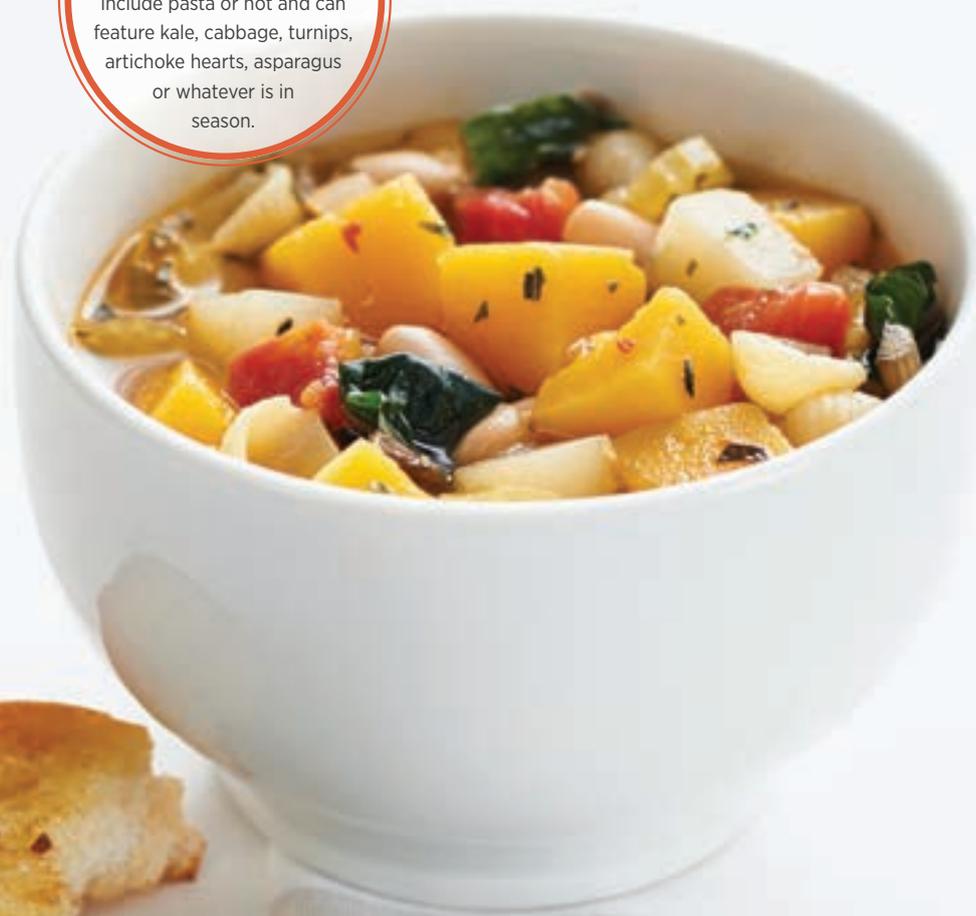


easy fall soups

Welcome-home aromas of sage and rosemary rise from this soothing dumpling-topped turkey vegetable chowder. It's one of seven recipes ahead—some ready in about 30 minutes. Flavors include a dreamy pumpkin curry, a seasonal minestrone and a rustic French onion.



Minestrone means "big soup" in Italian. You decide what goes in. It can be meatless or meaty, include pasta or not and can feature kale, cabbage, turnips, artichoke hearts, asparagus or whatever is in season.



AUTUMN MINESTRONE WITH GARLIC BRUSCHETTA

This beloved Italian soup, chock-full of hearty veggies and earthy greens, makes a satisfying and nutritious meatless meal.

Prep: 40 minutes | Serves 8

- 1 cup chopped onion**
- 2 stalks celery, cut into ¼-inch slices**
- 4 cloves garlic, minced (divided)**
- 3 tablespoons Hy-Vee Select olive oil**
- 1 (1-pound) butternut squash, peeled and cut into ½-inch cubes**
- 1 large baking potato, peeled and cut into ½-inch cubes**
- 5 cups vegetable stock**
- 1 (14.5-ounce) can diced tomatoes with basil, garlic and oregano**
- 2 cups coarsely chopped Swiss chard leaves**
- 1 teaspoon dried basil**
- 1 teaspoon crushed red pepper**
- ¾ cup ditali or small shell pasta**
- 1 (15-ounce) can cannellini beans, rinsed and drained**
- ¼ cup Hy-Vee butter, melted**
- 8 (½-inch) slices Hy-Vee Bakery Pane Toscano Bread or country Italian bread**

- 1.** In a large stockpot, cook onion, celery and half of the minced garlic in hot oil over medium-high heat until vegetables begin to soften. Stir in squash and potato. Add vegetable stock, tomatoes, chard, basil and red pepper. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Add pasta and beans. Return mixture to boiling; reduce heat. Simmer, covered, for 8 to 10 minutes more or until pasta and vegetables are tender.
- 2.** Meanwhile, preheat oven to 425°F. Combine butter and remaining garlic; brush onto bread slices. Place slices on a baking sheet and bake for 6 to 8 minutes or until lightly toasted.

Nutrition facts per serving: 390 calories, 12 g fat, 4.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 1,160 mg sodium, 63 g carbohydrates, 6 g fiber, 8 g sugar, 12 g protein. Daily values: 130% vitamin A, 35% vitamin C, 10% calcium, 25% iron.

SAUSAGE-AND-POTATO CORN CHOWDER

If you like a little heat, swap in spicy Italian sausage instead of sweet links. A rustic bread bowl gives the soup flair and makes it even more satisfying.

Prep/Cook: 1 hour | Serves 8

19 ounces sweet Italian sausage links
3 tablespoons Hy-Vee butter
2 cups chopped onion
2 cloves garlic, minced
½ cup Hy-Vee all-purpose flour
1 (32-ounce) container Hy-Vee chicken broth
2 large Yukon Gold potatoes, cut into ¾-inch chunks (3 cups)
1 tablespoon chopped fresh parsley

1 tablespoon chopped fresh sage
1 tablespoon chopped fresh basil
½ teaspoon Hy-Vee salt
1½ cups Hy-Vee half-and-half
3 cups Hy-Vee frozen corn, thawed
1 large red or green bell pepper, seeded and chopped
8 (8-ounce) Hy-Vee Bakery white bread bowls
Fresh basil, for garnish

1. Halve sausage lengthwise; remove casings and cut sausage into ½-inch slices. Place in a large stockpot; cook over medium-high heat for 5 minutes or until brown, stirring occasionally. Remove sausage; set aside. Reserve drippings in stockpot.

2. Add butter to stockpot. Cook onion and garlic in hot butter until softened. Reduce heat to low. Stir in flour until well-blended. Slowly add broth, stirring

constantly. Stir in potatoes, parsley, sage, basil and salt. Bring mixture to a boil, stirring constantly; reduce heat. Simmer, covered, for 10 minutes.

3. Add half-and-half, corn, bell pepper and reserved sausage to stockpot. Simmer gently for 10 minutes more or until potatoes are tender (do not boil).

4. Meanwhile, for bread bowls, use a sharp knife to cut off bread tops. Hollow out the middle with a fork or your fingers, leaving thick bread shells. Ladle soup into bread bowls. Garnish with basil, if desired. Serve immediately.

Nutrition facts per serving: 740 calories, 17 g fat, 8 g saturated fat, 0 g trans fat, 50 mg cholesterol, 1,800 mg sodium, 116 g carbohydrates, 6 g fiber, 9 g sugar, 31 g protein. Daily values: 10% vitamin A, 60% vitamin C, 10% calcium, 35% iron.





Mushrooms, barley and tender pieces of beef add body to this autumn favorite. You can replace the barley with wild rice. Just keep in mind you may need to adjust the liquid and cooking time accordingly.



BEEF AND BARLEY WITH MUSHROOMS

A medley of mushrooms adds a rich earthy flavor to this hearty soup, while barley provides a pleasantly chewy texture. Serve with Hy-Vee Baking Stone rye bread.

Prep: 30 minutes |

Cook: 45 to 50 minutes | Serves 8

1 pound assorted mushrooms (button, shiitake, cremini, oyster and/or portobello)
¼ cup Hy-Vee all-purpose flour
1 teaspoon Hy-Vee salt, divided
½ teaspoon Hy-Vee black pepper, divided
1 to 1¼ pounds beef stew meat
2 tablespoons Hy-Vee Select olive oil, divided
1 cup chopped shallots
4 cloves garlic, minced
1 large carrot, coarsely chopped (1 cup)
2 stalks celery, cut into ¼-inch slices
1 tablespoon chopped fresh thyme
6½ cups chicken stock
6 cups water
1½ cups pearl barley
2 tablespoons tomato paste
1 tablespoon lemon juice

1. Slice or chop larger mushrooms into bite-size pieces. Remove shiitake stems; save for another use or discard. Set mushrooms aside.
2. In a medium bowl, combine flour, ½ teaspoon salt and ¼ teaspoon pepper. Add meat; toss to coat. In a stockpot, heat 1 tablespoon oil over medium heat. Add meat; cook until brown, stirring occasionally. Remove meat from stockpot; set aside.
3. Add remaining oil to stockpot. Cook shallots and garlic in oil over medium-high heat until softened. Stir in mushrooms, carrot, celery, thyme and remaining ½ teaspoon salt and ¼ teaspoon pepper. Add stock, water, barley, tomato paste and meat. Bring to boiling; reduce heat. Cover and simmer for 45 to 50 minutes or until barley is tender. Remove from heat; stir in lemon juice.

Nutrition facts per serving: 330 calories, 10 g fat, 3 g saturated fat, 0 g trans fat, 40 mg cholesterol, 730 mg sodium, 41 g carbohydrates, 8 g fiber, 4 g sugar, 22 g protein. Daily values: 30% vitamin A, 10% vitamin C, 4% calcium, 20% iron.



SMOKED HAM AND LENTIL SOUP

Aromatic fennel brings a sweet and mildly spicy flavor to this fiber- and protein-rich soup. Serve with slices of crunchy toasted ciabatta.

Prep: 20 minutes | Cook: 25 to 30 minutes | Serves 8

- 1 medium fennel bulb
- 4 cloves garlic, minced
- 1 tablespoon Hy-Vee Select olive oil
- 1 large onion, chopped
- 1 medium sweet potato, peeled and cut into ½-inch chunks

- 9 cups water
- 1¾ cups lentils, rinsed and drained
- 1 teaspoon Hy-Vee dried thyme
- 1 teaspoon Hy-Vee salt
- ¼ teaspoon Hy-Vee black pepper
- 8 ounces smoked, fully-cooked ham, cut into ½-inch pieces

1. Cut stalk from fennel, reserving fennel fronds for garnish. Chop enough of the fennel bulb to equal 1½ cups; set aside.
2. In a stockpot, cook garlic in hot oil over medium heat for 1 minute. Add onion and cook until tender

and golden brown. Add sweet potato and chopped fennel; cook until tender, stirring occasionally. Add water, lentils, thyme, salt and pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 25 to 30 minutes or until vegetables are tender. Stir in ham. Heat mixture through.

Nutrition facts per serving: 230 calories, 4 g fat, 0 g saturated fat, 0 g trans fat, 15 mg cholesterol, 650 mg sodium, 34 g carbohydrates, 12 g fiber, 6 g sugar, 17 g protein. Daily values: 90% vitamin A, 20% vitamin C, 6% calcium, 25% iron.

CURRIED PUMPKIN SOUP

Carrots and pumpkin form the base of this light creamy soup. Indian spices add complex flavors that warm a winter day.

Prep/Cook: 35 minutes | Serves 8

1 tablespoon Hy-Vee canola oil
1½ cups sliced leeks (white and light green parts of 3 medium leeks)*
2 medium carrots, chopped
2 (14.5-ounce) cans Hy-Vee chicken broth
1 (15-ounce) can Hy-Vee pureed pumpkin (not pumpkin pie mix)
1 (14-ounce) can unsweetened coconut milk
2 teaspoons Hy-Vee curry powder
1 teaspoon Hy-Vee ground cinnamon
1 teaspoon Hy-Vee ground ginger
½ teaspoon Hy-Vee garlic powder
¼ teaspoon Hy-Vee salt
¼ teaspoon Hy-Vee black pepper
1 (6-ounce) carton Hy-Vee plain Greek yogurt
Fresh cilantro leaves, for garnish

1. In a stockpot, heat oil over medium-high heat. Add leeks; cook and stir until tender. Stir in carrots, broth, pumpkin, coconut milk, curry powder, cinnamon, ginger, garlic powder, salt and pepper. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. Cool slightly.
2. Transfer half of mixture to a blender or food processor. Cover and blend or process until smooth. Return pureed mixture to saucepan; heat through. Swirl each serving with a spoonful of yogurt. If desired, garnish with cilantro leaves.

Nutrition facts per serving: 170 calories, 13 g fat, 10 g saturated fat, 0 g trans fat, 0 mg cholesterol, 460 mg sodium, 11 g carbohydrates, 4 g fiber, 4 g sugar, 5 g protein. Daily values: 190% vitamin A, 6% vitamin C, 6% calcium, 15% iron.

*Note: To clean leeks, halve them lengthwise; rinse under cold running water, separating the layers to remove any dirt hidden inside.



Pumpkin flavor gets a wake-up call from curry powder and ginger. Though these spices make their presence known, they don't overwhelm. The dish still has a creamy fall taste.

CLASSIC FRENCH ONION SOUP

The secret to this bistro favorite is the long, slow cooking of onions to allow their natural sugars to caramelize. Use aged Gruyère to get the traditional bubbling crust of cheese; it's smooth and melts easily.

Prep: 10 minutes | Cook: 60 minutes |

Bake: 15 to 20 minutes | Broil: 2 to 5 minutes | Serves 6

2 tablespoons Hy-Vee butter

2 tablespoons Hy-Vee Select olive oil

5 medium yellow onions, thinly sliced and separated into rings

2 tablespoons dry sherry

6 cups beef stock

¼ teaspoon Hy-Vee dried thyme

1 to 1½ teaspoons Hy-Vee salt

¼ to ½ teaspoon Hy-Vee black pepper

12 (½-inch) slices Hy-Vee Baking Stone French baguette bread

2 cups shredded Gruyère cheese (8 ounces)

Fresh thyme for garnish

1. In a stockpot, heat butter and olive oil over medium-high heat until butter is melted. Add onions; cook for 15 minutes or until onions begin to brown,

stirring occasionally. Reduce heat to medium-low; cook, covered, for 25 minutes more or until onions are golden brown, stirring occasionally.

2. Add sherry to stockpot. Cook over high heat until sherry evaporates, stirring constantly. Stir in beef stock and thyme. Bring mixture to boiling; reduce heat. Simmer, covered, for 20 minutes. Season to taste with salt and pepper.

3. Meanwhile for baguette toasts, preheat oven to 350°F. Arrange baguette slices on a baking sheet in a single layer. Grease a baking sheet. Bake for 15 to 20 minutes or until bread is crisp and lightly browned, turning once. Cool bread on a wire rack.

4. Position a rack 6 inches from the broiler and preheat broiler. Place 6 broiler-proof soup bowls or crocks on a baking sheet. Place 2 toasted baguettes in each bowl and ladle the hot soup on top. Sprinkle with cheese. Place baking sheet with bowls under the broiler and broil for 2 to 5 minutes or until the tops are browned and bubbly. Serve immediately.

Nutrition facts per serving: 430 calories, 21 g fat, 10 g saturated fat, 0 g trans fat, 50 mg cholesterol, 1,380 mg sodium, 40 g carbohydrates, 4 g fiber, 10 g sugar, 19 g protein. Daily values: 10% vitamin A, 25% vitamin C, 40% calcium, 15% iron.



TURKEY VEGETABLE CHOWDER WITH LEMON-BASIL DUMPLINGS

Use leftover Thanksgiving turkey in this bubbling soup. Top with tender dumplings that stir together quickly and puff up—almost magically—in the soup pot.

Prep/Cook: 35 minutes | Serves 8

- 1 tablespoon Hy-Vee Select olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 3 cups Hy-Vee reduced-sodium chicken broth
- 1 (10.5-ounce) can Hy-Vee condensed cream of chicken soup
- 4 cups chopped cooked turkey
- 1 large carrot, chopped
- 2 cups green beans, cut into 1-inch lengths
- 1 cup frozen peas
- 1 tablespoon chopped fresh sage
- 1 tablespoon chopped fresh rosemary
- ¼ teaspoon Hy-Vee black pepper
- 1 cup Hy-Vee all-purpose flour
- 1 teaspoon Hy-Vee baking powder
- 1 teaspoon chopped fresh basil
- ½ teaspoon Hy-Vee salt
- ½ cup Hy-Vee milk
- 1 teaspoon grated lemon zest

1. In a stockpot, heat oil over medium heat. Add onion and garlic; cook until softened. Stir in broth, cream of chicken soup, turkey, carrot, beans, peas, sage, rosemary and pepper. Bring to a boil; reduce heat. Simmer, covered, about 15 minutes or until vegetables are tender.
2. Meanwhile for dumplings, in a medium bowl stir together flour, baking powder, basil and salt. Add milk and lemon zest; stir just until moistened. Using two spoons, drop dumpling batter onto simmering soup, making 8 mounds. Simmer, covered, about 10 minutes or until a wooden toothpick inserted in dumplings comes out clean. (Do not lift lid during cooking.) To serve, ladle soup and 1 dumpling into each bowl.

Nutrition facts per serving: 300 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 100 mg cholesterol, 760 mg sodium, 23 g carbohydrates, 3 g fiber, 4 g sugar, 40 g protein. Daily values: 35% vitamin A, 10% vitamin C, 8% calcium, 20% iron.

HY-VEE HISTORY

The Employees' Trust Fund is established in 1960, making Hy-Vee employee-owned. The agreement was retroactive to the previous year.

1962

ANDY WARHOL EXHIBITS HIS FAMOUS CAMPBELL'S SOUP CAN PAINTING.

A HELPFUL SMILE + FIFTY RECIPES

Hy-Vee's memorable advertising slogan—later set to music as a catchy jingle—was adopted 50 years ago. Celebrate with recipes that span the decades.

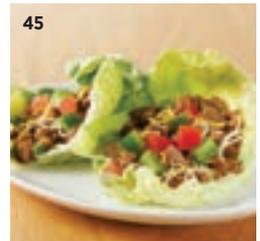
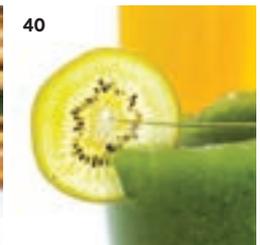
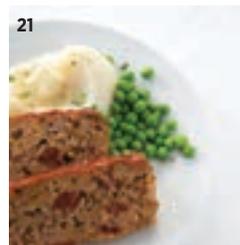
WORDS Kaityln Gabriel and Wanda Ventling PHOTOS Ryan Donnell

BACK IN THE BLACK-AND-WHITE TV DAYS OF 1963,

Julia Child introduced TV audiences to the wonder of French cooking, while the madmen of Madison Avenue cranked out big-budget TV ads starring Charlie the Tuna and Mr. Clean. This was also the year that Hy-Vee aired its first television commercial.

A HELPFUL SMILE

The ad's heartfelt message was simple: "Where there's a helpful smile in every aisle." Then and now, those eight words express what shoppers can expect at any Hy-Vee store. To celebrate the slogan's fiftieth year, here are 50 recipes—10 from each decade since the slogan first appeared. Each dish includes a note giving a glimpse of the time when it was popular. You'll find recipes for each one at our website, www.hy-vee.com Bon appétit!



1963

JULIA CHILD'S *THE FRENCH CHEF* TV SHOW DEBUTS FEBRUARY 11, 1963.

1968

CIVIL RIGHTS LEADER AND HERO MARTIN LUTHER KING JR. IS ASSASSINATED IN APRIL 1968.

HY-VEE HISTORY

The first Drug Town opens in Cedar Rapids, Iowa, in 1969. Drug Towns are later renamed Hy-Vee Drugstores.

THE NATION mourns John F. Kennedy in November 1963. But spirits are lifted when the Beatles appear on *The Ed Sullivan Show* in February 1964. The year 1968 is a challenge on many fronts. There are political assassinations, North Korea seizes an American ship and President Lyndon Johnson declines reelection.



1

FONDUE!

The hot food trend was fondue. Favorites were tidbits of bread or fruit dipped into melted cheese or chocolate.

THE '60s

TECHNOLOGY

drives new products and new tastes. Cool Whip (1965), Tang (1965) and Pringles (1969) hit shelves while the *Galloping Gourmet* TV show inspires home cooks across the country. Toasters become the most popular appliance.

2. Ambrosia

Salad Fruit ambrosia resurfaces and regains popularity at potlucks and church parties.

3. Vodka

Martini ("Shaken, not stirred.") Martini drinker James Bond shoots across theater screens in 1962 with the release of *Dr. No*, followed by five more sequels in the 1960s.

4. Decadent Deviled Eggs

Meant-to-impress dinner parties begin to include "fancy" finger foods like deviled eggs and shrimp cocktail.

5. Sunday Brunch Lemon Crepes

Jackie Kennedy installs a French chef in the White House kitchen.

6. Seven-Layer

Dip The 1967 Green Bay Packers defeat the Kansas City Chiefs in the first-ever Super-bowl game.

7. Moon Pie

The Space Race zoomed into our lives. All America watches the Apollo 11 moon landing on July 20, 1969.

8. Cuban Sandwich

Cooler heads prevail as the world backs away from the Cuban Missile Crisis in 1962.

9. Sweet Cherry

Cola Pop-top aluminum cans open a new way to enjoy beverages without a can opener. Coca Cola offers its first pop-top sodas in 1964.

10. Berry Granola

Eating natural foods is part of the hippie flower-power philosophy. Totally groovy, man.

HY-VEE HISTORY

Dwight Vredenburg is elected the first chief executive officer and chairman of the board in 1978.

1975

THE VIETNAM WAR ENDS WITH THE FALL OF SAIGON IN 1975.

1979

ISRAEL/EGYPT PEACE ACCORD IS REACHED AT CAMP DAVID.

DRESSED IN BELL BOTTOMS and platform shoes, Americans pump gas at soaring prices due to the 1973 oil crisis. The only thing scarier than our fashion sense? Stephen King's horror novels *Carrie* and *The Shining* turn into feature films.

THE '70s

THE "ME DECADE"

of the Seventies is filled with dishes meant to turn heads. But family dinner is still the norm, with ranch dressing as a staple. By 1979, microwave ovens have invaded over half of the nation's kitchens.

11. Blackberry Margarita

Jimmy Buffet releases "Cheeseburgers in Paradise" (1978) & "Margaritaville" (1977), and beach bums everywhere rejoice.

12. Hawaiian Grilled Chicken

An increased interest in Hawaiian culture puts pineapple on top.

13. Parmesan Spinach Crustless Quiches

A dramatic rise in the "brunch culture" pushes quiche to the forefront of 1970s food trends.

14. Strawberry Ice Cream

Ben & Jerry's opens in 1978 and sells gourmet ice cream by the scoop and cone.

15. One-Pot Italian Spaghetti

Al Pacino makes audiences an offer they can't refuse with *The Godfather* in 1972.

16. Chef Swaney's Crock-Pot Chili

The slow cooker emerges as a popular solution for families with busy lifestyles.

17. Classic Mac 'N' Cheese

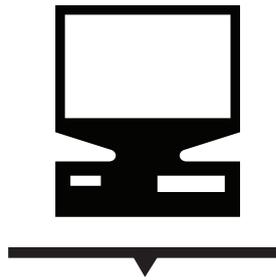
Stagflation in the economy leads to double-digit interest rates and high unemployment.

18. Pasta Primavera

Restaurateur Alice Waters preaches "fresh food simply prepared."

19. Holiday Blue Cheese Log

As suburban life comes to mean dinner parties and get-togethers, cheese balls and cheese logs earn a place on every buffet.



THE COMPUTER APPLE INTRODUCES ONE OF THE FIRST PERSONAL COMPUTERS IN 1977. INITIAL COMPETITORS WERE COMMODORE AND RADIO SHACK.



20 WATERGATE SALAD:

President Richard Nixon faces impeachment over the Watergate Scandal in 1974.



KING OF BLENDING IN 1973, SMOOTHIE KING INTRODUCES THE SMOOTHIE BAR, AND AMERICANS DISCOVER A NUTRITIONALLY PACKED DRINK.

HY-VEE HISTORY

Doing some shopping of its own in 1982, Hy-Vee purchases 12 Safeway stores in Iowa and Nebraska.

HY-VEE HISTORY

In 1984 Hy-Vee becomes the second store in the nation to offer customers debit cards to pay for their groceries.

1982

A PERMANENT ARTIFICIAL HEART IS IMPLANTED IN A HUMAN FOR THE FIRST TIME. HE LIVES 112 MORE DAYS.

1986

A LARGE-SCALE NUCLEAR MELTDOWN OCCURS IN CHERNOBYL, UKRAINE, USSR, IN APRIL 1986.

1987

THE FIRST TRANSATLANTIC HOT-AIR BALLOON FLIGHT.

ACTOR JOHN CUSACK turns boomboxes into 1980s icons just in time for artists like Michael Jackson and Madonna. Homes are invaded by Cabbage Patch Kids, Rubik's Cube and the sound of laughter as *The Cosby Show*, *The Simpsons* and *Seinfeld* make their way into American living rooms.

21

FAMILY FAVORITE

MEATLOAF: Among the home-cooked meals that marked the '80s was one of Ronald Reagan's favorite foods: meatloaf.



THE CASSEROLE DISH

THE STOCK MARKET CRASH OF 1987 LEADS PEOPLE BACK TO COMFORT FOODS. **CASSEROLE** COMES FROM THE FRENCH WORD FOR SAUCEPAN AND USUALLY IMPLIES THAT THE DISH IS OVEN-BAKED. AMONG THE TOP PICKS ARE MACARONI-AND-CHEESE AND HASH BROWN CASSEROLES.

THE '80s

HEALTH FOODS

emerge, including bagged salads and microwavable alternatives such as Lean Cuisine meals. Meanwhile, Steven Spielberg's *E.T.* proves everyone has a sweet tooth.

22. Agua de

Sandia The Tex-Mex food movement grabs consumers, who love this watermelon drink.

23. BBQ Chicken

Pizza Celebrity chef Wolfgang Puck arrives in L.A. in 1975 and gains the approval of the Hollywood elite. His restaurants are known for gourmet pizzas.

24. Korean Turkey Burgers with Kimchi

South Korea hosts the 1988 Olympics and visitors discover spicy kimchi.

25. Tuna Noodle

Casserole A staple at potlucks and family gatherings, casseroles regain popularity in the late 1980s.

26. Cajun Grouper

Sandwiches Chef Paul Prudhomme kicks off the still-thriving Cajun food trend in the city of New Orleans.

27. Overnight Pasta and Bean

Salad Pasta salads catch on with various shapes and ingredients.

28. Raisin Oatmeal Cookies

The California Raisins TV commercial gets us singing and dancing about the taste of chewy dried grapes.

29. German Sweet Chocolate Cake

The Berlin Wall falls in 1989 and changes the political climate of Europe.

30. Peanut Butter Popcorn Munch

Film franchises are born. Marty and Doc hop into a sporty DeLorean while *Rambo* fails to find his shirt.

HY-VEE HISTORY

In 1991, Hy-Vee becomes the largest private employer in the state of Iowa.

HY-VEE HISTORY

The Hy-Vee.com website debuts in 1996.

1990

HUBBLE SPACE TELESCOPE LAUNCHES IN 1990.

1994

NELSON MANDELA IS ELECTED PRESIDENT OF SOUTH AFRICA AFTER 30 YEARS OF IMPRISONMENT.

1998

GOOGLE LAUNCHES ITS BUSINESS IN 1998.

THE COUNTRY buzzes about "You've got mail" on AOL as the Internet takes off. Meanwhile, an 11-year-old named Harry Potter gets mail of a different sort from Hogwarts School of Witchcraft and Wizardry. The fashion of the day is jeans, tattoos and piercings. With the deadly bombing in Oklahoma City, harsh realities intrude.

THE '90s

HEALTH concerns are trending as Americans turn to fat-free, low-salt products. Baked! Lay's Potato Chips are introduced along with V8 Splash. Kids toting Beanie Babies listen to popular boy bands like 'N SYNC.

31. Sugar-Free Chewy Coconut Bars Fat-free diet foods wear labels, including "sugar-free" and "lite."

32. Jam Thumbprint Cookies Martha Stewart promotes "nesting"—staying home to enjoy family and friends.

33. Flavored Misto The popular TV show *Friends* is often set in a coffee shop.

34. Grilled Fish Tacos Fish recipes are adopted as healthy, low-calorie alternatives to red meat.

35. Drink Your Veggies Smoothies offer nutritious options to heavier diets.

36. Roasted Sweet Pepper, Sausage and Goat Cheese Pizza Frozen pizza gets a makeover with self-rising crusts just as the age-old battle between New York- and Chicago-style pizzas heats up.

37. New York Style Cheesecake Cheesecakes take over NYC and the trend quickly makes its way across the country.

38. Peanut Butter Crunch Cereal Bars Kellogg's introduces a cereal bar as an on-the-go breakfast option.

39. Best Chocolate Creams *Forrest Gump* takes home Best Picture and six other Academy Awards. It seems like everyone is talking about Forrest's big lesson, "Life is like a box of chocolates."

40

MIX & MATCH FRUIT SMOOTHIES
Jamba Juice leads the pack as smoothies become the rage in 1990.



HY-VEE HISTORY

HealthMarket private-label products are introduced in 2001. The company also begins adding in-store dietitians to Hy-Vee staffs.

HY-VEE HISTORY

Hy-Vee is selected as *Progressive Grocer* magazine's Retailer of the Year in 2003.

HY-VEE HISTORY

The Fuel Saver program, started in 2012, offers savings on gasoline with the purchase of select items or services.

2001

THE NATION UNITES IN SUPPORT OF NYC AFTER THE TERROR ATTACKS ON SEPTEMBER 11, 2001.

2010

33 CHILEAN MINERS ARE RESCUED AFTER 69 DAYS TRAPPED UNDERGROUND.

2014

ARTISAN BREADS,

imaginative cupcakes and other rich tastes gain favor with Americans. This seems slightly at odds with our new-found love for TV reality shows, led by *Survivor*, where contestants eat bugs or whatever they find on some deserted island.

41. Vegetarian Quinoa Mushroom Soup

Vegetarian, vegan, gluten-free and locally sourced foods are now mainstream.

42. Stacked Wonton

Restaurants take their meals and appetizers to new heights with the practice of "stacking" foods for visual appeal.

43. Bacon-Wrapped Sirloin with Vegetables

Social media pushes our national obsession with bacon. You can even buy bacon-flavored ice cream.

44. Squash and Black Bean Soft-Shell Taco

The food-truck craze gains momentum in college towns, where tacos are a major sales category.

45. Lettuce-Wrapped Turkey Tacos

The South Beach Diet helps Americans cut out carbs. Turkey provides a healthy choice.

46. Blueberry Oatmeal Pancakes

In 2005, marketers introduce the term superfruit. Acai, goji and blueberries are top sellers.

47. Spicy Korean Dog

Fusion cooking combines ethnic and American recipes. The concept goes viral.

48. Sticky and Sweet Country-Style Ribs

Television embraces drama, such as *House of Cards* with a barbecue-loving lead character.

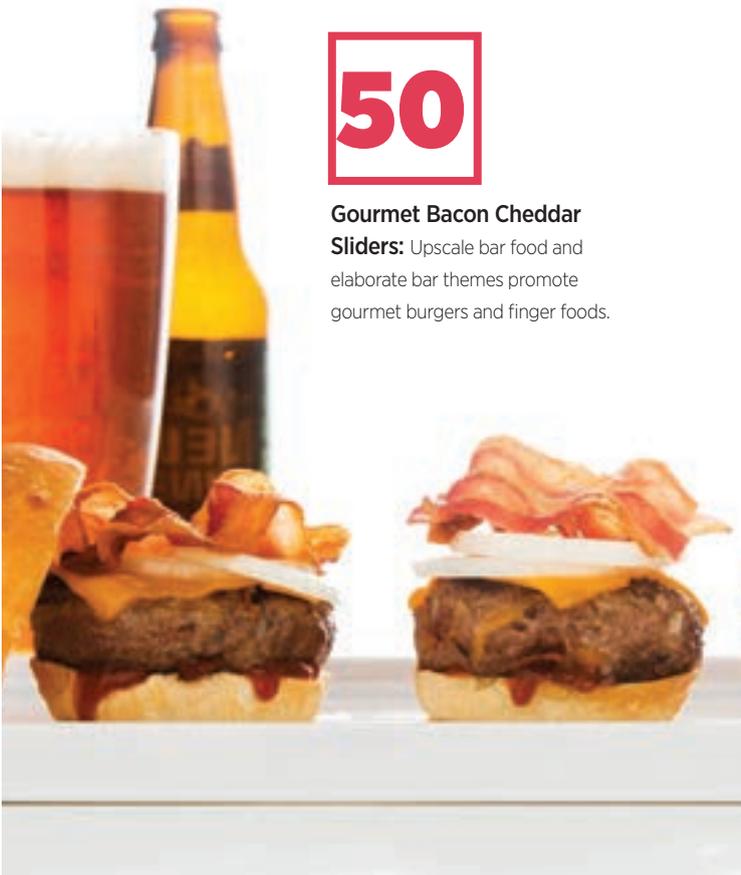
49. Heavenly Chocolate Cupcakes

Magnolia Bakery in New York City kicks off the national cupcake trend and customers line up in cities nationwide.

50

Gourmet Bacon Cheddar Sliders:

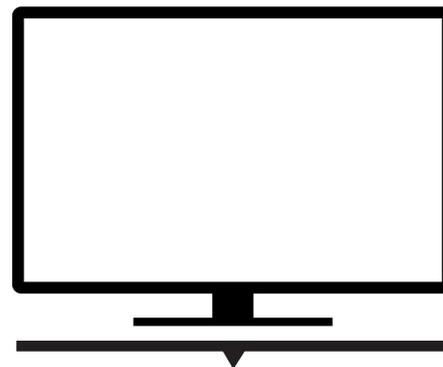
Upscale bar food and elaborate bar themes promote gourmet burgers and finger foods.



THE '00s

HOW PINTEREST-ING
A new social network allows users to share images of favorite recipes, food styling and designs.

THE WORLD celebrates a new millennium. Though life as we know it doesn't end on Y2K, the decade is rocked by hurricanes, earthquakes and national tragedies. Meanwhile, YouTube, Facebook, and Twitter invent the landscape of social media and the World Wide Web integrates our work and personal lives.



FOOD NETWORK
RACHAEL RAY DEBUTS ON THE FOOD NETWORK. CELEBRITY CHEFS BECOME A NEW CATEGORY FOR FANS OF GOSSIP AND THE PERFECT TZATZIKI SAUCE.



*The buttercream
topping on these
cupcakes includes
a flavored liqueur
among its ingredients.
Because the alcohol is
added after cooking is
done, those who eat
these treats consume
as much alcohol as
goes into the blend.*





Shot in THE DARK

WORDS Steve Cooper PHOTOS Tobin Bennett

EDGY CHOCOLATE. Buttercream with bite. Cake hiding a secret. Mixed nuts with swagger and attitude. These desserts may look sweet, sugary and innocent, but each is hiding its true personality. Underneath all those swirls and flourishes, something wild lurks—a shot of bourbon, a dash of almond liqueur or some Caribbean rum. Adult beverages separate these confections from the desserts in your kids' backpacks.

“Some recipes, like one for a rum cake, require cooking. In those cases, you’re going to be burning off at least some of the alcohol when you bake the cake,” says Deb Clemens, Hy-Vee wine and spirits manager at Dubuque, Iowa. Alcohol evaporates based on oven temperature and cooking time. Baked items lose about 60 percent of their alcohol content after cooking in an oven for 15 minutes and about 75 percent after they have been baking for an hour, according to a 2003 USDA study.

“When you make bourbon balls—or other things that aren’t baked—you get every ounce of the bourbon that was put into them. You go to a party and someone hands you one that is loaded with alcohol and, wow, it can be quite strong,” Deb says.

Amarretto NUT BARS

Decadent enough to be the star dessert at a holiday gathering, these sweet, crunchy bars are enhanced with almond liqueur. It's added to the filling and the whipped cream topping.

Prep: 30 minutes | Bake: 35 to 40 minutes |

Chill: 3 to 24 hours | Makes 24 bars

1¾ cups plus 2 tablespoons Hy-Vee all-purpose flour, divided
¾ cup Hy-Vee powdered sugar
¼ teaspoon Hy-Vee salt
¾ cup Hy-Vee butter, cut up
6 Hy-Vee large eggs, lightly beaten
1½ cups light-color corn syrup
1 cup packed Hy-Vee brown sugar
½ cup Hy-Vee butter, melted
¾ cup almond liqueur, divided
2 cups mixed nuts (without peanuts)
1 cup whipping cream
2 tablespoons Hy-Vee granulated sugar

1. Preheat oven to 350°F. Line a 13×9×2-inch baking pan with foil,* extending foil over edges of pan; set aside.

2. For crust, in a medium bowl combine 1¾ cups flour, powdered sugar and salt. Cut in butter until mixture resembles coarse crumbs. Pat crumb mixture evenly into prepared pan. Bake for 20 minutes or until light brown. Let cool.

3. For filling, in a large bowl combine eggs, corn syrup, brown sugar, melted butter, ½ cup almond liqueur and remaining 2 tablespoons flour. Stir in nuts; pour filling over baked crust.

4. Bake for 35 to 40 minutes or until golden brown and center is set. Cool in pan on wire rack. Cover and chill for several hours or overnight.

5. For almond cream, in a chilled mixing bowl combine whipping cream, remaining ¼ cup almond liqueur and granulated sugar. Beat with an electric mixer on medium until soft peaks form. To serve, top each bar with a dollop of almond cream.

Nutrition facts per serving: 400 calories, 21 g fat, 10 g saturated fat, 0.5 g trans fat, 85 mg cholesterol, 80 mg sodium, 46 g carbohydrates, 1 g fiber, 36 g sugar, 5 g protein. Daily values: 10% vitamin A, 0% vitamin C, 4% calcium, 8% iron.

*Note: Using foil in the baking pan allows for easy removal and cutting of the bars, as well as quick clean up.





When it comes to alcohol content in these recipes, a dessert can be a lion or a lamb depending on how sparingly or freely you pour.

Caribbean Rum WHITE CHOCOLATE CAKE

Drizzle cake with additional rum just before serving to intensify the flavor.

Prep: 40 minutes | Bake: 50 minutes | Serves 12

1½ cups plus 2 tablespoons high-quality white chocolate baking chips, divided
1¼ cups Hy-Vee butter, divided
½ cup plus 2 tablespoons Hy-Vee granulated sugar, divided
¾ cup chopped Hy-Vee pecans
2¼ cups Hy-Vee all-purpose flour
2 teaspoons Hy-Vee baking soda
½ cup packed Hy-Vee brown sugar
4 Hy-Vee large eggs
¾ cup buttermilk
½ cup plus 2 tablespoons Caribbean rum cream liqueur, divided
1 cup Hy-Vee powdered sugar

1. Preheat oven to 350°F. Grease and flour a 10-inch fluted tube pan. Chop 2 tablespoons white chocolate baking chips; set aside.
2. For topping, in a small mixing bowl beat ¼ cup butter and 2 tablespoons granulated sugar with an electric mixer on medium until creamy. Stir in pecans and chopped white chocolate baking chips. Press mixture into bottom of prepared tube pan. Chill.
3. In a medium bowl, combine flour and baking soda. In a large mixing bowl, beat 1 cup butter with an electric mixer on medium until creamy. Add ½ cup granulated sugar and brown sugar; beat for 1 minute. Add eggs, one at a time, beating for 30 seconds after each addition.
4. In a small bowl, combine buttermilk and ½ cup liqueur. Using an electric mixer on low, add flour and buttermilk mixtures alternately to batter, mixing well

after each addition. Stir in remaining ½ cups white chocolate baking chips.

5. Pour batter into prepared pan. Bake for 50 minutes or until a wooden toothpick inserted into the cake comes out clean. Let cool on a wire rack for 15 minutes before removing cake from pan. Cool several hours or overnight.

6. For glaze, combine remaining 2 tablespoons liqueur and powdered sugar. Whisk until smooth; drizzle over the cake.

Nutrition facts per serving: 640 calories, 34 g fat, 22 g saturated fat, 1 g trans fat, 115 mg cholesterol, 300 mg sodium, 73 g carbohydrates, 1 g fiber, 54 g sugar, 6 g protein. Daily values: 15% vitamin A, 0% vitamin C, 4% calcium, 10% iron.

Liqueur CHOCOLATE BUTTERCREAM

Splashing your favorite liqueur into a chocolate buttercream frosting gives cakes and cupcakes a sassy kick. If you're new to this, start with a small amount of liqueur and work up to your taste.

Prep: 30 minutes | Cool: 1 hour | Chill: 8 to 24 hours | Stand: 1 hour | Serves 24 (about 3 tablespoons each)

1½ cups Hy-Vee granulated sugar
½ cup Hy-Vee all-purpose flour
1½ cups Hy-Vee milk
8 ounces Hy-Vee semisweet chocolate chips
2 teaspoons Hy-Vee vanilla extract

½ cups Hy-Vee butter, softened
1 cup Hy-Vee unsweetened cocoa powder
⅓ cup desired liqueur (orange, almond, raspberry, coffee, chocolate, mint)

1. In a medium saucepan, whisk together sugar and flour. Add milk. Cook and stir over medium heat until thickened and bubbly. Reduce heat; cook and stir 1 minute more. Remove from heat; stir in chocolate chips and vanilla until chocolate is melted. Cover and cool completely at room temperature.

2. Transfer chocolate mixture to a large mixing bowl. Beat in butter and cocoa powder with an electric mixer on medium until mixture is well-combined,

scraping sides of bowl occasionally. Gradually add desired liqueur, beating until mixture is smooth.

3. Cover and chill overnight. Before using, let stand for 1 hour at room temperature. Beat mixture again just before using to soften for piping or spreading. Makes enough to frost 24 cupcakes, two 8- or 9-inch layers or one 13×9×2-inch cake. Store frosted cake(s) in the refrigerator.

Nutrition facts per serving: 220 calories, 14 g fat, 9 g saturated fat, 0 g trans fat, 30 mg cholesterol, 10 mg sodium, 23 g carbohydrates, 2 g fiber, 18 g sugar, 2 g protein. Daily values: 8% vitamin A, 0% vitamin C, 2% calcium, 4% iron.





BITTERSWEET CHOCOLATE *Bourbon* BALLS

The bold, spicy flavor of this no-bake confection is sure to please any bourbon lover. Chilling the crumb mixture for 30 minutes makes it easier to shape into balls.

Prep: 30 minutes | Chill: 8 to 24 hours + 30 minutes | Makes 54

1 cup chopped Hy-Vee walnuts
2 cups chocolate cookie crumbs or 26 chocolate sandwich cookies with cream removed, crushed
½ cup Hy-Vee powdered sugar
1 tablespoon Hy-Vee unsweetened cocoa powder
½ cup bourbon
1½ cups Hy-Vee bittersweet chocolate baking chips
2 teaspoons Hy-Vee shortening

1. To toast nuts, preheat oven to 350°F. Place nuts on a baking sheet and bake about 8 minutes or until lightly browned and fragrant, stirring frequently. Cool completely. Grind nuts in a nut grinder or pulse in a food processor just until finely ground, being careful not to overprocess.
2. In a medium bowl, combine cookie crumbs, ground walnuts, powdered sugar and cocoa powder. Add bourbon, stirring until combined. Shape mixture into ¾-inch balls. (Moisten your hands with cold water to prevent sticking.) Cover; chill 8 hours or overnight.
3. For coating,* in a small saucepan melt bittersweet chocolate and shortening over low heat. Line a baking sheet with waxed paper. Dip bourbon balls into melted chocolate mixture. Place on prepared baking sheet and chill for 30 minutes or until firm. Transfer balls to an airtight container. Chill for up to one week.

Nutrition facts per serving: 60 calories, 4 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 25 mg sodium, 6 g carbohydrates, 1 g fiber, 4 g sugar, 1 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 2% iron.

*Note: As an alternate coating to melted chocolate, roll balls in unsweetened cocoa powder.

These explosive little balls can be potent. Bourbon is mixed into the dry chocolate batter and none is cooked off. Before eating several, pay attention to how you feel when eating your first one.

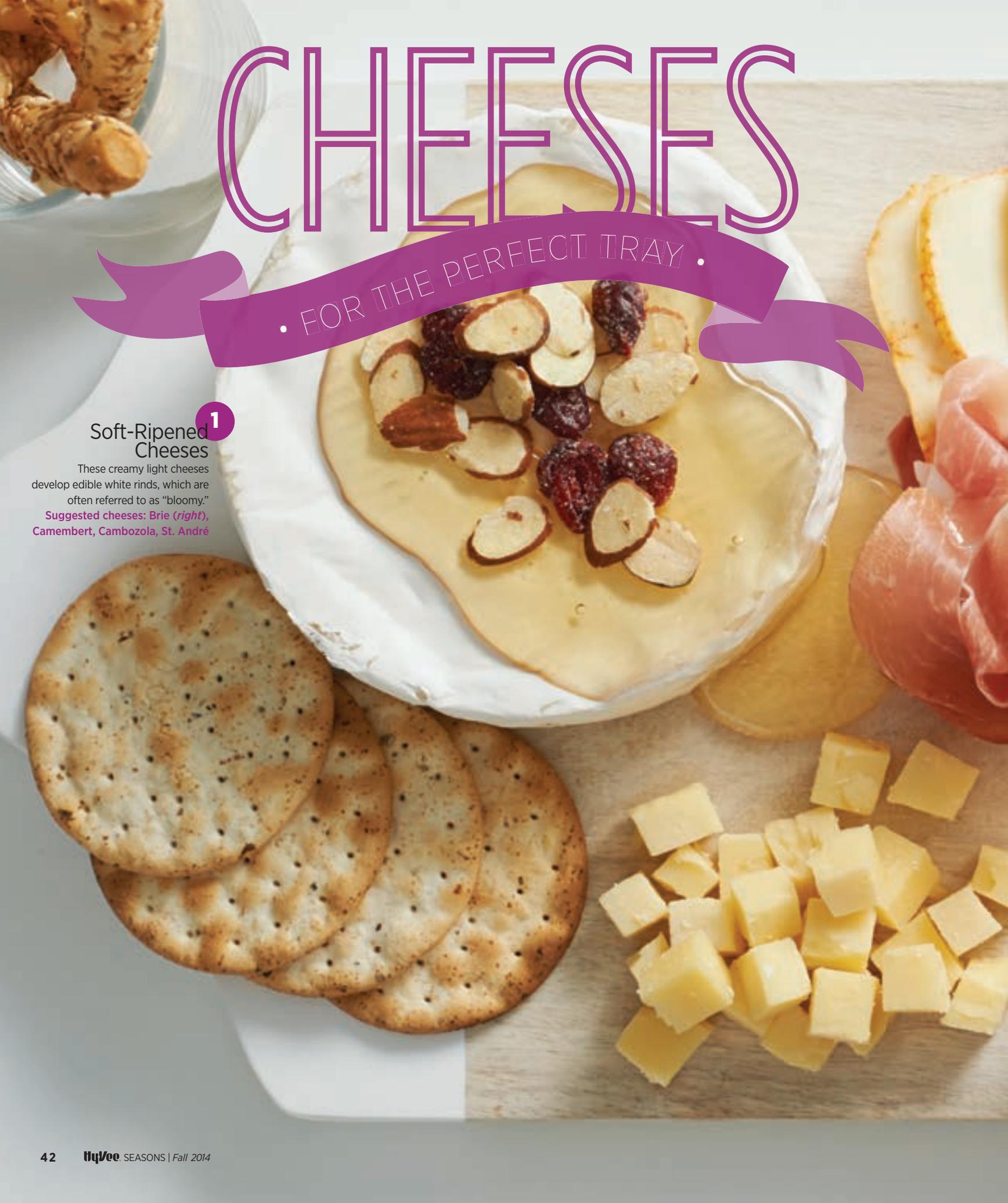
CHEESES

• FOR THE PERFECT TRAY •

1 Soft-Ripened Cheeses

These creamy light cheeses develop edible white rinds, which are often referred to as “bloomy.”

Suggested cheeses: Brie (right), Camembert, Cambozola, St. André





2 Semisoft Cheeses

Ranging from silky to very sharp in taste, semisoft cheeses are best when they have a smooth surface and milky aroma.

Suggested cheeses: Muenster (*below*), Drunken Goat, Fontina, Havarti, Port du Salut

3 Fresh Cheeses

Noted for fresh milky flavors, cheeses in this mellow variety have no rind and are not usually aged. Some seem more like thickened cream than cheese.

Suggested cheeses: mozzarella (*above*), creme fraiche, marscarpone, ricotta

4 Firm Cheeses

Sometimes called semi-hard, these cheeses are good for grilled cheese sandwiches or mac and cheese. Tastes are generally nutty and buttery.

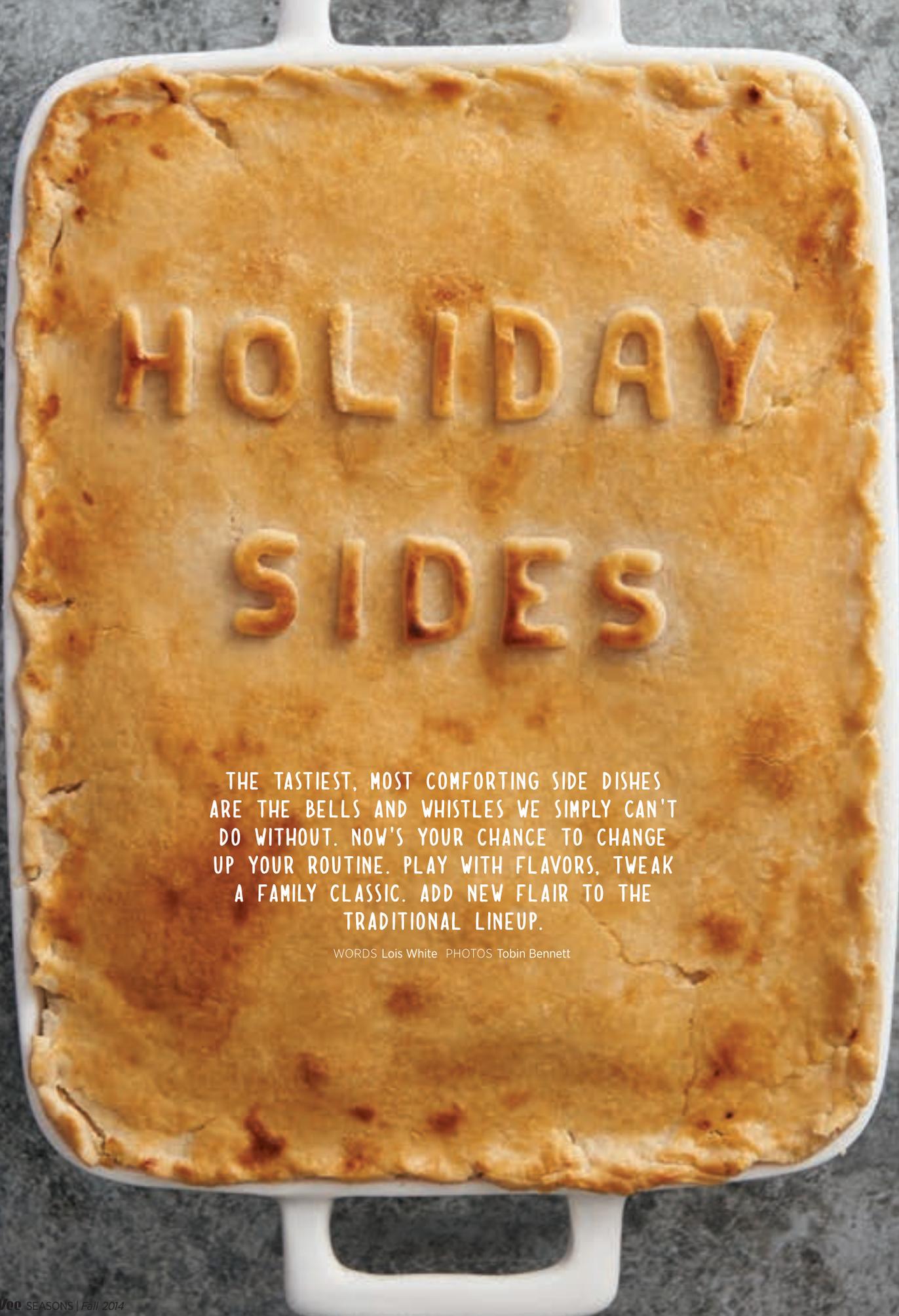
Suggested cheeses: Aged or flavored cheddars (*left*), Appenzeller, Gruyère, Jarlsberg, Manchego, Swiss

5 Hard Cheeses

Because hard cheeses are aged longer than most other varieties, flavors can be strong and pungent or sweet and caramel-like.

Suggested cheeses: Parmigiano Reggiano (*above*), Asiago, Grana Padano, Myzithra, Pecorino Romano

Inspired by French hors d'oeuvres, Italian antipasto and Spanish tapas, American hosts can offer their guests trays featuring a flight, or variety, of cheeses. Start by picking one type of cheese from at least three of the categories on these pages. Let guests sample subtle-to-bold cheeses that vary in flavor, color, age and texture. Serve with crackers, breads, jams, dry-cured meats, nuts and fruits. Depending on your audience, you may also offer wines or beers. Chris Smith, cheese specialist at the Hy-Vee store in Waukee, Iowa, recommends sampling each type.



HOLIDAY SIDES

THE TASTIEST, MOST COMFORTING SIDE DISHES ARE THE BELLS AND WHISTLES WE SIMPLY CAN'T DO WITHOUT. NOW'S YOUR CHANCE TO CHANGE UP YOUR ROUTINE. PLAY WITH FLAVORS, TWEAK A FAMILY CLASSIC. ADD NEW FLAIR TO THE TRADITIONAL LINEUP.

WORDS Lois White PHOTOS Tobin Bennett

EVERYONE HAS A FAVORITE DISH-

ONE THAT THEY ANTICIPATE ALL YEAR LONG. KNOWING IT WILL APPEAR AT A SPECIAL GATHERING. PERHAPS THE RECIPE COMES FROM AN AUNT OR GRANDMOTHER. IT'S A DISH THAT NO ONE MESSES WITH-AND ONE THAT SAYS "HOME" AND "I LOVE YOU" IN EVERY BITE.

For many families, green bean casserole is a Thanksgiving must-have. It's true. A recent survey commissioned by the Campbell Soup Company estimated 30 million households proudly serve this comfort food every year. The traditional recipe, created by Campbell's in 1955, calls for green beans, cream of mushroom soup and French-fried onions. It's delicious, quick to make, easy to remember and leaves room for creativity. See our colorful fresh take on this recipe, *page 51*, which offers something smooth and crunchy that will wow your guests.

Unexpected dishes like these make holiday cooking fun. Use this opportunity to introduce flavorful new tastes that give a nod to the past. To put a fresh spin on foods, we reached for

cheeses, smoky meats and bakery breads to revive, renew, and re-create traditional favorites.

Because it's often hard to choose just one or two sides for the holiday feast, we provide a delicious assortment that are well suited to the busy cook. You'll find several make-ahead possibilities. Our "Sausage, Fennel and Apple Stuffing" is a good example. Cut up and dry the bread cubes the day before and store them in an airtight container. Wash and prep vegetables, brown the sausage, chop herbs and measure out seasonings.

For our "Candied Pineapple Sweet Potatoes," you can roast the sweet potato mixture ahead, then reheat it just before serving. The same goes for oven-roasting other root vegetables or blanching fresh beans for our "Green Beans." Sauces hold in the refrigerator for a day. Crumb toppers, however, are best made and sprinkled on a dish just before popping it into the oven. If oven space is limited, time everything so you can bake one dish at a time along with the turkey. Bake one or two more dishes while the turkey is cooling.



A RICH FLAKY CRUST TOPS THE OVEN-ROASTED ROOT VEGGIES OF THE VEGGIE POTPIE.

WITH YUKON GOLD AND SWEET POTATOES IN THE MIX, THIS DISH TASTES TWICE AS GOOD.

POTATOES AU GRATIN

THICK ROUNDS OF SWEET POTATOES AND YUKON GOLDS HOLD THEIR SHAPES WELL WHILE BAKING IN SMOOTH ASIAGO CHEESE AND A BUTTERY ONION SAUCE. CRISP CRUMBLED BACON AND FRAGRANT SAGE LEAVES ADD FRESHNESS AND CRUNCH.

Prep: 45 minutes | Bake: 85 to 95 minutes |

Stand: 10 minutes | Serves 10

Hy-Vee nonstick cooking spray

1 cup chopped onion (1 large)

2 cloves garlic, minced

6 tablespoons Hy-Vee butter

6 tablespoons Hy-Vee all-purpose flour

1 teaspoon Hy-Vee salt

½ teaspoon Hy-Vee black pepper

3½ cups milk

4 cups thinly sliced, peeled sweet potatoes (1¼ pounds)

4 cups thinly sliced Yukon gold potatoes (1¼ pounds)

8 ounces Asiago cheese, shredded

½ cup freshly grated Hy-Vee Parmesan cheese

6 slices Hy-Vee bacon, crisp-cooked, drained and crumbled

Fresh sage leaves, for garnish

1. Preheat oven to 350°F. Lightly coat a 3-quart baking dish with cooking spray; set aside.
2. For sauce, in a large saucepan cook onion and garlic in hot butter over medium-high heat until tender. Whisk in flour, salt and pepper. Add milk all at once. Cook and stir until thickened and bubbly. Remove from heat.
3. Spread one-third of the sauce in prepared baking dish. Top with half of each type of potato and half of the Asiago cheese. Add another third of sauce. Top with remaining potatoes and Asiago cheese. Spoon remaining sauce on top. Top with Parmesan cheese. Bake, covered, for 45 minutes.* Uncover and bake 40 to 50 minutes more or until potatoes are tender. Sprinkle bacon over top. Let stand, uncovered, for 10 minutes before serving. If desired, garnish with fresh sage leaves.

*Note: Covering the potatoes during the first part of baking seals in steam, which helps promote even cooking. Uncovering them toward the end adds nice browning on top.

Nutrition facts per serving: 380 calories, 18 g fat, 10 g saturated fat, 0 g trans fat, 50 mg cholesterol, 680 mg sodium, 39 g carbohydrates, 5 g fiber, 11 g sugar, 15 g protein. Daily values: 280% vitamin A, 35% vitamin C, 35% calcium, 8% iron.





SLOW-ROASTING SWEET POTATOES BRINGS OUT THEIR YUMMY, EARTHY FLAVOR.

CANDIED PINEAPPLE SWEET POTATOES

PINEAPPLE BRINGS AN UNUSUAL SWEETNESS TO THIS DISH, PERFECTLY MATCHED BY A SPICED BROWN SUGAR GLAZE AND MARSHMALLOW TOPPING. GENTLE STIRRING DURING BAKING HELPS THE SWEET POTATOES COOK EVENLY.

Prep: 30 minutes | Bake: 1 hour | Broil: 1 minute | Stand: 5 minutes | Serves 10

10 medium sweet potatoes (about 5¼ pounds)
1 cup packed Hy-Vee dark brown sugar
2 tablespoons Hy-Vee butter, melted
¾ teaspoon Hy-Vee ground cinnamon
¾ teaspoon Hy-Vee ground cloves
½ teaspoon Hy-Vee ground nutmeg
½ teaspoon Hy-Vee salt
1 (20-ounce) can pineapple tidbits, drained
1½ cups miniature marshmallows

1. Preheat oven to 375°F. Peel sweet potatoes; cut into 1¼-inch chunks. Set aside.
2. In a large bowl, combine brown sugar, butter, cinnamon, cloves, nutmeg and salt. Stir in pineapple.

- Add sweet potatoes, stirring until well coated. Place potato mixture in a broilerproof 3-quart baking dish.
3. Bake, uncovered, for 1 hour or until potatoes are fork-tender, stirring gently every 15 minutes. Remove from oven. Position a rack 4 inches from the broiler, and preheat broiler.
 4. Sprinkle marshmallows over potatoes. Place dish under the broiler and broil for about 1 minute or until marshmallows are golden brown. Let stand 5 minutes before serving.

Nutrition facts per serving: 370 calories, 2.5 g fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 210 mg sodium, 83 g carbohydrates, 8 g fiber, 46 g sugar, 5 g protein. Daily values: 920% vitamin A, 80% vitamin C, 10% calcium, 10% iron.

M

MAC 'N' CHEESE

THIS SOFT- AND SILKY-TEXTURED DISH IS MADE WITH FOUR FLAVORFUL CHEESES: GOUDA, GRUYÈRE, AMERICAN AND A CREAM CHEESE. BUTTERY HERBED BREAD CRUMBS ADD A CRISP FINISH.

Prep: 30 minutes | Bake: 45 to 50 minutes |

Cool: 10 minutes | Serves 15

3 cups uncooked cellentani pasta

1½ cups Hy-Vee half-and-half

12 ounces American cheese, shredded (3 cups)

6 ounces smoked Gouda cheese, shredded (1½ cups)

6 ounces Gruyère, cheese, shredded (1½ cups)

6 ounces Hy-Vee cream cheese, cubed

6 Hy-Vee large eggs, lightly beaten

¾ cup Hy-Vee sour cream

7 tablespoons Hy-Vee butter, melted (divided)

1 teaspoon Hy-Vee salt

½ teaspoon Hy-Vee black pepper

1 cup Hy-Vee panko bread crumbs

1 tablespoon chopped fresh parsley

1. Preheat oven to 350°F. Grease a 3-quart baking dish; set aside.
2. Cook pasta according to package directions just until al dente; drain. Immediately return pasta to saucepan. Stir in half-and-half and cheeses. Cook on low heat until cheese is melted.
3. In a medium bowl, whisk together eggs and sour cream until smooth. Add 6 tablespoons melted butter, salt and pepper. Stir mixture into pasta mixture in pan. Spread mixture in prepared dish. Bake, uncovered, for 30 minutes.
4. In a small bowl, combine remaining 1 tablespoon butter, panko and parsley. Sprinkle crumb mixture over pasta and bake 15 to 20 minutes more or until golden brown and bubbly. Cool for 10 minutes before serving.

Nutrition facts per serving: 400 calories, 29 g fat, 17 g saturated fat, 0 g trans fat, 155 mg cholesterol, 740 mg sodium, 19 g carbohydrates, 1 g fiber, 3 g sugar, 16 g protein. Daily values: 25% vitamin A, 0% vitamin C, 60% calcium, 6% iron.



FOR FLAVOR THAT'S GOOD TO THE LAST CRUMB, THIS IS THE BEST EVER MAC AND CHEESE.



POT PIE FANATICS
WILL SAY THIS IS
THE ULTIMATE
FEEL-GOOD DISH!

V

VEGGIE POT PIE

BRIGHT SEASONAL ROOT VEGGIES ENVELOPED IN A CREAMY SAUCE AND TOPPED WITH A FLAKY, GOLDEN CRUST MINGLE BEAUTIFULLY WITH OTHER TIME-HONORED DISHES.

*Prep: 30 minutes | Bake: 80 to 85 minutes |
Stand: 20 minutes | Serves 10*

¾ cup dried porcini mushrooms
4½ cups Hy-Vee vegetable broth, divided
9 cups fresh root vegetables, peeled and cut into 1-inch chunks (carrots, parsnips, rutabagas, turnips and/or potatoes)
¼ cup Hy-Vee Select olive oil
1½ teaspoons Hy-Vee salt, divided
½ teaspoon lemon pepper seasoning
5 thyme sprigs
2½ cups Hy-Vee all-purpose flour, divided
¾ cup Hy-Vee shortening
6 or 7 tablespoons cold water

6 tablespoons Hy-Vee butter
1 cup chopped onion
4 cloves garlic, minced
2 teaspoons chopped fresh rosemary
⅓ cup whipping cream
1 egg, beaten

1. Preheat oven to 400°F. Soak mushrooms in ½ cup broth; set aside. Toss cut-up vegetables with olive oil. Transfer to a 3-quart rectangular baking dish. Sprinkle with 1 teaspoon salt and lemon-pepper seasoning. Place thyme on top. Roast for 45 minutes, stirring halfway through. Remove and discard thyme sprigs.
2. Meanwhile, in a large bowl stir together 2 cups flour and remaining ½ teaspoon salt. Using a pastry blender, cut in shortening until pieces are the size of small peas. Sprinkle 1 tablespoon water over part of the mixture; gently toss with a fork. Push moistened dough to the side of the bowl. Repeat, using 1 tablespoon water at a time, until all dough is moistened. Form dough into a ball and wrap in plastic wrap. Set aside.

3. After vegetables have roasted for 30 minutes, in a large skillet melt butter over medium-high heat. Cook onion and garlic until soft; stir in rosemary. Add remaining ½ cup flour, stirring constantly to combine well. Add remaining 4 cups broth; cook until thickened and bubbly. Stir in cream. Cook 1 to 2 minutes more.
4. Drain mushrooms; discard broth. Scatter mushrooms over roasted vegetables; pour sauce over top. On a lightly floured surface, roll dough into a 15x10-inch rectangle. If desired, cut 1 inch off of a short side for cutouts. Cut slits in pastry to allow steam to escape. Place pastry over vegetable mixture in dish. Turn under edges of pastry; flute. Brush pastry with some of the egg. If desired, arrange cutouts on top and brush again. Bake 35 to 40 minutes or until pastry is golden brown. Let stand 20 minutes before serving.

Nutrition facts per serving: 490 calories, 29 g fat, 10 g saturated fat, 0 g trans fat, 50 mg cholesterol, 830 mg sodium, 48 g carbohydrates, 6 g fiber, 6 g sugar, 9 g protein. Daily values: 100% vitamin A, 30% vitamin C, 6% calcium, 25% iron.

C

CORN SOUFFLÉ CASSEROLE

PORT DU SALUT, A SMOOTH AND CREAMY FRENCH CHEESE WITH AN EDIBLE ORANGE RIND, LOOKS STUNNING ON TOP THIS CASSEROLE. FOR EASY SLICING, COAT A CHEESE KNIFE WITH NONSTICK COOKING SPRAY BETWEEN CUTS.

Prep: 30 minutes | Bake: 40 to 45 minutes | Serves 10

- 6 cups fresh or frozen corn, divided
- 7 tablespoons Hy-Vee butter, softened; divided
- 2 tablespoons Hy-Vee grated Parmesan cheese
- 6 Hy-Vee large eggs
- 1 cup half-and-half
- 2 tablespoons Hy-Vee honey
- 1 teaspoon Hy-Vee salt
- ½ teaspoon Hy-Vee black pepper
- ½ cup Hy-Vee all-purpose flour
- 1 teaspoon Hy-Vee baking powder
- ½ cup sliced green onions
- 1 jalapeño pepper, seeded and finely chopped*
- 5½ ounces Port du Salut cheese, thinly sliced

1. Thaw corn, if frozen. Preheat oven to 350°F. Butter a 3-quart casserole with 1 tablespoon butter; coat bottom of dish with Parmesan cheese and set aside. Separate eggs; place egg whites in a medium mixing bowl and yolks in a small bowl. Set aside.
2. In a food processor, place 4 cups corn, half-and-half, honey, salt and pepper. Cover and process until

well-combined. Combine flour and baking powder; add to corn mixture and process to mix. Add remaining 6 tablespoons butter and egg yolks; pulse into mixture until well blended. Transfer mixture to a large bowl. Stir in remaining 2 cups corn, green onions and jalapeño pepper.

3. Beat egg whites with an electric mixer on medium until soft peaks form (tips curl). Gently fold whites into corn mixture until combined. Transfer mixture to prepared casserole. Top with cheese slices. Bake, uncovered, for 40 to 45 minutes or until a knife inserted near the center comes out clean.

Nutrition facts per serving: 350 calories, 19 g fat, 11 g saturated fat, 0 g trans fat, 160 mg cholesterol, 450 mg sodium, 31 g carbohydrates, 1 g fiber, 11 g sugar, 12 g protein. Daily values: 15% vitamin A, 10% vitamin C, 20% calcium, 6% iron.

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



THIS
DOWN-HOME
FAVORITE
GOES UPTOWN.

G

GREEN BEANS

IN A SOPHISTICATED TAKE ON THE TRADITIONAL GREEN BEAN CASSEROLE, TENDER FRESH BEANS ARE COATED WITH A MUSHROOM-WINE SAUCE THAT'S SURE TO IMPRESS. A CLASSIC FRENCH-FRIED ONION TOPPER AND CRISPY PANCETTA ADD CRUNCH.

Prep: 45 to 55 minutes | Bake: 15 minutes | Serves 10

2 pounds fresh haricots verts (small thin green beans) or regular green beans, ends trimmed

1 (3-ounce) package pancetta

2 cups sliced mushrooms

½ red bell pepper, thinly sliced

1 cup dry white wine

½ cup chopped shallots

2 cups whipping cream

¼ cup Dijon mustard

2 tablespoons chopped fresh basil

2 tablespoons chopped fresh dill

1 (2.8-ounce) can French-fried onions

1. Preheat oven to 350°F. In a large saucepan bring salted water to a boil. Add the haricots verts and cook until just tender, about 1 minute (10 minutes for regular green beans). Transfer with a slotted spoon to a bowl filled with ice water. Cool 1 minute, drain.

2. In a large skillet, cook pancetta over medium-high heat until crisp. Reserving drippings in skillet, drain pancetta on a plate lined with paper towels. Cook mushrooms and bell pepper in reserved drippings until slightly tender. Remove from skillet; keep warm.

3. To the same skillet, add wine and shallots. Bring to boiling. Continue boiling for 4 to 5 minutes or until almost all of the wine evaporates. Add cream and simmer until slightly reduced. Stir in mustard, basil and dill. Add mushrooms and pepper strips.

4. Place beans in a 3-quart baking dish. Spoon mushroom mixture in the center. Crumble pancetta and sprinkle over baking dish mixture. Top sauce with French-fried onions. Bake for 15 minutes or until heated through.

Nutrition facts per serving: 310 calories, 23 g fat, 12 g saturated fat, 0.5 g trans fat, 70 mg cholesterol, 340 mg sodium, 14 g carbohydrates, 3 g fiber, 4 g sugar, 4 g protein. Daily values: 20% vitamin A, 20% vitamin C, 8% calcium, 6% iron.

A MERRY MIX OF COLORS GIVES THIS DISH CENTERPIECE STATUS.

TAKING SIDES!

HERE ARE OUR TOP 10 FLAVOR SECRETS FOR ADDING DELICIOUS SPINS TO YOUR HOLIDAY SIDE DISHES. DON'T BE AFRAID TO MIX THINGS UP A LITTLE. PUTTING A FEW NEW DISHES ON THE TABLE SHOULD START A CONVERSATION.

1. ROAST ROOTS.

Roasting is an easy way to draw out the natural sweetness and pure earthy flavor of root vegetables. Sweet potatoes become so sweet that you can use marshmallows sparingly.

2. ALL IN THE BREAD.

The secret to a great stuffing lies in the bread. Your best choices are Hy-Vee Baking Stone Breads. Their flavors harmonize beautifully with stir-ins. When baked, stuffing should be golden, slightly crisp on top and moist inside.

3. KICKY CASSEROLES.

Give casseroles a flavorful finish with a lively crumb topper that includes crumbled bacon and grated cheese. Yum!

4. CHEESE PLEASE.

For dishes with cheese sauces, pairing a smoky variety with a nutty cheese creates an irresistible flavor combination.

5. SMOKIN' GOOD.

Put personality into a standard holiday side by sprinkling on smoky, crisp-cooked pancetta. It has a distinctive salty, bacony taste.

6. SUPER STUFFING.

Turn stuffing into a showstopper by mixing in chopped fresh herbs and toasted nuts. Like icing on a cake, toppers add color, texture and flavor.

7. SOAK 'EM.

When using mushrooms, soak several kinds, including dried, in hot water or broth. Soaking plumps up dried mushrooms.

8. FRESH IS BEST.

Breathe new life into veggie casseroles by using crisp-tender produce, fresh mushrooms and chopped herbs.

9. A SWEET TOUCH.

Fruits of all kinds work surprisingly well in stuffing. Stir in the sweetness of dried fruits, including cranberries, cherries, apricots or golden raisins. Orange slices are good too.

10. DIG DEEPER.

When roasting winter roots consider including rutabagas, turnips and beets. All of these vegetables add distinctive earthy flavors that pair well with other fall foods.



S



SPRINKLING
FRESH FENNEL
ON TOP OF
STUFFING
ADDS A DASH
OF COLOR.

SAUSAGE, FENNEL AND APPLE STUFFING

GIVE HOLIDAY STUFFING A TWIST BY USING HY-VEE BAKING STONE ROASTED GARLIC SOURDOUGH BREAD FOR THE BASE. TOAST THE BREAD CUBES AND PINE NUTS UNTIL GOLDEN BROWN, AND STORE THEM UP TO ONE DAY BEFORE MAKING THE STUFFING.

Prep: 50 minutes | Bake: 1 hour | Serves 10 to 12

1 (1-pound) loaf Hy-Vee Baking Stone Roasted Garlic Sourdough Bread, cut into ½- to ¾-inch cubes (about 10 cups)
½ cup pine nuts

Hy-Vee nonstick cooking spray
½ pound pork sausage
3 cups coarsely chopped, cored fennel (reserve fronds for garnish)
1½ cups chopped onions (3 medium)
1 cup chopped, cored apple
6 tablespoons Hy-Vee butter
3 tablespoons chopped fresh thyme
¾ teaspoon Hy-Vee black pepper
3 Hy-Vee large eggs, lightly beaten
1 cup Hy-Vee chicken broth

1. Preheat oven to 350°F. In a large baking pan, combine bread cubes and pine nuts. Toast for 15 to 20 minutes or until bread cubes are crisp and pine nuts are lightly browned, tossing once. Set aside to cool.
2. Meanwhile, lightly coat a 3-quart baking dish with cooking spray; set aside. In a large skillet, cook sausage over medium-high heat until brown, stirring

occasionally. Drain. Remove from skillet; set aside. In the same skillet, cook fennel, onions and apples in hot butter over medium-high heat about 10 minutes or until softened, stirring occasionally. Stir in sausage, thyme and pepper.

3. In a very large bowl, combine bread cube mixture and fennel mixture, tossing to combine. In a small bowl, combine eggs and broth. Drizzle over bread mixture and toss gently to combine.

4. Spoon stuffing into prepared dish. Bake, covered, for 45 minutes. Uncover and bake about 15 minutes more or until stuffing is heated through. If desired, garnish with fennel fronds.

Nutrition facts per serving: 300 calories, 16 g fat, 6 g saturated fat, 0 g trans fat, 25 mg cholesterol, 480 mg sodium, 33 g carbohydrates, 4 g fiber, 6 g sugar, 8 g protein. Daily values: 6% vitamin A, 15% vitamin C, 6% calcium, 15% iron.

BANANAS

Sweet and creamy bananas add decadent richness to tarts, quick breads and even griddle cakes and ice cream. Try different banana varieties to experience a whole bunch of new flavors.

WORDS Jennifer Chappell Smith PHOTOS Tobin Bennett



Opening a green banana sounds as loud as if you snapped a stick. And the smell? Like a cucumber. Surprised? Bananas are part of the cucumber family, says Norm Davis.

Norm is the quality control inspector at Hy-Vee's Chariton Distribution Center in Iowa. For 40 years, Norm has handled the ripening and distribution of bananas—now at a rate of about 3 million a week.

He is so well regarded in the produce industry for his knowledge that major fruit supplier Dole Food Co.—Hy-Vee's sole source for bananas—calls Norm when it has a technical question about the ripening process.

Bananas arrive daily at the Chariton facility from Central America by truckloads. Though rock hard and deep green when delivered, the fruit is ripened in five days inside massive temperature-controlled rooms. (For more on the ripening process, see *page 58*.)

"It's not a one-man show," says Norm, who works with a Hy-Vee team that stretches from

buyers in the field to produce managers and staff at local stores.

Bananas are the number one seller among items sold by weight at Hy-Vee. Karla Heffron, Hy-Vee assistant vice president of warehousing, says customers are responding to having more choices in bananas. "In this year alone, we've seen organic banana sales jump 30 percent."

BANANAS 101

There are hundreds of banana cultivars, and Hy-Vee stocks the five most popular. The common banana is the yellow Cavendish. Other cultivars sold at Hy-Vee are plantains, minis, reds, and Manzanos, see *page 56*. They are all imported from Central and South America.

More like a spice bush than a tree, banana plants grow 10 to 26 feet high. Each plant yields up to 200 bananas harvested from as many as five loaded clusters.

As yellow bananas ripen and soften, their sweetness intensifies. If you have more bananas

than you can use immediately, freeze some for future recipes. Peel them and place in a resealable plastic bag. To slow the browning process, add a squeeze of lemon juice.

A BUNCH FOR BAKING

But there are recipes that work best with brown bananas. Overripe bananas—the browner the better—are the secret to getting the most intense flavors in baked goods, such as classic banana breads. Darker bananas have a soft texture that mashes and blends easily. This flavor-boosting ingredient is also the best choice for other recipes, including donuts, pancakes and ice cream.

How does a cook put true banana flavor into a pudding or cream pie when the fruit is slightly underripe and there's no time for ripening? Try roasting, which intensifies flavor and helps the fruit soften slightly. To roast bananas, place unpeeled fruit on a baking sheet and bake in a 325°F oven for about 20 minutes or until the skins are completely black. Let cool for 5 minutes.

BANANA CREAM TART

Here's an endearing combination of flaky crust, creamy filling and caramelized meringue. A tip Grandma may not have known: Chilling shortening in the freezer for 5 to 10 minutes produces a flakier crust.

Prep: 1 hour | Bake: 25 minutes | Cool: 1 hour

| Chill: 3 to 6 hours | Serves 8

CRUST

1¼ cups Hy-Vee all-purpose flour

½ teaspoon Hy-Vee salt

½ cup Hy-Vee shortening, chilled

3 tablespoons ice water

FILLING

¾ cup Hy-Vee granulated sugar

¼ cup Hy-Vee cornstarch

¼ teaspoon Hy-Vee salt

2½ cups Hy-Vee milk

4 Hy-Vee large egg yolks

2 tablespoons Hy-Vee butter

2 teaspoons Hy-Vee vanilla extract

3 medium bananas, sliced

MERINGUE

4 Hy-Vee large egg whites, room temperature

1 teaspoon Hy-Vee vanilla extract

½ teaspoon cream of tartar

½ cup Hy-Vee granulated sugar

*For mile-high meringue, double meringue ingredients and bake 5 to 10 minutes more.

1. Preheat oven to 450°F. For crust, in a medium bowl stir together flour and salt. Cut in cold shortening until pieces are the size of small peas. Sprinkle 1 tablespoon of the ice water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat until all dough is moistened. Form into a ball.

2. On a lightly floured surface or between two pieces of waxed paper, roll dough into a 12-inch circle. Ease pastry into a 10-inch tart pan or 9-inch pie plate. For tart pan, trim pastry even with edge of pan. For pie plate, trim pastry to ½ inch beyond edge of pie plate; fold under extra pastry and flute edge. Prick bottom and sides of pastry with a fork. Bake 10 to 12 minutes or until golden; cool on a wire rack.

3. Reduce oven temperature to 325°F. For filling, in a heavy medium saucepan combine sugar, cornstarch and salt. Stir in milk until combined. Cook and stir over medium-high heat until thickened and bubbly; reduce heat. Cook and stir 2 minutes more. Remove from heat. Slightly beat egg yolks with a fork. Gradually stir about 1 cup of the hot mixture into egg yolks. Add yolk mixture to saucepan. Bring to a gentle boil, stirring constantly. Reduce heat; cook and stir 2 minutes more. Remove from heat. Stir in butter and vanilla.

4. For meringue, in a large mixing bowl combine egg whites, vanilla and cream of tartar. Beat with electric mixer on medium speed about 1 minute or until soft peaks form (tips curl). Gradually add sugar, 1 tablespoon at a time, beating on high speed for 3 to 4 minutes or until stiff, glossy peaks form (tips stand straight).

5. To assemble tart, arrange banana slices in bottom of baked pastry shell. Pour hot filling over bananas. Spread with meringue, sealing to edge. Bake at 325°F for 25 minutes or until golden. Cool on wire rack for 1 hour. Chill for 3 to 6 hours before serving; cover for longer storage.

Nutrition facts per serving: 450 calories, 18 g fat, 6 g saturated fat, 0 g trans fat, 100 mg cholesterol, 290 mg sodium, 64 g carbohydrates, 2 g fiber, 41 g sugar, 8 g protein. Daily values: 8% vitamin A, 6% vitamin C, 10% calcium, 8% iron.



A BANANA BONANZA

Don't be color-blind about bananas.

REGULAR BANANA (CAVENDISH)

The yellow Cavendish is the most common and popular of the banana varieties. Bananas contain complex carbohydrates and vitamin B6 that help kick-start your metabolism.

RED BANANA

Small and stubby, reds have a nutty apple taste and are good for baking. Redder bananas contain more vitamin C and carotene.

PLANTAIN

A starchy side dish in many Central American countries, plantains come in green, and are best served fried or boiled; yellow, a sweeter flavor, best grilled or baked; and black, the sweetest version, best for baking or desserts.

MINI BANANA

Grown in tiny, cute clusters, these bananas invite you to pick them up. Sweeter than a Cavendish, these are a kid favorite. Let them develop sugar spots—dark brown spots that mean they're ready to eat. Each mini has just 55 calories, plus 2 grams of beneficial fiber.

MANZANO

This green fruit starts yellow and then blackens as it ripens. Creamy, it has an applelike taste and averages about 4 inches long. It's good for eating and baking.



SELECT AND STORE: CHOOSE WISELY

When selecting regular bananas, avoid those with blemishes near necks or crowns. Once you get them home, the temperature of your countertop affects how fast bananas ripen—the warmer it is the quicker they turn.

If you want green bananas to ripen quickly, store them in a paper bag with an apple. But check on them every day. Though when overripe, they remain good for baking.

TIP:

It's easier to open a banana from the bottom than from the stem end. Pinched at the bottom tip, it splits. Pull each side of the split and it opens easily.





BANANA BREAD

From brown speckled to almost black, very ripe bananas are the best choice for breads due to their time-enhanced sweetness and soft texture. A sprinkling of sugar forms a crackly top crust.

Prep: 12 minutes | Bake: 60 to 70 minutes | Serves 12

2 cups Hy-Vee all-purpose flour
¾ teaspoon Hy-Vee baking soda
½ teaspoon Hy-Vee salt
6 tablespoons Hy-Vee butter, melted and cooled slightly
¾ cup Hy-Vee packed brown sugar
3 ripe bananas, mashed (about 1½ cups)
2 Hy-Vee large eggs

¼ cup Hy-Vee plain Greek yogurt
1 teaspoon Hy-Vee vanilla extract
¾ cup chopped Hy-Vee walnuts, toasted*
1 medium banana, diagonally sliced ⅛ inch thick
3 tablespoons Hy-Vee granulated sugar

1. Preheat oven to 350°F. Grease the bottom of a 9x5x3-inch loaf pan. In a medium bowl, stir together flour, baking soda and salt; set aside. In a large bowl, stir together butter and brown sugar until blended. Stir in mashed bananas, eggs, yogurt and vanilla. Stir in flour mixture and nuts. Transfer batter to prepared loaf pan.
2. Arrange banana slices, overlapping slightly, in a line down long sides of pan. Sprinkle granulated sugar over bananas and batter. Bake for 60 to 70

minutes or until a toothpick inserted near center comes out clean. Cool in pan 10 minutes; remove to a wire rack to cool completely.

Nutrition facts per serving: 290 calories, 11 g fat, 4.5 g saturated fat, 0 g trans fat, 45 mg cholesterol, 190 mg sodium, 43 g carbohydrates, 2 g fiber, 22 g sugar, 5 g protein. Daily values: 4% vitamin A, 6% vitamin C, 4% calcium, 8% iron.

*Note: To toast nuts, preheat oven to 350°F. Place nuts on a baking sheet and bake about 8 minutes or until lightly browned and fragrant, stirring frequently.

HOMEMADE BANANA PUDDING

Creamy vanilla custard and sweet banana make up this favorite comfort-food dessert.

Prep: 30 minutes | Chill: 2 hours | Makes 8 servings

6 tablespoons Hy-Vee granulated sugar

2 tablespoons Hy-Vee cornstarch

$\frac{1}{6}$ teaspoon Hy-Vee salt

$\frac{1}{4}$ cups Hy-Vee milk

2 Hy-Vee large egg yolks

1 tablespoon Hy-Vee butter

1 teaspoon Hy-Vee vanilla extract

1 medium banana, sliced

1. In a medium saucepan combine sugar, cornstarch and salt. Stir in milk until combined. Cook and stir

over medium-high heat until thickened and bubbly; reduce heat. Cook and stir 2 minutes more. Remove from heat. Slightly beat egg yolks with a fork. Gradually stir about $\frac{3}{4}$ cup of the hot mixture into egg yolks. Add yolk mixture to saucepan. Bring to a gentle boil, stirring constantly. Reduce heat; cook and stir 2 minutes more. Remove from heat. Stir in butter and vanilla. Pour into a bowl; cool slightly. Cover surface with plastic wrap. Chill at least 2 hours. Stir in chopped banana slices.

Nutrition facts per serving: 100 calories, 2.5 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 55 mg sodium, 17 g carbohydrates, 0 g fiber, 13 g sugar, 2 g protein. Daily values: 4% vitamin A, 2% vitamin C, 6% calcium, 2% iron.

SECRETS OF RIPENING

While most fruit delivered to Hy-Vee will ripen on its own, bananas need the help of Norm Davis, a Hy-Vee quality control inspector.

For 40 years, Davis has been handling banana processing at Hy-Vee's Chariton Distribution Center in Iowa. His job is to oversee the five-day process of transforming the fruit from green to yellow.

"Bananas are dormant at 58 degrees: They don't ripen and don't deteriorate," explains Norm. He raises the heat until they reach an internal temperature of 60 to 62 degrees on Day No. 1. Then he exposes them to the natural plant gas called ethylene—also emitted by tomatoes, apples and peaches as they ripen.

Norm says, "I have to look at each shipment to see how fast they're going to ripen, and then I control them from that point." This attention gives bananas more shelf life when delivered to Hy-Vee stores.



CARAMEL-BANANA ICE CREAM SUNDAES

Use the ripest fruit for the richest banana flavor in this irresistible ice cream.

Prep: 1 hour | Chill: 4 hours or overnight | Freeze: 5 hours or overnight |

Serves 8 (½ cup each)

4 Hy-Vee large egg yolks
¾ cup Hy-Vee granulated sugar
1½ cups Hy-Vee whole milk
2 cups whipping cream, divided
1 tablespoon Hy-Vee vanilla extract
2 ripe medium bananas, peeled
1 teaspoon lime juice
½ cup chopped Hy-Vee pecans, toasted*
¾ cup packed Hy-Vee brown sugar
½ cup pure maple syrup
¼ cup Hy-Vee butter
Ripe mini bananas, for serving
Additional toasted pecans, for serving*

1. In a medium mixing bowl, beat egg yolks and sugar with an electric mixer on high about 5 minutes or until thickened and lemon-colored. Stir in milk and 1½ cups of the whipping cream.
2. Transfer mixture to a 2-quart heavy saucepan. Cook over medium heat, stirring constantly with a wooden spoon, until custard coats the back of the spoon. (To check custard for doneness, swipe a finger across the back of the spoon. When custard is done, the line of your finger will remain without the custard running back together.) Remove from heat and stir in vanilla. Set saucepan in another pan filled with ice water and stir custard until cooled. Transfer custard to airtight container and chill at least 4 hours or overnight.
3. Place medium bananas and lime juice in food processor; cover and process until smooth. Pour banana puree into custard and gently stir until mixed.
4. Freeze chilled mixture in a 1½-quart ice cream freezer according to manufacturer's directions. Add ½ cups pecans about 5 minutes before ice cream is done. Transfer ice cream to an airtight container. Cover and freeze for 1 hour.
5. Meanwhile for caramel sauce, in a small saucepan, combine brown sugar, maple syrup and butter. Bring to boiling over medium heat, stirring occasionally. Boil gently, uncovered, about 10 minutes or until slightly thickened. Remove from heat. Cool slightly. Carefully stir in remaining ½ cup whipping cream and return mixture to a boil. Boil gently, uncovered, 10 minutes more. Remove from heat. Cool to room temperature.
6. After ice cream freezes for 1 hour, swirl in ½ cup of the caramel sauce, reserving remaining for topping. Return ice cream to freezer and freeze for at least 4 hours or overnight.
7. Serve ice cream with baby bananas and additional toasted pecans; top with reserved caramel sauce.

Nutrition facts per serving: 570 calories, 37 g fat, 20 g saturated fat, 1 g trans fat, 195 mg cholesterol, 55 mg sodium, 60 g carbohydrates, 1 g fiber, 53 g sugar, 5 g protein. Daily values: 25% vitamin A, 6% vitamin C, 15% calcium, 4% iron.

*Note: Toast pecans in a skillet over medium heat stirring constantly until golden and brown. Remove from heat and let cool.





BANANA CREAM PANCAKES

A generous slathering of smooth mascarpone cheese adds a sweet yet tangy surprise to a stack of puffy banana pancakes.

Prep: 25 minutes | Serves 4 (three 4-inch pancakes each)

¼ cup chopped Hy-Vee pecans
½ cup canned vanilla pudding
¼ cup mascarpone cheese
2 tablespoons Hy-Vee powdered sugar
1½ cups Hy-Vee all-purpose flour
2 tablespoons Hy-Vee granulated sugar
2½ teaspoons Hy-Vee baking powder
¼ teaspoon Hy-Vee salt
2 Hy-Vee large eggs, lightly beaten
1 cup plus 2 tablespoons Hy-Vee milk
⅔ cup mashed bananas
2 tablespoons Hy-Vee butter, melted
1 teaspoon Hy-Vee vanilla extract
Sliced bananas, for serving
Maple syrup, for serving

1. In a small skillet, heat pecans over medium heat until lightly toasted, stirring frequently. Set aside.
2. For mascarpone cream, in a small mixing bowl beat pudding and mascarpone cheese with an electric mixer on medium until combined. Beat in powdered sugar until smooth. Set aside.
3. In a large bowl, combine flour, sugar, baking powder, salt and pecans. Set aside.
4. In a medium bowl, combine eggs, milk, bananas, melted butter and vanilla. Gently stir banana mixture into flour mixture just until batter is blended. (Batter should be lumpy.)
5. Pour about ¼ cup batter onto a hot, lightly greased griddle or heavy skillet. Cook over medium heat until golden brown, flipping once when surface is bubbly. Transfer pancake to serving plate; cover and keep warm in a 200°F oven for up to 10 minutes. Repeat with remaining batter.
6. To serve, layer pancakes with a rounded tablespoon of mascarpone cream and banana slices. Pour maple syrup over stack and serve hot.

Nutrition facts per serving: 580 calories, 28 g fat, 12 g saturated fat, 0.5 g trans fat, 145 mg cholesterol, 1,190 mg sodium, 71 g carbohydrates, 3 g fiber, 25 g sugar, 14 g protein. Daily values: 20% vitamin A, 8% vitamin C, 70% calcium, 20% iron.



BANANA CREAM CUPCAKES

Hidden inside each tender, meringue-crowned cupcake is a filling of creamy banana pudding.

Prep: 1 hour | Bake: 18 to 20 minutes | Chill: 2 hours |

Makes 24

FILLING

See Banana Cream Tart recipe, page 55

CUPCAKES

1 cup Hy-Vee butter, room temperature
1½ cups Hy-Vee granulated sugar
2 teaspoons Hy-Vee vanilla extract
4 Hy-Vee large eggs
2 cups cake flour
1½ teaspoons Hy-Vee baking powder
¾ teaspoon Hy-Vee salt
½ cup Hy-Vee milk
Banana slices

MERINGUE

See recipe, page 55

1. Prepare filling; set aside.
2. Preheat oven to 350°F. Line twenty-four 2½-inch muffin cups; set aside. Beat butter and sugar until light and fluffy. Beat in vanilla. Beat in eggs, one at a time, beating well after each addition. Combine flour, baking powder and salt. Add flour mixture to batter alternately with milk, mixing until combined. Spoon batter into prepared muffin cups, filling each two-thirds full. Bake for 18 to 20 minutes or until a toothpick inserted in centers comes out clean. Remove from muffin cups and cool on a wire rack.
3. To fill cupcakes, use an apple corer to create a ¾-inch hole in the center of each cupcake almost to the bottom; remove cake core. Spoon 1 tablespoon of filling into each hole. Place a banana slice over filling.
4. Prepare meringue. Pipe meringue in circular peaks on cupcakes. Place 12 cupcakes on a baking pan. Broil 5 inches from heat for 45 to 75 seconds or until lightly browned, rotating pan as needed. Repeat with remaining cupcakes. (Or use a culinary torch to lightly brown individual cupcakes.) Serve immediately or chill in a covered airtight container for up to 2 days.

Nutrition facts per serving: 230 calories, 9 g fat, 6 g saturated fat, 0 g trans fat, 70 mg cholesterol, 150 mg sodium, 32 g carbohydrates, 0 g fiber, 22 g sugar, 4 g protein. Daily values: 8% vitamin A, 0% vitamin C, 6% calcium, 6% iron.



BAKED BANANA FRITTERS

A big hit with those on diets, this healthier baked version of traditionally fried fritters is reminiscent of a light scone.

Prep: 20 minutes | Bake: 12 to 15 minutes | Makes 18

1½ cups Hy-Vee all-purpose flour
½ cup Hy-Vee granulated sugar
2 teaspoons Hy-Vee baking powder
½ teaspoon Hy-Vee ground cinnamon
¼ teaspoon Hy-Vee salt
6 tablespoons cold Hy-Vee butter
1 Hy-Vee large egg
¼ cup Hy-Vee milk
2 teaspoons grated orange zest
2 medium bananas, chopped into ½-inch pieces

GLAZE

2 cups Hy-Vee powdered sugar
½ teaspoon Hy-Vee vanilla extract
3 to 4 tablespoons Hy-Vee milk

1. Preheat oven to 400°F. Lightly grease a baking sheet. In a large bowl, stir together flour, sugar, baking powder, cinnamon and salt. With a pastry blender, cut in butter until coarse crumbs form.
2. In a small bowl, stir together egg, milk and orange zest; stir egg mixture into flour mixture just until combined. Fold in bananas. Drop by heaping tablespoons onto prepared baking sheet. Bake for 12 to 15 minutes or until bottoms are golden and tops are beginning to brown. Cool several minutes on a wire rack.
3. For glaze, whisk together powdered sugar, vanilla and enough milk to give glaze a thick drizzling consistency. Dip warm or cooled fritters into glaze.

Nutrition facts per serving: 160 calories, 4.5 g fat, 2.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 100 mg sodium, 31 g carbohydrates, 1 g fiber, 21 g sugar, 2 g protein. Daily values: 4% vitamin A, 2% vitamin C, 002% calcium, 4% iron.



BAKED BANANA DONUTS.

BAKED BANANA DONUTS

When there's a chill in the air, treat your family to warm donuts fresh from the oven. Coated with spiced sugar, this moist, healthy snack is as easy to make as muffins.

Prep: 10 minutes | Bake: 13 to 15 minutes | Makes 12

- 1¾ cups Hy-Vee all-purpose flour
- 1½ teaspoons Hy-Vee baking powder
- ¼ teaspoon Hy-Vee salt
- ¼ teaspoon Hy-Vee baking soda
- ¼ teaspoon Hy-Vee ground nutmeg
- 1 cup mashed ripe bananas (2 to 3 medium)
- 2 Hy-Vee large eggs
- ½ cup Hy-Vee granulated sugar
- ¼ cup Hy-Vee vegetable oil
- 2 tablespoons Hy-Vee milk
- 1 teaspoon Hy-Vee vanilla extract

SPICED SUGAR

- ¼ cup Hy-Vee granulated sugar
- ½ teaspoon Hy-Vee ground cinnamon
- ¼ teaspoon ground allspice

1. Preheat oven to 350°F. Grease two nonstick six-unit doughnut pans. In a large bowl, stir together flour, baking powder, salt, baking soda and nutmeg. In a medium bowl, stir together mashed bananas, eggs, sugar, oil, milk and vanilla. Stir banana mixture into flour mixture just until combined.
2. Spoon batter into prepared pans, filling about three-fourths full. Bake for 13 to 15 minutes or until a toothpick inserted near centers comes out clean. Cool 4 to 5 minutes in pans on a wire rack.
3. Meanwhile for spiced sugar, stir together sugar, cinnamon and allspice. Remove donuts from pans, and coat both sides of each donut with sugar mixture. Serve warm.

Nutrition facts per serving: 190 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 30 mg cholesterol, 150 mg sodium, 31 g carbohydrates, 1 g fiber, 15 g sugar, 3 g protein. Daily values: 2% vitamin A, 2% vitamin C, 4% calcium, 6% iron.



• ON THE MENU •

DINNER FOR 2

WORDS Kaitlyn Gabriel PHOTOS Tobin Bennett

Whether you're an empty nester paring down your family or a pair of newlyweds still finding your way around the kitchen, these helpful tips and delicious recipes will have you cooking in no time.

PRIMO

Shopping efficiently is one of the hardest parts of cooking for two. Start by planning for the week ahead and shop with a tailored grocery list in hand. This cuts down on overbuying and food spoilage, but more importantly, it saves time trying to decide what to cook, which is aggravating after a long day of work. Eating at home instead of going out just one additional night a week will save an average couple about \$2,000 a year. Use these savings to invest in time-saving kitchen tools, such as a food processor or chef's knife.

SECONDO

Make a menu that's worth the work. Couples often settle for a bland meal simply because it's easy to pull together. Get out of that rut by trying one of our recipes. We've kept the speed of simple prep and quick cooking without sacrificing great flavor. Pamper yourselves with perfectly seasoned, Italian-inspired "Linguini Chicken Carbonara," *page 65*, that's gluten-free! For a protein-packed entrée, toss together our blue-cheese-infused "Caesar Steak Wraps," *page 67*. Or try one of our other great dishes.

DULCE

Reuse and recycle. Consider how foods can do double-duty as a dinner and a lunch. Don't rely on simply reheating leftovers, reimagine them, instead. Tonight's roasted chicken breast can be tossed in barbecue sauce for topping a homemade BBQ chicken pizza tomorrow or chilled overnight and chopped into a salad for lunch. By planning ahead, you can use leftovers more creatively.



CHORIZO POTATO HASH WITH FRIED EGGS

Breakfast for dinner? This tasty skillet meal gets an extra kick from chorizo, a spicy pork sausage used in Mexican cuisine.

Prep: 30 minutes | Serves 2

½ (15-ounce) package chorizo
1½ cups refrigerated or thawed,
frozen diced potatoes
⅓ cup chopped onion
¼ cup chopped red bell pepper
2 cloves garlic, minced
Hy-Vee salt
Hy-Vee black pepper
1 to 2 tablespoons Hy-Vee Select olive oil
1 tablespoon Hy-Vee butter
2 Hy-Vee large eggs
Fresh cilantro, for garnish

1. Remove casing from chorizo, if present. In a large nonstick skillet, cook chorizo over medium-high heat until brown, using spatula to break up the meat. Reserving drippings in skillet, use a slotted spoon to transfer chorizo to a plate lined with paper towels; set aside.
2. To reserved drippings, add potatoes, onion, bell pepper and garlic. Sprinkle with salt and pepper. Cook over medium-high heat for 12 to 15 minutes or until potatoes are crisp on the outside, adding olive oil as necessary to avoid sticking. Stir in chorizo and reduce heat to medium-low.
3. In a small skillet, melt butter over medium heat. Break eggs into skillet; sprinkle with salt and pepper. Reduce heat to medium-low and cover briefly. Uncover and cook eggs until whites are completely set and yolks start to thicken slightly.
4. To serve, divide potato mixture between two plates. Top each with a fried egg. If desired, garnish with cilantro.

Nutrition facts per serving: 670 calories, 49 g fat, 17 g saturated fat, 0 g trans fat, 315 mg cholesterol, 1,390 mg sodium, 28 g carbohydrates, 4 g fiber, 3 g sugar, 31 g protein. Daily values: 50% vitamin A, 70% vitamin C, 6% calcium, 15% iron.



LINGUINI CHICKEN CARBONARA

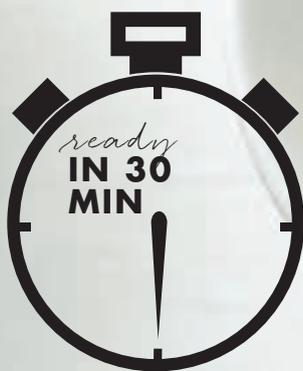
Whether or not you're on a gluten-free diet, you'll be glad you discovered this healthy version of a rich classic. Besides omitting eggs and adding fresh green vegetables, this recipe uses pasta made with rice, corn and/or quinoa.

Prep: 30 minutes | Serves 2

- ½ cup Hy-Vee whole milk
- ½ cup Hy-Vee shredded Parmesan cheese
- ⅓ teaspoon Hy-Vee black pepper
- 4 ounces uncooked gluten-free linguine
- 1 cup broccollette florets
- 1 slice Hy-Vee bacon
- 1 shallot, finely chopped
- 1 clove garlic, minced
- 1 cup chopped cooked chicken
- 1 cup baby spinach leaves
- 1 tablespoon chopped fresh Italian parsley
- 1 tablespoon toasted pine nuts

1. In a small bowl, combine milk, cheese and pepper; set aside.
2. In a large saucepan, cook pasta according to package directions (do not overcook), using salted water; add broccollette during the last 3 minutes of cooking. Drain mixture; do not rinse.
3. Meanwhile, in a large skillet cook bacon over medium heat until crisp. Drain well on paper towel; reserve drippings in skillet. Coarsely crumble bacon; set aside. Add shallot and garlic to skillet. Cook and stir over medium heat until softened. Reduce heat to medium-low. Add milk mixture to pan; cook and stir until thick and creamy. Stir in hot pasta mixture, chicken, spinach, bacon and parsley; heat through. Serve immediately, topped with pine nuts.

Nutrition facts per serving: 530 calories, 16 g fat, 7 g saturated fat, 0 g trans fat, 75 mg cholesterol, 610 mg sodium, 58 g carbohydrates, 5 g fiber, 10 g sugar, 37 g protein. Daily values: 50% vitamin A, 140% vitamin C, 45% calcium, 20% iron.



CAPRESE-STYLE EGGPLANT STACKS

While frying in the oven, fresh eggplant develops a glorious tender texture and sweetness. Salting the slices before cooking helps tame its subtle bitterness.

Stand: 20 minutes | Prep: 10 minutes |

Bake: 20 minutes | Serves 2

1½ teaspoons Hy-Vee kosher salt

½ small eggplant, sliced ⅜-inch thick

¼ cup Hy-Vee all-purpose flour

¼ teaspoon Hy-Vee black pepper

¾ cup Hy-Vee panko bread crumbs

3 tablespoons Hy-Vee grated Parmesan cheese

2 teaspoons chopped fresh basil

2 Hy-Vee large eggs, beaten

**4 ounces fresh mozzarella cheese,
cut into ¼-inch slices**

½ cup Hy-Vee pizza sauce, warmed

1 tablespoon Hy-Vee shredded Parmesan cheese

Fresh basil leaves, for garnish

1. Sprinkle kosher salt on both sides of eggplant slices. Arrange in a single layer in a colander. Let stand about 20 minutes, rinse and pat dry with paper towels.

2. Preheat oven to 425°F. Lightly oil a baking sheet; set aside.

3. In a small shallow bowl, combine flour and pepper. In another small shallow bowl, combine bread crumbs, grated Parmesan cheese and basil. Dip eggplant into beaten egg and coat with flour mixture; dip again in egg and coat with bread crumb mixture. Arrange slices on prepared baking sheet. Bake for 20 minutes or until lightly browned, turning once halfway through.

4. While eggplant is still hot, for each serving place one eggplant slice on a dinner plate and top with a mozzarella slice. Repeat layering with another eggplant slice, mozzarella slice and a final eggplant slice. Top with warm pizza sauce and shredded Parmesan cheese. If desired, garnish with basil leaves.

Nutrition facts per serving: 490 calories, 23 g fat, 13 g saturated fat, 0 g trans fat, 240 mg cholesterol, 2,160 mg sodium, 42 g carbohydrates, 6 g fiber, 8 g sugar, 27 g protein. Daily values: 35% vitamin A, 10% vitamin C, 60% calcium, 10% iron.





CAESAR STEAK WRAPS

Like a juicy steak house special, this wrap is fresh and flavorful. Romaine lettuce, cherry tomatoes and blue cheese add a burst of garden flavors.

Prep: 30 minutes | Serves 2

1 pound boneless beef top sirloin steak, 1 inch thick
4 teaspoons steak seasoning blend
Hy-Vee salt
Hy-Vee black pepper
½ cup crumbled blue cheese
¼ cup Hy-Vee Caesar salad dressing
2 cups shredded romaine lettuce
1 cup halved cherry tomatoes
4 (8-inch) Hy-Vee flour tortillas, warmed

1. Preheat broiler. Rub sirloin with steak seasoning blend; sprinkle with salt and pepper. Place meat on an unheated rack of broiler pan. Broil meat 3 to 4 inches from heat 15 to 17 minutes for medium rare (145°F), turning meat over halfway through broiling time. Tent with foil and let stand for 5 minutes.
2. In a medium bowl, combine blue cheese and Caesar dressing. Add romaine and cherry tomatoes. Lightly toss to combine.
3. Cut steak into thin strips. Arrange one-fourth of salad mixture and steak strips down the middle of each tortilla. Roll up tortillas. Serve immediately.

Nutrition facts per serving: 1,060 calories, 63g fat, 23g saturated fat, 0 g trans fat, 205 mg cholesterol, 2,930 mg sodium, 56 g carbohydrates, 4 g fiber, 8 g sugar, 63 g protein. Daily values: 100% vitamin A, 20% vitamin C, 35% calcium, 40% iron.

GREAT CHEFS WORDS Steve Cooper PHOTOS Tobin Bennett cook-off

Armed with only his wits—plus a selection of spices, nuts, dried dates, vegetables and chickpeas—Hy-Vee chef Andrew Kintigh of Ankeny, Iowa, was able to face down fierce competition at the Supermarket Chef Showdown, in Chicago.

The 2014 Food Marketing Institute's Chef Cook-Off drew 130 chefs from supermarkets nationwide. Nine Hy-Vee chefs made it to the competition finals including Andrew who was the chosen winner in Ethnic Meals. His dish was "Moroccan-Style Chickpea & Kale Stew with Toasted Almond and Date Gremolata."

"I really just loved the rush of the competition," says Andrew. "Each contestant had only 20 minutes to make our dish in front of the judges. I came up with a different twist on a Moroccan stew that has tons of flavor and uses a lot of spices that work really well together."

Contest judges, who included noted chefs, a culinary educator and the test kitchen director for the *Every Day with Rachael Ray* magazine, were looking for recipes that can be made in

the store or in your home kitchen.

Andrew's winning stew is a thick, spicy golden mix of sweet potatoes, chickpeas, kale, string beans, carrots and tomatoes. The almond-date gremolata, a date relish, is spooned on top of the stew as a finishing touch. "It's good comfort food. The taste is a mix of some heat, some sweet flavors and some warm spices like cinnamon," he says.

Andrew holds a bachelor's degree in culinary management and has more than 10 years of restaurant experience. He enjoys showing Hy-Vee customers how to cook with fresh new ingredients and is skilled in preparing pastries and cooking for those who eat gluten-free or have special diets.

Judge Janet McCracken, the magazine test kitchen director, believes the Showdown gives Andrew and the other contestants a well-deserved stage, where they can gain respect for their work.

"It's giving a face to the men and women behind everything we buy from that delicious rotisserie chicken that I personally rely on for weeknight meals, to the

wonderful salads, vegetable side dishes and desserts," she says.

CONVENIENCE AND HOME-COOKED TASTES

Instead of cooking tonight, discover the richly flavored, high-quality meals available at your Hy-Vee Kitchen. It's the go-to place for a nutritious meal. Hy-Vee is leading food retailers in expanding offerings of fresh prepared foods.

Experienced chefs and their staffs create innovative choices.

Here are a few examples of what awaits you at the Hy-Vee Kitchen.

- Hickory House Smoked Brisket with Grilled Asparagus
- Berry Garden Salad
- Smoked Salmon
- Baked Cavatelli





2

3

4

5

CONCENTRATION (1) Focused on his work, chef Andrew Kintigh of Ankeny, Iowa, grates a yellow lemon for his “Moroccan-Style Chickpea & Kale Stew with Toasted Almond and Date Gremolata.”

QUICK WORK (2) Chef Nicolette Petty of the Hy-Vee in Bettendorf, Iowa, chops avocado for her “Blackened Mahi Mahi Salad.”

COMPETITORS (3) *Front row, left to right:* Jessica Dolson, Jen Heringhausen, Nicolette Petty, Alex Strauss, Jackie Biehl. *Back row, left to right:* Stacey Wertzberger, Joshua Van Ryswyk, Luke Peters, Hy-Vee CEO Randy Edeker, Andrew Kintigh.

SWEET STUFF (4) Working at a quick clip, chef Luke Peters of Hy-Vee in Cedar Rapids, Iowa, gets an assist when making “Warm Oreo Chia Pudding.”

CHOPPING (5) Hy-Vee chef Jessica Dolson of Council Bluffs, Iowa, prepares “Pumpkin Mousse with Chantilly Cream.” She entered the Chef Showdown to prove that restaurant chefs aren’t the only professionals with exceptional knife skills.

6 STEPS TO AVOID COMMON COLDS

DON'T BE INTIMIDATED BY THE COMMON COLD. LET THIS BE YOUR COLD-FREE SEASON BY FOLLOWING THE ADVICE OF A HY-VEE PHARMACIST.

WORDS ANDREA COOLEY

A cold or flu starts with a runny nose. Then comes the coughing, sneezing and whole body aches. Before you know it, you're down for the count.

Here are easy ways to avoid getting sick during the upcoming cold and flu season, says Angie Danielson, Hy-Vee pharmacy manager in Davenport, Iowa.

1. WASH YOUR HANDS. Use soap and water and wash often. Basic hand cleansing is key to staying healthy, Angie says.

2. DISINFECT. If someone in your house is sick, disinfect anything they come in contact with to avoid spreading germs to the rest of the family.

3. COVER YOUR MOUTH EFFECTIVELY. Viruses can spread to people up to 6 feet away, so always cover a cough or sneeze with a tissue. No tissue? Cough or sneeze into your upper arm or sleeve, not your hand.

4. KEEP YOUR DISTANCE. Stay away from people who are coughing or sneezing.

5. EAT FRUITS AND VEGETABLES. Boost your immune system with foods high in antioxidants, such as carrots, citrus, blueberries and green leafy vegetables.

6. STAY HOME. If you are sick, do everyone a favor and stay home. Coming into contact with groups of people exposes others, allowing a virus or flu to stick around longer, Angie says.



The common cold is a virus, so there are no antibiotics to treat it or prevent it. The flu is a contagious infection caused by a variety of viruses, usually lasting 3 to 7 days. Getting a flu shot is the most effective way to protect yourself against this disease.

QUICK REMEDIES

GET RELIEF FROM ACHES AND PAINS BY PICKING UP OVER-THE-COUNTER MEDICATIONS AVAILABLE AT YOUR HY-VEE PHARMACY.

There are a variety of over-the-counter (OTC) products to treat cold and flu symptoms. Hy-Vee pharmacy manager Angie Danielson in Davenport, Iowa, recommends the following.

GENERAL PAIN RELIEF, INCLUDING HEADACHES: Medications include aspirin, ibuprofen and acetaminophen. Brand names include Bayer, Motrin and Tylenol. Check with your pharmacist about which is right for you.

SNEEZING AND RUNNY NOSE: Antihistamines containing diphenhydramine, promethazine and bromodiphenhydramine may help relieve allergic reactions and cold symptoms.

NASAL CONGESTION: Reduce swelling in nasal passages and clear congestion with decongestants such as Sudafed. Look for such active ingredients as ephedrine, phenylephrine and pseudoephedrine.

COUGH: Products containing guaifenesin and dextromethorphan, such as Mucinex DM, act directly on the brain's "cough center" to help relieve coughing and ease throat irritation.

Take extra care with dosage of over-the-counter medications, especially for children who are under 2 years of age. Follow the recommended dosage and don't give children medicine intended for adults. If you aren't seeing an improvement after several days, call a doctor.



NATURE'S OPTIONS

Natural remedies are also an option. Angie says Airborne, which acts as an immune booster, contains vitamins A, C and E, plus zinc and other minerals. The supplement supports the function of immune cells throughout your body.

If you have a cough, honey or cough syrups containing honey can soothe your throat.

ADDITIONAL PHARMACY SERVICES

DRUG INTERACTIONS. Before taking new medications talk to your local Hy-Vee pharmacist about all other medications and herbal supplements you are already taking to avoid drug interactions.

EXPRESS REFILLS ONLINE. Getting refills and checking on or transferring prescriptions online is easy. No account login is required, but if you have multiple prescriptions, creating a My Hy-Vee prescription account will save you time.

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REDUCE FLU RISK

FLU SHOTS ARE NOW AVAILABLE AT HY-VEE PHARMACIES. THE SHOT PROVIDES PROTECTION FOR THE ENTIRE FLU SEASON, SO GET IT EARLY.

It's a myth that you can get the flu from a flu shot, Hy-Vee pharmacy manager Angie Danielson says. "The shot contains an inactive virus that is not infectious." However, there is still a chance you can get the flu, even if you receive the shot. "The shot you get covers the types of flu that were predicted for the season," she says. "If the virus mutates and another virus is introduced, you can still get influenza after being vaccinated."

Shots are available every day at Hy-Vee during pharmacy hours. No appointment is necessary. The price can vary, but it is \$30 at most locations for the regular shot and \$50 for the high-dose shot needed by those age 65 or older and some others. The cost is often covered by insurance.

While Angie recommends flu shots for everyone, she says those who are most at risk are children ages 6 months to 18 years, women who are pregnant, anyone over 65 years old and people suffering from asthma, diabetes or lung disease.

The bottom line is, even if you're healthy, you can still contract the flu and infect others. Protect yourself and your family from unnecessary sickness. Get a flu shot.

Flu shots won't start protecting you against the virus until about two weeks after you've had one, so get the vaccination early, says Ben Mundt, Hy-Vee pharmacist in Ankeny, Iowa. With a vaccination, you are about 60 percent less likely to need a doctor's treatment for flu this season.

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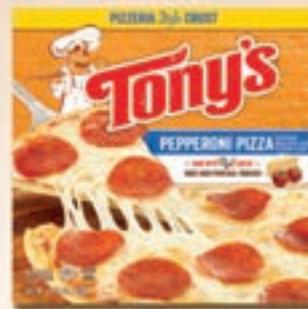
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