

seasons



Holiday

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•NEW•

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cupcakes



HyVee®



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HY-VEE SEASONS
VOLUME 8, ISSUE 6

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

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VIDEO

Become a better cook while having fun. Learn helpful kitchen tricks by watching Hy-Vee videos. Find the titles *below* and more at www.hy-vee.com/resources/videos

- How to Make Ham Gravy
- Stuffing a Turkey
- Dressing up Holiday Dishes



Digital

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- Gardening help at "Get Growing"
- The "Health and Wellness Forum"



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Check out irresistible side dishes. They're pinned at pinterest.com/hyvee



WATCH US

Learn to carve a turkey like a pro. Find this and more at the Hy-Vee Channel on youtube.com



About Our Editor:

After more than 20 years of experience in restaurants and country clubs, Chef Ron Dillavou started working at Hy-Vee in Waterloo, Iowa, two years ago. He has trained under several chefs and taken courses at the Culinary Institute of America in New York. He is also an ice sculptor.

DEAR HY-VEE READER,

In my family, we still have an old-fashioned Thanksgiving. I roast a turkey, my wife does some baking and my mother-in-law serves homemade pie made from scratch. It's always a fine feast. But many others have neither the time nor the desire to spend so much time in the kitchen. If you're in that group, a precooked Hy-Vee meal offers a tasty choice for the holidays. You may have a large family to feed or just need dinner for one or two. Whatever your situation, let us do the cooking.

The Hy-Vee staff expertly prepares feasts for Thanksgiving, Christmas, Hanukkah and Kwanzaa. Whether you want a turkey, ham or prime rib dinner, we prepare spreads for any size gathering. The top of the line is a gourmet meal featuring two meat entrees that feeds up to 24 people. It comes with nine sides and a choice of desserts. You simply reheat the meal according to instructions that come with each box.

If you're like me, good food sits at the top of your grateful list. Prime examples come from the delicious recipes in this issue of *Hy-Vee Seasons* magazine. Don't miss the amazing waffle ideas in "Perfectly Pressed," *page 48*, or the down-home goodness of "Ham for the Holidays," *page 16*. We also offer "Season's Best Cookies" *page 60*, and stories about cheese and wine pairings, party appetizers and the world's most soothing drink—tea.

All of us at Hy-Vee hope you enjoy happy holidays and an exceptional new year.

Sincerely,

Ron Dillavou, Chef
Waterloo #4, Iowa

ASK US

How can your department help customers alleviate holiday stress? As they shop for holiday gatherings and general needs, what should they pick up at Hy-Vee?



'TIS THE SEASON FOR FESTIVE MEALS AND HOLIDAY GATHERINGS. THESE HY-VEE MANAGERS ARE HAPPY TO HELP.

A: We offer all kinds of meat and cheese trays for any budget. We have seasoned roast beef, Black Forest ham, smoked turkey, mesquite chicken, salami and much more. We also stock an incredible range of cheeses. We're here when you need a quick grab-and-go for a holiday party with friends or for a special black-tie event. During the Christmas season, we will have recipes for Brie tortes and other holiday cheese dishes that customers love.

Elise McGinley
Delicatessen Manager
Watertown, SD

A: Throughout the season we keep the Produce Department fully stocked with everything you need for holiday meals. We also offer gift and fruit baskets. Our most popular one is the Market Basket, which is filled with apples, grapes, citrus and pineapple, which are sure to please your friends and family.

John Wombacher
Produce Manager
Iowa City #2, IA

A: IF YOU'RE LOOKING FOR GLUTEN-FREE ITEMS, THERE'S NO BETTER PLACE THAN HY-VEE. WE HAVE THE LARGEST SELECTION AROUND AND THE CHOICES HAVE NEVER BEEN BETTER.

Anita Duckworth
HealthMarket Manager
Chariton, IA

A: Each December we have our biggest crab event of the year. You will find Hy-Vee carries everything from the finest Alaskan king crab legs to succulent snow crab. Don't forget the shrimp and lobster, too. Seafood is always delicious, good for you and easy to cook. Everyone in your household will love it!

Jared Heyer
Seafood Manager
Winona, MN

A SAMPLING OF RECIPES IN THIS ISSUE

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MAGIC

IS WAITING
TO HAPPEN.

NORTHPOLE COMMUNICATOR

CHAT WITH SANTA
AND HIS FRIENDS.



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BAKE LIKE AN ELF
ELF-SIZED TOOLS MAKE
SANTA-SIZED RECIPES.



MAGIC SNOWBALL
JUST THROW
AND WATCH IT GLOW.



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IT GLOWS SO HE KNOWS
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BRILLIANT BERRIES

RUBY-RED CRANBERRIES ARE PERFECTLY MATCHED JEWELS FOR YOUR THANKSGIVING BIRD. THEIR TART, CRISP AND TANGY TASTE ADDS A NICE ZING TO SALADS, DESSERTS AND BAKED GOODS.

SELECT

Fresh cranberries are sold bagged in Hy-Vee produce departments from October through December. Look for firm berries with a smooth, shiny, dark red color. These cranberries come from Wisconsin, which produces more cranberries than any other state. Other forms of the fruit available year-round include frozen, juiced or dried and sweetened.

STORE

Store unopened bags of cranberries in a refrigerator for up to four weeks or freeze for up to one year. They freeze well, so buy extra when in stock.

COOK

- To prepare cranberries for cooking, sort out bruised, soft or shriveled berries. Wash berries in cold water only when ready to use.
- There's no need to thaw frozen cranberries, but cook an extra couple of minutes.
- A 12-ounce bag of Hy-Vee fresh cranberries yields about 3 cups.
- Add ½ cup or more of chopped cranberries to your favorite bread, muffin or stuffing mix. For quick results, chop by pulsing cranberries in a food processor.
- For a tangy change try substituting sweetened, dried cranberries for raisins in recipes.



* Bonus feature: See how to make a sweet glaze for cranberries by watching a step-by-step video in the free digital version of *Hy-Vee Seasons*.

App downloading information on page 3.

DID YOU KNOW?

TO KEEP CRANBERRIES FROM SINKING WHILE BAKING IN BREAD, TOSS THEM WITH FLOUR BEFORE ADDING THEM TO THE BATTER.



ORANGE-GLAZED CRANBERRY STREUSEL BREAD

Enjoy the crisp and tangy taste of fresh cranberries in this tender citrusy bread. Make the loaf one day in advance and drizzle it with glaze just before serving.

Prep: 20 minutes | Bake: 60 to 65 minutes | Serves 16

STREUSEL

- ¼ cup Hy-Vee all-purpose flour
- 2 tablespoons Hy-Vee sugar
- ½ teaspoon Hy-Vee ground cinnamon
- ¼ teaspoon Hy-Vee ground nutmeg
- 3 tablespoons chilled Hy-Vee butter

BREAD

- 2 cups Hy-Vee all-purpose flour
- 1 cup Hy-Vee sugar
- 1 teaspoon Hy-Vee baking powder
- ½ teaspoon Hy-Vee salt
- 1 Hy-Vee large egg, lightly beaten
- 1 cup Hy-Vee skim milk
- ¼ cup Hy-Vee canola oil

- 1 tablespoon orange zest
- 1 teaspoon Hy-Vee vanilla extract
- 2 cups fresh or frozen cranberries, chopped

GLAZE

- 1 cup Hy-Vee powdered sugar
- 1 to 2 tablespoons fresh orange juice
- Sugared Cranberries, for garnish

1. Preheat oven to 350°F. Grease bottom and ½ inch up sides of a 9x5-inch metal loaf pan; set aside. To make the streusel, in a medium bowl combine flour, sugar, cinnamon and nutmeg. Cut in butter until mixture resembles coarse crumbs; set aside.
2. For bread batter, in a large bowl combine flour, sugar, baking powder and salt. Make a well in center of the flour mixture; set aside. In a medium bowl, combine egg, milk, oil, orange zest and vanilla. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Fold in cranberries. Spoon batter into prepared pan, spreading evenly. Sprinkle streusel topping over batter. Bake for 60 to 65 minutes

or until a wooden toothpick inserted near the center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove bread from pan. Cool completely on wire rack. Wrap and store overnight.

3. After cooling and storing bread overnight, mix glaze. For glaze, in a small bowl combine powdered sugar and orange juice. Spread glaze over bread. If desired, garnish with Sugared Cranberries.

Sugared Cranberries: In a medium saucepan, bring ½ cup sugar and ½ cup water to a boil; reduce heat. Simmer, uncovered, just until sugar dissolves, stirring constantly. Remove from heat; stir in ½ cup fresh cranberries. Refrigerate until berries are cool. Drain well and toss berries with ½ cup superfine sugar. Transfer berries to waxed paper to dry.

Nutrition facts per serving: 220 calories, 6 g fat, 2 g saturated fat, 0 g trans fat, 20 mg cholesterol, 120 mg sodium, 38 g carbohydrates, 1 g fiber, 23 g sugar, 3 g protein. Daily values: 2% vitamin A, 4% vitamin C, 4% calcium, 6% iron.

SEASONAL CENTERPEICE

Create an elegant arrangement of blooming flowers in a gold vase. Instead of typical Christmas colors, introduce soft hues of purple for a sophisticated but still seasonal look.

WHAT YOU NEED

- 1 GOLD VASE
- FLORAL FOAM
- KNIFE
- 4 LAVENDER DOUBLE TULIPS
- 4 WHITE ROSES
- 3 HEADS PURPLE HYDRANGEA
- 2 STEMS PURPLE STOCK
- 3 STEMS LAVENDER HEATHER
- 4 LEAVES LACE DUSTY MILLER
- FLORAL SHEARS
- WATER



STEP 1: Wash, rinse and dry gold vase.

STEP 2: Measure and cut floral foam to appropriate size to fill inside of vase.

STEP 3: Soak floral foam in water.

STEP 4: Hold flowers next to vase to determine desired length. Remove leaves that will be below the edge of the vase.

STEP 5: Cut stems on a diagonal and arrange as desired, inserting stems into foam.

Hy-Vee

GAS



Ron Fridley, Hy-Vee
Convenience Store Manager,
Indianola, IA

LEGENDARY SERVICE

From among the more than 70,000 Hy-Vee employees, only 10 receive the Legendary Customer Service Award each year. Meet two of this year's winners, who view exceptional service as just the starting point.

As a line of shoppers with full carts kept growing, Ron Fridley started feeling overwhelmed. Ringing up groceries as quickly as he could, he barely took a moment to look up. This was more than 20 years ago, when Ron was an assistant shift manager at Hy-Vee in Indianola, Iowa.

Once the crowd thinned, store manager Al Luzum asked Ron, "Did you see how big those lines were getting?" Ron admitted he hadn't. His eyes had been fixed on his register and the flow of groceries through the checkout stand. Al said, "Keep your eyes open and your head up so you know what's going on and when to call for help. People don't come to the store to stand in line."

That was the day Ron's career really started. Now Ron, manager of the Hy-Vee convenience store in Indianola, has been named one of 10 winners of the annual Hy-Vee Legendary Customer Service Award. *Hy-Vee Seasons* spoke about the honor with him and another winner, Saira Flores, a linguistics specialist at the Hy-Vee Distribution Center in Cherokee, Iowa.



Saira Flores, Hy-Vee Linguistics Specialist, Cherokee, IA

Q: WHAT DOES IT MEAN TO WIN THE LEGENDARY AWARD?

A: Ron: This is such a great honor. I feel so blessed every day for this award because this is the top award for all Hy-Vee employees. People respect you and admire what you stand for, which for me is courteous, fast, friendly service. You meet a lot of people working in a convenience store. This is more one-on-one than working in the grocery store. You have the same people come in day after day, stopping on their way to and from work. They know you and they know the kind of service they can expect, so they continue to come in. The secret is to have fun.

Saira: I know I am a hard worker and I'm loyal, but I didn't know how much until they announced the award. I try to help everyone and so this means a lot to me. Hy-Vee is my No. 1. I love getting to do what I do.

Q: WHAT IS YOUR JOB LIKE?

A: Ron: I always enjoy every day. Let me tell you a story. One day I got a call from a woman. She didn't give me her name, but she said, "Is this Ron? I just wanted to say that I appreciate you every morning because you help me get my day started off right." Then click, she hung up. She was driving to work and just called back to say that. It made my day. I loved it.

Saira: We have some employees here at the Cherokee Distribution Center who are Spanish speakers. It is my job to help them understand. Right now I am helping them through orientation ... or I translate something they don't understand on the job. If, by chance, someone is injured and has to go see a doctor but needs a translator, I would go along. I'm always a little bit of everywhere and happy to help.

Q: WHAT IS THE DEFINITION OF GREAT CUSTOMER SERVICE?

A: Ron: Customer service is going that extra mile to help someone so they feel welcome, happy and more than excited to come back.

Saira: It is always being happy—you will never see me angry or sad. I am laughing and smiling. That's just me. And I get to help people. I am the person that says I will get back to you—and I always do.

ALSO LEGENDARY

Congratulations to the eight other winners of the Hy-Vee Legendary Customer Service Award for 2014. They are:

Mary Beimers,
Accounting Manager,
Sioux Center, IA

Michael Bonnicksen
Meat Cutter,
Algona, IA

Vince Knight
Human Resources
Manager,
Norfolk #1, NE

Eulia Mares
Customer Service
Manager,
Maryville, MO

Ed Miller
Convenience Store
Clerk (former Meat
Department Manager),
Cedar Rapids #5, IA

Mona Moeller
Cashier,
Bettendorf, IA

Scott Von Behren
Convenience Store
Manager,
Belton, MO

Jane Marie Wold
Catering Manager,
Iowa City #2, IA



Crunchables Coated Vegetables: select varieties 10 oz. \$2.28



King's Hawaiian Dinner Rolls: select varieties 12 or 14 oz. 2/\$6.00



Kentucky Legend Ham Steaks: select varieties 8 oz. \$2.59



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Land O'Frost Bistro Favorites: select varieties 5 or 6 oz. 2/\$5.00



Wimmer's Summer Sausage: select varieties 20 oz. \$4.99



Wimmer's Dinner Sausage or Little Smokies: select varieties 13 or 14 oz. \$4.99



A SLICE FOR EVERY PALATE

Creamy cheesecake can please any holiday guest—from chocolate lovers wanting the works, to those craving a classic slice of New York style. When you serve Father's Table Presliced Cheesecakes, every meal has a sweet ending.



Father's Table Presliced Cheesecakes: select varieties 40 oz. \$11.99

The Perfect Waffle

With neat little squares arranged in proper rows, crisp golden waffles are a favorite for laid-back mornings. Try this exceptional recipe for Buttermilk Waffles and dress it up with one of our tantalizing topping ideas.

BUTTERMILK WAFFLES

Prep: 20 minutes |

Bake: Per waffle maker directions | Serves 9 to 13

3 Hy-Vee large eggs

2 cups Hy-Vee all-purpose flour

2 tablespoons malted milk powder

2 tablespoons white cornmeal

1 tablespoon Hy-Vee baking powder

1 teaspoon Hy-Vee baking soda

½ teaspoon Hy-Vee salt

2¼ cups buttermilk

1 teaspoon Hy-Vee vanilla extract

1. Lightly grease and preheat a waffle maker according to manufacturer's directions. Use a regular or Belgian waffle maker.

2. Separate eggs; place yolks in a medium bowl and whites in a small mixing bowl; set aside.

3. In a large bowl, stir together flour, malted milk powder, cornmeal, baking powder, baking soda and salt. Make a well in the center of the flour mixture; set aside.

4. In bowl with egg yolks, add buttermilk and vanilla. Whisk mixture together to combine well; set aside.

5. Beat egg whites with an electric mixer on medium to high until stiff peaks form (tips stand straight). Set aside.

6. Add egg yolk mixture all at once to the flour mixture. Stir just until moistened (batter will be slightly lumpy). Gently fold beaten whites evenly into mixture.

7. Add batter to preheated waffle maker. Close lid quickly and bake according to manufacturer's directions until waffle is golden brown. When done, use a fork to lift waffle off grid; keep warm on a wire rack in a 200°F oven for up to 10 minutes. Repeat with remaining batter. Serve warm.

Nutrition facts per serving (figuring serving 9): 180 calories, 3 g fat, 1 g saturated fat, 0 g trans fat, 65 mg cholesterol, 560 mg sodium, 30 g carbohydrates, 1 g fiber, 5 g sugar, 8 g protein. Daily values: 2% vitamin A, 2% vitamin C, 15% calcium, 10% iron.



PHOTO Cameron Saegehpour

Top with citrus slices, maple syrup and powdered sugar.



STEP 1: Lightly grease and preheat a waffle maker according to manufacturer's directions. Use a regular or Belgian waffle maker.



STEP 2: Separate the eggs. Place yolks in a medium bowl and whites in a small mixing bowl; set aside.



STEP 3: In a large bowl, stir together flour, malted milk powder, cornmeal, baking powder, baking soda and salt. Make a well in the center of the flour mixture. Set aside.



STEP 4: In bowl with egg yolks, add buttermilk and vanilla.



STEP 5: Whisk mixture together to combine well. Set aside.



STEP 6: Beat egg whites with an electric mixer on medium to high until stiff peaks form (tips stand straight). Set aside.



STEP 7: Add egg yolk mixture all at once to the flour mixture. Stir just until moistened. The batter will be slightly lumpy.



STEP 8: Gently fold beaten whites evenly into mixture.



STEP 9: Add batter to preheated waffle maker. Close lid immediately and bake according to manufacturer's directions. When done, use a fork to lift waffle off grid. Repeat with remaining batter.

TANTALIZING TOPPINGS

Choose from these sweet and savory options for topping a buttermilk waffle:

HAZELNUT & BERRIES:

Drizzle a waffle with warmed hazelnut spread and top with blueberries, raspberries or chopped fresh strawberries. For a final touch, sift powdered sugar over the berries.

CINNAMON-APPLE:

In a saucepan, heat sliced apples, cinnamon, butter, brown sugar and nutmeg; stir to coat apples. Cook about 10 minutes or until apples are tender, adding water as needed. Serve hot over freshly made waffles.

OPEN-FACED EGG SANDWICH:

Top hot waffles with American cheese slices. Prepare eggs sunny-side up and place them on top of the cheese. Season to taste with salt and pepper. If desired, add cooked bacon, ham or sausage.

BANANA SUNDAE:

Place a scoop of ice cream or frozen yogurt on a cooled waffle. Slice banana over top and drizzle with hot fudge sauce. After all, ice cream cones are waffles with a twist!

Note: Use leftover waffles to make toaster waffles. Cool waffles; place in an airtight container for freezing. For a quick breakfast, pop them into the toaster.

For more creative waffle ideas, check out the "Perfectly Pressed" story, pages 48-55.

HOLIDAY'14

HAM FOR THE HOLIDAYS • THE FRAGRANCE OF CHRISTMAS

- PARTY BITES • MEALS ON ICE • PAIRED UP •
- PERFECTLY PRESSED • TEA TIME
- SEASON'S BEST COOKIES • HOLIDAY CARDS



For this Parmesan Cheese
Cups recipe, go to the "Party
Bites" story, *page 32*.



HAM

Hy-Vee Chef Al Hernandez lets you in on his secrets for a great holiday ham. Buy the right size, go for a glaze and don't overcook the meat.

WORDS Wini Moranville PHOTOS Cameron Sadeghpour

The sweet, down-home flavor of thickly sliced ham is one of the most fuss-free of all main dishes. It's always a welcome choice for a holiday feast. Whether you are a novice cook hosting a first gathering or a seasoned pro who wants to focus on extravagant sides and fanciful desserts, make ham the centerpiece dish.

Choosing the right ham for your needs is the only trick. Fortunately, Hy-Vee makes it easy to pick the best cut for your meal. For advice, we turned to Alfonso Hernandez—known as “Chef Al”—who is the Meat Department chef at the Barlow Plaza Hy-Vee in Rochester, Minnesota.

When shopping, you must first decide whether you want a ham from the animal's shoulder or the hind. You can't go wrong either way. Chef Al says, “Unless you're a ham connoisseur, you probably won't be able to tell the differences in flavor between the cuts.”

Boneless and spiral-sliced hams come from the hindquarter; they're easy to serve and they yield a lot of meat. For many cooks, however, a meaty bone for soup-making is a major bonus when buying a ham. If your aim is for soup on some future night, opt for a ham from the shoulder butt or a picnic ham (also from the

shoulder). The shoulder butt will give you the biggest bone of these two.

Chef Al says that hams at Hy-Vee have been brined (a curing process done with water, salt and usually some spices), air dried, then smoked—usually over natural hard woods. Such hams are fully cooked; your job is simply to reheat the meat. Always follow the ham's package directions.

To avoid drying out a ham, however, don't overcook it. “Customers have told me that spiral-sliced hams, especially, can dry out,” he says. “Therefore, I recommend knocking off 20 minutes of total cooking time to keep it moist.”

Also, if you're concerned about saltiness in your ham, go for a glaze. “Glazes such as brown sugar and pineapple not only make the ham look pretty, they help cut down on the salty flavor,” he says. For selecting a size, Chef Al recommends ½ pound meat per person, or 1 pound meat if you want leftovers. Keep in mind that the bone weighs 1 to 2 pounds; if you're serving a bone-in ham to eight people, you'll need 5 to 6 pounds for dinner—or 9 to 10 pounds if you want leftovers.

Take our word for it: You'll definitely want leftovers—see the enticing ideas for making the most of your ham on *page 20–21*.

for the HOLIDAYS

GLAZES AND MORE IDEAS

As delicious as ham is plain, it's even better when slathered or served with a sweet, peppery or fruity glaze and sauce. Each of these are ready in minutes and will richly complement your ham.

1

CHERRY COLA GLAZE

Prep: 10 minutes

Makes: about 1¼ cups

2½ cups cherry cola
½ cup cherry preserves

3 tablespoons spicy brown mustard
1 tablespoon apple cider vinegar

In a medium saucepan, combine cola, preserves, mustard and vinegar. Bring to boiling; reduce heat. Simmer, uncovered, for 30 minutes.

2

ORANGE-CHIPOTLE GLAZE

Prep: 5 minutes | Makes: about 1¼ cups

1 cup Hy-Vee orange preserves
2 chipotle peppers in adobo sauce, chopped
2 tablespoons lime juice
½ teaspoon paprika

In a bowl, combine preserves, chipotle peppers, lime juice and paprika.

3

CRANBERRY SAUCE

Prep: 5 minutes | Makes: about 1½ cups

1 cup Hy-Vee apricot preserves
¼ cup golden raisins
¼ cup dried cranberries

2 tablespoons orange juice
1 tablespoon chopped fresh rosemary

In a saucepan, combine preserves, raisins, cranberries, orange juice and rosemary. Cook and stir over medium heat until heated through. Serve warm with cooked ham.

4

POMEGRANATE-PEPPER JELLY GLAZE

Prep: 10 minutes | Makes 1¼ cups

1 (10.5-ounce) jar pepper jelly
1 cup pomegranate juice
¼ cup honey

2 tablespoons lemon juice
2 tablespoons Dijon mustard
¼ teaspoon ground cinnamon
¼ teaspoon ground ginger

In a medium saucepan, bring the pepper jelly, pomegranate juice, honey and lemon juice to a boil. Simmer for 10 minutes or until slightly thickened. Whisk in mustard, cinnamon and ginger. Simmer until reduced to about 1¼ cups, about 30 minutes.

5

PINEAPPLE CURRY SAUCE

Prep: 5 minutes | Makes 2 cups

2 tablespoons water
1 tablespoon Hy-Vee cornstarch
1 (20-ounce) can Hy-Vee pineapple chunks in juice, undrained
2 tablespoons packed Hy-Vee brown sugar
½ teaspoon Hy-Vee curry powder
¼ teaspoon Hy-Vee ground cinnamon
¼ teaspoon Hy-Vee ground allspice
Dash Hy-Vee ground cloves

In a small bowl, combine water and cornstarch; set aside. In a medium saucepan, combine undrained pineapple, brown sugar, curry powder, cinnamon, allspice and cloves. Stir in cornstarch mixture. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Serve warm over ham slices. Cover and chill any leftover sauce for up to 3 days. Before serving, reheat sauce.

6

HORSERADISH SAUCE

Prep: 20 minutes | Makes 2 cups

½ cup grated fresh horseradish
¼ cup Hy-Vee sour cream
1 tablespoon Hy-Vee Dijon mustard
1 tablespoon finely chopped shallot
½ teaspoon kosher salt
¼ teaspoon ground white pepper
¾ cup whipping cream
Snipped chives, optional

In a medium bowl combine horseradish, sour cream, Dijon mustard, shallot, salt and white pepper. In a small mixing bowl, beat cream with an electric mixer until soft peaks form. Fold whipped cream into horseradish mixture. If desired, sprinkle with snipped chives. Cover and chill until serving time.

SPIRAL-SLICED HAM

(Below)

Spiral-sliced hams are wet-cured and come fully cooked. They are presliced in a continuous spiral to limit carving problems and to allow glazes to seep between the slices during reheating.

Cooked, vacuum-packaged hams can be reheated or eaten cold, right out of the package, according to the United State Department of Agriculture.

To reheat any style of precooked ham, including a spiral-sliced, place the ham on a rack in a shallow roasting pan. Insert an oven-safe thermometer into the center of the ham (it should not touch the bone of a bone-in ham). Bake, uncovered, in a 325°F oven about 10 minutes per pound or until the ham's internal temperature reaches 140°F. Individual slices of ham may also be warmed in a skillet or microwave.

CLOVE-STUDDED GLAZED BAKED HAM

(See photo of ham as served, page 16)

Prep: 30 minutes | Roast: 2¼ to 3 hours |

Serves 20 with leftovers

1 (8- to 10-pound) bone-in cooked ham (shank end or butt end)

40 whole cloves

Pomegranate-Pepper Jelly Glaze, see #4 opposite

1. Preheat oven to 325°F. Using a sharp knife, score ham by making diagonal cuts in a diamond pattern, about ¼ inch deep. Do not score the meat itself, just the fat and any skin. Place the cloves in the center of

the diamonds to form a nice pattern around the top and sides of ham. Place ham on a rack in a shallow roasting pan. Insert an oven-safe meat thermometer into center of ham. The thermometer should not touch bone.

2. Brush ham with about one-third of the Pomegranate-Pepper Jelly Glaze (reserve the rest for later in cooking). Work the glaze into the scored lines. Roast for 2 to 2½ hours or until thermometer registers 140°F. Brush ham with remaining glaze a couple times during roasting, so the top is lightly caramelized. Remove ham from oven and brush all over with pan juices. Cover with foil and let rest 15 minutes before serving.

3. To serve, transfer ham to a serving platter. Discard the cloves.



LEFTOVERS

Creamy Pasta Toss: Heat prepared Alfredo sauce with diced ham. Toss with hot cooked pasta. If you like, add hot, freshly cooked vegetables, such as peas, broccoli or asparagus.

HAM FOR TOMORROW

HAM-AND-CHEESE STRATA

Tender slices of Italian bread and chunks of ham soak in a rich custard with smoky Gouda, roasted bell pepper and tangy tomato pesto. Perfect for a cozy weekend brunch, this hearty strata is also substantial enough for dinner. Serve with a mixed green salad.

*Prep: 30 minutes | Bake: 60 to 65 minutes |
Stand: 10 minutes | Serves 12*

6 cups Hy-Vee Bakery Pané Toscano Bread or Italian bread
cut into ½-inch cubes (about 10 ounces)

12 ounces cubed cooked ham (3 cups)

9 ounces Gouda cheese, cut into ¾-inch cubes (2¼ cups)

12 Hy-Vee large eggs

2¼ cups Hy-Vee skim milk

½ cup chopped roasted red bell peppers

½ cup chopped green onions

1½ tablespoons sundried tomato pesto

¾ teaspoon Hy-Vee salt

½ teaspoon Hy-Vee ground black pepper

6 ounces aged white cheddar cheese,
shredded (1½ cups)

1. Preheat oven to 350°F. Lightly grease a 3-quart baking dish. Arrange bread, ham and Gouda cheese in the prepared baking dish.
2. In a large bowl, combine eggs, milk, bell pepper, green onions, tomato pesto, salt and black pepper. Pour evenly over ingredients in dish. Press lightly with a rubber spatula or the back of a large spoon to moisten all of the bread. Sprinkle cheddar cheese on top.
3. Bake, uncovered, for 60 to 65 minutes or until a knife inserted near the center comes out clean and the edges are puffed and golden. Let stand for 10 minutes before serving.

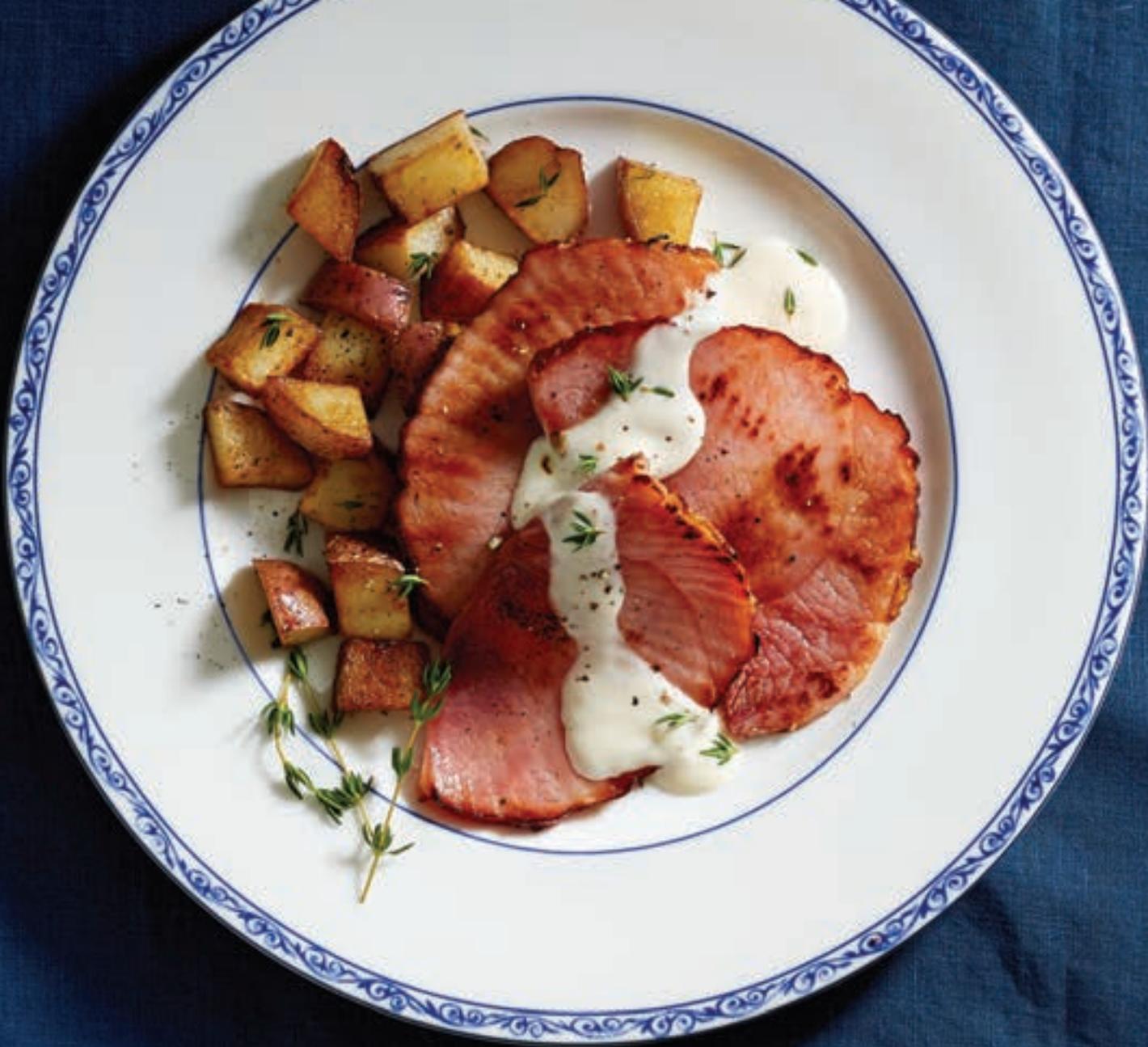
Nutrition facts per serving: 320 calories, 17 g fat, 8 g saturated fat, 0 g trans fat, 240 mg cholesterol, 1,020 mg sodium, 18 g carbohydrates, 1 g fiber, 5 g sugar, 24 g protein. Daily values: 25% vitamin A, 15% vitamin C, 35% calcium, 10% iron.



LEFTOVERS

Weekend Breakfast Sandwich: Bake refrigerated biscuits according to package directions. Layer scrambled eggs, shredded or thinly sliced cheddar or American cheese and warmed ham between split biscuit halves. For more ways to use leftover ham, visit our website at www.hy-vee.com





HAM AND COUNTRY-FRIED POTATOES WITH CHEESE FONDUE SAUCE

Looking for a tasty way to use leftover holiday ham? Top slices with crisp pan-fried potatoes and a velvety, rich sauce that will remind you of classic cheese fondue. Adding the cheese gradually is the key to making a smooth sauce.

Prep: 30 minutes | Cook: 20 to 25 minutes | Serves 4
6 tablespoons Hy-Vee unsalted butter, divided
 1 clove garlic, minced
 ¼ teaspoon onion salt
 ¼ teaspoon Hy-Vee black pepper
 1 pound red potatoes, cut into 1-inch chunks
 1 tablespoon chopped fresh herbs (rosemary, thyme and/or Italian parsley)

1 pound fully cooked ham, cut into large pieces
3 tablespoons Hy-Vee all-purpose flour
 1¾ cups Hy-Vee skim milk
 ¼ cup dry white wine
 ½ cup shredded Gruyère cheese
 ¼ cup Hy-Vee shredded Parmesan cheese
 ¼ teaspoon ground pepper
 Thyme sprigs, optional

1. In a large skillet, melt 3 tablespoons butter over medium heat. Add garlic, onion salt and black pepper. Toss in potato chunks. Cook for 15 minutes, turning occasionally. Sprinkle with herbs. Push potatoes toward edge of skillet. Add ham to center of skillet. Cook for 5 minutes more or until potatoes are tender and ham is light brown, turning the mix occasionally.

2. Meanwhile, in a saucepan, heat 3 tablespoons butter over medium heat until melted. Whisk in flour

until smooth. Cook over medium heat for 5 minutes or until mixture turns light golden, whisking continuously. While cooking flour mixture, heat milk and wine in a 2-cup microwave-safe measuring cup for 2 minutes in microwave. Add hot milk mixture, 1 cup at a time, to flour mixture in pan, whisking continuously until very smooth. Bring mixture to a boil. Cook for 5 minutes, whisking constantly. Remove from heat. Gradually whisk in cheeses until melted. Add white pepper; continue whisking until smooth.

3. Serve ham and potatoes topped with sauce. If desired, garnish with thyme.

Nutrition facts per serving: 530 calories, 30 g fat, 15 g saturated fat, 0.5 g trans fat, 130 mg cholesterol, 1,620 mg sodium, 33 g carbohydrates, 2 g fiber, 11 g sugar, 33 g protein. Daily values: 20% vitamin A, 15% vitamin C, 35% calcium, 6% iron.

HAPPY NO-COOK *Holiday*

Your best decision this season? Let Hy-Vee do all the cooking.

PHOTOS Cameron Sadeghpour

These are the days for feasting, but do you have time for all that cooking? Let Hy-Vee make your life easier with Holiday Meal Packs. Prepared for Hy-Vee, these entrées are expertly cooked turkey, ham and prime rib. Each is a succulent, juicy main dish with sides and some with desserts. Here are the gourmet dinners topping this year's menu: **Gourmet Holiday Feast**, which comes with a turkey and your choice of ham or prime rib. **Family Feast Turkey**, **Carvemaster Pit Ham**

Each pack also comes with your choices for side dishes, including:

- Mashed Potatoes with Butter & Parsley Topping
- Green Bean Casserole with Dried Onion Topping
- Sage Bread Dressing with Diced Celery Topping
- Sweet Potato Casserole with Streusel Topping
- White Cheddar Macaroni with Panko Topping
- Apple Waldorf Salad
- Edamame and Wild Rice Salad

- Sweet Cranberry Relish
- Pumpkin Pie

Additional choices for the Gourmet Holiday Feast are:

- Holiday Potatoes with Cheddar Cheese, Green Onions and Bacon Topping
- Cheesy Corn Bake with Cheddar Cheese Topping
- Crispy Christmas Salad topped with Sliced Cherry Tomatoes.



Each pack comes with instructions for reheating.
Order by calling or visiting your local Hy-Vee store.
Or order online by clicking on Catering at
www.hy-vee.com/shop



CARVEMASTER PIT HAM PACK

- Serves 12
- Carvemaster Pit Ham
- Six Medium Side Dishes
 - 32 oz. Turkey Gravy
- 12 Clover Dinner Rolls, Wheat or White, or 12 Hy-Waiian Rolls

Price: \$119.95

(less than \$10 per person)

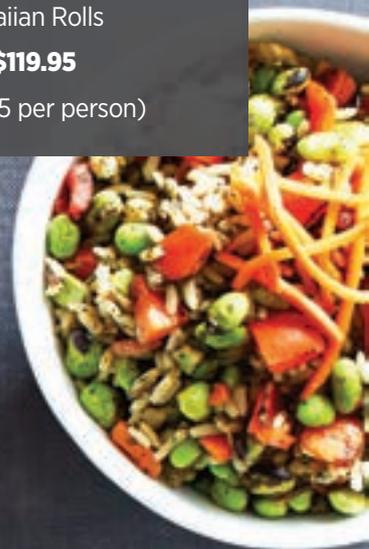


PRIME RIB DINNER

- Serves 8
- Oven-Roasted Prime Rib
- Three Medium Side Dishes
 - 32 oz. Turkey Gravy
- 12 Clover Dinner Rolls, Wheat or White, or 12 Hy-Waiian Rolls

Price: \$119.95

(less than \$13.75 per person)





GOURMET HOLIDAY FEAST PACK

- Serves 20
- Butterball Whole Pre-Cooked Turkey 14-16 lb.
 - Choose One
Beef Prime Rib or
Carvemaster Pit Ham
 - Choose One
Lawler's Cheesecake or
Decadent Chocolate Cake
- Six sides including three additional gourmet side options

Price: \$200

(\$10 per person)

THE FRAGRANCE OF
Christmas



WORDS Wanda Ventling PHOTOS Greg Scheidemann



EASY BEING GREEN

A generous swag on the front door and a thick garland on the mantel say *Merry Christmas* to all who enter. The mixed evergreen swag is ready-made and available for order through the Hy-Vee Floral Department. Simply add fresh lemon leaves or a bow. It's easy to dress mantels, staircases, front doors, columns, arches, sideboards or a long table with luxurious garlands. They come ready to use and you can embellish them as you like with balls, twigs, cones, flowers and lemon leaves.

Savor the essence of Christmases past with fragrance-packed trimmings throughout the house. Fresh-cut evergreens, bubbling aromatics, fresh herbs and sweet cinnamon ornaments transform a stale winter home into a deliciously-scented holiday retreat. Hy-Vee florists can help provide lush woodland seasonal decor such as swags, wreaths, garland and table arrangements. Fresh and naturally scented greens outperform artificial ones every day in sheer beauty alone and the smell is beyond wonderful. Plan to use multiple groupings of fresh greens and florals as well as other memory-making fragrances throughout the house.

CANDLELIGHT AND GREENS

Select ready-made arrangements from the Hy-Vee Floral Department to dress up the holiday table quickly, so you can focus on food and hosting. The red lantern with LED candle and the red tapers in footed bowls filled with mixed evergreens make the table company-ready in minutes.

Lantern with LED candle \$40.00
(ceramic cake stand not included)





Christmas Tree Wreath \$40.00

OH, CHRISTMAS TREE

Hang the favorite holiday shape, *above*, on a door or interior wall. This beautiful mixed evergreen tree comes ready-made from the Hy-Vee Floral Department. It's pretty as it comes or dress it with floral-wired candy canes, balls or twigs. Make it a countdown-through-Advent tree. Number pieces of candy or tiny boxes filled with treats and tie them to the tree with floral wire.

BREATH OF FRESH AIR

Look for ways to bring fresh fragrances to less expected places in your home. Tie napkins with fresh herbs, *right*, from the Produce Department or use snippets of evergreen fronds.



SUGAR AND SPICE

Make homemade sugar scrubs, *below*, to place near bathrooms or kitchen sinks. Place a jar on a small tray with a tiny spoon so guests can soften and add fragrance to their hands.

SUGAR SCRUBS

PEPPERMINT

1½ cups granulated sugar
¼ to ½ cup almond oil
2 drops peppermint essential oil
Food coloring to make it pink

GINGERBREAD

1 cup granulated sugar
1 cup brown sugar
½ cup coconut oil
¼ cup almond oil
½ teaspoon vanilla extract
½ teaspoon cinnamon
½ teaspoon allspice
½ teaspoon ginger
½ teaspoon nutmeg

PUMPKIN SPICE

2 cups brown sugar
1 cup granulated sugar or ½ cup raw sugar
2 tablespoons pumpkin pie spice
½ cup coconut oil
1 teaspoon cinnamon
1 teaspoon nutmeg

Mix together ingredients for each scrub and store them in separate airtight containers.



SPICE UP THE HOLIDAYS

Create a double batch of fresh holiday aromas with Cinnamon Ornaments, *right*, and a pot of bubbling potpourri, *below*. Both are quick and easy to make. Go to hy-vee.com/seasons for ornament recipe.

STOVE-TOP HOLIDAY POTPOURRI

- 1 orange, sliced
- 1 lemon, sliced
- ½ cup fresh cranberries
- 1 tablespoon whole cloves
- 3 cinnamon sticks
- Water

Put fruits and spices into a saucepan and fill the pan with water. Place on stove-top on the lowest setting. Refill with water as needed.



DECKED OUT SLED

Bring back memories of snowy winter fun with the fresh smell of evergreens, a jingle bell, mittens and a vintage-looking sled, *left*. Use this ready-made holiday arrangement from Hy-Vee Floral Department as a gift to brighten someone's day or to dress your door, mantel or table.

16×6¼-inch Decorative Wooden Sled Swag \$40.00

WREATH OF GREENS

The varied aromas and textures of leaves add fragrance to a house in a beautiful way. Poke eucalyptus, lemon leaf, sage and lamb's ears into a water-saturated floral foam wreath. Mist the leaves with water frequently for longest life. Display on water-safe surfaces.



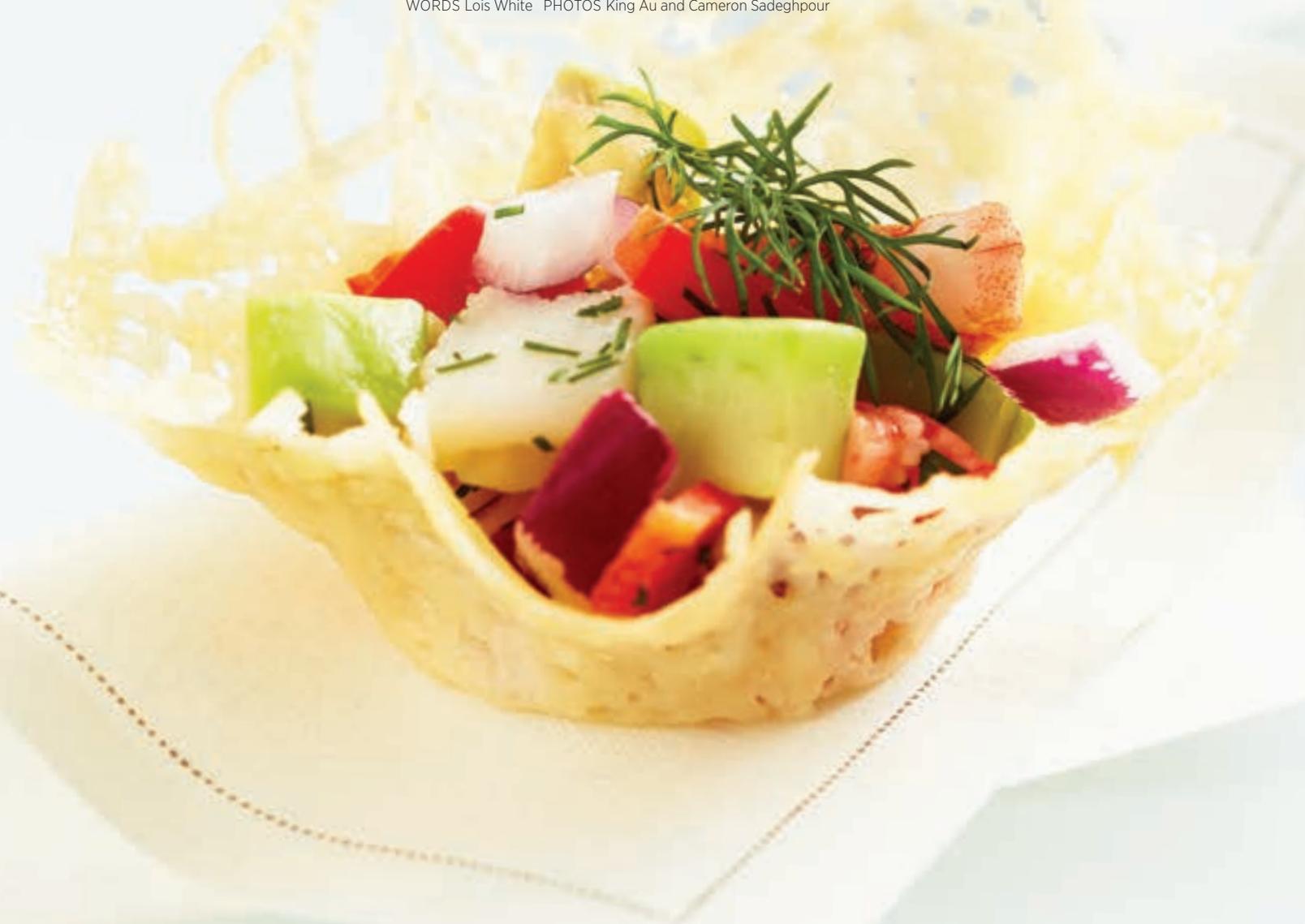
* Bonus feature:
See how to make
the Wreath of
Greens by watching
a video in the free
digital version of
Hy-Vee Seasons.

App downloading
information
on *page 3*.

party bites

ASSEMBLE THESE DECEPTIVELY EASY APPETIZERS FOR A LAST-MINUTE PARTY.

WORDS Lois White PHOTOS King Au and Cameron Sadeghpour



CARAMELIZED-ONION TART

Once onions for this nibble-and-mingle pizzalike tart have been caramelized by cooking in butter, their taste goes from sharp to sweet. Moisture content varies with onions, so when cooking them, lower the heat or add a small amount of water as needed to keep them from burning.

Prep: 1 hour | Bake: 15 to 20 minutes | Serves 12

2 tablespoons Hy-Vee butter

2 large sweet yellow onions, thinly sliced

¼ teaspoon Hy-Vee salt

1 (17.3-ounce package) frozen puff pastry sheets, thawed (2 sheets)

1 cup shredded Gruyère cheese

½ cup sliced Hy-Vee Kalamata olives

1 Hy-Vee large egg, lightly beaten

Fresh dill sprigs, for garnish

1. In a large skillet, melt butter over medium-high heat. Add onions. Sprinkle with salt. When onions begin to sweat, reduce heat to medium-low. Cook, covered, for about 40 minutes or until onions are very soft and caramel in color, stirring occasionally.
2. Meanwhile, preheat oven to 400°F. Line a baking sheet with parchment paper; set aside.
3. Cut one puff pastry sheet into ½-inch wide strips; set aside. On a lightly floured surface, roll second puff pastry sheet to a 10x12-inch rectangle. Cut rectangle in half to make two 5x12-inch sections. Place on prepared baking sheet. Lightly brush water in a ½-inch band around each edge. Place the ½-inch-wide strips around the pastry edges, trimming as needed without overlapping.
4. Inside the strips, sprinkle pastries with cheese. Top with caramelized onions and olives. Brush top edges with beaten egg. Bake for 15 to 20 minutes or until lightly golden. Cool slightly on a wire rack. If desired, garnish with dill.

Nutrition facts per serving: 100 calories, 7 g fat, 3.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 160 mg sodium, 5 g carbohydrates, 1 g fiber, 2 g sugar, 4 g protein. Daily values: 4% vitamin A, 4% vitamin C, 10% calcium, 2% iron.

caramelized-onion tart

WITH OLIVES AND DILL

"This is a light and crispy tart. Sugary sweet onions with salty black olives all finished with nutty Gruyère and bright dill are a definite crowd pleaser."
—Hy-Vee Chef Ashley Kapler, Cedar Falls, Iowa

PETITE PARMESAN CRISPS

Easily-made Parmesan shells provide nesting spots for mini salads with arugula, a ceviche filling or beef strips with horseradish cream. Bake shells in small batches, shaping them by quickly draping warm cheese over small glasses. Once the cheese cools, it turns crisp almost instantly.

Prep: 5 minutes | Bake: 4 to 5 minutes per batch |
Makes 18 individual cups

1 (6-ounce) package Hy-Vee shredded Parmesan cheese (about 1½ cups)

1. Preheat oven to 400°F. Line a cookie sheet with parchment paper. Place a mounded tablespoon of cheese onto prepared cookie sheet; flatten slightly. Repeat five more times, allowing 1 inch between circles. Bake for 4 to 5 minutes or until slightly bubbly and lightly golden. Immediately remove with a metal spatula and gently drape over inverted 1-inch diameter shot glasses to cool and stiffen into cup shapes. Repeat for remaining batches.

2. Store crisps in an airtight container at room temperature for up to 8 hours. Fill with one of the savory fillings below and serve within 30 minutes.

Nutrition facts per crisp: 35 calories, 2.5 g fat, 1.5 g saturated fat, 0g trans fat, 10mg cholesterol, 135 mg sodium, 0 g carbohydrates, 0 g fiber, 0 g sugar, 3 g protein. Daily values: 2% vitamin A, 0% vitamin C, 10% calcium, 0% iron.

1. Ceviche: In a medium skillet heat 1 tablespoon Hy-Vee Select olive oil over medium heat. Cook ½ pound bay scallops in hot oil for 2 minutes on each side or until cooked through. Let cool. Cut scallops in half. Cube ½ pound cooked shrimp. Combine shrimp, scallops and ¼ cup lemon juice. Cover and refrigerate for at least 1 hour. Drain scallop and shrimp mixture. Stir in ¼ cup chopped avocado, ¼ cup red bell pepper and 2 tablespoons chopped red onion. Spoon mixture into each crisp.

2. Apple-Blue Cheese Salad: In a medium bowl, toss together ½ cup Granny Smith apple cut into matchsticks, ½ cup sliced red grapes, ½ cup arugula leaves, ¼ cup blue cheese crumbles and ¼ cup chopped toasted walnuts. Spoon mixture into each crisp. Drizzle with bottled vinaigrette dressing, if desired.

3. Beef and Horseradish Cream: Preheat broiler. Brush 10 ounces of 1-inch-thick beef tenderloin with olive oil; sprinkle with salt and pepper. Place beef on the unheated rack of a broiler pan. Broil 3 to 4 inches from the heat for 12 to 14 minutes for medium-rare (145°F). Cover and let stand for 5 minutes; cut beef into thin strips. Add 1 teaspoon bottled horseradish sauce to each crisp. Top with a beef slice. Garnish with Italian parsley.

STUFFED petite parmesan crisps



* Bonus feature: See how fun and easy it is to make Parmesan Crisps by watching a video in the free digital version of *Hy-Vee Seasons*.

App downloading information on page 3.

COCONUT-CURRY SHRIMP WITH MANGO DIPPING SAUCE

Guests will love the flavorful pairing of succulent spiced shrimp and a dipping sauce with refreshing tropical flavors. Leave shrimp tails intact to provide handles for dipping.

Prep: 30 minutes | Bake: 8 to 10 minutes | Serves 4

1 fresh mango, seeded and peeled

½ cup Hy-Vee mayonnaise

2 ounces Hy-Vee cream cheese, softened

1 tablespoon Hy-Vee honey

1½ teaspoons grated fresh ginger

½ teaspoon lime juice

¼ teaspoon Sriracha Hot Chili Sauce or hot pepper sauce

Hy-Vee nonstick cooking spray

1 cup Hy-Vee sweetened flaked coconut

½ cup Hy-Vee panko bread crumbs

2 tablespoons curry powder

1 tablespoon chopped fresh cilantro

1½ teaspoons kosher salt

½ cup Hy-Vee all-purpose flour

1 pound fresh raw shrimp, peeled and deveined

2 egg whites, lightly beaten

Fresh cilantro, for garnish

1. For dipping sauce, cut mango into chunks. Place mango chunks, mayonnaise, cream cheese, honey, ginger, lime juice and Sriracha sauce in a blender or food processor. Cover and blend until smooth. Strain mixture. Cover and chill until serving time.
2. Preheat oven to 375°F. Place a rack on a baking sheet and lightly coat with nonstick spray. In a shallow dish, combine coconut, bread crumbs, curry powder, cilantro and salt. Place flour in another shallow dish.
3. Rinse shrimp; pat dry with paper towels. Dip shrimp into flour until coated. Dip flour-coated shrimp into beaten egg white and then into coconut mixture, coating well. Place shrimp on rack on baking sheet. Bake for 8 to 10 minutes or until shrimp are cooked through. Arrange shrimp on serving platter. Spoon dip into serving bowl. If desired, garnish with cilantro.

Nutrition facts per serving: 590 calories, 36 g fat, 13 g saturated fat, 0 g trans fat, 170 mg cholesterol, 1620 mg sodium, 47 g carbohydrates, 4 g fiber, 23 g sugar, 23 g protein. Daily values: 30% vitamin A, 50% vitamin C, 15% calcium, 10% iron.

"Shrimp is a hidden gem of foods because it's so easy to work with. Purchase fresh shrimp and all you do is clean it and then boil it for three minutes or less."
—Hy-Vee Chef David Jensen, Urbandale, Iowa

coconut-curry shrimp

WITH MANGO DIPPING SAUCE





the perfect table

1. Salmon Dip and Celery Sprinkle smoked salmon dip with paprika. Serve with celery sticks.

2. Goat Cheese and Pesto Bites
Top crostini with goat cheese, pesto and basil.
Crostini: Preheat oven to 350°F. Arrange baguette slices on a baking sheet; brush both sides with olive oil and season with garlic salt and pepper. Bake for 10 to 12 minutes or until crisp and golden.

3. Egg Toasts Slather herbed cheese spread on crostini. Top with hard-cooked egg slices and snipped chives; sprinkle with black pepper. See #2, above, for Crostini recipe.

4. Radish Crostini Daub herbed cheese spread on crostini. Top with radish slices and chives; sprinkle with black pepper. See #2, left, for Crostini recipe.

5. Mini Sausage Pizzas Cut flour tortillas into 4-inch rounds. Place tortillas in a muffin pan and fill with seasoned ground sausage, fresh mozzarella pearls and pizza sauce. Bake; garnish with basil leaves.

6. Cucumber Rounds Top cucumber slices with herbed cheese spread and sliced cherry tomatoes; sprinkle with black pepper.

7. Sriracha Popcorn Toss buttered popcorn with Sriracha sauce and minced garlic.

8. Shot-Glass Desserts Fill shot glasses with layers of crushed gingersnap cookies, hazelnut spread and mascarpone cheese. Top each of the glasses with a gingersnap cookie.

9. Sweet-and-Salty Pears Wrap prosciutto around pear wedges and blue cheese triangles; sprinkle with black pepper. Garnish with parsley.

10. Succulent Shrimp Skewers Thread cooked shrimp and cooked chorizo onto skewers and garnish with cilantro.

11. Brie Cheese Tarts Heat mini phyllo shells according to package directions. Add sliced Brie and jam to shells; garnish with fresh mint.



6.



7.

8.



10.



11.



meals on

ICE

STOCK YOUR FREEZER WITH EASY MEAL STARTERS TO GET A JUMP ON MAKING FAMILY DINNERS. ROLY-POLY MEATBALLS, ZESTY CHICKEN AND TWO OTHER STARTERS OFFER A QUICK, SLICK WAY TO FIX NUTRITIOUS DINNERS.

More than half of tonight's dinner could be ready and waiting in the form of a homemade meal starter you made ahead of time and stored in the freezer. Each starter serves as a major component of a meal. For instance, our Pepper Sauce tops pizza, pasta or a salmon dish. With a stash of frozen meatballs, savory beef, enchilada mix or sauce, you create the flexibility and freedom to fix a variety of meals in half the time and with half the cleanup.

Here are a few tips for making freezer starters.

- Let mixtures cool and divide them into smaller portions for faster freezing. Then thaw only the amount you need for a specific meal.
- Sturdy plastic freezer containers, resealable freezer bags and glass provide good options for freezing food.
- Refrigerator thawing works best. It protects food against loss of quality and offers the safest way to thaw foods. Move a frozen portion to the refrigerator to thaw a day or two before needed.

WORDS Lois White PHOTOS Greg Scheidemann and Cameron Sadeghpour



MEATBALL STARTER

LARGE, MOIST AND TENDER ALL THE WAY THROUGH, MEATBALLS ARE THE ULTIMATE COMFORT FOOD FAMILIES CRAVE AT DINNERTIME. THIS GENEROUS BATCH MAKES ENOUGH FOR THREE EASY MEALS.

Prep: 30 minutes | Bake: 25 to 30 minutes |

Makes 3 (12-meatball) portions

4 Hy-Vee large eggs, lightly beaten

¾ cup Hy-Vee panko bread crumbs

½ cup Hy-Vee shredded Parmesan cheese

½ cup finely chopped onion

½ cup finely chopped red or green bell pepper

2 cloves garlic, minced

2 tablespoons chopped fresh basil

2 teaspoons Hy-Vee salt

1 teaspoon Hy-Vee crushed red pepper

2 pounds lean ground beef

1 pound ground pork sausage

1. Preheat oven to 350°F. In a large bowl, combine eggs, bread crumbs, Parmesan cheese, onion, bell pepper, garlic, basil, salt and crushed red pepper. Add ground beef and pork sausage; mix well.

2. Shape mixture into 36 1½-inch meatballs. Arrange meatballs in a single layer in a 15x10x1-inch baking pan. Bake, uncovered, for 25 to 30 minutes or until cooked through (160°F), checking with an instant-read thermometer. Drain off fat.

3. Freeze as directed, *above right*.

Nutrition facts per meatball: 100 calories, 6 g fat, 2 g saturated fat, 0 g trans fat, 45 mg cholesterol, 260 mg sodium, 2 g carbohydrates, 0 g fiber, 0 g sugar, 9 g protein. Daily values: 4% vitamin A, 4% vitamin C, 2% calcium, 6% iron.

THREE EASY MEALS

1. MEATBALL SLIDERS: Simmer 1 portion of thawed Meatball Starter in purchased marinara sauce until heated through. Spoon two meatballs onto 2- to 2½-inch buttered and toasted cocktail rolls. Top with fresh mozzarella cheese and lettuce. Serves 6.

2. MEATBALL STROGANOFF: Simmer 1 portion of thawed Meatball Starter in Hy-Vee beef gravy until heated through. Stir in sour cream. Serve mixture over hot buttered noodles. Serves 4.

3. SWEET-SOUR MEATBALL KABOBS: Alternately thread three thawed meatballs and red and green bell pepper squares onto each of four 12-inch metal skewers. Broil until heated through, brushing occasionally with bottled sweet-sour sauce. Serve over hot cooked rice. Serves 4.

FREEZE IT

ALLOW BAKED MEATBALLS TO COOL SLIGHTLY. DIVIDE MEATBALLS AMONG THREE (4-CUP) FREEZER-SAFE CONTAINERS OR RESEALABLE PLASTIC BAGS. FREEZE FOR UP TO THREE MONTHS. THAW OVERNIGHT IN THE REFRIGERATOR BEFORE USING.



PEPPER SAUCE STARTER

ONE OF THE BEST THINGS ABOUT THIS RECIPE, ASIDE FROM HOW EASY IT IS TO MAKE, IS THE WAY THE FLAVORS AND INGREDIENTS MINGLE DURING OVEN ROASTING. SLATHER THIS SPICEY TOMATOEY SAUCE ACROSS A PIZZA CRUST OR SPOON IT ON TOP PASTA OR SALMON.

Prep: 10 minutes | Cook: 60 minutes |

Makes 16 (2-tablespoon) portions

4 medium tomatillos, husked, rinsed and quartered

4 large red or yellow bell peppers,
seeded and chopped

2 poblano chile peppers, seeded and chopped*

2 large white onions, chopped

4 cloves garlic, minced

¼ teaspoon Hy-Vee salt

¼ cup Hy-Vee Select olive oil

1. Preheat oven to 350°F. In a 9x13-inch pan, lightly toss together tomatillos, peppers, onion, and garlic. Sprinkle with salt and drizzle with olive oil. Roast, uncovered, for 1 hour or until mixture is slightly browned, stirring occasionally.
2. Cool mixture slightly. Transfer to a food processor or blender. Cover and process until smooth.
3. Freeze as directed, *below*.

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

Nutrition facts per 2 tablespoons: 25 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 20 mg sodium, 3 g carbohydrates, 1 g fiber, 1 g sugar, 0 g protein. Daily values: 15% vitamin A, 35% vitamin C, 0% calcium, 2% iron.

FREEZE IT

DIVIDE MIXTURE AMONG SIXTEEN 2-TABLESPOON SECTIONS OF AN ICE CUBE TRAY. COVER WITH FOIL AND FREEZE FOR SEVERAL HOURS. TRANSFER CUBES TO A FREEZER BAG. FREEZE FOR UP TO THREE MONTHS. THAW IN THE REFRIGERATOR BEFORE USING.





THREE EASY MEALS

1. RED PEPPER PIZZA:

Thaw 3 frozen cubes of Pepper Sauce Starter. Preheat oven to 350°F. Brush a 12-inch fully baked thin and crispy pizza crust with some olive oil. Spread Pepper Sauce Starter on top. Top with sliced fresh mozzarella cheese, assorted sliced tomatoes and purchased pesto. Bake for 12 to 15 minutes or until heated through. Serves 4.

2. PENNE-CHICKEN WITH CREAMY PEPPER SAUCE:

Thaw 8 frozen cubes of Pepper Sauce Starter. Place sauce in a medium saucepan. Cook over medium heat until heated through. Stir in ½ cup half-and-half and a dash of cayenne pepper; heat through. Add 3 cups cooked penne pasta and 2 cups shredded deli chicken. Serves 4.

3. PEPPER-SAUCE SALMON AND VEGGIES:

Thaw 4 frozen cubes of Pepper Sauce Starter. Place sauce in a small saucepan. Cook over medium heat until heated through. Serve sauce over cooked salmon fillets and steamed fresh carrots and broccoli. Serves 4.

SAVORY BEEF STARTER

THIS BASIC STARTER DESERVES A SPOT IN YOUR REGULAR LINEUP OF FREEZER-READY CREATIONS. SEAR THE BEEF, THEN COOK IN A SLOW COOKER UNTIL FORK-TENDER. PULL IT OUT OF THE FREEZER WHEN READY FOR HEARTY SOUPS, STEWS OR ANYTHING ASIAN OR BARBECUE.

Prep: 15 minutes | Cook: 4 hours |

Makes 3 (3-cup) portions

4½ pounds or 3 (1½-pound) beef chuck boneless arm pot roast

1 tablespoon Hy-Vee Select olive oil

1 (14.5-ounce) can Hy-Vee beef broth

1 tablespoon Hy-Vee Worcestershire sauce

1 teaspoon Hy-Vee garlic powder

1 teaspoon Hy-Vee black pepper

1. Trim fat from meat; cut meat into large chunks. In a Dutch oven heat oil over medium-high heat. Add one-fourth of the meat; cook until brown, stirring occasionally. Remove meat from Dutch oven; transfer to a 3½- or 4-quart slow cooker. Add more oil, if needed, to Dutch oven and repeat, cooking remaining meat in batches. Pour broth over meat. Stir in Worcestershire sauce, garlic powder and pepper.

2. Cover and cook on high-heat setting for 4 hours or until meat is tender.

3. Freeze as directed, *below*.

Nutrition facts per ½ cup serving of Hearty Beef Stew:

250 calories, 9 g fat, 3.5 g saturated fat, 0 g trans fat, 120 mg cholesterol, 150 mg sodium, 0 g carbohydrate, 0 g fiber, 0 g sugar, 40 g protein. Daily values: 0% vitamin A, 0% vitamin C, 2% calcium, 20% iron.

THREE EASY MEALS

1. **HEARTY BEEF STEW:** Place 1 portion of thawed Savory Beef Starter in a large saucepan. Stir in two (14.4-ounce) cans Hy-Vee beef broth. Add 2 cups each cut-up potato and sliced carrots, 1 cup each sliced celery and red onion wedges, and ½ teaspoon Hy-Vee dried thyme. Bring mixture to a boil; reduce heat. Simmer, covered, for 25 minutes or until vegetables are tender. Season to taste with salt and pepper. Serves 4.

2. **GARLICKY HOISIN BEEF:** Place 1 portion of thawed Savory Beef Starter in a large saucepan. Seed a red bell pepper; cut into strips. Add pepper strips, 1 cup fresh pineapple chunks, ¾ cup hoisin sauce and 1 tablespoon honey to saucepan. Cook and stir for 10 minutes. Serve over long-grain rice.

3. **BARBECUE BEEF SANDWICHES:** Using 1 portion of thawed Savory Beef Starter, cut beef chunks into small pieces. In a medium saucepan, combine beef and ¾ cup bottled barbecue sauce. Cook and stir for 10 minutes. Serve in toasted buns topped with deli coleslaw.

FREEZE IT

ALLOW COOKER MEAT MIXTURE TO COOL SLIGHTLY. DIVIDE AMONG THREE (3-CUP) FREEZER-SAFE CONTAINERS OR RESEALABLE PLASTIC BAGS. FREEZE FOR UP TO THREE MONTHS. THAW OVERNIGHT IN THE REFRIGERATOR BEFORE USING.



DISH IT UP

Making good use of a freezer can increase your love of cooking, enrich your family menu, reduce your average nightly meal-prep time and make it possible to put more nutritious, healthier meals on the table.

All these benefits are possible if you and a group of friends prepare family meals in big batches to freeze now, then heat-and-eat later at home. It's not a new concept, but Hy-Vee has refined the process so making and freezing entrées is efficient and fun. It's called Dinner is Solved at Hy-Vee (DISH).

Many local Hy-Vee stores host DISH night in their Club Rooms. Averaging 12 to 15 people—with some up to 30—groups include neighbors, coworkers, church friends or gym members.

The only charge at most stores is the retail price of the food. Your group picks what's on the menu—and it can be anything.

The DISH team at Hy-Vee does all shopping for the event, purchasing enough ingredients for the given number of meals. All the ingredients are ready in the Club Room when the group arrives. If 12 people participate, each person picks a recipe and makes that meal 12 times. After DISH, everyone heads home with one of each meal produced.

DISH events run about two hours, but experienced groups often finish up earlier as they become more efficient at assembling meals.

YOUR BENEFITS

Those who attend DISH generally come for three reasons, says Cathy Norgard, the Club Room coordinator and DISH team leader for six years at the Hy-Vee in Bettendorf, Iowa.

- **Time.** The DISH program helps families manage busy schedules by dramatically cutting time in the kitchen. Cathy says, "One mom told me that she felt like a better mom because she was doing this. She said, 'I'm not stressed when my kids get home from school. I know exactly what's going on the table and I don't have to spend two hours in the kitchen. I'm spending more time with my family and I'm more relaxed.'"

- **Money.** Because groups split the cost of ingredients, they feel free to experiment with specialty foods they wouldn't try when cooking alone. For example, a bottle of hoisin sauce costs about \$3. "Split that up between 10 women and you're only spending thirty cents," Cathy says. "You aren't so concerned that the hoisin will be used only once and never again."

- **Experience.** Each DISH session presents an opportunity to push the limits on what you cook and serve your family. Cathy frequently hears groups are making dishes few participants have tried at home—and many of these new tastes wind up as family favorites.



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CHICKEN ENCHILADA STARTER

THIS COLORFUL STARTER FEATURES TENDER BITES OF SHREDDED CHICKEN, CORN AND BLACK BEANS. THE CHICKEN SIMMERS IN A SPICY ENCHILADA SAUCE, WHICH KICKS UP FLAVORS IN DELICIOUS WAYS.

Prep: 10 minutes | Cook: 30 to 40 minutes |

Makes 3 (3-cup) portions

1 (19-ounce) can enchilada sauce

1 cup water

1 shallot, chopped

2 pounds boneless, skinless chicken breasts

1 pound boneless, skinless chicken thighs

1 cup Hy-Vee frozen corn

1 (15-ounce) can Hy-Vee black beans,
rinsed and drained

1. In a large stock pot, combine enchilada sauce, water, shallot and chicken. Bring mixture to a boil; reduce heat. Simmer, covered, for 30 to 40 minutes or until chicken is tender. Using a slotted spoon, remove chicken. Chop chicken and return to stock pot. Stir in corn and beans until combined.

2. Freeze as directed, *below*.

Nutrition facts per 1/2-cup portion: 140 calories, 3.5 g fat, 0.5 g saturated fat, 0 g trans fat, 55 mg cholesterol, 220 mg sodium, 8 g carbohydrates, 2 g fiber, 1 g sugar, 17 g protein. Daily values: 10% vitamin A, 4% vitamin C, 2% calcium, 6% iron.

FREEZE IT

ALLOW COOKED MIXTURE TO COOL. DIVIDE AMONG THREE (3-CUP) FREEZER-SAFE CONTAINERS OR RESEALABLE PLASTIC BAGS. FREEZE FOR UP TO THREE MONTHS. THAW OVERNIGHT IN THE REFRIGERATOR BEFORE USING.



THREE EASY MEALS

1. EASY ENCHILADA BAKE:

Preheat oven to 350°F. Spray a 3-quart casserole dish with Hy-Vee nonstick cooking spray. Spoon about ½ cup of Chicken Enchilada Starter onto each of six (8-inch) flour tortillas. Roll tortillas up and place, seam-side-down, in prepared dish. Top with 1 cup enchilada sauce and 1 cup Hy-Vee shredded Mexican cheese. Bake for 30 to 35 minutes or until heated through (160°F). Serves 6.

2. SEVEN-LAYER NACHO SALAD:

Line four salad plates with Hy-Vee nacho chips. Top with torn lettuce, ½ cup warmed Chicken Enchilada Starter (draining any sauce, if necessary), Hy-Vee shredded cheese, chopped avocado, chopped tomato and Hy-Vee sour cream. Serves 4.

3. CHICKEN ENCHILADA SOUP:

Preheat oven to 400°F. Cut two Hy-Vee corn tortillas into ¼-inch strips. Place strips on a large baking sheet and spray with Hy-Vee nonstick cooking spray. Sprinkle with Hy-Vee salt. Bake for 5 to 7 minutes or until golden brown and crisp. Cool on a wire rack. In a medium saucepan, combine thawed Chicken Enchilada Starter, one (14.5-ounce) can Hy-Vee chicken broth and ½ cup Hy-Vee picante sauce. Heat mixture through. Serve in bowls topped with tortilla strips. Serves 4 (1 cup each).

PAIRED | UP



SWEET OR SOUR, SOFT OR FIRM, SMOOTH OR COMPLEX, THERE'S NO END TO THE TASTE POSSIBILITIES OF CHEESE. DISCOVER THE FLAVORS YOU AND YOUR FRIENDS ENJOY BY HOSTING A CHEESE-AND-WINE TASTING PARTY.

Recommendations, *opposite*, are from cheese specialist Kim McDonald and certified wine specialist Aaron Stevens, both at the Hy-Vee #2 store in Ames, Iowa.

WORDS Steve Cooper PHOTOS King Au



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1. BLUEBERRY VANILLA CHÈVRE+ SAUVIGNON BLANC

Flavored goat cheeses, or chèvres, are generally a little more tart, more nutritious and easier to digest than cow's milk cheeses. Heartland Creamery in northeast Missouri offers chèvres plain and in a range of flavors.

2. HAVARTI+RED BORDEAUX OR RIOJA

Mild herbs and spices punch up the rich, buttery, creamy flavor of this Danish Havarti. Deliciously tangy, it's sold under the Denmark's Finest brand.

3. TRIPLE CREME BRIE+ MOSCATO D'ASTI

Heavy cream enhances the dense, buttery richness of this cow's milk Brie. The edible rind is powdered and velvety. This brand, Saint-Andre, is made in the Normandy region of France.

4. DOUBLE DECKER+CHARDONNAY

Trading on the name of London's famous double-decker buses, this cheese has two tastes. One half is rich, mellow and slightly tangy; the other half is mild, buttery and slightly nutty. It's a Londoner brand product.

5. WHITE CHEDDAR+ CABERNET SAUVIGNON

A superior cheese for all who love natural cheddar, each wheel is aged nearly a year. The result is a full-bodied taste. Produced in Iowa by Maytag Dairy Farms.

6. GORGONZOLA+RIESLING

Like a finely tailored Italian suit, this blue-veined cheese is always distinctive. Extra cream and indulgent aging are the secrets of producing a mild, rich flavor. This award-winning "dolce latte," or sweet milk, cheese is from Sartori.

7. DRUNKEN GOAT+MALBEC

In 1986, Spanish cheese makers first bathed goat cheese in a dark, full-bodied red wine for three days before they finished the aging process. As a result of the flavor infusion, this style has a smooth, sweet taste. It's sold as Drunken Goat cheese.

8. OLD AFFINE WITH GINGER+ GEWÜRZTRAMINER

Spiked with aromatic ginger, this soft, sweet aged cheese gains a distinctive character. This award-winning cheese is made by Wyngaard in the Netherlands.

"TO KEEP CHEESE FRESH IN THE FRIDGE, DON'T STRANGLE IT. LET IT BREATHE. WHEN YOU STORE IT, WRAP WITH CHEESE PAPER. IF YOU DON'T HAVE THAT, WRAP IT LOOSELY WITH PARCHMENT PAPER AND THEN PUT PLASTIC WRAP AROUND THAT LOOSELY."

— Kim McDonald, Hy-Vee cheese specialist



PERFECTLY PRESSED

Possibilities are endless when an inventive cook plugs in a waffle iron. From sweet to savory, waffles and their toppings offer variations for brunch, lunch, dinner and even dessert. Here are five waffle recipes and eight more easy alternatives to get you started. Go ahead, make an impression.

WORDS Lois White PHOTOS Tobin Bennett

Resisting the aroma of freshly baked waffles is impossible. The fragrance pulls you in, as does the sight of thick pats of butter melting into neat rows of squares. Sticky-sweet maple syrup soon puddles in your just-made waffle. After your fork sinks into the golden stack, the first bite becomes your day's best moment.

WILL IT WAFFLE?

The recipes in this story feature batters and toppings that you can mix and match as you wish. You'll find dipper waffles, chocolate waffles and even a way to make delicious gluten-free waffles.

Waffle batter is easy to make, requiring

ingredients you probably have already. Each recipe uses a standard or Belgian-style waffle maker. Simply follow manufacturer's directions for your waffle maker and the light, fluffy results promise to be impressive.

YOUR CHOICE

Breakfast isn't the only time to make good use of your waffle iron. With some imagination, you can celebrate with a week of waffles and serve something different at each meal.

Surprise everyone at the table with waffles stuffed with quesadilla fixin's. For a healthy alternative, try waffled sweet potato fries. Or pour angel food cake batter into an iron for a crispy sweet dessert. For eight unexpected and unbelievably good ways to enjoy waffles, see the ideas displayed on *pages 52–53*.

FOR THE BEST WAFFLES

Waffles done right are light, airy and crisp. Here are secrets to serving best-of-show waffles.

- Separate the eggs and whip the whites before folding them into the waffle batter. Waffles made with whipped egg whites are lighter and more tender. They even brown better.
- When serving a crowd, guard against serving anyone a cold waffle. To keep waffles warm, set a wire rack on a rimmed baking sheet and place in a 200°F oven. Transfer finished waffles to the rack, leaving the oven door slightly ajar while you finish cooking the batter. Avoid stacking waffles or they'll turn moist and limp.
- Grease your waffle maker with vegetable shortening the first few times you use it.
- Start with about ½ cup of batter per waffle for the small waffle makers and ⅔ cup for bigger.
- Avoid opening the waffle maker before waffles have finished cooking.

LIGHT AND FLUFFY WHOLE GRAIN WAFFLES

For soft, tender and finely textured waffles, use whole wheat pastry flour. Healthy grains and seeds—oats, cornmeal, flaxseeds and chia seeds—add heartiness while boosting the nutritional value of waffles.

Prep: 20 minutes | Bake: Per waffle maker directions | Serves 8 to 12

½ cup Hy-Vee apple jelly
¼ cup Hy-Vee Select 100% pure maple syrup
¼ teaspoon Hy-Vee ground cinnamon
2 Hy-Vee large eggs
1½ cups whole wheat pastry flour
½ cup Hy-Vee quick oats, finely ground
1 tablespoon white cornmeal
2 teaspoons Hy-Vee baking powder
2 teaspoons chia seeds
2 teaspoons flaxseeds
1½ cups Hy-Vee skim milk
⅓ cup Hy-Vee canola oil
1 teaspoon Hy-Vee vanilla extract
1 apple, sliced

1. Lightly grease and preheat a waffle maker according to the manufacturer's directions. Use a regular or Belgian waffle maker.
2. For apple syrup, in a small saucepan combine apple jelly, maple syrup and cinnamon. Heat over low heat until jelly is melted; keep warm and set aside.
3. Separate eggs; place yolks in a medium bowl and whites in a small mixing bowl; set aside.
4. In a large bowl, stir together flour, oats, cornmeal, baking powder, chia seeds and flaxseeds. Make a well in the center of the flour mixture; set aside.
5. In bowl with egg yolks, add milk, oil and vanilla. Whisk mixture together to combine well; set aside.
6. Beat egg whites with an electric mixer on medium to high until stiff peaks form (tips stand straight); set aside.
7. Add egg yolk mixture all at once to the flour mixture. Stir just until moistened (batter will be slightly lumpy). Gently fold beaten whites evenly into mixture.
8. Add batter to preheated waffle maker. Close lid quickly and bake according to manufacturer's directions until waffle is golden brown. When done, use a fork to lift waffle off grid; keep warm in a 200°F oven for up to 10 minutes. Repeat with remaining batter. Serve warm topped with apple slices and apple syrup.

Note: Use leftover waffles to make toaster waffles. Cool waffles and place in an airtight container for freezing. For a quick breakfast, pop them into a toaster.

Nutrition facts per serving (figuring serving 8):
320 calories, 12 g fat, 1 g saturated fat, 0 g trans fat,
45 mg cholesterol, 180 mg sodium, 47 g carbohydrates,
5 g fiber, 20 g sugar, 6 g protein. Daily values:
4% vitamin A, 2% vitamin C, 10% calcium, 10% iron.



LEMON-POPPY SEED WAFFLES

A refreshing hint of lemon makes this breakfast favorite burst with flavor.

Prep: 20 minutes | Bake: Per waffle maker directions | Serves 9 to 13

1 cup blueberry jam
½ cup Hy-Vee Select 100% pure maple syrup
3 Hy-Vee large eggs
2 cups Hy-Vee all-purpose flour
2 tablespoons malted milk powder
2 tablespoons white cornmeal
1 tablespoon Hy-Vee baking powder
2 teaspoon poppy seeds
1 teaspoon Hy-Vee baking soda
½ teaspoon Hy-Vee salt
2 cups buttermilk
½ cup lemon Greek yogurt
2 teaspoons lemon zest
1 teaspoon Hy-Vee vanilla extract
Fresh blueberries, optional
Hy-Vee powdered sugar, optional

1. Lightly grease and preheat a waffle maker according to manufacturer's directions. Use a regular or Belgian waffle maker.
2. For blueberry syrup, in a small saucepan heat blueberry jam and maple syrup over low heat until warm. Keep warm and set aside.
3. Separate eggs; place yolks in a medium bowl and whites in a small mixing bowl. Set aside.
4. In a large bowl, stir together flour, malted milk powder, cornmeal, baking powder, poppy seeds, baking soda and salt. Make a well in the center of the flour mixture; set aside.
5. In bowl with egg yolks, add buttermilk, yogurt, lemon zest and vanilla. Whisk mixture to combine; set aside.
6. Beat egg whites with an electric mixer on medium to high until stiff peaks form (tips stand straight). Set aside.
7. Add egg yolk mixture all at once to the flour mixture. Stir just until moistened (batter will be slightly lumpy). Gently fold beaten whites evenly into mixture.
8. Add batter to preheated waffle maker. Close lid quickly and bake according to manufacturer's directions until waffle is golden brown. When done, use a fork to lift waffle off grid; keep warm on a wire rack in a 200°F oven for up to 10 minutes. Repeat with remaining batter. Serve warm topped with blueberry syrup. If desired, serve with fresh blueberries and dust with powdered sugar.

Note: Use leftover waffles to make toaster waffles. Cool waffles and place in an airtight container for freezing. For a quick breakfast, pop them into a toaster.

Nutrition facts per serving (figuring serving 9):
320 calories, 3 g fat, 1 g saturated fat,
0 g trans fat, 65 mg cholesterol, 560 mg sodium,
66 g carbohydrates, 1 g fiber, 38 g sugar, 9 g protein.
Daily values: 2% vitamin A, 2% vitamin C,
15% calcium, 10% iron.





CHURRO WAFFLES

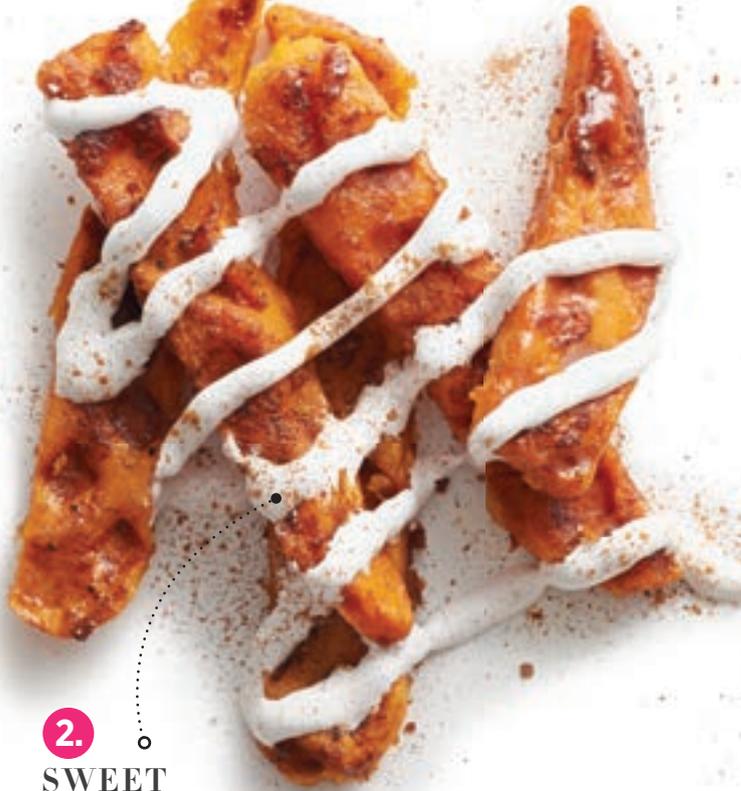
For superior flavor and texture with these yeast-leavened waffles, refrigerate the batter overnight. After cooking, shower waffles with a sugar-cinnamon mix for a taste like churros, a classic Mexican pastry.

Prep: 20 minutes | Bake: Per waffle maker directions | Serves 7 to 10

- 2 cups Hy-Vee all-purpose flour**
- ¼ cup plus 1 tablespoon Hy-Vee granulated sugar, divided**
- 1½ teaspoons active dry yeast**
- 1 teaspoon Hy-Vee salt**
- 1¾ cups Hy-Vee whole milk**
- ½ cup Hy-Vee unsalted butter, cut up**
- 2 Hy-Vee large eggs**
- 1 teaspoon Hy-Vee vanilla extract**
- 1½ teaspoons Hy-Vee ground cinnamon**

1. In a large bowl, stir together flour, 1 tablespoon sugar, yeast and salt; set aside.
2. In a medium saucepan, heat and stir milk and butter just until warm (120°F to 130°F) and butter is almost melted; whisk into flour mixture.
3. In a small bowl, whisk together eggs and vanilla until combined. Add egg mixture to batter and continue to whisk until batter is smooth. Cover bowl with plastic wrap and refrigerate for at least 12 hours or up to 24 hours.
4. Lightly grease and preheat a waffle maker according to manufacturer's directions. Use a regular or Belgian waffle maker.
5. For cinnamon-sugar blend, in a small bowl combine ¼ cup sugar and cinnamon; set aside.
6. Add batter to preheated waffle maker. Close lid quickly and bake according to manufacturer's directions until waffle is golden brown. When done, use a fork to lift waffle off grid. Immediately coat waffle with cinnamon-sugar blend; keep warm on a wire rack in a 200°F oven for up to 10 minutes. Repeat with remaining batter.

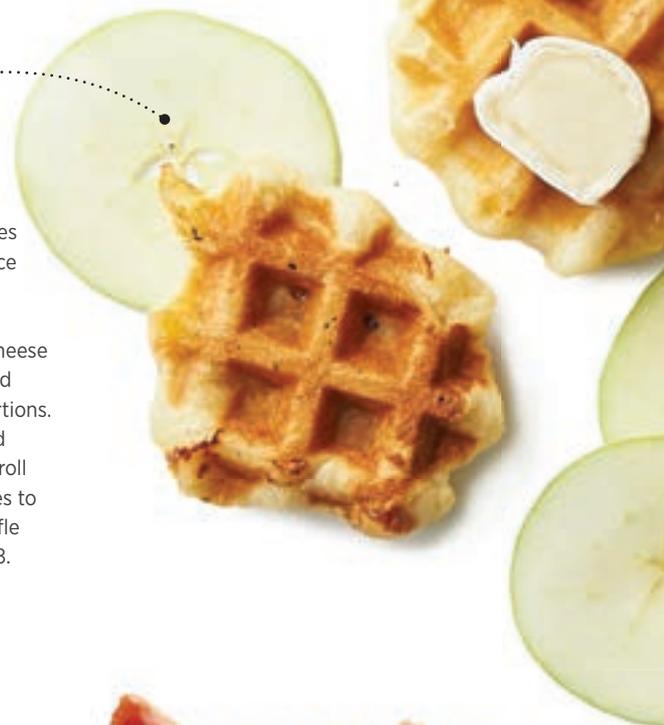
Nutrition facts per serving (figuring serving 7):
340 calories, 17 g fat, 10 g saturated fat,
0.5 g trans fat, 95 mg cholesterol, 380 mg sodium,
40 g carbohydrates, 1 g fiber, 12 g sugar, 8 g protein.
Daily values: 10% vitamin A, 0% vitamin C,
10% calcium, 10% iron.



1.

APPLE-BRIE BITES

Serve these delightful nibbles at brunch. Using one 8-ounce can Hy-Vee crescent rolls, separate dough into eight triangles. Thinly slice Brie cheese and Granny Smith apple, and arrange slices on dough portions. Spoon 1 teaspoon fig spread on top. Fold corners in and roll dough, pinching along edges to seal. Bake in preheated waffle maker until golden. Serves 8.



2.

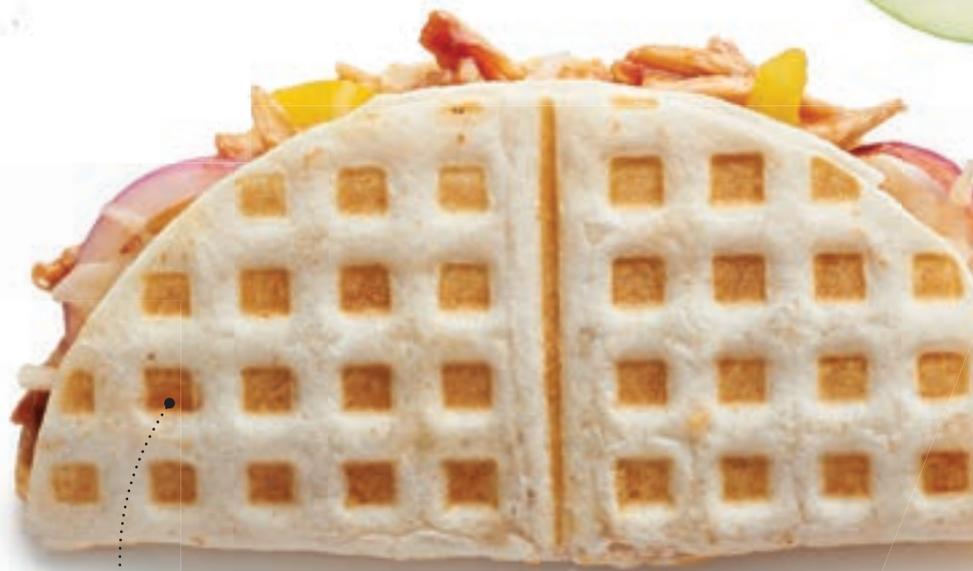
SWEET POTATO-MALLOW YUM

For a light, healthy snack, dig into sweet potato fries cooked in a waffle iron. Heat butter, maple syrup and ground cinnamon in a medium saucepan just until the butter melts. Add one 19-ounce bag frozen sweet potato steak fries to saucepan; toss to coat well. Arrange single layer of fries in preheated waffle maker; bake until cooked through. For sugary topping, heat 1 cup marshmallow crème until melted. Drizzle crème over fries. Serves 6.

3.

TOASTED PB&J SANDWICH

Kids love these PB&J waffles. Using a biscuit cutter, cut two Hy-Vee whole wheat bread slices into round shapes. Spread each slice with Hy-Vee peanut butter and Hy-Vee grape jelly. Assemble sandwich and make in preheated waffle maker until lightly toasted. Serves 1.



4.

BBO CHICKEN QUESADILLA

Here's an unexpected Tex-Mex spin on waffles. Make a mixture of chopped cooked chicken, chopped red onion and chopped yellow bell pepper and Hy-Vee barbecue sauce. Spread mixture on a 6-inch Hy-Vee flour tortilla. Sprinkle with Hy-Vee shredded Colby jack cheese. Cover with second tortilla. Bake in preheated waffle maker until golden. Serves 1.

5.

AWESOME ANGEL CAKE

This is a heavenly treat. Place a 1-inch-thick slice of Hy-Vee Bakery angel food cake in preheated waffle maker. Toast lightly. In a small microwave-safe bowl, heat Hy-Vee hazelnut spread in the microwave on high about 10 seconds; drizzle over cake. If desired, sprinkle with candy sprinkles. Serves 1.



FOR ALL RECIPES

Lightly grease and preheat a waffle maker according to manufacturer's directions. Use a regular or Belgian waffle maker.

6.

OOEY GOOEY CINNAMON ROLLS

Just for fun, pop one of these bite-sized waffle cinnamon rolls in your mouth. You'll want another. Make them from one 12.4-ounce can Hy-Vee refrigerated cinnamon rolls with icing. Separate dough into eight rolls; bake rolls in preheated waffle maker until golden brown. Drizzle icing over tops. Serves 8.



7.

HOT-OFF-THE-PRESS PANINI

Instead of a panini press, bake this recipe in your waffle maker. Thaw one sheet of frozen puff pastry, and unfold it on a lightly floured surface. Arrange six slices Hy-Vee deli meats on top. Top with three slices provolone cheese and baby spinach leaves. Sprinkle with chopped olives and red bell pepper. Fold each corner of pastry toward the center; pinch edges together to seal. Fold in corners again if needed to fit size of waffle maker. Bake pastry in preheated waffle maker until golden brown. Serves 4.



8.

CHICKEN 'N' WAFFLE STICKS

Waffles go savory with these gravy dippers. Using one 12-ounce can Hy-Vee refrigerated buttermilk biscuits, separate biscuits and cut each biscuit in half. Roll halves into balls and bake in preheated waffle maker until golden. Bake 20 frozen, fully cooked chicken nuggets in waffle maker until heated through. Thread a chicken nugget and biscuit half onto each skewer. Serve with warm Hy-Vee chicken gravy. Serves 10.



CHOCOLATE-LOVER'S WAFFLES

Cocoa-rich batter loaded with your favorite chips makes a brownielike waffle that's impossible to resist. Serve fresh berries and whipping cream on the side for breakfast, or place scoops of vanilla ice cream in the center for dessert.

Prep: 20 minutes | Bake: Per waffle maker directions | Serves 9 to 13

3 Hy-Vee large eggs
1½ cups Hy-Vee all-purpose flour
¼ cup Hy-Vee granulated sugar
½ cup Hy-Vee unsweetened cocoa powder
2 tablespoons malted milk powder
2 tablespoons white cornmeal
1 tablespoon Hy-Vee baking powder
1 teaspoon Hy-Vee baking soda
½ teaspoon Hy-Vee salt
2¼ cups buttermilk
1 teaspoon Hy-Vee vanilla extract
½ cup Hy-Vee vanilla-flavored white baking chips
and/or semisweet chocolate chips
Hy-Vee butter, for serving
Pure maple syrup, for serving

1. Lightly grease and preheat a waffle maker according to manufacturer's directions. Use a regular or Belgian waffle maker.
2. Separate eggs; place yolks in a medium bowl and whites in a small mixing bowl. Set aside.
3. In a large bowl, stir together flour, sugar, cocoa powder, malted milk powder, cornmeal, baking powder, baking soda and salt. Make a well in the center of the flour mixture; set aside.
4. In bowl with egg yolks, add buttermilk and vanilla extract. Whisk mixture together to combine well; set aside.
5. Beat egg whites with an electric mixer on medium to high until stiff peaks form (tips stand straight). Set aside.
6. Add egg yolk mixture all at once to the flour mixture. Stir just until moistened (batter will be slightly lumpy). Gently fold beaten whites evenly into mixture. Fold in desired baking chips.
7. Add batter to preheated waffle maker. Close lid quickly and bake according to manufacturer's directions until waffle is brown. When done, use a fork to lift waffle off grid; keep warm on a wire rack in a 200°F oven for up to 10 minutes. Repeat with remaining batter. Serve warm topped with maple syrup.

Nutrition facts per serving (figuring serving 9):
240 calories, 6 g fat, 4 g saturated fat,
0 g trans fat, 65 mg cholesterol, 570 mg sodium,
40 g carbohydrates, 2 g fiber, 18 g sugar, 8 g protein.
Daily values: 2% vitamin A, 2% vitamin C,
15% calcium, 10% iron.



A top-down photograph of almond-orange waffles on a white marble surface. The waffles are golden-brown with a grid pattern and are drizzled with maple syrup. Several orange slices are scattered around the waffles. In the center, there is a small glass jar of maple syrup with a wooden spoon resting inside. The overall scene is bright and appetizing.

ALMOND-ORANGE WAFFLES

These gluten-free waffles are dairy-free and richly flavorful. The foundation is brown rice, coconut flour and a blend of almond milk and coconut. After cooking, drizzle waffles with maple syrup.

Prep: 20 minutes | Bake: Per waffle maker directions | Serves 8 to 12

1½ cups whole grain brown rice flour
½ cup coconut flour
1 (2-ounce) package Hy-Vee slivered almonds, chopped
2 tablespoons Hy-Vee granulated sugar
1 teaspoon Hy-Vee baking powder
½ teaspoon Hy-Vee baking soda
2 Hy-Vee large eggs, lightly beaten
2½ cups almond milk and coconut milk blend
2 teaspoons grated orange zest
2 teaspoons Hy-Vee vanilla extract
Hy-Vee 100% pure maple syrup, for serving

1. Lightly grease and preheat a waffle maker according to manufacturer's directions. Use a regular or Belgian waffle maker.
2. In a large bowl, stir together flours, almonds, sugar, baking powder and baking soda; set aside.
3. In a medium bowl, whisk together eggs, almond milk coconut milk blend, orange zest and vanilla. Add all at once to the flour mixture; combine thoroughly.
4. Add batter to preheated waffle maker. Close lid quickly and bake according to manufacturer's directions until waffle is golden brown. When done, use a fork to lift waffle off grid; keep warm on a wire rack in a 200°F oven for up to 10 minutes. Repeat with remaining batter. If necessary, lightly coat waffle maker with oil between each waffle to prevent sticking. Serve warm with maple syrup.

Note: Use leftover waffles to make toaster waffles. Cool waffles and place in an airtight container for freezing. For a quick breakfast, pop them into a toaster.

Nutrition facts per serving

(figuring serving 8):

200 calories, 7 g fat,
2 g saturated fat,
0 g trans fat,
45 mg cholesterol,
220 mg sodium,
27 g carbohydrates, 5 g fiber,
6 g sugar, 6 g protein. Daily values:

4% vitamin A, 0% vitamin C, 20% calcium, 8% iron.



TEA TIME

For many of us, the most calming moments are experienced sipping tea. Make its aromas and soothing tastes part of your routine.

WORDS Wini Moranville PHOTOS King Au

the benefits of tea

As the legend goes, tea was invented by a Chinese emperor when a leaf from a tea bush drifted into a cup of hot water nearly 5,000 years ago. Since then, tea has worked its magic throughout millennia and around the globe.

A proper cup eases you into the morning with a gentle lift rather than a bracing jolt. Later, tea helps smooth over the rough patches of the day, bringing solace as tensions mount or a needed boost when that sluggish feeling sets in. As a pick-me-up, tea is never pushy; rather, it coaxes and cajoles you forward with a light yet enlivening touch.

Turns out that what's good for the mind is good for the body too. Concerning tea's healthful qualities, Kim Denman, a Hy-Vee dietitian in Bettendorf, Iowa, says "the strongest evidence is in tea's role in heart health." Multiple studies link tea intake with a decreased incidence of heart attack as well as lower cholesterol levels and lower blood pressure, she says. Even the American Heart Association says drinking green tea helps prevent heart disease.

Antioxidants in tea may protect against cancer and other diseases. Some studies have linked tea to weight loss, cancer prevention and a decrease in tooth loss.

one plant—many teas

All black, oolong, green and white teas come from the same plant—*Camellia sinensis*. The differences between these varieties lie mainly in how they're handled after the leaves are picked.

Black and oolong teas undergo varying degrees of oxidization, a process that browns the leaves and enriches their colors and flavors. Because black tea is oxidized longer than oolong, it's the more robustly flavored and deeply colored of the two. It also contains the most caffeine, giving you a soothing-yet-stimulating way to get going in the morning or recharged in the afternoon.

Less oxidation gives oolong lighter flavors and aromas than black tea; however, it's still satisfyingly full bodied. Chances are, you've tasted this one before—oolong is the sweetly aromatic brew often poured in Chinese restaurants.

Green and white teas undergo no oxidization. However, green tea is pan- or steam-fried shortly

after picking, resulting in a light greenish-yellow tea with pleasantly grassy, toasted or even veggielike flavors (akin to sweet bell peppers). Some green teas bring a lightly bitter taste that its fans enjoy. Also try a flavored variety, with enticing spins such as mango, peach, lemon and jasmine.

As the most minimally processed of them all, white tea is a connoisseur's delight, beloved for its subtle-yet-complex flavors and natural sweetness. With very little caffeine, this makes white a great choice when you're seeking pure relaxation, without any additional stimulation.

Also choose white tea if you're drawn by tea's potential cancer-fighting properties. White contains the most antioxidants among the four major varieties, Denman says.

What about herbal teas? "It depends on what they're made of," says Denman. Strictly speaking, herbal teas are not true teas. Instead, they're made from roots, seeds, leaves and flowers of a variety of plants. They may not have the disease-fighting properties of true tea. However, they can be a soothing and warming caffeine-free beverage, and some varieties purport signature benefits, from helping you sleep to soothing your tummy.





black tea

A deeply colored, boldly flavored pick-me-up, black tea is the tea most people have experienced. Commonly sold in tea bags.

<green tea

With less caffeine than black or oolong, delicately flavored green tea is the most popular tea in the world—and the beverage of choice in Asia. Loose green teas often come with fruits in the mix to create scented or flavored teas.

white tea

White tea is a mild, pale-yellow brew made from young tea buds. The chlorophyll is not mature in these buds, which results in the “white” appearance. To get the full flavor, use a larger amount of tea than with other varieties. No milk or sugar is needed with this simple, pure drink.

<yellow tea

With an aroma that is sometimes mistaken for black, these leaves turn yellow because they are dried slowly. The taste is smooth, mellow and somewhat floral.

oolong tea

Milder than black tea and more robust than green tea, oolong is smooth and satisfying. Light in appearance, oolong has an aroma that most find soothing.

<pu-erh tea

Pu-erh is an aged black tea from China prized for its strong, earthy flavor with a sweet aftertaste—and there’s no bitterness. It has only been imported into the United States since 1995.



→ BIA Teapots and Mugs, below
15% off sale select varieties

the perfect cup

GETTING THE MOST FLAVOR AND ENJOYMENT OUT OF YOUR TEA IS ALL IN THE DETAILS. HERE'S HOW TO MAKE A DELICIOUS CUP. >>

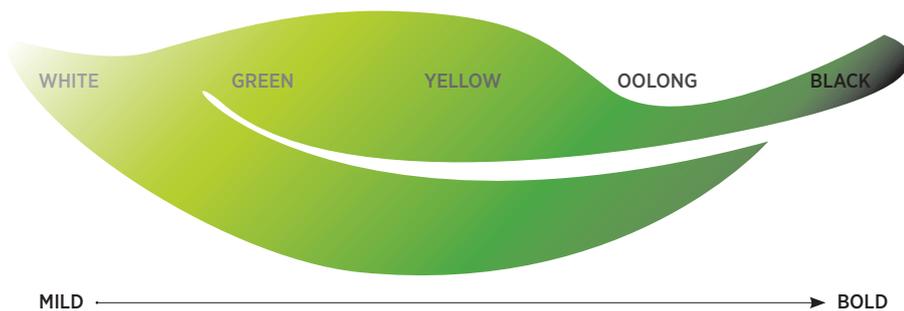
1. Use 6-ounces cold filtered or spring water per cup of tea.
2. Use a stovetop or electric teakettle bring water to a full boil and use immediately or let sit until it cools to the correct temperature (see Tea Tips). If transferring boiling water to a decorative teapot warm the pot with hot tap water first.
3. For each 6-ounce cup of tea, place one teabag or about 1 teaspoon loose tea into a strainer in the pot or cup.
4. Pour water into the pot or cup.
5. Steep according to package directions or see Tea Tips, (right)
6. Remove the tea leaves from pot or cup. Serve immediately. For iced tea, cool and serve over ice.

| | WATER TEMPERATURE | STEEP TIME |
|-------------------|-------------------|----------------|
| BLACK TEA | 212°F | 3 to 5 minutes |
| GREEN TEA | 170 to 180°F | 1 to 3 minutes |
| OOLONG TEA | 180 to 190°F | 5 to 7 minutes |
| WHITE TEA | 180 to 190°F | 3 to 4 minutes |
| YELLOW TEA | 180 to 190°F | 3 to 4 minutes |



Tea Taste Scale

Most popular teas—from the boldest black tea to mildest white—come from the same plant. Tastes are determined by how tea is processed. Black is crushed, exposed to air the longest, heated and dried. Oolong is processed less than black. While yellow and green are steamed. At the opposite end, white tea comes from the plant's buds and is minimally processed. Use this taste chart as a flavor guide.



BEYOND LEMON AND HONEY:

WINTER WARMERS

Steep your tea with one of the following ingredients:

- Fresh sliced ginger
- Fresh mint leaves
- Cinnamon sticks
- Orange slices
- Vanilla extract

SUMMER COOLERS:

Add the following to iced tea for creamy-and-dreamy or refreshingly fruity drinks:

- Sweetened condensed milk
- Coconut milk
- Muddled cucumbers and lime
- Fresh fruit, such as raspberries, strawberries, or peaches



vanilla chai tea

With a warm undertone of cinnamon and spiciness of fresh ginger, chai tea has been used for centuries in India to increase peace of mind and maintain health. Ginger aids in digestion and boosts the immune system.

Prep: 5 minutes | Cook Time: 26 minutes | Serves 4

5 cardamom pods, lightly crushed
2 Hy-Vee cinnamon sticks
½ teaspoon Hy-Vee whole cloves
⅓ cup peeled and chopped fresh ginger
1 tablespoon Hy-Vee black peppercorns
4 cups water
⅓ cup packed Hy-Vee brown sugar
1 teaspoon Hy-Vee vanilla extract
4 Hy-Vee black tea bags
1 cup Hy-Vee 2% milk

1. In a medium saucepan, combine cardamom, cinnamon sticks, cloves, ginger and peppercorns; add water. Bring to boiling; reduce heat. Simmer, uncovered, about 20 minutes. Remove from heat. Strain mixture into separate bowl; discard spices. Whisk brown sugar and vanilla into mixture. Add tea bags and let steep for 6 minutes. Discard tea bags.
2. While tea is steeping, in empty saucepan heat milk over medium heat just until simmering. Whisk until frothy. Stir the milk into steeped mixture. Serve immediately.

Nutrition facts per serving: 100 calories, 1 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 40 mg sodium, 21 g carbohydrates, 0 g fiber, 21 g sugar, 2 g protein. Daily values: 2% vitamin A, 0% vitamin C, 10% calcium, 0% iron.





season's best
COOKIES

DELIVER BOXES OF THESE SWEET CONFECTIONS AS HOLIDAY GIFTS AND YOU'LL HAVE FRIENDS FOR LIFE. CREATE IRRESISTIBLE **HOMEMADE TREATS**, INCLUDING CREAMY CHOCOLATE, CRUNCHY TOFFEE AND FRUITY, GLUTEN-FREE SNACKS.

PHOTOS CAMERON SADEGHPOUR



A

ALMOND MELTS

Tinted in various shades of red and coated with coarse sugar, these adorable melt-in-your-mouth cookie sandwiches will be on everyone's wish list. For softer cookies, bake for the minimum time.

Prep: 40 minutes | Chill: 1 hour | Bake: 7 or 8 minutes per batch | Makes about 24 sandwich cookies, depending upon size

1 cup Hy-Vee butter, softened
1½ cups Hy-Vee powdered sugar
1 Hy-Vee large egg
1 teaspoon Hy-Vee vanilla extract
¼ teaspoon Hy-Vee almond extract
1 teaspoon Hy-Vee baking soda
1 teaspoon cream of tartar
2½ cups Hy-Vee all-purpose flour
Red food coloring
Coarse sugar

BUTTERCREAM FROSTING:

½ cup plus 2 tablespoons Hy-Vee butter, softened
2 cups powdered sugar
2 tablespoons Hy-Vee skim milk
2 teaspoons almond extract

1. In a large mixing bowl, beat 1 cup butter with an electric mixer on medium to high for 30 seconds. Add 1½ cups powdered sugar. Beat until combined, scraping sides of bowl occasionally. Beat in egg, vanilla, ½ teaspoon almond extract, baking soda and cream of tartar until combined. Beat in as much flour as you can with the mixer. Stir in any remaining flour. Divide dough into thirds. Place each portion in small mixing bowls. Using a toothpick, add a small amount of red food coloring to each portion. Beat each portion until thoroughly combined and desired shade is reached. Chill dough portions for 1 hour or until easy to handle.
2. Preheat oven to 375°F. On a lightly floured surface, roll one portion of dough at a time to ¼-inch thickness. Using 1½-inch diameter cutters, cut dough into desired shapes. Coat top of each cutout with coarse sugar. Place cutouts 1 inch apart on an ungreased cookie sheet. Reroll scraps as necessary. Bake for 7 to 8 minutes or until edges are very light brown. Transfer cookies to a wire rack; cool.
3. For buttercream frosting, in a medium mixing bowl combine ½ cup plus 2 tablespoons butter, 2 cups powdered sugar, milk and 2 teaspoons almond extract. Beat with an electric mixer on low for 30 seconds. Beat on medium until smooth and creamy.
4. Spread a scant teaspoon of frosting over bottoms of half the cookies. Press the bottoms of the remaining cookies against the frosting.

To store: Layer unfrosted cookies between waxed paper in an airtight container; cover. Store at room temperature for up to 3 days or freeze for up to 3 months. Thaw cookies, if frozen, before frosting.

Nutrition facts per sandwich cookie: 230 calories, 13 g fat, 8 g saturated fat, 0.5 g trans fat, 40 mg cholesterol, 60 mg sodium, 28 g carbohydrates, 0 g fiber, 17 g sugar, 2 g protein. Daily values: 8% vitamin A, 0% vitamin C, 0% calcium, 4% iron.

C

CARAMEL COCONUT THUMBPRINTS

The indulgent flavors of chocolate, toasted coconut and melted caramel make a spectacular holiday treat. If the cookie centers puff up during baking, press with the bowl of a measuring teaspoon as soon as the cookies come out of the oven.

*Prep: 1 hour 15 minutes | Bake: 18 to 20 minutes |
Makes 50 cookies*

1½ cups Hy-Vee unsalted butter, softened
1 cup Hy-Vee granulated sugar
1½ teaspoons Hy-Vee vanilla extract
3½ cups Hy-Vee all-purpose flour
2 egg whites
**1 (7-ounce) package Hy-Vee sweetened flaked coconut
(about 2½ cups)**
4 ounces semisweet baking chocolate
4 ounces chocolate-flavor candy coating
1 (12.5-ounce) bag Hy-Vee soft caramel candies
¼ cup whipping cream
1 cup Hy-Vee semisweet chocolate chips
1 teaspoon Hy-Vee shortening

1. Preheat oven to 350°F. Line cookie sheets with parchment paper; set aside.
2. In a large mixing bowl, beat butter with an electric mixer on medium to high for 30 seconds. Add sugar and vanilla. Beat until combined, scraping sides of bowl occasionally. Beat in as much flour as you can with the mixer. Stir in any remaining flour.
3. Shape dough into 1-inch balls. Lightly beat egg whites. Roll balls in egg whites, then in coconut to coat. Place balls 1 inch apart on prepared cookie sheets. Using your thumb, make an indentation in the center of each ball. Bake for 18 to 20 minutes or until edges are light brown. Transfer to a wire rack and let cool.
4. In a heavy small saucepan, heat and stir semisweet baking chocolate and chocolate-flavor candy coating over low heat until melted. Carefully dip the bottom of each cooled cookie into the melted mixture, letting excess drip off. Place cookies, chocolate sides up, on parchment paper; let stand about 30 minutes or until coating sets.
5. To fill cookies, in a small saucepan heat and stir caramels and whipping cream over low heat until smooth. Spoon melted caramel mixture into cookie centers. Transfer to a wire rack and let cool.
6. In another small saucepan, heat and stir chocolate chips and shortening over low heat until smooth. Let cool slightly. Drizzle chocolate mixture over tops of cookies. Let stand until set.

Nutrition facts per cookie: 190 calories, 10 g fat, 7 g saturated fat, 0 g trans fat, 15 mg cholesterol, 30 mg sodium, 23 g carbohydrates, 1 g fiber, 15 g sugar, 2 g protein. Daily values: 4% vitamin A, 0% vitamin C, 2% calcium, 4% iron.



T

TOFFEE MILK CHOCOLATE BARS

Rich, buttery shortbread becomes extra crunchy when topped with toffee bits, pecans and melted candy bars. Leave these bars to set at room temperature or place them in the refrigerator until the chocolate firms up.

Prep: 20 minutes | Bake: 25 to 30 minutes | Makes 24

- 1 cup Hy-Vee butter, softened
- 1½ cups packed Hy-Vee brown sugar
- 2 Hy-Vee large eggs
- 1 teaspoon Hy-Vee vanilla extract
- 2 cups Hy-Vee all-purpose flour
- ¼ teaspoon Hy-Vee salt
- 6 (1.55-ounce each) milk chocolate candy bars
- ¾ cup chopped toasted pecans*
- ¾ cup toffee pieces

1. Preheat oven to 375°F. Line a 9x13-inch baking pan with aluminum foil; extend foil over edges of pan. Set aside.
2. In a large mixing bowl, beat butter with an electric mixer on medium to high for 30 seconds. Add brown sugar, eggs and vanilla. Beat until combined, scraping sides of bowl. Beat in flour and salt until combined.
3. Spread dough evenly into bottom of prepared pan. Bake for 25 to 30 minutes or until golden brown. Remove from oven and immediately place chocolate bars on top; let stand for 2 minutes or until chocolate is melting. Spread melted chocolate over bars. Top with pecans and toffee pieces. Let stand until chocolate sets. Cut into bars.

**Note: To toast nuts, spread in a shallow pan and place in a 350°F oven for 5 to 10 minutes, shaking the pan once or twice.*

Nutrition facts per bar: 260 calories, 15 g fat, 8 g saturated fat, 0 g trans fat, 40 mg cholesterol, 65 mg sodium, 30 g carbohydrates, 1 g fiber, 21 g sugar, 3 g protein. Daily values: 6% vitamin A, 0% vitamin C, 4% calcium, 4% iron.



P

PEPPERMINT BARS

Here's the ultimate holiday treat—crisp, chocolaty cutouts dipped in velvety dark chocolate and coated with crushed peppermint candy.

Prep: 40 minutes | Chill: 1 hour | Bake: 7 to 10 minutes per batch | Makes 40 cookies

- 2/3 cup Hy-Vee butter, softened**
- 3/4 cup Hy-Vee granulated sugar**
- 1 teaspoon Hy-Vee baking powder**
- 1/4 teaspoon Hy-Vee salt**
- 1 Hy-Vee large egg**
- 1 tablespoon Hy-Vee skim milk**
- 1 teaspoon Hy-Vee vanilla extract**

- 1/2 cup unsweetened Dutch-process cocoa powder**
- 1 1/2 cups Hy-Vee all-purpose flour**
- 1 (10-ounce) package Hy-Vee 60% cacao bittersweet chocolate chips**
- 2 teaspoons Hy-Vee shortening**
- Finely crushed peppermint candies**

1. In a large mixing bowl, beat butter with an electric mixer on medium to high for 30 seconds. Add granulated sugar, baking powder and salt. Beat until combined, scraping sides of bowl occasionally. Beat in egg, milk and vanilla until combined. Beat in cocoa powder and as much flour as you can with the mixer. Stir in any remaining flour. Divide dough in half. Cover and chill for 1 hour or until dough is easy to handle.
2. Preheat oven to 375°F. On a lightly floured surface, roll one portion of the dough at a time to 1/8-inch thickness. Using a square- or rectangular-shape cutter

- (about 2 1/2-inch square), cut out dough. Place cutouts 1 inch apart on ungreased cookie sheets.
3. Bake for 7 to 10 minutes or until edges are firm and bottoms are light brown. Transfer cookies to a wire rack and let cool.
4. Line cookie sheets with waxed paper; set aside. In a small saucepan, combine chocolate chips and shortening. Cook and stir over low heat until melted. Dip tops of cookies into melted mixture. Place dipped cookies on prepared cookie sheets. Sprinkle with some of the crushed peppermint. Chill about 15 minutes or until set.

Nutrition facts per cookie: 100 calories, 6 g fat, 4 g saturated fat, 0 g trans fat, 15 mg cholesterol, 30 mg sodium, 12 g carbohydrates, 1 g fiber, 6 g sugar, 1 g protein. Daily values: 2% vitamin A, 0% vitamin C, 2% calcium, 4% iron.





Oscar Mayer Deli Fresh Meats
Family Size: select varieties
16 oz. \$5.99



Oscar Mayer Wallet Packs:
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Claussen Pickles: select
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Oscar Mayer Butcher Thick Cut
Bacon: Hickory or Applewood
24 oz. \$6.99



Gevalia Kaffe, Columbia or
Signature Blend 18 ct. \$8.99



Baker's Chocolate Bars: select
varieties 4 oz. \$2.49



Jet-Puffed Marshmallows:
Regular or mini 16 oz. \$1.88

Jet-Puffed: Marshmallow Crème
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COCONUT SNOWBALLS

DRESSED FOR THE SEASON, THESE COCONUT TREATS ARE MADE BY DIPPING NO-BAKE BALLS OF COOKIE DOUGH INTO BAKER'S WHITE CHOCOLATE AND ROLLING THEM IN BAKER'S SHREDDED COCONUT. WITH FLAVORS SO SWEET, THE ONLY SNOWBALL FIGHT THIS YEAR WILL BE OVER WHO GETS THE LAST ONE!



Baker's Coconut 14 oz. \$2.48



BITES TO

Share

Make several batches so you can give cookies to family and friends. Package your homemade treats in boxes with colorful tissue paper.

ICEBOX COOKIES

There's no doubt as to why these old-fashioned refrigerator cookies have remained a favorite. You can make the sweet, buttery dough ahead and then slice and bake cookies as needed. Try all three delicious gourmet flavors.

*Prep: 30 minutes | Chill: 4 hours | Bake: 7 to 10 minutes |
Makes 80 cookies*

1 whole vanilla bean
¾ cup Hy-Vee butter, softened
1 cup Hy-Vee granulated sugar
½ teaspoon Hy-Vee baking soda
Dash Hy-Vee salt
1 Hy-Vee large egg
¼ cup Hy-Vee skim milk
1 teaspoon Hy-Vee vanilla extract
3 cups Hy-Vee all-purpose flour
¼ cup coarse sugar

1. Cut vanilla bean lengthwise to open. Scrape out the tiny seeds. Reserve ¼ teaspoon of seeds to combine with coarse sugar. Set aside remaining seeds to use in dough.
2. In a medium bowl, beat butter with an electric mixer on medium to high for 30 seconds. Add granulated sugar, vanilla bean seeds, baking soda and salt. Beat until combined, scraping sides of bowl occasionally. Beat in egg, milk and vanilla. Beat in flour.
3. Divide dough in half; shape into two 10-inch long logs. Using your fingers, combine coarse sugar and reserved vanilla bean seeds. Roll logs in coarse sugar mixture. Wrap each log in plastic wrap.* Chill for 4 hours or until dough is firm enough to slice.
4. Preheat oven to 375°F. Cut logs into ¼-inch-thick slices. Place slices 2 inches apart on an ungreased cookie sheet. Bake about 7 to 10 minutes or until edges begin to brown. Transfer to wire racks; let cool.

Nutrition facts per cookie: 40 calories, 2 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 10 mg sodium, 7 g carbohydrates, 0 g fiber, 3 g sugar, 1 g protein. Daily values: 2% vitamin A, 0% vitamin C, 0% calcium, 2% iron.

Lemon Icebox Cookies: Prepare recipe as directed except omit vanilla bean and coarse sugar and substitute ¼ cup lemon juice and 2 tablespoons lemon zest for the milk and vanilla. Roll logs in 1 cup chopped toasted almonds instead of coarse sugar mixture.

Cherry Icebox Cookies: Prepare recipe as directed except omit vanilla bean and coarse sugar and substitute ¼ cup maraschino cherry juice and ½ cup maraschino cherries, drained and finely chopped, for the milk and vanilla. Roll logs in 1 cup chopped toasted walnuts instead of coarse sugar mixture.

***Note:** A great way to refrigerate cookie logs and keep their shape is to use paper towel cardboard tubes. Cut the tubes down the middle, place the wrapped cookie dough inside. The cardboard tubes keep the rolls from getting a flat side while chilling.





Betty Crocker Pouch Cookies:
select varieties 12.5 to 17.9 oz.
2/\$4.00



Betty Crocker ready-to-spread
frosting: select varieties
14.5 to 16 oz. \$1.69



Pillsbury Frozen Biscuits: 25 oz.
Homestyle or Southern 2/\$5.00



Pillsbury Pet-Ritz Frozen Pie
Shells: select varieties
10 or 12 oz. \$1.78



Pillsbury Cookies and Dessert
Melts: select varieties
11.5 to 16.5 oz. 2/\$5.00



Pillsbury Crescent or Cinnamon
Rolls: select varieties
8 to 13.9 oz. 2/\$4.00



Pillsbury Chocolate Chip
Cookies: 30 oz. \$3.98



R ED VELVET CAKE COOKIES

WITH **PILLSBURY** PREMADE DOUGHS, DRY CAKE MIXES AND OTHER HOLIDAY GOODIES, DESSERT DUTY HAS NEVER BEEN EASIER. TO MAKE THE DOUGH FOR THESE RED VELVET CAKE COOKIES, SIMPLY COMBINE **BETTY CROCKER'S** SUPER MOIST RED VELVET CAKE MIX WITH 2 EGGS AND 6 TABLESPOONS OF BUTTER. DROP DOUGH ON UNGREASED COOKIE SHEET AND BAKE AT 375°F FOR 8 TO 10 MINUTES. DO A FINAL DUSTING OF POWDERED SUGAR AND, TRUST US, SANTA WILL LOVE THEM.



Betty Crocker Supermoist Cake Mix:
select varieties 15.25 or 16.25 oz. \$1.28



GLUTEN-FREE CRANBERRY- WHITE CHOCOLATE BLONDIES

Melted white baking chocolate makes a simple, yet decadent frosting for these tender, moist bars. Almond and oat flours earn extra points for the yummy flavor of these gluten-free treats.

Prep Time: 20 | Bake: 35 to 35 minutes | Makes 16 Bars

½ cup Hy-Vee unsalted butter, softened
¾ cup packed Hy-Vee brown sugar
2 Hy-Vee large eggs
1 teaspoon Hy-Vee vanilla extract

¼ teaspoon Hy-Vee salt
⅛ teaspoon Hy-Vee ground cinnamon
1 cup almond flour
¾ cup oat flour
½ cup plus ⅓ cup Hy-Vee dried cranberries, divided
6 ounces white baking chocolate
⅓ cup Hy-Vee pistachios, coarsely chopped

1. Preheat oven to 350°. Line an 8x8x2-inch baking pan with aluminum foil; extend foil over edges of pan. Coat foil with nonstick cooking spray; set aside.
2. In a large mixing bowl, beat butter and brown sugar with an electric mixer on medium to high for 30 seconds. Add eggs, vanilla, salt and cinnamon and beat until combined. Beat in almond and oat flours. Stir in ½ cup cranberries.

3. Spread batter in prepared baking pan. Bake for 30 to 35 minutes or until toothpick inserted near center comes out clean. Cool on a wire rack for 1 hour.
4. For frosting, melt white baking chocolate slowly in a double boiler or a heatproof bowl over barely simmering water, stirring occasionally. Spread over blondies and sprinkle with ⅓ cup cranberries and pistachios. Lift foil to remove from pan. Cut into bars.

Nutrition facts per bar: 250 calories, 15 g fat, 6 g saturated fat, 0 g trans fat, 40 mg cholesterol, 60 mg sodium, 28 g carbohydrates, 2 g fiber, 22 g sugar, 4 g protein. Daily values: 4% vitamin A, 2% vitamin C, 6% calcium, 4% iron.





HOLIDAY

CARDS

Put creativity into gift cards from Hy-Vee this holiday season. Start by downloading pretty packaging designs from our website.



FELT CHRISTMAS ORNAMENT

A handmade felt bauble, *opposite*, is intended as a holder for a Hy-Vee gift card, but it can double as a tree ornament. Visit our website for a downloadable template.



COFFEE BEAN GIFT TAG

A festive mini wreath goes together easily using a handful of coffee beans and a hot glue gun. A thin ribbon tied in a bow adds a finishing touch. Wrap a cardstock band around a Starbucks gift card and glue a wreath and bow to the front.



BOX & BOW GIFT CARD

Create the “box” and ribbon for this gift-card holder using our downloadable templates. The gift is “unwrapped” by pulling up on the ribbon.



* Bonus feature: See how to make the Box & Bow Gift Card by watching a video in the free digital version of *Hy-Vee Seasons*.

App downloading information on [page 3](#).

HOLIDAY SURPRISE FOLDOUT

Make an impression with these simple-to-make card holders. Folded, *right*, the cards are secured with a loosely wrapped ribbon. Each one opens *below*, to reveal a holiday message. Visit our website for a downloadable template.



For instructions and downloadable design templates for these projects, visit our website at www.hy-vee.com/seasons





CELEBRATE THE HOLIDAY
YOUR WAY



With our large assortment of boxed cards, you can send just the right design and message that speak to you.



Seasons Boxed Cards

\$9.99 per box (regularly \$19.99)
Includes 24 cards per box.

seasons flavors

Shopping Made Easier

The Hy-Vee smartphone app provides a quick way to organize shopping, place orders and save money. It's like having a personal shopper.

Download the free Hy-Vee app to your smartphone and see how easy it is to save time and money, says Ryan Neville, Hy-Vee assistant vice president for Internet and new media.

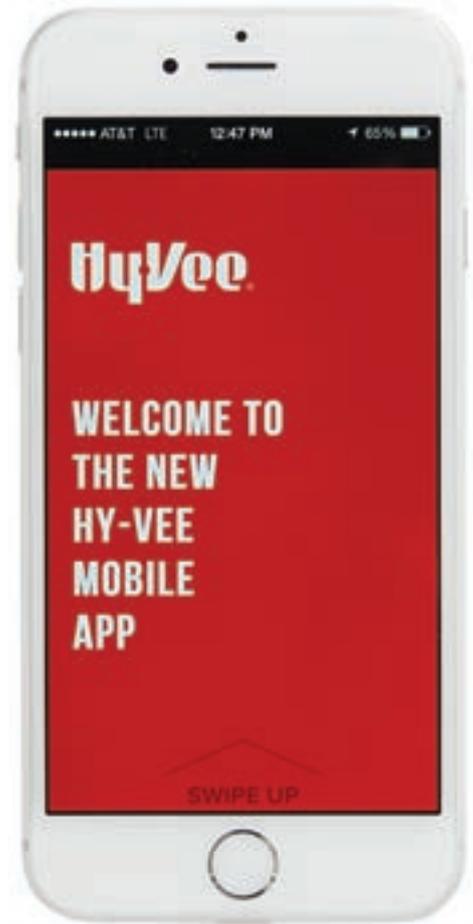
- **Digital Coupons.** Check this feature before shopping. You'll see a complete list of current coupons. Select coupons by tapping on "Clip." They will be saved to your Fuel Saver card. When scanned at checkout, coupons are redeemed automatically.

- **Fuel Saver.** Check for current balance anytime. Keep in mind that Fuel Saver awards expire 30 days after you receive them. Fuel Saver is also the home of all your Hy-Vee digital accounts, including digital coupons, Upromise college fund and Saving Star program, if you use these.

- **Ads.** Scroll through all currently advertised specials. When you see something you want to purchase, just tap on "Add to List." If you have created a shopping list in the app, the item will appear there. Sort list alphabetically or by store aisle. You can also see a map of your Hy-Vee store.

- **Recipes.** Tap into Hy-Vee's recipe database by scrolling through possibilities or search for a specific dish. Once you've selected a recipe, tap on "Ingredients" and they will appear. These can be added to your shopping list by tapping "Add to List."

- **More.** The app also lets you order refills from the Pharmacy, offers a "Product Locator" feature to help you find products in your local Hy-Vee, lets you place custom orders through such departments as Bakery, Catering and Floral, and much more.



HAPPY holidays

PURRING OR A WAGGING TAIL IS A SIGN THAT A SPECIAL SOMEONE WOULD LOVE TO CELEBRATE THE HOLIDAYS TOO. IMAGINE THE EXCITEMENT WHEN THEY GET BISCUITS, A NEW KIBBLE OR A FEAST FROM A CAN.



ALPO Biscuits: select varieties 24 oz. \$2.48



Purina Dog Chow: select varieties 32 lb. \$21.98



Friskies Party Mix: select varieties 10 oz. \$4.48



Purina Fancy Feast Variety Pack: select varieties 24 pk. \$13.88

The Perfect Finale To Your Holiday Meal



EDWARDS
Love Every Layer

Between the luscious layers of EDWARDS® Pie and the perfect flaky crust of MRS. SMITH'S® Pie, you're sure to serve a dessert the entire family will love.



Mrs. Smith's pies:
select varieties
37 oz. \$4.99



Edwards Premium Pies:
select varieties
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select varieties
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Pagoda Express
Crab Rangoon:
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Pagoda Express
Wontons: select
varieties 4.8
to 12.07 oz.
4/\$10.00



*Schwan's Consumer Brands, Inc. calculation based on data reported by Nielsen through its Scantrack Service for the Frozen Egg Roll category for the 52-week period ending 6-28-14, for the Total USA AOC market. Copyright © 2014, The Nielsen Company. ©2014 Schwan's Consumer Brands, Inc. All rights reserved. INT125692

Hallmark MAKING YOUR SEASON BRIGHT

HOLIDAYS ARE A TIME FOR TURKEY, FAMILY GATHERINGS, CHRISTMAS TREES, HOMEMADE COOKIES AND MOMENTS WHEN WE SHARE STORIES OF GIVING, FORGIVENESS, JOY, FAITH AND HOPE.

During the next few weeks, we'll take part in the annual holiday frenzy as we celebrate heritage, faith and community. Many of us will eat too much, spend too much and give our last ounce of energy to some project or need.

There will also be moments when we need to relax and escape. That's why the Hallmark Channel offers their annual "Countdown to Christmas" event. Drawing from their extensive library of holiday family movies, the channel is also adding 12 new Christmas movies during this year's countdown, which runs through New Year's Day.

Some of the movies are serious, some are comedies and some are geared toward younger audiences. You can welcome all into your home without concern that they will be violent, harsh or offensive.

Among the premiere movies is *Northpole*, set in the magical city where Santa and his elves live and work. But the town is in trouble. Families around the globe have gotten too busy to enjoy the season together, but without holiday happiness, Northpole will grind to a halt. When a determined young elf befriends a little boy with

a lot of spirit, there's hope that they can turn things around. The movie stars Tiffani Thiessen and Bailee Madison, plus veteran actors Robert Wagner and Jill St. John, real-life husband and wife, as Santa and Mrs. Claus.

OTHER PREMIERES INCLUDE:

- *The Nine Lives of Christmas*. The story involves a cat, two people and a holiday romance. It stars Brandon Routh, who is from Norwalk, Iowa.

- *A Royal Christmas*. A humble commoner fights for acceptance from an icy queen, who happens to be her future mother-in-law. Jane Seymour stars as the queen.

- *Debbie Macomber's Mr. Miracle*. The latest in Hallmark's popular Miracle movie series, it focuses on a young woman who is losing her way after the death of her father. An angel, portrayed by actor Rob Morrow, is sent to earth to help get her back on track.

Those who watch will be joining a large audience. Last year, more than 80 million viewers watched the Hallmark countdown and it was #1 among women ages 25-54 during weekend prime times.



In the Hallmark Channel movie *Northpole*, Bailee Madison, top, plays an elf; Max Charles, top, is a boy she befriends; and Tiffani Thiessen, above is the boy's mother.

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Salted Caramel Popcorn Bars

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The background of the page is a light blue surface with various fresh ingredients scattered around. There are several green spinach leaves, some whole and some torn. There are four bright red strawberries with green tops. There are two limes, one whole and one sliced into a wedge. There are also some orange carrot shavings and some fresh herbs like parsley and basil. In the center, there is a small white bowl containing a light green dressing or oil, topped with a sprinkle of black pepper. The overall composition is clean and fresh, emphasizing healthy eating.

HEALTH 2015 COMING NEXT

The good life is a balance of healthy foods, movement and positive relationships. In the upcoming Health edition of *Hy-Vee Seasons*, we offer ideas to make your life more enjoyable than ever. Look for stories about great-for-you foods, such as healthier, more flavorful pasta dishes and fresh-tasting ways to eat more green veggies. You'll also discover a fitness program that allows you to become part of a life-changing group. Or start training now for adults' and kids' Hy-Vee Road Races and other challenges. For free home delivery of our print edition or to download our new free digital version for tablet devices, visit www.hy-vee.com/seasons



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EF - 100% NATURAL
ND-SELECTED BEEF

100%
NATURAL



PREMIUM, HAND-SELE
100% NATURAL - PREM
PREMIUM, HAND-SELE
100% NATURAL - PREM