

HyVee® Seasons

FOOD | LIFE | HEALTH

GOBBLE
UP!



november

'H' IS FOR SAVINGS



(SCAN THE 'H' CODE.)

HyVee **deals\$**.com

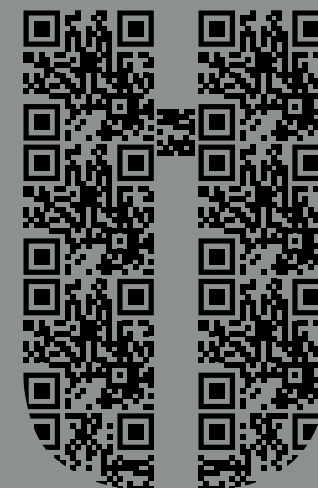


HyVee PLUS

**EXCLUSIVE
NOVEMBER OFFERS**
for Hy-Vee Plus[™]
Premium Members

**ENJOY BIG FALL SAVINGS
WITH THESE OFFERS!**

MORE THAN \$30 IN FREE ITEMS!



**JOIN HY-VEE IN THE
FIGHT AGAINST HUNGER.**

A few minutes and a few dollars can have a huge impact in combating food insecurity. Scan the "H" QR code to help Hy-Vee and its partners provide 5 million meals to families in need.



FREE
**Hy-Vee Single
Serve Coffee***
12 ct.



FREE
Mia Italian Calzone*
9 to 14 oz.
Available at locations with Mia Italian.



FREE
**Hy-Vee Bakery
Fresh Glazed
Donuts***
6 ct.



FREE
**Appetizer at Any
Wahlburgers Location***
Valid at both Wahlburgers stand-alone locations as well as the @Hy-Vee locations. No purchase necessary. Please present your Hy-Vee Plus digital card, found in the Hy-Vee app, at time of ordering. Valid only one time. Dine-in only.



Don't have a membership? Sign up today. hy-vee.com/plus

See reverse side for MORE exclusive offers.

*Offer available only to Hy-Vee Plus Premium members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires November 30, 2021. Void where prohibited. Not available in all states.

HyVee
Fast & Fresh



FREE
Hy-Vee Bakery
Fresh Donut*
Available only at Hy-Vee Fast & Fresh
locations. One free every day!



FREE
Hy-Vee Bakery Fresh
Italian Bread*
20 oz.



FREE
Fresh Squeezed
Orange Juice*
8 fl. oz.
Located in the produce department,
where available.



FREE
Gustare Vita
Pasta Sauce*
12.5 or 17.5 oz.

*Offer available only to Hy-Vee Plus Premium members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires November 30, 2021. Void where prohibited. Not available in all states.

NOVEMBER 2021

food



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DONNA TWEETEN
EXECUTIVE VICE PRESIDENT,
CHIEF OF STAFF,
PRESIDENT HY-VEE
MARKETING AND MEDIA

Traditions are at the heart of the holiday season. In this issue, we offer various Thanksgiving meal ideas start to finish, *page 10*; easy ways to set a gorgeous table, *page 92*; and tips to customize your holiday pie, *page 56*.

For new bakers eager to take on treasured family recipes, check out the basics of baking, *page 42*, and learn how to stay safe in the kitchen, *page 100*.

Find hostess gifts for any visit or gathering, *page 66*, and the best games for your holiday crowd, *page 96*.

Join Hy-Vee in our efforts to give thanks and give back. Learn about products and services from diverse businesses, *page 80*, and how we help local communities, *page 86*.

Have the happiest of Thanksgivings!

HY-VEE SEASONS GOES DIGITAL!

Look for the **NEW Hy-Vee Seasons Digital Edition**, an enhanced, highly interactive, free online version of *Hy-Vee Seasons* magazine. See it for yourself at **Seasons.Hy-Vee.com**—we look forward to connecting with you!

WHAT'S NEW AND NOTEWORTHY IN YOUR WORLD AND AT HY-VEE

now trending

FILL THE BOARD

Shop gourmet meats, cheeses and more at your local Hy-Vee to fill a charcuterie board.



CULINARY TOURS PROSCIUTTO AND COPPA
Thin-sliced smooth and savory gluten-free meats.



CRAV'N CRACKERS
Crispy snack crackers in flavors and styles to suit any board.



CULINARY TOURS CHEESE
Melt-in-your-mouth Cheddar, Gruyère and smoked Gouda.



SHORT CUTS VEGGIES
Crisp, fresh, ready-to-eat fruits and veggies save prep time.



ALL ABOARD!

Charcuterie boards provide the perfect Thanksgiving appetizer. Fill boards with meats, cheeses, crackers, fruits, veggies, dips and garnishes to keep guests nibbling away. Bonus points for a

creative presentation! Find all the fixings at Hy-Vee or let us do the work: Order a customizable board with a selection of premium meat and cheese to fit any size party or budget.



Buy this.



Get this FREE.

Buy a Hormel Cure 81 whole boneless ham, get a FREE 10 to 14 lb. frozen Honeysuckle turkey.

Offer expires 11/30/2021

HyVee



brand highlight

CRAV'N PIES
Pick up a tempting and rich Crav'n chocolate crème pie or coconut crème pie at Hy-Vee—made with real chocolate and toasted coconut.

donut of the month

RED VELVET OLD-FASHIONED DONUT
A drizzle of icing on the crunchy exterior adds more sweetness to the chocolate flavor of this festive-colored favorite.



POPULAR AT HY-VEE!

CHECK OUT THESE NOTEWORTHY SEASONAL PRODUCTS AT HY-VEE.

BEAUTY
Winter Beauty Box



Get a curated collection of items, including facial masks, hair care products, makeup and more. The winter Beauty Box is available in stores or online.

WINE & SPIRITS
Sōmrus Coffee-Flavor Cream Liqueur



Made with real cream, Sōmrus liqueur combines handcrafted rum with a silky, creamy and delicious medley of roasted coffee and chicory.

PANTRY
King's Hawaiian Pretzel Buns and Pretzel Bites



The brand that introduced the original Hawaiian sweet rolls now offers pretzel buns and pretzel bites with a sweet and salty flavor.

PANTRY
Velvet Bees Honey Butter



Handcrafted to ensure quality, this all-natural honey butter is made with just five ingredients and is only 20 calories per teaspoon.

bakery fresh

GOURMET PIES

FIND DELICIOUS PIES, CAKES AND CHEESECAKES YEAR-ROUND IN YOUR HY-VEE BAKERY DEPARTMENT.

Hy-Vee uses fresh, natural ingredients to craft tantalizing pies that will have guests longing for another slice.

FIND A VARIETY OF TRADITIONAL TURKEY DAY PIE OPTIONS TO FINISH THE HOLIDAY MEAL ON A SWEET NOTE.



PUMPKIN PIE
Classic homestyle seasonal pie, available in three sizes to suit any crowd.



DUTCH APPLE PIE
A crunchy streusel topping covers apple filling in this 12-in. gourmet pie.



FRENCH SILK PIE
Boasting real cocoa and elegant chocolate curls, this pie is available in two sizes.



PECAN PIE
Handpicked native pecan halves add the crunch to this sweet and rich gourmet pie.

cake
this!

MAD
FOR
PLAID

Cake Designer:
Bryant M.
Rochester, MN

Take a trip into the forest with this lumberjack-inspired three-tier cake with towering chocolate trees, sugar-sweet moss and a surprise check design inside. Contact your Hy-Vee Bakery to meet with an expert cake designer today.



Scan the
QR Code
to see more
cake ideas.



Red velvet and dark chocolate cakes are assembled and covered in different colors of fondant.



Small squares of black and red fondant are cut to make the check pattern.



Tiers of cake are airbrushed and dusted with cocoa powder to look like suede and a cliff.



Skewers are used to support piped dark chocolate trees; crumbled sugar cookies create moss.

Lumberjack Cake

Watch a Hy-Vee decorator create this fun effect with fondant. And see how the cake is given a check pattern, too!



Watch and learn
at [HSTV.com](https://www.hstvtv.com) today!



Make the
Holidays
Irresistible with



IRRESISTIBLE PEANUT BUTTER COOKIES

Prep Time: 15 minutes Cook Time: 15 minutes Yield: 36

DIRECTIONS:

1. HEAT oven to 375°F.
2. BEAT brown sugar, peanut butter, shortening, egg, milk and vanilla in large bowl with mixer on high speed until smooth.
3. STIR flour, baking soda and salt in small bowl until blended. Gradually add to creamed mixture, beating just until blended.
4. ROLL into 36 (1 ½-inch) balls. Place 2 inches apart on baking sheet. Flatten slightly with fork in a criss-cross pattern.
5. BAKE 7 to 8 minutes or until set and lightly browned. Cool 2 minutes on baking sheet. Remove to wire rack to cool completely.

INGREDIENTS:

- 1 ¼ cups firmly packed brown sugar
- ¾ cup Jif® Creamy Peanut Butter
- ½ cup shortening
- 1 large egg
- 3 tablespoons milk
- 1 teaspoon vanilla extract
- 1 ¾ cups all-purpose flour
- ¾ teaspoon baking soda
- ½ teaspoon salt



food



Create a charcuterie board that's
anything but boring.

Whether you make your own or have Hy-Vee customize your charcuterie board, you can choose from an incredible selection of options and combinations. **With so many flavorful meats, tasty cheeses, sweet and savory spreads and complementary accessories, no two boards are alike.**

Visit with your Hy-Vee Cheese and Charcuterie Specialists to create the perfect board.



Cook a holiday meal based on your skill level or time commitment, find tasty dishes for diet plans and more.

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Grab a plate and pass the casserole dishes! It's time to gobble up one of the biggest meals of the year. Decide how much cooking you want to do and serve a from-scratch, semihomemade or completely catered feast with help from Hy-Vee.



THANKSGIVING 1.2.3

EASY AS

TURKEY TROUBLESHOOTING

DEFROSTING GUIDE

SIZE	IN FRIDGE	IN COLD WATER
8–12 lb. (serves 8)	2–3 days	4–6 hours
12–16 lb. (serves 10)	3–4 days	6–8 hours
16–20 lb. (serves 12)	4–5 days	8–10 hours
20–24 lb. (serves 14)	5–6 days	10–12 hours

THE BIRD STILL ISN'T THAWED AND IT'S THANKSGIVING DAY!

Submerging the bird in cold water is the best way to thaw a turkey quickly. Leave the turkey in its packaging and fill the kitchen sink or a large bowl with enough cold water to cover the turkey. Change the water every 30 minutes.

IT'S NOT FINISHED COOKING AND WE EAT IN 30 MINUTES!

If the turkey hasn't reached a safe temperature, take it out of the oven and cut it in half lengthwise. Remove the wings and legs and place them on a sheet pan, then put everything back in the oven. Smaller pieces will cook faster than a whole bird.



TOOLS YOU NEED

- MEASURING CUPS
- MEASURING SPOONS
- SHEET PANS
- COOLING RACK
- BASTING BRUSH
- ZESTER
- GRATER
- ROASTING PAN WITH RACK
- PARING KNIFE
- CARVING KNIFE
- CHEF'S KNIFE
- INSTANT-READ THERMOMETER
- LARGE SKILLET
- 9x13 BAKING DISH
- WOODEN SPOON
- RUBBER SPATULA
- MIXING BOWLS
- STAND MIXER WITH DOUGH HOOK
- ROLLING PIN
- WHISK
- VEGGIE PEELER
- SAUCEPAN
- ROUND BAKING DISH
- CUTTING BOARD

UP FIRST: TURKEY

Citrus Dry-Brined Turkey

Hands On 30 minutes

Total Time 3 hours 15 minutes plus brining and standing time

Serves 10

- 1 (12- to 14-lb.) turkey, thawed if frozen
2 Tbsp. plus 1 tsp. orange zest (reserve fruit)
1 Tbsp. plus 1 tsp. lemon zest (reserve fruit)
1 Tbsp. grapefruit zest (reserve fruit)
2 tsp. lime zest (reserve fruit)
½ cup kosher salt
1½ Tbsp. packed Hy-Vee light brown sugar
2 tsp. cracked black pepper
Hy-Vee nonstick cooking spray
2 sprigs fresh rosemary
2 sprigs fresh sage
¼ cup Hy-Vee unsalted butter, melted

1. REMOVE and discard neck and giblets from turkey.

2. COMBINE 2 Tbsp. orange zest, 1 Tbsp. each lemon and grapefruit zests, lime zests, salt, brown sugar and pepper. Rub mixture inside cavity and over skin of turkey. Refrigerate, uncovered, for 1 to 2 days.

3. ONE HOUR BEFORE ROASTING, brush off citrus mixture from inside and outside of the turkey. Pat dry with paper towels.

4. PREHEAT oven to 450°F. Spray a roasting rack from a large shallow roasting pan with nonstick spray; place rack in pan. Cut reserved citrus fruits into wedges. Stuff fruits and herbs in turkey cavity. Tuck wings underneath breasts; tie legs together with kitchen string. Transfer turkey to prepared rack in pan.

5. COMBINE butter and remaining 1 tsp. each orange and lemon zests; brush over turkey. Roast, uncovered, 30 minutes. Reduce oven temperature to 325°F. Roast 1¾ to 2¼ hours or until turkey reaches 165°F in the breast. Cover with foil; let stand for 20 minutes before carving. Garnish as desired with additional citrus fruits and herbs.

Note: Nutrition facts cannot be calculated for this recipe because the amount of sodium in turkey varies after brining.

HOW TO PREP A TURKEY FOR ROASTING

LETTING YOUR TURKEY REST IN A DRY BRINE FOR A FEW DAYS BEFORE ROASTING ADDS FLAVOR AND HELPS IT RETAIN MOISTURE.



STEP 1 | Mix together dry brine and rub over thawed turkey, including inside the cavity. Refrigerate up to 48 hours.



STEP 2 | Remove the turkey from the fridge. Loosely stuff the cavity with citrus wedges and fresh herbs.






STEP 3 | Fold the wing tips behind and under the turkey. Tie the legs together with kitchen string and transfer the bird to a roasting pan.



THESE FROM-SCRATCH RECIPES WILL IMPRESS ALL OF YOUR THANKSGIVING GUESTS. PREP TIPS AND A TIMELINE FOR WHEN TO START COOKING MAKE THIS ELEGANT MEAL EASY.

EASY: HOMEMADE

DINNER TIMELINE KNOW WHEN TO START PREPPING AND COOKING THE TURKEY AND

3–4 DAYS AHEAD	2 DAYS AHEAD	5 HOURS AHEAD	4 HOURS AHEAD
Begin thawing turkey in fridge.  SAFETY TIP: ALWAYS THAW TURKEY IN THE FRIDGE OR COLD WATER. NEVER LET RAW TURKEY THAW AT ROOM TEMPERATURE.	Brine turkey and refrigerate. 	Cube and toast bread for 30 minutes. Assemble potatoes and refrigerate.	Slice and wrap root vegetables, refrigerate. Remove turkey from fridge and allow to come to room temperature for 1 hour. 

SIDES SO EVERYTHING IS READY TO EAT AT THE SAME TIME.

3–3½ HOURS AHEAD	2 HOURS AHEAD	1 HOUR AHEAD	30 MINUTES AHEAD	DINNER
 Roast turkey in oven for 2½–3 hours.			Rest turkey for 20 minutes.  Carve turkey.	
	Prepare rolls; let rise and shape.			
Assemble stuffing.	Bake stuffing with turkey for 1 hour.	Bake potatoes for 1 hour.		
	Remove potatoes from fridge.		Bake veggies and rolls as directed.	



Sausage and Fennel Corn Bread Dressing

Hands On 40 minutes
Total Time 1 hour 35 minutes plus standing time
Serves 12

Hy-Vee nonstick cooking spray
1 (16-oz.) pkg. Hy-Vee Bakery corn bread, cut into 1-in. cubes (6 cups)
½ (24-oz.) Hy-Vee Bakery unsliced sourdough loaf, cut into 1-in. cubes (6 cups)
1 lb. Hy-Vee fresh mild Italian pork sausage
¼ cup Hy-Vee unsalted butter
2 Honeycrisp apples, cored and sliced
2 stalks celery, chopped
1 fennel bulb, trimmed, cored and sliced

1 small yellow onion, chopped
2 tsp. ground poultry seasoning
1 tsp. cracked black pepper
½ tsp. kosher salt
3 cups Hy-Vee 33%-less-sodium chicken broth
½ cup finely chopped Italian parsley
Fennel fronds, chopped; for garnish

1. PREHEAT oven to 325°F. Spray a 3-qt. baking dish with nonstick spray; set aside.
2. SPREAD corn bread and sourdough bread cubes in 2 large rimmed baking pans. Bake for 30 minutes or until toasted and crisp. Cool; transfer bread cubes to a large bowl.

3. BROWN sausage in a large skillet, stirring to break into crumbles. Drain; discard drippings and set aside.

4. MELT butter in same skillet. Add apples, celery, fennel, onion, poultry seasoning, pepper and salt. Cook over medium heat for 8 to 12 minutes or until apples are tender, stirring occasionally. Remove from heat. Stir in broth, cooked sausage and parsley. Add to bread cubes in bowl; toss to combine. Transfer to prepared baking dish.

5. BAKE, uncovered, 45 to 55 minutes or until heated through and top is golden. Let stand 20 minutes. Garnish with fennel fronds, if desired.

Per serving: 290 calories, 13 g fat, 3 g saturated fat, 0g trans fat, 30 mg cholesterol, 640 mg sodium, 35 g carbohydrates, 2 g fiber, 12 g sugar (0 g added sugar), 8 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 6%

***MAKE AHEAD**
TO SAVE OVEN SPACE ON
THANKSGIVING DAY, CUBE
BREAD FOR STUFFING UP
TO TWO DAYS IN ADVANCE,
THEN LET IT SIT AT ROOM
TEMPERATURE TO DRY OUT
INSTEAD OF BAKING.

Flaky Crescent Rolls

Hands On 1 hour 10 minutes
Total Time 1 hour 30 minutes plus standing, freezing and rising time
Serves 16 (1 each)

1 (¼-oz.) pkg. quick-rise yeast (2¼ tsp.)
¼ cup warm water (110°F to 115°F)
2 tsp. Hy-Vee granulated sugar
3 cups Hy-Vee all-purpose flour, divided
¾ cup warm Hy-Vee whole milk (110°F to 115°F)

1 tsp. kosher salt
10 Tbsp. Hy-Vee salted butter, softened; divided
2 Hy-Vee large eggs, divided

1. DISSOLVE yeast in warm water in a large bowl; stir in sugar. Let stand 10 minutes or until bubbly.
2. ADD 2½ cups flour, warm milk, salt and 1 Tbsp. butter to yeast mixture. Beat with an electric mixer, fitted with a dough hook, on low until combined. Add 1 egg and remaining ¼ cup flour. Beat on low 5 minutes or until smooth and elastic. Shape dough into a ball. Place in greased bowl; turn over to grease surface. Cover; let stand 15 minutes.
3. TURN dough out onto a lightly floured surface. Roll to a 15×12-in. rectangle. Spread with 3 Tbsp. butter to within 1 in.

of edges. Fold dough into thirds, overlapping, to form a 5×12-in. rectangle. Next, fold the dough in half to form a 5×6-in. rectangle. Wrap dough in plastic wrap and freeze for 10 minutes.

4. REPEAT rolling dough to a 15×12-in. rectangle, spreading with 3 Tbsp. butter and folding and freezing two more times.
5. LINE 2 baking sheets with parchment paper. Unwrap dough; cut in half. On a lightly floured surface, roll one portion to a 10-in. square; cut into four 5-in. squares, then cut each square diagonally in half to make 8 triangles. Starting at the wide edge of each triangle, roll up toward the point. Place on prepared baking sheets. Repeat forming 8 more rolls with remaining dough. Cover; let rise in warm place 40 minutes.

6. PREHEAT oven to 400°F. Whisk remaining egg; brush on tops of rolls. Bake 14 to 17 minutes or until golden.

Per serving: 170 calories, 8 g fat, 5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 190 mg sodium, 19 g carbohydrates, 1 g fiber, 1 g sugar (1 g added sugar), 4 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%



Fingerling and Sweet Potato Au Gratin

Hands On 40 minutes
Total Time 1 hour 30 minutes plus standing time
Serves 6

3 Tbsp. Hy-Vee salted butter, divided
2 cups Hy-Vee heavy whipping cream
3 Tbsp. finely chopped fresh sage
2 Tbsp. fresh thyme leaves, plus additional sprigs for garnish
1 Tbsp. refrigerated garlic paste
2 large sweet potatoes, peeled and sliced ¼ in. thick
1 tsp. kosher salt, divided
½ tsp. cracked black pepper, divided
1 cup shredded Havarti cheese
2 lbs. fingerling potato medley, sliced ¼ in. thick

1. PREHEAT oven to 400°F. Melt 2 Tbsp. butter in a medium saucepan. Stir in cream, sage, 2 Tbsp. thyme and garlic paste. Simmer 3 minutes. Remove from heat.

2. GREASE a 2-qt. round baking dish with remaining 1 Tbsp.

butter. Cover bottom of dish with 2 or 3 layers of overlapping sweet potato slices. Sprinkle with ½ tsp. salt, ¼ tsp. pepper; top with Havarti cheese.

3. ARRANGE fingerling potatoes, standing upright, in a spiral pattern on top of cheese. Sprinkle with remaining ½ tsp. salt and ¼ tsp. pepper. Pour cream mixture evenly over potatoes.

4. BAKE 45 to 50 minutes or until potatoes are tender. Let stand 15 minutes. Garnish with thyme sprigs, if desired.

Per serving: 300 calories, 21 g fat, 13 g saturated fat, 0.5 g trans fat, 60 mg cholesterol, 380 mg sodium, 21 g carbohydrates, 3 g fiber, 3 g sugar (0 g added sugar), 5 g protein. **Daily Values:** Vitamin D 6%, Calcium 10%, Iron 6%, Potassium 4%

***MAKE AHEAD**
SLICE POTATOES UP TO TWO
DAYS IN ADVANCE. PLACE IN
A CONTAINER AND COVER
WITH WATER; REFRIGERATE.



Roasted Prosciutto-Wrapped Root Vegetables

Hands On 20 minutes

Total Time 45 minutes

Serves 12

½ cup Hy-Vee plain Greek yogurt

2 Tbsp. Gustare Vita red wine vinegar

1 Tbsp. chopped Italian parsley, plus additional for garnish

1 Tbsp. chopped fresh mint, plus additional leaves for garnish

1 tsp. kosher salt, divided

½ tsp. cracked black pepper, plus additional for garnish

Hy-Vee nonstick cooking spray

4 (2-oz.) pkg. thinly sliced prosciutto

6 medium parsnips, peeled and halved lengthwise

6 medium rainbow carrots, peeled and halved lengthwise

4 small shallots, peeled and halved

1 cup red pearl onions, peeled and halved

¼ cup Gustare Vita olive oil, divided

1. PREHEAT oven to 400°F. For sauce, whisk together yogurt, vinegar, 1 Tbsp. parsley, 1 Tbsp. mint, ½ tsp. kosher salt and ¼ tsp. black pepper in small bowl. Cover and refrigerate until serving.

2. LINE 2 large rimmed baking pans with foil. Lightly spray with nonstick spray; set aside.

3. WRAP 1 slice of prosciutto around each parsnip and carrot half. Divide between prepared baking pans. Add shallots and pearl onions. Drizzle vegetables in each baking pan with 2 Tbsp. olive oil.

4. ROAST for 15 to 20 minutes or until prosciutto is lightly browned and vegetables are crisp-tender, turning halfway through. Sprinkle with remaining ½ tsp. salt and ¼ tsp. black pepper. Transfer to a serving platter. Garnish with additional parsley, mint leaves and black pepper, if desired.

Per serving: 190 calories, 7 g fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 580 mg sodium, 23 g carbohydrates, 4 g fiber, 7 g sugar (0 g added sugar), 9 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 8%

TURKEY CARVING GUIDE



STEP 1 | Pull the legs downward and cut through the skin between the drumsticks and thighs. Cut through the joints and along the body, angling the knife toward the bone. Separate the thighs and drumsticks.



STEP 2 | Cut down one side of the breastbone, starting at the neck and working the knife toward the tail. Cut horizontally from the side toward the breastbone, underneath the meat. Lift out the turkey breast and repeat.



STEP 3 | Pull the wing tips away from the body and out through the joints. Wings may pull away from the bird without cutting after the breast meat is removed.



STEP 4 | Slice breast meat crosswise (across the grain). If desired, remove and slice meat from drumsticks and thighs, and remove and shred meat from wings.



*** FIND MORE TIPS AND TRICKS FOR COOKING THANKSGIVING DINNER AT [HY-VEE.COM/THANKSGIVING](https://www.hy-vee.com/thanksgiving)**

A PERFECTLY JUICY TURKEY FOR THANKSGIVING DAY

“ I like my turkey nice and juicy with a butter rub. Chop fresh rosemary, some fresh thyme and any other spices you want. I like to add garlic cloves, lemon zest, pepper, salt and chopped green onions. I mix these with margarine to make a butter/herb rub. I lift the skin of the turkey and put the butter rub on the meat then massage it on top of the skin.

Halfway through cooking, I'll also drizzle on some chardonnay. **”**

—Edi Cucurullo, Hy-Vee Chef, Mankato, Minnesota



EASIER:
SEMI-HOMEMADE

CUT DOWN ON SOME OF THE HOLIDAY MEAL PREP BY PURCHASING A FEW NO-PREP INGREDIENTS, THEN DRESS THEM UP TO FOLLOW YOUR FAVORITE THANKSGIVING TRADITIONS.

MAIN EVENT: PRIME RIB

Slow-Roasted Prime Rib with Horseradish Cream

Hands On 30 minutes

Total Time 4 hours
30 minutes plus
standing time

Serves 10

½ cup Hy-Vee unsalted butter, softened
¼ cup lightly packed chopped fresh sage
¼ cup lightly packed fresh thyme leaves

1 Tbsp. plus ½ tsp. coarse-ground Hy-Vee Mediterranean sea salt, divided

1 Tbsp. plus 1 tsp. cracked black pepper, divided
6 cloves garlic, minced
1 (5-lb.) Hy-Vee Choice Reserve boneless beef ribeye roast

1½ cups Hy-Vee sour cream
¼ cup refrigerated prepared horseradish

4 tsp. fresh lemon juice
2 Tbsp. chopped chives
2 bulbs garlic, halved crosswise; for garnish
Red pearl onions, halved lengthwise; for garnish

Fresh rosemary sprigs, for garnish

1. COMBINE butter, sage, thyme, 1 Tbsp. sea salt, 1 Tbsp. black pepper and minced garlic; rub over roast.

Place roast, fat side up, on rack in a shallow roasting pan. Refrigerate, uncovered, for 1 to 6 hours.

2. REMOVE roast from refrigerator 1 hour before roasting. For sauce, combine sour cream, horseradish, lemon juice, chives, remaining ½ tsp. salt and remaining 1 tsp. pepper. Cover; refrigerate.

3. PREHEAT oven to 475°F. Roast beef, uncovered, 15 minutes. Reduce oven temperature to 350°F. Roast for 40 minutes. Add garlic bulb halves and pearl onions around roast. Roast 20 to 50 minutes more or until beef reaches 125°F for rare, 135°F for medium-rare or 145°F for medium doneness.

4. TRANSFER roast to cutting board. Cover with foil; let stand 15 minutes. Slice meat; transfer to serving platter. Garnish as desired with roasted garlic, pearl onions and fresh herbs. Serve with sauce.

Per serving: 590 calories, 52 g fat, 24 g saturated fat, 0 g trans fat, 125 mg cholesterol, 560 mg sodium, 3 g carbohydrates, 0 g fiber, 2 g sugar (0 g added sugar), 27 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 8%

UP NEXT: SIDES

Slow-Cooker Mashed Potatoes with Blue Cheese

Place 5 lbs. unpeeled Yukon Gold potatoes, quartered in a 6-qt. slow cooker. Add 1 (32-oz.) container Hy-Vee vegetable stock; 6 Tbsp. Hy-Vee unsalted butter, cut up; 4 cloves crushed garlic and 2 Hy-Vee bay leaves. Stir to combine. Cover; cook on HIGH for 4 to 4½ hours or LOW for 7 to 8 hours or until very tender. Drain, reserving 1 cup cooking liquid. Discard bay leaves. Return potatoes to slow cooker. Mash with a potato masher or whip with an electric hand mixer. Add 1 (8-oz.) pkg. Hy-Vee cream cheese, softened; ½ cup warm Hy-Vee whole milk; 1½ tsp. kosher salt and ¼ tsp. Hy-Vee black pepper. Mix until smooth, adding enough reserved cooking liquid as needed. Transfer to a serving bowl. Sprinkle with 1 (5-oz.) container Hy-Vee blue cheese crumbles and chopped green onions. Serves 12 (¾ cup each).

Lemon-Parmesan Brussels Sprouts

Heat 2 Tbsp. Gustare Vita olive oil and 2 Tbsp. Hy-Vee unsalted butter in a large skillet over medium heat. Add 1 lb. Hy-Vee Short Cuts Brussels sprouts; arrange cut sides down. Sprinkle with ½ tsp. kosher salt and ¼ tsp. Hy-Vee black pepper. Sear 10 minutes or until golden. Transfer to a bowl. Repeat cooking an additional 1 lb. Brussels sprouts using additional olive oil, butter, salt and pepper. Stir in 1 Tbsp. minced garlic; cook 1 minute. Add reserved Brussels sprouts; heat through. Stir in 2 tsp. lemon zest and 2 tsp. fresh lemon juice. Transfer to a serving bowl. Top with ¼ cup shaved Parmesan cheese and 2 Tbsp. chopped toasted hazelnuts. Serves 8.

Roasted Butternut Squash and Sage Dressing

Spread ½ (16-oz.) pkg. Hy-Vee Bakery unsliced French bread (1 loaf), cut into ¾-in. cubes, on a large rimmed baking pan. Bake at 400°F for 10 to 15 minutes or until toasted. Toss 2 cups cubed Hy-Vee Short Cuts butternut squash with 1 Tbsp. Gustare Vita olive oil, ½ tsp. Hy-Vee salt and ¼ tsp. Hy-Vee black pepper; roast on another

baking pan for 12 to 15 minutes or until tender. Set aside. Prepare 2 (6-oz.) pkg. traditional sage stuffing mix according to pkg. directions; set aside. Heat ¼ cup Hy-Vee unsalted butter and 2 Tbsp. olive oil in a large skillet. Add 2 stalks celery, thinly sliced; 1 leek, rinsed and thinly sliced; ½ tsp. salt and ¼ tsp. black pepper. Cook 6 minutes; stir in ¼ cup chopped fresh sage and 3 cloves minced garlic. Remove skillet from heat; add ¼ cup dry white wine. Return to heat; simmer 30 seconds; remove from heat. Combine bread cubes, squash, stuffing, celery mixture and ¼ cup Hy-Vee dried cranberries in a large bowl. Transfer to a greased 3-qt. baking dish. Drizzle with 1 Tbsp. olive oil. Top with additional sage leaves. Bake, uncovered, 20 to 25 minutes or until heated through and top is golden. Sprinkle with caramelized pecans. Serves 12.

Easy Buttery Gouda Dinner Rolls

Grease a 10-in. cast-iron skillet with 1 Tbsp. Hy-Vee unsalted butter. Arrange 10 Hy-Vee frozen white dinner rolls in prepared skillet. Loosely cover. Let rise in warm place for 3 to 4 hours or until doubled in size. Microwave ¼ cup unsalted butter in small microwave-safe bowl on HIGH for 30 seconds or until melted. Uncover rolls. Spoon butter over rolls. Sprinkle with ½ tsp. Jane's Krazy Mixed-Up salt; top with ½ cup Hy-Vee shredded Gouda cheese and 1 Tbsp. chopped fresh thyme. Bake in a 350°F oven for 15 to 20 minutes until golden brown. Garnish with additional fresh thyme, if desired. Serve warm. Serves 10 (1 each).

TOOLS YOU NEED

- MEASURING CUPS
- MEASURING SPOONS
- MIXING BOWLS
- ROASTING PAN WITH RACK
- CARVING KNIFE
- CHEF'S KNIFE
- PARING KNIFE
- CUTTING BOARD
- INSTANT-READ THERMOMETER
- GRATER
- ZESTER
- LARGE SKILLET
- VEGGIE PEELER
- LIQUID MEASURING CUP
- SHEET PANS
- LARGE PAN
- CASSEROLE DISH
- 10-IN. CAST-IRON SKILLET
- 6-QT. SLOW COOKER
- POTATO MASHER

*** PREP AHEAD**
CLEAN AND CUT VEGGIES, SUCH AS BRUSSELS SPROUTS AND SQUASH, UP TO TWO DAYS AHEAD. STORE THEM IN A RESEALABLE CONTAINER IN THE FRIDGE UNTIL COOKING BEGINS.

DINNER TIMELINE

6 HOURS AHEAD	5 HOURS AHEAD	4 HOURS AHEAD	3 HOURS AHEAD	2 HOURS AHEAD	1 HOUR AHEAD	30 MINUTES AHEAD	DINNER
Season and refrigerate prime rib.	Cook potatoes in slow cooker on HIGH for 4 to 4½ hours.						
		Slice and prep veggies for stuffing.	Remove prime rib from fridge and rest at room temperature for 1 hour.	Roast prime rib for 1 hour 15 minutes.	Assemble stuffing and bake rolls as directed.	Bake stuffing for 20 minutes.	
		Cube and toast bread for 15 minutes.				Sauté Brussels sprouts for 15 minutes.	

EASIEST: HY-VEE MEAL PACKS

Let Hy-Vee do most of the cooking so you can spend more time enjoying Thanksgiving with family and friends. Choose from more than 10 Hy-Vee Holiday Meal Packs or order à la carte to personalize your meal. Pick up your cooked and packaged food and reheat as directed. It's that simple!

How to Order

At least 1 week before Thanksgiving, place your order in-store, over the phone or online at hy-vee.com/shop and click "catering."



Scan the QR Code to view holiday meal options.

TOOLS YOU NEED

BAKING SHEETS | For reheating entrées and side dishes
CARVING TOOLS | For slicing turkey, ham or prime rib

DINNER TIMELINE

AT LEAST 1 WEEK BEFORE THANKSGIVING	A DAY PRIOR OR MORNING OF	2-3 HOURS AHEAD	1 HOUR AHEAD	DINNER
Order your meal pack from your local Hy-Vee and schedule pickup.	Pick up meal at your local Hy-Vee.	Reheat entrée for 1-2½ hours.	Reheat sides as directed.	Carve meat.



Hy-Vee Holiday Meal Packs



TURKEY

Small-Crowd Turkey Dinner

Serves 2 for \$34.99 or 4 for \$59.99

- Choice of boneless turkey breast or sliced pit ham
 - Mashed potatoes
- Two additional sides of your choice
 - Beef or turkey gravy
 - Dinner rolls

Turkey Breast Bundle

Serves 6 for \$89.99

- Jennie-O® boneless turkey breast
 - Mashed potatoes
- Two additional sides of your choice
 - Beef or turkey gravy
 - Dinner rolls

Turkey Party Pleaser

Serves 8 for \$99.99

- Butterball® turkey
 - Mashed potatoes
- Two additional sides of your choice
 - Beef or turkey gravy
 - Dinner rolls

Family Feast Turkey Dinner

Serves 12 for \$149.99

- Butterball® turkey
 - Mashed potatoes
- Four additional sides of your choice
 - Beef or turkey gravy
 - Dinner rolls



BEEF

Prime Rib Party Pack

• Serves 8 for \$169.99

- Hormel® USDA Select prime rib with horseradish sauce
 - Mashed potatoes
- Two additional sides of your choice
 - Beef or turkey gravy
 - Dinner rolls

BUILD YOUR OWN

Entrées

- CarveMaster™ Applewood pit ham
- Jennie-O® boneless turkey breast
 - Butterball® turkey
- Hormel® USDA Select prime rib with horseradish sauce

Side Dish Choices

Available à la carte in small and large sizes:

- Buttered sweet corn
- Cranberry relish
- Mashed potatoes
- Sage bread dressing
- Holiday potatoes with Cheddar
- Green bean casserole
- White Cheddar macaroni
 - Apple pie
- Banana cream pie
- Pumpkin pie
- French silk pie

SMALL-CROWD BRUNCH

Serves 2 for \$21.99, 4 for \$39.99 or 6 for \$54.99

- Orange juice and five breakfast items of your choice: quiche; egg casserole; biscuits and gravy; hash brown casserole; sausage links or patties; bacon; freshly cut fruit; gourmet cinnamon rolls or gourmet muffins; yogurt with granola, strawberries and blueberries



HAM

Applewood Pit Ham Meal

Serves 8 for \$89.99

- CarveMaster™ Applewood pit ham
 - Mashed potatoes
- Two additional sides of your choice
 - Beef or turkey gravy
 - Dinner rolls

Brown Sugar Spiral Ham Meal

Serves 8 for \$99.99

- CarveMaster™ Brown sugar spiral ham
 - Mashed potatoes
- Two additional sides of your choice
 - Beef or turkey gravy
 - Dinner rolls

Honey-Glazed Spiral Ham Feast

Serves 12 for \$189.99

- Hy-Vee honey-glazed spiral ham
 - Mashed potatoes
- Four additional sides of your choice
 - Beef or turkey gravy
 - Dinner rolls

Crowd's Choice Gourmet Ham and Turkey

Serves 12 for \$269.99

- Butterball® turkey
- Hy-Vee honey-glazed spiral ham
 - Mashed potatoes
- Four additional sides of your choice
 - Beef or turkey gravy
 - Dinner rolls
 - Your choice of pies



Easy to Reheat

All Hy-Vee Holiday Meal Packs and à la carte items include reheating instructions. Turkey, ham and prime rib need 1 to 2½ hours in the oven. Quickly reheat gravy on the stove top and heat all other side dishes in 60 minutes or less in the oven (or the microwave).



FAMILY TRADITIONS AS IMPORTANT AS THE FOOD

“I like to brine my turkey in a salt water solution, which helps retain moisture, and then season it. Next, I beer-can smoke it for hours until it is ready to eat. Additionally, my family cooks a traditional Thanksgiving meal, but with the addition of some Hispanic foods. This variety helps bring the whole family together, which is what Thanksgiving is really about.”

—Jose Morales,
Hy-Vee Food Service
Director,
Moline, Illinois



— SAUSAGE, APPLE & SAGE — STUFFIN MUFFINS

★ Pop them in the oven while you're carving the turkey – they'll be hot and toasty at mealtime!

15M
PREP TIME

40M
COOK TIME

177
CALORIES

12
SERVINGS

INGREDIENTS

½ pound bulk pork sausage
¼ cup butter
½ cup chopped onion
½ cup finely chopped celery
1 Granny Smith apple, peeled, cored and diced
1 teaspoon McCormick® Rubbed Sage
1 teaspoon McCormick® Garlic Powder
5 cups dry unseasoned bread cubes
½ cup dried cranberries
2 eggs, lightly beaten
1½ cups Kitchen Basics® Original Chicken Stock

INSTRUCTIONS

Preheat oven to 375°F. Spray 12 regular-size muffin cups with no stick cooking spray. Set aside.

Cook and crumble sausage in medium skillet on medium heat until no longer pink. Transfer to a paper towel-lined plate and allow to drain. Melt butter in same skillet on medium heat. Add onions; cook and stir 2 to 3 minutes. Add celery and apple; cook and stir just until softened, about 5 minutes. Stir in Sage and Garlic Powder; cook and stir about 1 minute or until fragrant.

Transfer onion mixture to large bowl. Add cooked sausage, bread cubes, and dried cranberries. Stir in eggs and stock until well mixed and stuffing is moistening. Spoon stuffing mixture into prepared muffin cups. Gently press stuffing into cups and form slightly mounded tops.

Bake 20 to 22 minutes or until golden. Cool 5 to 10 minutes in pan on wire rack. Run a knife or spatula around each cup to loosen stuffing muffins. Use a spoon to gently release muffins from the cups. Serve warm.



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CRANBERRIES

Americans consume close to 80 million pounds of cranberries the week of Thanksgiving alone. But these little superfruits are worth enjoying year-round.

Cranberries are believed to have been eaten at the first Thanksgiving, thus solidifying their presence at the holiday dinner table. They grow on vines in freshwater bogs and are related to blueberries. The small, round, red fruits are often described as both bitter and sour. Cranberries do not contain fat, saturated fat, cholesterol or sodium, making them a tasty part of a low-fat, heart-healthy diet. Add healthful cranberries into your diet by swapping them for similar fruits. Sweetened dried cranberries can take the place of raisins to add more tang to a recipe, or fresh cranberries can replace pomegranate seeds.

BUY fresh cranberries that are plump and hard to the touch with a deep red color. Avoid shriveled berries or any that have brown spots.

STORE fresh cranberries in a tightly sealed plastic bag in the fridge for up to two months, or wash, dry and spread the berries on a baking sheet to freeze. Once frozen, transfer them to an airtight container and keep frozen for up to a year.

PREP berries for recipes (other than baked goods) by cooking them on the stove top for 10 minutes over medium heat.

Sources: oceanspray.com/Our-Story/About-the-Cranberry
cranberries.org/health-benefits
canr.msu.edu/news/why-do-we-eat-cranberries-at-thanksgiving/

WAYS TO ENJOY

Sauce

Use cranberry sauce as a glaze on meats, a dressing on salads or drizzled on desserts.

Baked

Cranberries can be baked into goodies like scones, muffins and cakes without any prep work. They supply juiciness and a tart taste.

Raw

Pulse fresh cranberries into a relish or salsa, use them as garnish for a cocktail, chop and add them into oatmeal and so much more.





SPOON
THIS SALSA
OVER YOUR
THANKSGIVING
TURKEY TO
GIVE IT A
SPICY KICK
OF FLAVOR.

Cranberry-Jalapeño Salsa

Total Time 15 minutes plus chilling time

Makes 3 cups

1½ (8-oz.) pkg. fresh or frozen cranberries

1 cup Hy-Vee granulated sugar

½ cup lightly packed cilantro, plus additional chopped cilantro for garnish

6 green onions, coarsely chopped

1 jalapeño pepper, seeded and chopped

¼ cup fresh lime juice

4 cloves garlic

½ tsp. kosher salt

Soirée honey goat cheese, for serving

Crav'n entertainment crackers, for serving

1. PLACE cranberries and sugar in a food processor or blender. Cover and pulse until chopped. Transfer to a medium bowl; set aside.

2. PLACE ½ cup cilantro, green onions, jalapeño, lime juice, garlic and salt in food processor. Cover and pulse until finely chopped, stopping to scrape down sides as needed. Stir into cranberry mixture. Cover and refrigerate for several hours or overnight.

3. TO SERVE, spread goat cheese on crackers; top with salsa. Garnish with additional cilantro, if desired.

Per serving: 40 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 40 mg sodium, 11 g carbohydrates, 1 g fiber, 9 g sugar (8 g added sugar), 0 g protein.
Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 0%

WORTHY
OF A
CHAMPION

— 103.8 PROOF —



BRADSHAW
KENTUCKY STRAIGHT BOURBON WHISKEY
Larry Bradshaw

basics

HOW TO USE A MEAT THERMOMETER

Cook meat to the proper temperature every time with these tips.



STEP 1

To test the thermometer, to make sure it is calibrated, hold it in ice water for 30 seconds; it should read 32°F.



STEP 2

Insert probe into the thickest part of the meat, avoiding fat and bone, while in oven or on heat source.



STEP 3

Continue cooking meat and checking the temperature until the meat reaches the recommended temperature for desired doneness.

INSERT THE THERMOMETER INTO THE THICKEST PART OF THE MEAT, WHICH HAS THE LOWEST TEMPERATURE. IF YOU SEE THE TEMPERATURE DROP AND RISE AGAIN, YOU'VE INSERTED THE THERMOMETER TOO FAR.



TO CHECK THE TEMP OF MEAT YOU WILL FLIP (STEAK, BURGERS AND PORK CHOPS) WITHOUT DRAINING THE JUICES, INSERT THE THERMOMETER INTO THE SIDE RATHER THAN THE TOP.

REMOVE LARGER PORTIONS OF MEAT, LIKE TURKEY, FROM THE HEAT SOURCE WHEN THEY ARE 5°F BELOW THE DESIRED TEMPERATURE. IT WILL CONTINUE TO RISE, WHICH KILLS HARMFUL BACTERIA, ACCORDING TO USDA.

INTERNAL MEAT TEMPS

Cook meat to the following temperatures to achieve desired doneness.

COOKING TEMPERATURES



Rare, 125°F
Medium rare, 130°F
Medium, 140°F
Medium well, 150°F
Well done, 160°F
Ground, 165°F



Pork, 145°F
Precooked ham or ground pork, 165°F



Poultry (chicken or turkey), ground chicken, ground turkey, 165°F



Fish, 145°F

STORAGE TIPS

Within 2 hours after cooking, refrigerate meat for up to 4 days or freeze up to 4 months. Reheat leftovers until they reach and maintain a temperature of 165°F for 2 minutes. Once meat is reheated, do not store or reheat leftovers again.

FIND IT AT HY-VEE

TRAEGER DIGITAL INSTANT-READ THERMOMETER

Easy-to-read LCD digital display is accurate within 1 percent of temperature on display.



GOOD COOK MEAT THERMOMETER

The stainless-steel instant-read thermometer can be calibrated to always provide the correct temperature.



MEATBALL MADNESS

WHETHER YOU EAT THEM RIGHT AWAY OR FREEZE THEM FOR LATER, MEATBALLS ARE A PERFECT ANYTIME MEAL OR APPETIZER. FOLLOW THIS EASY GUIDE TO BUILD AND SEASON YOUR OWN MEATBALLS WITH HELP FROM HY-VEE.



BUILD YOUR MEATBALL

VERSATILE, FLAVORFUL AND PERSONALIZED MEATBALLS TAKE SHAPE IN A FEW SIMPLE STEPS.

BASE FORMULA

- 1 Hy-Vee large egg, beaten
- 1 lb. desired protein
- ¼ cup Hy-Vee fine dry plain bread crumbs
- ¼ cup finely chopped white or green onions
- ¼ tsp. Hy-Vee salt
- ¼ tsp. Hy-Vee pepper
- Desired seasonings, sauce and garnish based on recipe

How to Make: Gently combine ingredients in a large bowl. Shape mixture into balls with a 1¼-in. scoop or moistened hands.

HOW TO COOK

Oven Method:

Preheat oven to 375°F. Line a large rimmed baking pan with foil; lightly spray with Hy-Vee nonstick cooking spray. Arrange meatballs in baking pan about 1 in. apart. Bake for 4 to 6 minutes for seafood; 10 to 12 minutes for other proteins, turning halfway through. Drain on paper towels.

Skillet Method:

Spray a large nonstick skillet with Hy-Vee nonstick cooking spray. Working in batches, cook meatballs in skillet over medium heat for 4 to 8 minutes, turning often. Drain on paper towels.

MIX AND MATCH MEATBALLS!

PICK YOUR PROTEIN



BEEF



TURKEY



PORK



CHICKEN



SHRIMP



PLANT-BASE

PICK YOUR SEASONINGS



ALLSPICE



GINGER PASTE



GRATED CHEDDAR



GRATED PARMESAN



ITALIAN



KETCHUP



LEMON ZEST



MUSTARD



NUTMEG



OLD BAY



STEAK



TACO

PICK YOUR SAUCE & GARNISH



BARBECUE



CHEESE DIP



CHILI-GARLIC



PASTA SAUCE



SEAFOOD SCAMPI



SWEDISH MIX



BASIL



CILANTRO



DICED TOMATO



DILL



PARSLEY



CRUSHED RED PEPPER

Meatball Mania
Swedish or Italian makes no difference. Learn how to make the best meatballs step by step.

Hy-Vee seasons

Watch and learn at Seasons.Hy-Vee.com today!



SHRIMP MEATBALLS

1 lb. shrimp + lemon zest + Old Bay



Shrimp Scampi Meatballs

Build Your Meatball using 1 lb. peeled & deveined raw shrimp* for desired protein, Hy-Vee plain bread crumbs and white onions. Omit salt. Add 1 tsp. lemon zest and ½ tsp. Old Bay seasoning for desired seasonings. Shape and cook meatballs. For skillet method, cook over medium heat for 4 to 8 minutes or until 145°F. For oven method, cook at 375°F for 4 to 6 minutes until 145°F.

For sauce, heat ½ (7.5-oz.) bottle scampi seafood sauce in large saucepan. Add meatballs and 5 cups hot cooked linguine; toss and heat until warm. Garnish with chopped parsley and lemon slices, if desired. Serves 4.

*Pat shrimp dry. Place in food processor. Cover and pulse until coarsely chopped.



VEGETARIAN MEATBALLS

1 lb. plant-base ground protein + ketchup + mustard + dill pickle relish + steak & burger seasoning



+



+



+



+



“Cheeseburger” Appetizer Meatballs

Build Your Meatball using 1 lb. plant-base ground meat for desired protein, Hy-Vee plain bread crumbs and white onions. Add 2 Tbsp. Hy-Vee ketchup, 2 Tbsp. Hy-Vee dill pickle relish, 2 tsp. Hy-Vee original yellow mustard and 1 tsp. Hy-Vee steak & burger seasoning for desired seasonings. Shape and cook meatballs. For skillet method, cook over medium heat for 4 to 8 minutes or until 165°F. For oven method, cook at 375°F for 10 to 12 minutes until 165°F.

For sauce, combine ½ (15-oz.) jar Hy-Vee Cheddar cheese dip and 3 Tbsp. Hy-Vee milk in a microwave-safe bowl; microwave on HIGH for 1½ to 2 minutes or until heated and smooth, stirring every 30 seconds. Stir in 1 Tbsp. ketchup. Garnish with chopped tomato and dill pickle, if desired. Serve as a dipping sauce for meatballs. Serves 15 (2 each).



CHICKEN MEATBALLS

1 lb. ground chicken + Parmesan cheese + Italian seasoning



+



+



Italian Chicken Meatballs

Build Your Meatball using 1 lb. fresh ground chicken for desired protein, Italian bread crumbs and green onions. Reduce salt to ¼ tsp. Add ¼ cup Hy-Vee 100% real grated Parmesan cheese and ½ tsp. Hy-Vee Italian seasoning for desired seasonings. Shape and cook meatballs. For skillet method, cook over medium heat for 4 to 8 minutes or until 165°F. For oven method, cook at 375°F for 10 to 12 minutes until 165°F.

For sauce, heat 1 (17.6-oz.) bottle Gustare Vita tomato pasta sauce. Serve sauce over meatballs and 5 cups hot cooked spaghetti. Garnish with additional Parmesan cheese and fresh basil, if desired. Serves 4.



BEEF MEATBALLS

1 lb. ground beef + minced garlic + mushrooms



Beef Stroganoff Meatballs

Place ½ (8-oz.) pkg. baby bella mushrooms in a food processor. Cover and process until finely chopped. Transfer to a medium nonstick skillet. Cook over medium heat 3 to 5 minutes or until slightly brown and moisture releases. Drain; cool.

Build Your Meatball using 1 lb. 85% lean ground beef for desired protein, Hy-Vee plain bread crumbs and white onions. Add 2 large cloves garlic, minced for desired seasoning and cooked mushrooms. Shape and cook meatballs. For skillet method, cook over medium heat for 4 to 8 minutes or until 165°F. For oven method, cook at 375°F for 10 to 12 minutes until 165°F.

For sauce, whisk together 1½ cups water and 1 (1.5-oz.) pkg. beef stroganoff spice mix in a small saucepan. Bring to boil; cover and simmer for 2 minutes. Stir in ¼ cup Hy-Vee sour cream. Add 1 Tbsp. chopped parsley; heat until warm. Serve sauce over meatballs and 5 cups hot cooked Hy-Vee egg noodles. Garnish with additional chopped parsley and coarse-ground black pepper, if desired. Serves 4.



+



+



MEATBALL TOP TIPS

Keep ingredients as cold as possible so the fat doesn't break down before you cook.

ONCE MEATBALL MIXTURE IS READY, COOK A SMALL PATTY WITH OIL IN A SKILLET TO TASTE TEST THE MIX.

If serving meatballs as an appetizer, make them a little bigger than those you use for pasta or soup recipes.



PORK MEATBALLS

1 lb. ground pork + ginger paste

Spicy Honey-Garlic Pork Meatballs

Build Your Meatball using 1 lb. 70% lean ground pork for desired protein, Hy-Vee plain bread crumbs and green onions. Add 1 Tbsp. refrigerated ginger paste for desired seasoning. Shape and cook meatballs. For skillet method, cook over medium heat for 4 to

8 minutes or until 165°F. For oven method, cook at 375°F for 10 to 12 minutes until 165°F.

For sauce, combine ½ cup Hy-Vee honey and 2 Tbsp. chili-garlic sauce in a microwave-safe bowl; microwave on HIGH for 1 to 1½ minutes or until hot, stirring halfway through. Toss with meatballs. Serve over 4 cups hot cooked rice with ½ cup stir-fried desired cut-up vegetables. Garnish with sliced green onions, if desired. Serves 4.

HOW TO STORE, FREEZE AND REHEAT

PREPARE AND COOK MEATBALLS AS DIRECTED; LET COOL, THEN STORE IN REFRIGERATOR FOR UP TO 3 DAYS. TO FREEZE, LET MEATBALLS COOL, THEN FREEZE ON A BAKING SHEET. TRANSFER TO FREEZER CONTAINERS OR BAGS AND KEEP FOR UP TO 2 MONTHS. REHEAT IN A SKILLET OR OVEN FOR 10 TO 15 MINUTES.



Our gift to you: **Dinner. Done.**

With MIA Italian Take & Bake Pizza, you're just minutes away from mealtime.

MIA
ITALIAN

EXCLUSIVELY AT **HyVee**



9

13

WHEN IT COMES TO CONVENIENCE IN THE KITCHEN,
A 9x13-IN. PAN REIGNS SUPREME. NO MATTER THE OCCASION,
THIS BAKING DISH WORKS WONDERS.

Creamy Seafood Bake

Hands On 35 minutes
Total Time 1 hour 20 minutes plus
standing time
Serves 8 (1½ cups each)

½ (16-oz.) pkg. frozen peeled & deveined
gulf shrimp (40 to 50 ct.)
2 tsp. plus 2 Tbsp. Gustare Vita olive oil
5 cups Hy-Vee whole milk
¼ cup Hy-Vee unsalted butter

¼ cup Hy-Vee all-purpose flour
½ cup dry white wine
1 cup shredded aged white
Cheddar cheese
¾ cup grated fresh Parmesan cheese
1½ tsp. Creole seasoning
½ tsp. Hy-Vee coarse-ground
black pepper
1 (9-oz.) pkg. refrigerated
2-minute linguine
2 Hy-Vee Seafood king crab legs, shelled
and chopped

6 oz. fully cooked Andouille smoked
sausage, sliced
1 cup Hy-Vee Select
frozen premium
super sweet
cut corn

½ (5-oz.) pkg. Hy-Vee butter garlic
croutons, crushed
Chopped fresh chives, for garnish
1. PREHEAT oven to 400°F. Toss shrimp
with 2 tsp. oil; spread in a rimmed baking
pan. Bake for 3 to 4 minutes or just until
shrimp reach 135°F. Remove from oven.
Reduce oven temperature to 350°F.
2. FOR SAUCE, heat milk in a medium
saucepan over medium heat until hot;
do not boil. Melt butter over medium-
low heat in a large saucepan until
small bubbles form. Whisk in flour and
continue whisking for 1 to 2 minutes or
until mixture is smooth and thickened.
Remove saucepan from heat. Slowly
whisk in warm milk and wine. Return to
heat; cook and whisk over medium-low
heat for 10 minutes. Stir in Cheddar and
Parmesan cheeses, Creole seasoning and

black pepper. Cook and stir for 1 minute
or just until cheeses are melted. Remove
from heat.
3. PLACE uncooked noodles in a 9×13-in.
baking dish; slightly separate. Add about
4 cups sauce; toss to coat. Add shrimp,
crabmeat, Andouille sausage and corn.
Pour remaining sauce over mixture;
toss until combined. Sprinkle with
crushed croutons.
4. BAKE, uncovered, for 35 to 45 minutes
or until edges are bubbly and shrimp
reach 145°F. Let stand 5 minutes before
serving. Garnish with chives, if desired.
Per serving: 550 calories, 26 g fat,
11 g saturated fat, 0 g trans fat,
125 mg cholesterol, 950 mg sodium,
46 g carbohydrates, 2 g fiber, 9 g sugar
(0 g added sugar), 31 g protein.
Daily Values: Vitamin D 10%, Calcium 30%,
Iron 10%, Potassium 10%



**PREPARE
CRAB LEGS**
Crack each leg at
the joint and use
kitchen shears to
cut through the
shells and remove
the meat. Then chop
the crab meat into
bite-size pieces.

BEST 9×13s AT HY-VEE

FIND OPTIONS IN STEEL,
GLASSWARE, NONSTICK
AND MORE AT HY-VEE.



**SIMPLY
DONE CAKE
PAN**
Durable
carbon steel,
nonstick
and easy to
clean.



ANCHOR OVEN BASICS
Freezer-, microwave-,
dishwasher- and oven-safe.



**WILTON
PERFECT
RESULTS
CAKE PAN**
All-purpose
pan for
any type of
baking.

Chocolate-Pecan Cheesecake Bars

Hands On 30 minutes
Total Time 1 hour plus freezing and chilling time
Serves 20

Crust
Hy-Vee nonstick cooking spray
1 cup Hy-Vee graham cracker crumbs
½ cup Hy-Vee pecan halves, toasted; finely chopped
3 Tbsp. Hy-Vee granulated sugar
¼ cup Hy-Vee salted butter, melted

Filling
3 (8-oz.) pkg. Hy-Vee cream cheese, softened
¾ cup Hy-Vee granulated sugar
1 Tbsp. Hy-Vee all-purpose flour
1 Tbsp. Hy-Vee vanilla extract
½ cup Hy-Vee sour cream
3 Hy-Vee large eggs, room temperature

Topping
1½ cups packed Hy-Vee light brown sugar
½ cup Hy-Vee light corn syrup
½ cup Hy-Vee heavy whipping cream
¼ cup Hy-Vee salted butter, cut up
3 cups Hy-Vee pecan halves, toasted; slightly chopped
1 (3.5-oz.) bar Zöet 57% cacao dark chocolate, chopped
1½ tsp. Hy-Vee vanilla extract
Salted caramel sauce, for serving

1. **PREHEAT** oven to 325°F. Lightly spray a 9×13-in. baking pan with nonstick spray; set aside.

2. **FOR CRUST**, combine graham cracker crumbs, pecans and granulated sugar in a medium bowl; stir in melted butter. Transfer to prepared pan. Firmly press crumb mixture on bottom. Place in freezer for 30 to 45 minutes.

3. **FOR FILLING**, beat cream cheese, sugar, flour and vanilla with an electric mixer on low for 30 seconds or just until combined. Add sour cream; beat just until combined. Beat in eggs, one at a time, on low or just until combined (do not overmix). Spread mixture on crust; set aside.

4. **FOR TOPPING**, combine brown sugar, corn syrup, whipping cream and butter in a heavy, medium saucepan. Bring to a boil. Reduce heat to medium; boil for 3 minutes. Remove from heat; stir in 3 cups pecans, chocolate and vanilla. Quickly spread over cheesecake filling.

5. **BAKE** for 25 to 30 minutes or until center is almost set. Cool in baking pan on a wire rack for 1 hour. Refrigerate for 6 hours or overnight. To serve, cut into pieces; drizzle with caramel sauce.

Per serving: 490 calories, 35 g fat, 14 g saturated fat, 0.5 g trans fat, 85 mg cholesterol, 190 mg sodium, 42 g carbohydrates, 2 g fiber, 36 g sugar (33 g added sugar), 6 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 4%

BLEND AT ROOM TEMP
For smoother consistency, remove cream cheese and eggs from the refrigerator and bring them to room temperature before beating.



Layered Italian Pasta Casserole

Hands On 35 minutes
Total Time 1 hour 10 minutes plus standing time
Serves 8 (1½ cups each)

Hy-Vee nonstick cooking spray
4 cups dry Campanelle pasta (12 oz.)
2 Tbsp. Gustare Vita olive oil
1 (8-oz.) pkg. baby bella mushrooms, sliced
⅔ cup chopped white onion
1 (14-oz.) pkg. fully cooked Italian-style sausage links, sliced
¼ in. thick
½ tsp. Hy-Vee Italian seasoning

2 (17.6-oz.) Gustare Vita tomato basil pasta sauce
2 Hy-Vee large eggs, slightly beaten
1 (15-oz.) container Hy-Vee whole milk ricotta cheese
1 (8-oz.) pkg. Hy-Vee finely shredded Italian cheese, divided
¼ cup Soirée grated Parmesan cheese, plus additional for serving
Small fresh basil leaves, for garnish

1. **PREHEAT** oven to 375°F. Lightly spray a 9×13-in. baking dish with nonstick spray; set aside.

2. **COOK** pasta in salted boiling water for 8 minutes. Drain; return pasta to pot.

3. **HEAT** olive oil in a large nonstick skillet. Add mushrooms and onion. Cook for 5 minutes over medium heat, stirring occasionally. Add sliced sausage and Italian seasoning; cook for 4 to 5 minutes or until mushrooms are softened and sausage is cooked through (165°F). Add mushroom

mixture and pasta sauce to pasta in pot. Gently stir to combine.

4. **WHISK** together beaten eggs and ricotta until combined. Stir in 1 cup Italian cheese and ¼ cup Parmesan cheese.

5. **SPREAD** half of the pasta mixture in the prepared baking dish. Top with the ricotta mixture, spreading evenly on pasta layer. Cover ricotta layer with remaining pasta mixture. Tightly cover baking dish with foil.

6. **BAKE** for 20 minutes. Remove foil; sprinkle with remaining 1 cup Italian cheese. Bake, uncovered, for 10 to 15 minutes more or until heated through and cheese is melted. Let stand for 5 minutes before serving. Garnish with basil, if desired. Serve with additional Parmesan cheese.

Per serving: 680 calories, 41 g fat, 15 g saturated fat, 0 g trans fat, 125 mg cholesterol, 920 mg sodium, 46 g carbohydrates, 2 g fiber, 10 g sugar (0 g added sugar), 30 g protein. Daily Values: Vitamin D 6%, Calcium 25%, Iron 15%, Potassium 15%



WHY COVER WITH FOIL?
Foil lowers evaporation, helps food cook evenly and keeps corners from burning.

SPECIALTY BREAD

Ciabatta's dense, chewy nature holds up to soaking and provides a hardy texture well-suited to this meaty strata.

* **LOCALLY RAISED ON FAMILY-OWNED FARMS, HIGH-QUALITY HY-VEE MIDWEST PORK BACON HAS SUPERIOR TENDERNESS AND FLAVOR.**

Caramelized Onion and Pork Strata

Hands On 1 hour 15 minutes

Total Time 1 hour 55 minutes plus standing time

Serves 8

½ (21-oz.) loaf Hy-Vee Bakery unsliced ciabatta bread, cut into 1-in. cubes

2 Tbsp. Hy-Vee salted butter

1 Tbsp. Hy-Vee canola oil

1 tsp. packed Hy-Vee brown sugar

2 large yellow onions, halved lengthwise and thinly sliced (4 cups)

½ tsp. coarse-ground Hy-Vee black pepper

2 slices Hy-Vee Midwest Pork bacon

½ (16-oz.) pkg. Hy-Vee Midwest Pork mild ground sausage

4 cups lightly packed baby spinach, stems removed and rough chopped

Hy-Vee nonstick cooking spray

2 cups shredded fontina cheese (8 oz.), divided

8 Hy-Vee large eggs

2 cups Hy-Vee 2% reduced-fat milk

1 cup Hy-Vee heavy whipping cream

1 Tbsp. Hy-Vee Dijon mustard

1. PREHEAT oven to 300°F. Spread bread cubes in a large rimmed baking pan. Bake for 6 to 8 minutes or until slightly dry, stirring halfway through.

Remove from oven; set aside to cool. Increase oven temperature to 350°F.

2. HEAT butter and canola oil in a large nonstick skillet until butter is melted. Stir in brown sugar.

Add onions; sprinkle with pepper. Cook over medium-low heat for 25 to 35 minutes or

until golden brown and caramelized, stirring occasionally. Transfer onions to a large bowl; set aside.

3. COOK bacon in same skillet over medium heat for 5 to 7 minutes or until slightly crisp. Drain on paper towels; chop bacon and add to onion mixture. Wipe skillet clean with paper towels.

4. COOK sausage in same skillet for 5 minutes over medium-high heat or until browned, stirring occasionally to break into crumbles. Add spinach, a handful at a time; cook and stir for 1 minute or until slightly wilted. Add to onion mixture; stir to combine.

5. SPRAY a 9×13-in. baking dish with nonstick spray. Toss bread cubes with 1 cup cheese in a large bowl. Add onion mixture; toss until combined. Transfer to prepared baking dish. Sprinkle with additional ½ cup cheese.

6. WHISK together eggs, milk, cream and Dijon mustard. Pour over bread mixture in baking dish. If necessary, lightly press down bread cubes to moisten. Let stand at room temperature for 15 minutes.

7. BAKE, uncovered, for 35 minutes. Sprinkle with remaining ½ cup cheese; bake for 5 to 10 minutes more or until a knife inserted near center comes out clean. Let stand for 10 minutes before serving.

Per serving: 540 calories, 38 g fat, 19 g saturated fat, 0.5 g trans fat, 275 mg cholesterol, 870 mg sodium, 25 g carbohydrates, 2 g fiber, 4 g sugar (1 g added sugar), 25 g protein. **Daily Values:** Vitamin D 10%, Calcium 20%, Iron 15%, Potassium 6%

WINTER SQUASH SWAP

Butternut squash's texture and flavor are similar to pumpkin, and it's available year-round, unlike pumpkin's shorter fall season.

Mixed Grains 'n' Winter Squash Bake

Hands On 15 minutes

Total Time 1 hour 15 minutes

Serves 14 (¾ cup each)

1 Cosmic Crisp or Honeycrisp apple, cored and cut into wedges

2 cups RiceSelect Royal Blend rice

3 cups peeled and seeded winter squash, cut into ¾-in.-cubes

1 cup Hy-Vee Short Cuts chopped white onions

1½ tsp. finely chopped fresh rosemary, plus additional chopped for garnish

1 tsp. finely chopped fresh thyme

½ tsp. kosher salt

½ tsp. Hy-Vee black pepper

2 cups 100% fresh-pressed apple cider or Hy-Vee refrigerated 100% apple juice

1¼ cups Hy-Vee vegetable stock

2 Tbsp. Hy-Vee unsalted butter

1 cup shredded Gruyère cheese

¾ cup Hy-Vee chopped walnuts, toasted

¼ cup Hy-Vee dried cranberries

1. PREHEAT oven to 350°F. Cut apple wedges crosswise into thirds. Combine apples, rice blend, squash, onions, 1½ tsp. rosemary, thyme, salt and pepper in a 9×13-in. baking dish; set aside.

2. COMBINE apple cider, vegetable stock and butter in a large saucepan; bring to a boil. Carefully pour stock mixture over rice mixture in baking dish; stir to

combine. Tightly cover baking dish with foil.

3. BAKE for 40 minutes. Remove foil; sprinkle with cheese, walnuts and cranberries. Bake, uncovered, for 15 to 20 minutes or until rice is tender. Garnish with additional rosemary, if desired.

Per serving: 250 calories, 8 g fat, 3 g saturated fat, 0 g trans fat, 15 mg cholesterol, 550 mg sodium, 38 g carbohydrates, 2 g fiber, 9 g sugar (1 g added sugar), 7 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 6%

FREEZE & HEAT

SAVE LEFTOVERS FOR WHEN YOU DON'T HAVE TIME TO COOK.

FREEZING

Wrap cooled, leftover casseroles directly in their pan with a layer of plastic wrap and a layer of foil. To

save on freezer space, or if there isn't much left, remove and wrap individual slices in plastic wrap and foil. Freeze for

1 to 2 months. You can also divide leftovers into plastic containers, cover with plastic wrap, and then secure the lid.

REHEATING

The time required to warm the food depends on the quantity and the temperature of the oven. To be on the

safe side, reheat until food is 165°F. For individual slices, heat in the microwave in one-minute increments until warm.

baking

FUNDAMENTALS

Learn tricks for baking classic cookies, cakes, breads and more, plus solutions for baking problems as they arise.

Cookies, bread, muffins, pies and cakes all get easier with practice. However, you'll get the best results if you follow the measurements and instructions exactly as written in each recipe. Baking relies on chemical reactions for success, so slight changes to one ingredient can alter the outcome.


seasons
DIGITAL EDITION
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Seasons.Hy-Vee.com

COOKIE SUCCESS

For many different kinds of cookies, chilling the dough before baking leads to better results. Chilled dough won't spread as much when it bakes, which yields thicker, cakier cookies for most recipes. It also helps cutout and sugar cookies hold their shape better. Refrigerating cookie dough also allows the flour to break down and the sugar to absorb more moisture, which will help the cookies caramelize and brown more as they bake.

IT'S ALWAYS
A GOOD IDEA
TO DOUBLE-
CHECK INGREDIENT
MEASUREMENTS BEFORE
ADDING TO HELP
ENSURE ACCURACY.

FOR
CHOCOLATE
COOKIES, ADDING
A SPRINKLE OF SEA
SALT HELPS PROVIDE
CONTRAST AND KEEPS
THE COOKIE FROM
TASTING TOO
SWEET.

SINCE YOU
CAN'T JUDGE
BROWNING ON DARK
COOKIES, THEY'RE
FINISHED BAKING WHEN
THE EDGES FEEL FIRM
AND THE CENTERS
ARE SET.

Double-Chocolate Sea Salt Cookies

Hands On 20 minutes

Total Time 1 hour plus cooling

Serves 24 (1 each)

1 cup Hy-Vee all-purpose flour

¼ cup Hy-Vee baking cocoa

¼ tsp. kosher salt

½ tsp. Hy-Vee baking powder

½ tsp. Hy-Vee baking soda

10 Tbsp. Hy-Vee unsalted butter, softened

¾ cup firmly packed Hy-Vee dark brown sugar

¾ cup Hy-Vee granulated sugar

1 large Hy-Vee egg

2 tsp. Hy-Vee vanilla extract

1 (12-oz.) pkg. Hy-Vee semi-sweet

chocolate baking chips

Coarse sea salt flakes

1. WHISK together flour, cocoa, salt, baking powder and baking soda in a medium bowl until combined; set aside.

2. BEAT butter, brown sugar and granulated sugar in large mixing bowl with an electric mixer on high for 5 minutes or until light and fluffy. Beat in egg and vanilla.

3. GRADUALLY beat in flour mixture on low just until combined. Stir in chocolate chips. Cover and refrigerate for 30 minutes.

4. PREHEAT oven to 350°F. Line baking sheets with parchment paper. Roll dough into 24 (1½-in.) balls. Place 2 in. apart on prepared baking sheets. Flatten slightly. Lightly sprinkle with sea salt flakes.

5. BAKE for 11 to 14 minutes or until set. Transfer cookies to wire rack; cool before serving.

Per serving: 180 calories, 10 g fat, 6 g saturated fat, 0 g trans fat, 20 mg cholesterol, 100 mg sodium, 26 g carbohydrates, 2 g fiber, 19 g sugar (19 g added sugar), 2 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%

COOKIE SOLUTIONS

MANY COOKIE PROBLEMS CAN BE SOLVED BY MAKING A MINOR ADJUSTMENT TO THE DOUGH BEFORE BAKING.



spread too much

Let pans cool before placing more dough on them or chill the dough for 30 minutes before baking.



too gooey

Bake cookies for a few extra minutes to help them set. Remove when the edges feel firm and don't move inward when poked.



tough texture

Mix just until all of the flour is incorporated into the dough. Overmixing flour with liquid causes gluten to form, creating toughness.



dry and crumbly

Excess flour causes dryness; if you've added more than the recipe says, add a little liquid (like milk) or fat (like butter) to the dough, and mix.



baked unevenly

Different-size dough balls can lead to unevenly baked cookies. Use a cookie scoop for uniform sizes, and rotate the cookie sheet partway through baking.



flattened

Beat the butter with the sugar while it's soft but not melting, and stop mixing once all the flour is incorporated.

SIMPLE MUFFINS

The essential element for perfect muffins is the right amount of moisture. The best muffins have a moist crumb (or center) with a slightly chewy texture. Follow these tips before, during and after baking for muffins with superior texture and shape.

ROUNDED TOPS SIGNAL THAT MUFFINS WILL HAVE A LIGHT, AIRY TEXTURE AND WERE NOT BAKED TOO LONG.

DARK PANS ABSORB HEAT (AND MOISTURE) QUICKLY. IF BAKING WITH ONE, DECREASE OVEN TEMPERATURE BY 25°F.

Banana-Nut Muffins

Hands On 10 minutes
Total Time 35 minutes plus cooling time
Serves 12 (1 each)
Hy-Vee nonstick cooking spray, optional
2 cups Hy-Vee all-purpose flour
½ cup Hy-Vee granulated sugar
½ cup packed Hy-Vee brown sugar
1 Tbsp. Hy-Vee baking powder
½ tsp. Hy-Vee ground cinnamon

½ tsp. Hy-Vee salt
1 Hy-Vee large egg
½ cup Hy-Vee 2% reduced-fat milk
½ cup Hy-Vee vegetable oil
1 cup mashed ripe banana
¾ cup chopped walnuts
1. PREHEAT oven to 400°F. Line 12 (2½-in.) muffin cups with paper baking cups or generously spray with nonstick spray.
2. WHISK together flour, granulated sugar, brown sugar, baking powder, cinnamon and salt in medium bowl until combined. Make a well in center; set aside.
3. WHISK together egg, milk and oil in small bowl. Stir in mashed

banana. Add banana mixture all at once to flour mixture; stir just until moistened; do not overmix (batter will be lumpy). Fold in walnuts.
4. SPOON batter evenly into prepared muffin cups, filling each about ¾ full. Bake for 16 to 22 minutes or until toothpick inserted near centers comes out clean. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups. Cool slightly on wire rack; serve warm.
Per serving: 250 calories, 11 g fat, 1.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 250 mg sodium, 37 g carbohydrates, 2 g fiber, 17 g sugar (14 g added sugar), 4 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%

MUFFIN SOLUTIONS

MOISTURE FROM THE AIR CAN AFFECT INGREDIENTS AND HOW MUFFINS TURN OUT.



flat tops

To ensure muffin batter sets without collapsing, use fresh baking powder stored in an airtight container. Baking powder loses its effectiveness if it absorbs moisture from the air.



dry texture

Guarantee moist muffins by preventing moisture evaporation even after baking. Cool muffins on a wire rack.

BASIC BREAD

One key to baking the best bread is to let it rise (or proof) just enough. Your recipe should list a rising time, but you can tell dough has risen enough when it has doubled in size and slowly springs back when poked with a finger, leaving a small indentation behind.

No-Knead Overnight Bread

Hands On 15 minutes
Total Time 1 hour plus standing and rising time
Serves 16

2 cups Hy-Vee whole wheat flour
2 cups Hy-Vee all-purpose flour
1 Tbsp. quick-rise yeast
2 tsp. Hy-Vee salt
2 cups room temperature water (70°F to 80°F)

1. COMBINE whole wheat and all-purpose flours, yeast and salt in a large bowl. Stir in water using a wooden spoon until mixture forms a dough. Cover dough in bowl with plastic wrap; let stand at room temperature for 10 to 12 hours or overnight, or until doubled in size.

2. LIGHTLY FLOUR a large sheet of parchment paper. Shape dough into a ball and place on prepared parchment paper. Cover loosely with a clean kitchen towel; let rise in a warm place for 2 hours or until doubled in size.

3. PLACE a 3½ or 4 qt. Dutch oven in oven; preheat oven to 450°F. Remove Dutch oven from oven. Quickly transfer dough on parchment paper to hot Dutch oven. If desired, make ¾-in.-deep slashes in loaf top using a sharp knife. Place lid on Dutch oven; bake for 25 minutes. Remove lid; bake for 15 to 20 minutes until golden brown or internal temperature is 200°F to 210°F.

4. USE paper to lift bread from Dutch oven. Cool bread on a wire rack. Cut into slices to serve.

Per serving: 110 calories, 0.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 290 mg sodium, 23 g carbohydrates, 2 g fiber, 0 g sugar (0 g added sugar), 4 g protein. **Daily Values:** Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 2%

THE MIDDLE OF THE LOAF (ALSO CALLED CRUMB) SHOULD BE LIGHT AND AIRY, WITH HOLES EVENLY SPREAD THROUGHOUT.



LOOK FOR A DARK CRUST THAT IS SLIGHTLY ROUNDED AND EVENLY CRISPY WITH A BURST WHERE IT WAS SCORED (SHALLOWLY CUT).

BREAD SOLUTIONS

USE FRESH YEAST AND KEEP A CLOSE EYE ON BREAD AS IT RISES FOR A FLUFFY, AIRY LOAF.



underproofed

Avoid the trademark of underproofed bread (dense, solid and gummy center) by letting the dough rise (proof) until it doubles in size before baking.



overproofed

Prevent the large holes and collapsed, irregular shape caused by overproofing by following the proofing time given in the recipe and baking once dough has doubled in size.



crust is too thick

If your oven is too hot, it may cause a thick, tough, dry crust. Double-check your oven's accuracy by hanging an oven thermometer from the rack and preheating to 350°F.



dough didn't rise

For a fluffier bread, use fresh yeast and activate it according to instructions. Use an instant-read thermometer to check the water temperature against the package to activate the yeast.

EASY AS PIE


The trick to making a beautiful, flaky pie crust from scratch is to keep everything cold. Tiny pieces of fat (cold butter or shortening) in the pie crust dough steam in the oven, leaving behind pockets of air and an ultra-flaky crust. Chilled dough rolls out more evenly without sticking or tearing. If the fat or the dough isn't cold enough when you start working with it, chill it quickly in the freezer for 10 minutes.

PIE SOLUTIONS

PIE CRUST IS FINICKY. FIND OUT HOW TO FIX SOME COMMON ISSUES.



soggy crust
Trapped moisture causes sogginess. Prick the bottom crust before adding the filling and cut a vent in the top crust to let moisture escape.



watery filling
If fruit pie filling is runny, make sure the thickener (usually corn starch or flour) is evenly distributed throughout the filling. Toss corn starch with sugar to prevent clumping.



crumby crust
Slicing the pie while it's still hot can cause the filling to run and the crust to fall apart; let the pie cool for at least one hour before slicing.



sticky dough
If the dough is too wet and sticks to the counter as you roll it, dust your work space with more flour or roll the dough on waxed paper.



pale crust
Dough that's too thick or baked at a low temperature will be underbaked and pale. Roll the dough to about 1/8 in. thick, and bake at the temperature listed in the recipe.



crumbly dough
Not enough moisture causes dough to break apart, especially when you transfer it to the pan. To resolve, gradually add more water until dough holds together.

VISIT [HY-VEE.COM/BAKING-GUIDE](https://www.hy-vee.com/baking-guide) FOR EVEN MORE BAKING TIPS AND DELICIOUS RECIPES.

FRUIT PIES ARE FINISHED BAKING WHEN THE JUICES BUBBLE UP IN THE CENTER AS WELL AS AROUND THE EDGES AND THE CRUST IS GOLDEN BROWN.



BRUSHING THE CRUST WITH MILK OR LIGHTLY BEATEN EGG BEFORE BAKING CAN ALSO HELP WITH BROWNING.

THE BOTTOM CRUST TAKES LONGER TO BAKE. USE A GLASS PIE PLATE WHENEVER POSSIBLE TO EASILY SEE WHEN IT'S DONE.

Easy Apple Pie

Hands On 30 minutes
Total Time 1 hour 20 minutes
Serves 12

Pie Crust
2½ cups Hy-Vee all-purpose flour
¾ tsp. Hy-Vee salt
1 cup Hy-Vee vegetable shortening
6 to 8 Tbsp. ice water

Apple Filling
6 Pink Lady apples, peeled, cored and sliced
¾ cup Hy-Vee granulated sugar
2 Tbsp. Hy-Vee all-purpose flour
1 Tbsp. fresh lemon juice
1 tsp. Hy-Vee ground cinnamon
¼ tsp. Hy-Vee salt

- 1 egg, lightly beaten**
Coarse sugar, for garnish

1. PREHEAT oven to 425°F. For pie crust, stir together flour and salt in a large bowl. Cut in shortening using a pastry blender until pieces are pea-sized. Sprinkle 1 Tbsp. ice water over flour mixture; gently toss with a fork. Repeat with additional ice water, 1 Tbsp. at a time, until all of flour mixture is moistened. Gather dough into a ball. Divide dough in half; shape each portion into a ball.

2. SLIGHTLY flatten 1 pastry ball on a lightly floured surface. Roll from the center to the edge to create a 12-in. circle. Fold pastry into quarters; unfold in a 9-in. round pie plate. Ease pastry into pie plate; do not stretch. Trim pastry to within ½ in. of pie plate edge.

3. FOR FILLING, combine apple slices, sugar, flour, lemon juice, cinnamon and salt in a medium bowl; toss to coat evenly. Transfer apple filling to the pastry-lined pie plate.


4. ROLL out remaining dough ball on a lightly floured surface to a 1/8-in.-thick rectangle. Cut into strips. Weave strips over apples. Tuck ends of strips under bottom crust edge and crimp edges to seal. Lightly brush pastry top with beaten egg; sprinkle with coarse sugar.

5. BAKE for 20 minutes. Reduce oven temperature to 375°F and bake for 30 minutes or until filling starts to bubble in center. Cool on a wire rack.


Per serving: 350 calories, 17 g fat, 4 g saturated fat, 0 g trans fat, 10 mg cholesterol, 200 mg sodium, 46 g carbohydrates, 3 g fiber, 22 g sugar (13 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%

CRUST HOW-TO


Follow these techniques to roll out and move pie crust dough to the pie plate. Crimp and decorate the edges any way you want.



1. ROLL OUT DOUGH
Generously flour the work space and your hands to prevent dough from sticking. Place the rolling pin in the center of the dough and gently roll outward from the center to the edge. Lift and rotate the dough by 90 degrees. Repeat rolling and rotating until the dough is large enough to hang over the pie plate.



2. TRANSFER DOUGH TO PAN
If you used waxed paper for rolling, carefully lift the paper and gently invert it over the pie plate. Or roll the dough onto the rolling pin, then unroll it into the pie plate. You can also loosely fold the dough in half, then in half again to form a triangle. Transfer the crust to the pie plate with the point of the triangle in the center, and unfold.



3. CRIMP THE EDGES
Gently press the dough into the pie plate. Trim any excess dough that overhangs by more than a few inches. For a double-crust pie, add filling and cover with top crust. Crimp the edges of the crust as desired. For a fluted edge, use your thumb and forefingers to gently squeeze the dough into V shapes all around the edge.

CAKE ESSENTIALS

Mix the batter just right to make the best cake. Most recipes call for beating cake batter until just combined; this means you'll stop mixing as soon as you can't see any individual ingredients like powdery flour anymore. Overmixed batter will be very smooth and feel dense instead of light and airy.

A WELL-BAKED CAKE SHOULD FEEL LIGHT AND SPRINGY IN THE CENTER WHEN GENTLY TAPPED WITH A FINGER.

TO MAKE CHOCOLATE CURLS, MELT A ZÖET 57% CACAO DARK CHOCOLATE BAR AND SPREAD ON A BAKING SHEET. LET STAND UNTIL FIRM. HOLD A METAL SPATULA AT AN ANGLE AND APPLY GENTLE PRESSURE TO SCRAPE CHOCOLATE INTO CURLS.

WHITE AND YELLOW CAKES SHOULD BE GOLDEN BROWN, AND CHOCOLATE CAKES SHOULD DISPLAY A MATTE FINISH WHEN THEY COMPLETE BAKING.

WHEN A CAKE IS FINISHED BAKING, THE EDGES PULL SLIGHTLY AWAY FROM THE SIDES OF THE PAN.

CAKE SOLUTIONS

TO MAKE IT EASIER TO ACCURATELY MEASURE INGREDIENTS LIKE BAKING POWDER, TRY USING A KITCHEN SCALE TO WEIGH INGREDIENTS BEFORE ADDING THEM TO THE BATTER.



sunken middle
If cake quickly rises but then collapses while baking, try using less baking powder.



cracked top
If a cake top cracks from rising too quickly, next time add less batter to the baking pan or use less baking powder.

Triple-Layer Chocolate Cake with Chocolate Buttercream Frosting

Hands On 30 minutes
Total Time 1 hour plus cooling time
Serves 16

Chocolate Cake
Hy-Vee nonstick cooking spray
2 cups Hy-Vee all-purpose flour
2 cups Hy-Vee granulated sugar
¾ cup Hy-Vee baking cocoa
1½ tsp. Hy-Vee baking powder
1½ tsp. Hy-Vee baking soda
1 tsp. Hy-Vee salt
2 Hy-Vee large eggs
1 cup Hy-Vee 2% reduced-fat milk
½ cup Hy-Vee canola oil
1½ tsp. Hy-Vee vanilla extract
¾ cup hot brewed coffee, or boiling water

Frosting
4 cups Hy-Vee powdered sugar
1 cup Hy-Vee unsalted butter, softened
¾ cup Hy-Vee baking cocoa
2 tsp. Hy-Vee vanilla extract
½ tsp. Hy-Vee salt
½ cup Hy-Vee 2% reduced-fat milk
Chocolate curls, for garnish

1. FOR CAKES, preheat oven to 350°F. Line the bottoms of 3 (9-in.) round cake pans with parchment paper. Spray with nonstick cooking spray; set aside.

2. WHISK together flour, sugar, cocoa, baking powder, baking soda and salt in large mixing bowl.

3. WHISK together eggs, milk, oil and vanilla in a medium

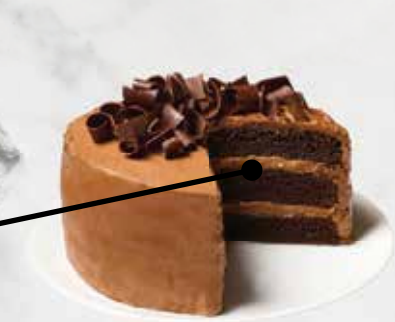
bowl; add to dry ingredients. Beat with an electric mixer on low until just combined. Add hot coffee. Beat on medium for 2 minutes.

4. DIVIDE batter evenly into prepared pans. Bake for 24 to 29 minutes or until toothpick inserted near centers comes out clean. Cool cake in pans for 10 minutes. Run a thin metal spatula or knife around edges of each cake pan. Invert each cake onto a wire rack; remove pan and parchment paper. Cool completely on wire racks.

5. FOR FROSTING, beat powdered sugar, softened butter, baking cocoa, vanilla and salt in large mixing bowl with an electric mixer on low until combined. Gradually beat in milk until combined. Beat on high for 5 minutes or until light and fluffy.

6. TO ASSEMBLE, place a cake layer on a cake plate. Spread ½ cup frosting on top. Repeat with second layer, spreading ½ cup frosting on top. Top with remaining cake layer. Frost top and sides of cake with remaining frosting. Refrigerate until ready to serve. Let stand at room temperature for 30 minutes before serving. Garnish with chocolate curls. Cover and store in the refrigerator up to 3 days.

Per serving: 480 calories, 21 g fat, 9 g saturated fat, 0.5 g trans fat, 55 mg cholesterol, 410 mg sodium, 73 g carbohydrates, 3 g fiber, 56 g sugar (55 g added sugar), 5 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 4%



HY-VEE BAKERY

WHENEVER YOU NEED AN IRRESISTIBLE DESSERT OR A LOAF OF BREAD QUICKLY, HEAD TO THE HY-VEE BAKERY TO PICK UP PROFESSIONALLY BAKED GOODS.

FRESH BAKED DAILY

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COOKIES

- Chocolate chip
- English toffee
- Monster
- Oatmeal raisin
- Peanut butter
- Snickerdoodle

CAKES

- Angel food
- Carrot
- Custom orders
- Gourmet cupcakes
- Ice cream

BREADS

- Artisan Asiago cheese
- Artisan ciabatta
- French bread
- Gourmet cinnamon rolls
- Honey butterflake rolls
- Sourdough

PIES

- Apple
- Banana cream
- Blueberry
- Cherry
- Chocolate cream
- Coconut meringue
- French silk
- Lemon meringue
- Peach
- Pumpkin
- Wildberry

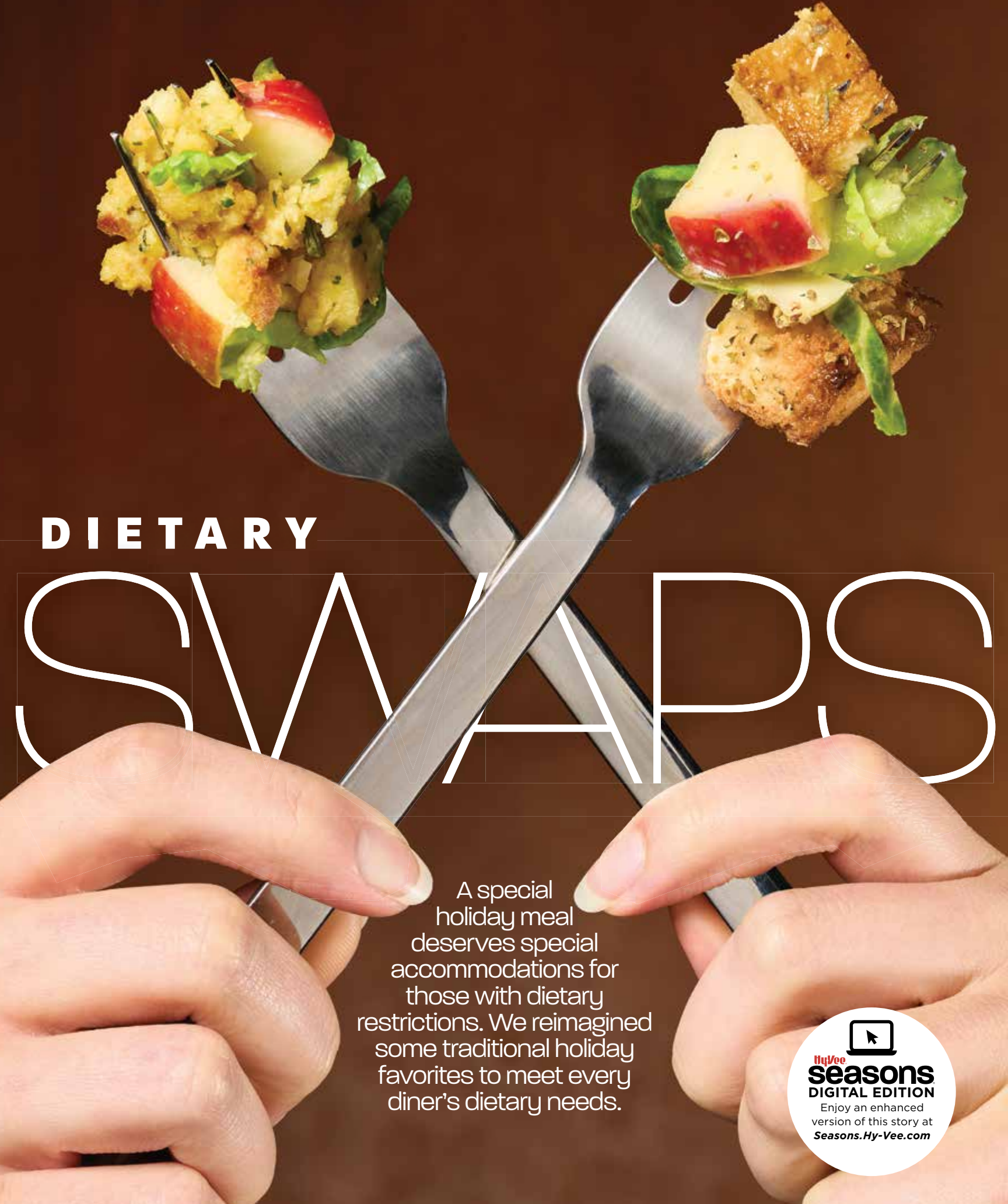
MUFFINS

- Banana-nut
- Blueberry
- Lemon-poppy seed
- Pistachio
- Red velvet



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DIETARY

SWAPS

A special holiday meal deserves special accommodations for those with dietary restrictions. We reimagined some traditional holiday favorites to meet every diner's dietary needs.



Perfectly Dressed

See how to prepare this colorful traditional stuffing using gluten-free ingredients.

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seasons

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Seasons.Hy-Vee.com
today!

APPLE-BRUSSELS SPROUTS STUFFING

With fall produce in season, we thought it was a good time to update this popular recipe with gluten-free 7-grain bread.

Gluten-Free Apple-Brussels Sprouts Stuffing

Hands-On 10 minutes
Total Time 20 minutes
Serves 8 (¾ cup each)

4 cups ¾-in.-cubed gluten-free 7-grain bread
1 cup cored and chopped red apple
3½ oz. Hy-Vee Short Cuts Brussels sprouts, thinly sliced
½ cup thinly sliced celery

¾ cup Hy-Vee 33%-less-sodium chicken broth
¾ cup Hy-Vee apple juice
½ cup Hy-Vee salted butter, cut up
1 tsp. Hy-Vee dried minced onion
½ tsp. poultry seasoning

1. PREHEAT oven to 425°F. Spread bread cubes in a single layer in a large rimmed baking

pan. Bake for 8 minutes or until bread is lightly browned and toasted; cool.

2. TRANSFER bread cubes to a large bowl. Add chopped apple, Brussels sprouts and celery; set aside.

3. COMBINE broth, apple juice, butter, minced onion and poultry seasoning in a medium saucepan;

bring to boiling over medium-high heat. Remove from heat and pour over bread mixture. Cover and let stand 5 minutes. Toss with a fork before serving.

Per serving: 170 calories, 9 g fat, 5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 230 mg sodium, 20 g carbohydrates, 2 g fiber, 6 g sugar (2 g added sugar), 2 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 2%

FOR A GLUTEN-FREE, VEGETARIAN STUFFING, USE VEGETABLE BROTH INSTEAD OF CHICKEN.

GLUTEN-FREE

WHY GLUTEN-FREE?

It is a diet that avoids gluten, a protein found in barley, wheat, rye and a wheat-rye hybrid called triticale. Gluten can cause discomfort or even serious health issues in people with gluten sensitivity or celiac disease.

WHAT HY-VEE CAN DO

The Hy-Vee HealthMarket has a wide range of gluten-free foods and beverages, including baked goods, beer, bread, cereal, cookies, croutons, crackers, French fries, gravies, pasta, salad dressings, sauces, snacks, soups and more.

Keto

Garlic Knots

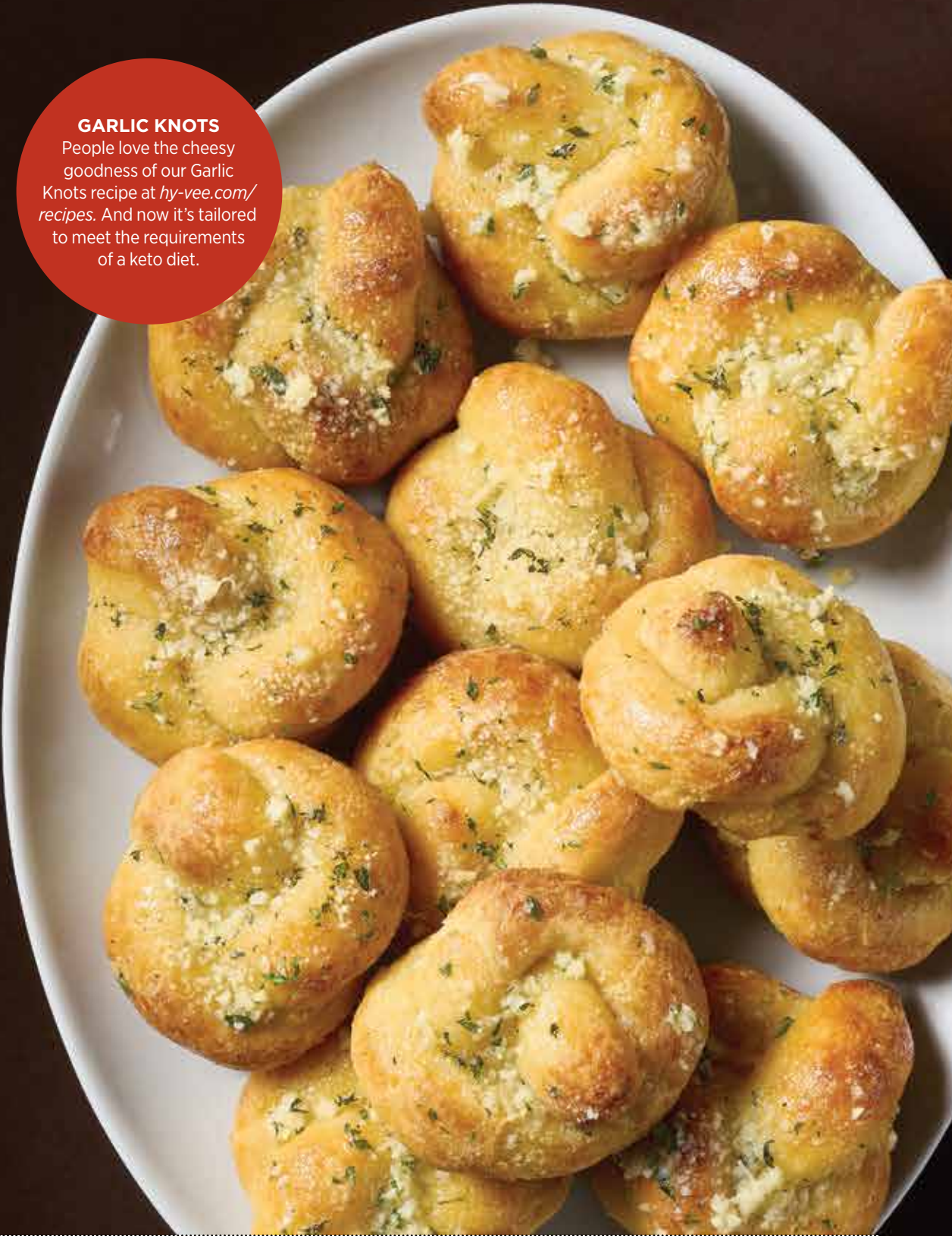
Hands On 15 minutes
Total Time 35 minutes
plus chilling time
Serves 12

- 2 cups Hy-Vee shredded mozzarella cheese
- 2 oz. Hy-Vee cream cheese, softened
- 2 cups Full Circle Market almond flour
- 2 Hy-Vee large eggs, lightly beaten
- 1 tsp. Hy-Vee baking soda
- 2 Tbsp. Hy-Vee unsalted butter, melted
- 2 Tbsp. bottled minced garlic
- 1 tsp. Hy-Vee grated Parmesan cheese
- ½ tsp. finely chopped fresh thyme
- ¼ tsp. Hy-Vee salt

- 1. COMBINE** mozzarella cheese and cream cheese in a medium microwave-safe bowl. Microwave on HIGH at 30 second intervals until melted, stirring each time. Let cool slightly. Stir in almond flour, eggs and baking soda using a wooden spoon. Cover; chill for 30 minutes.
- 2. PREHEAT** oven to 350°F. Line a baking sheet with parchment paper; set aside
- 3. ROLL** ¼ cup of dough into a 6-in.-long rope to form each knot. Tie dough into a loose knot tucking in ends; place on prepared baking sheet. Repeat with remaining dough, placing knots 2 in. apart. Bake for 12 to 16 minutes or until golden brown
- 4. STIR** together melted butter, garlic, Parmesan cheese, thyme and salt in a small bowl. Generously brush over hot baked knots. Serve warm.

Per serving: 180 calories, 16 g fat, 5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 290 mg sodium, 5 g carbohydrates, 2 g fiber, 2 g sugar (0 g added sugar), 8 g protein. Daily Values: Vitamin D 0%, Calcium 15%, Iron 6%, Potassium 4%

GARLIC KNOTS
People love the cheesy goodness of our Garlic Knots recipe at [hy-vee.com/recipes](https://www.hy-vee.com/recipes). And now it's tailored to meet the requirements of a keto diet.



KETO

WHY KETO?

Keto is short for ketogenic and aims to burn more fat by causing the body to

enter the metabolic state of ketosis. It calls for high fat, moderate protein and low carbohydrates, which can be a challenge with traditional holiday fare.

WHAT HY-VEE CAN DO
Hy-Vee helps you stay on track with keto-friendly dishes at [hy-vee.com/recipes](https://www.hy-vee.com/recipes), as well as keto-

friendly foods such as cheese crisps, ice cream, pancake mix, peanut butter snacks, plant-based noodles, pork rinds, snack bars and sugar substitutes.

A Hy-Vee dietitian can help you with a keto diet plan that works for you. Visit [hy-vee.com/health/hy-vee-dietitians](https://www.hy-vee.com/health/hy-vee-dietitians) for more information.

Vegan

Scalloped Potatoes

Hands On 55 minutes
Total Time 2½ hours
Serves 20 (½ cup each)

- Hy-Vee nonstick cooking spray
10 oz. Field Roast vegan Chao block non-dairy cheese, shredded; plus additional for topping
4 Tbsp. Hy-Vee all-purpose flour, divided
2 Tbsp. Earth Balance vegan buttery sticks
¾ cup finely chopped shallots

- 2 cloves garlic, minced
2½ tsp. Hy-Vee salt
½ tsp. Hy-Vee dried thyme
¼ tsp. Hy-Vee black pepper
4 cups Ripple dairy-free original half & half alternative
1 (5-lb.) bag Hy-Vee One Step russet potatoes, peeled and sliced ½ in. thick
Sliced green onions, for garnish

- 1. PREHEAT** oven to 350°F. Spray a 3-qt. rectangular baking dish with nonstick spray. Toss together 10 oz. non-dairy cheese and 2 Tbsp. flour in a medium bowl. Set aside.
- 2. MELT** buttery sticks in a heavy 5- to 6-qt. pot over medium heat. Add shallots, garlic, salt,

- thyme and pepper. Cook and stir 1 to 2 minutes or until shallots are softened. Stir in remaining 2 Tbsp. flour until combined. Stir in half & half alternative, then add potatoes. Bring to a simmer over medium-high heat; reduce heat. Simmer for 2 to 3 minutes or until slightly thickened, stirring occasionally.
- 3. SPOON** one-third of potato mixture into prepared baking dish. Top with half the non-dairy cheese mixture. Repeat layers. Top with remaining potato mixture. Cover tightly with foil.
- 4. BAKE** 1 hour. Remove foil. Sprinkle with

additional cheese, if desired. Bake, uncovered, for 25 to 30 minutes or until center is bubbly. Let stand 10 minutes before serving. Garnish with green onions, if desired.

Per serving: 200 calories, 10 g fat, 3.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 470 mg sodium, 23 g carbohydrates, 0 g fiber, 2 g sugar (0 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 10%

HAVARTI SCALLOPED POTATOES
While our original recipe met the needs of vegetarians, it's now vegan-friendly with nondairy cheese and vegan buttery sticks.



CHECK OUT THE HY-VEE VEGAN AND VEGETARIAN GUIDE AT [HY-VEE.COM/VEGAN-GUIDE](https://www.hy-vee.com/hy-vee.com/vegan-guide)



PLANT-BASED

WHY PLANT-BASED?

Vegetarian and vegan diets are both plant-based. A vegetarian diet is meatless, while a vegan diet excludes all animal products, including meat, eggs, dairy and honey.

WHAT HY-VEE CAN DO

Thanksgiving has been challenging for vegans and vegetarians in the past, but there are more options today, including Tofurky roast and stuffing, available at Hy-Vee separately or as part of a Holiday Feast package that includes plant-base gravy and a dessert.

Visit [hy-vee.com/recipes](https://www.hy-vee.com/recipes) to find hundreds of recipes searchable under *vegan*, *vegetarian* and other dietary lifestyles.

Dairy-Free Green Bean Casserole

Hands On 55 minutes **Total Time** 1 hour 15 minutes plus soaking time
Serves 10

- 1½ cups Hy-Vee roasted and unsalted cashews
- 3 cups water
- 2 cups Hy-Vee original unsweetened almond milk
- 2 lb. fresh green beans, trimmed
- 1 (3-oz.) pkg. sliced pancetta
- 1 (8-oz.) pkg. sliced baby bella mushrooms
- 1 cup dry white wine
- ½ cup chopped shallots
- ¼ cup Culinary Tours French style Dijon mustard
- 2 Tbsp. chopped fresh basil, plus additional for garnish
- 2 Tbsp. chopped fresh dill, plus additional for garnish
- 1¼ cups Hy-Vee lightly salted crispy onions

1. COMBINE cashews and water in a bowl. Cover and let stand at room temperature overnight.

2. PREHEAT oven to 350°F. Drain and rinse cashews; transfer to a blender. Add almond milk; cover and blend until smooth. Set aside.

3. COOK green beans in enough lightly salted simmering water to cover for 8 to 12 minutes or until tender. Transfer beans to a large bowl of ice water. Cool; drain well. Transfer beans to a 3-qt. baking dish; set aside.

4. FOR SAUCE, cook pancetta in a large skillet over medium-high heat until crisp. Remove pancetta from skillet and drain on paper towels; reserve drippings in skillet. Add mushrooms to skillet. Cook over medium heat for 5 minutes or until softened, stirring occasionally.

5. REMOVE skillet from heat. Add wine and shallots; return skillet to heat and bring to boil. Boil for 4 to 5 minutes or until wine evaporates.

Add cashew mixture; bring to a simmer, stirring occasionally. Stir in mustard, 2 Tbsp. basil and 2 Tbsp. dill; remove from heat.

6. SPOON mushroom mixture over beans. Sprinkle with pancetta and crispy onions. Bake for 20 minutes or until heated through. Garnish with additional basil and dill, if desired.

Per serving: 290 calories, 19 g fat, 3.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 300 mg sodium, 20 g carbohydrates, 4 g fiber, 5 g sugar (0 g added sugar), 8 g protein. **Daily Values:** Vitamin D 6%, Calcium 10%, Iron 15%, Potassium 10%

GREEN BEANS

This Thanksgiving staple now comes in a dairy-free version. Featuring roasted cashews, pancetta and onions, it substitutes almond milk for dairy cream.

DID YOU KNOW?

You can search Hy-Vee Aisles Online by dietary restriction to find only the foods and beverages that meet your needs.

DAIRY-FREE

WHY DAIRY-FREE?

Some people skip dairy products because they have milk allergies.

Others aren't able to fully digest lactose, a natural sugar in milk, leading to gastrointestinal issues and discomfort.

WHAT HY-VEE CAN DO

Hy-Vee has a wide variety of dairy-free options including plant-base butter, cheese,

ice cream, yogurt and assorted frozen desserts. Also find dairy-free milk made from almonds, soy, peas, rice, coconuts, oats and cashews.

For those who are lactose intolerant but don't want to give up dairy, Hy-Vee offers lactose-free products made from cow's milk.

SUGAR-FREE WHY SUGAR-FREE?

People may avoid sugar to lose weight or because of diabetes. Nearly 10 percent of the U.S. population has diabetes, a disease that occurs when blood glucose is too high and that causes serious health problems over time. Blood glucose comes from the foods we eat.

WHAT HY-VEE CAN DO

Hy-Vee has many sugar-free products, as well as sugar substitutes. There are also healthier snack options available, not to mention all the fresh and frozen produce you can imagine.

Hy-Vee dietitians can help you put together a healthy eating plan for diabetes. Find out more at hy-vee.com/health/hy-vee-dietitians

Sugar-Free Molten Chocolate Cakes

Hands On 20 minutes
Total Time 35 minutes
Serves 4

- ½ cup Hy-Vee unsalted butter, plus additional for ramekins
- Hy-Vee baking cocoa, for dusting
- ½ cup Lily's semisweet style baking chips

- 2 Tbsp. Lily's dark chocolate baking chips
- ¾ cup Swerve granular sugar replacement
- 2 Hy-Vee large eggs, room temperature
- 2 Hy-Vee large egg yolks, room temperature
- 3 Tbsp. Hy-Vee all-purpose flour
- ½ tsp. Hy-Vee vanilla extract
- Rebel no-sugar-added vanilla ice cream, for serving
- Strawberry slices, for garnish

1. PREHEAT oven to 425°F. Butter 4 (8-oz.) ramekins; dust with cocoa powder. Place ramekins on a baking sheet; set aside.

2. PLACE ½ cup butter and semisweet and dark chocolate chips in a medium microwave-safe bowl. Microwave on HIGH at 30-second intervals or until melted, stirring after each time.

3. BEAT sugar replacement, eggs and egg yolks in a medium mixing bowl with an electric mixer on high for 8 minutes or

until pale yellow and airy. Whisk in melted chocolate mixture, then whisk in flour and vanilla. Do not overmix. Spoon about ¾ cup batter into each prepared ramekin.

4. BAKE 16 minutes or just until cake edges are set. Do not overbake. Let stand for 2 minutes. Using a knife, loosen cakes from sides of ramekins. Invert onto dessert serving plates. Serve immediately with ice cream. Garnish with strawberry slices, if desired.

Per serving: 390 calories, 37 g fat, 21 g saturated fat, 1 g trans fat, 245 mg cholesterol, 45 mg sodium, 55 g carbohydrates, 0 g fiber, 0 g sugar (0 g added sugar), 7 g protein. **Daily Values:** Vitamin D 6%, Calcium 2%, Iron 20%, Potassium 2%

MOLTEN CHOCOLATE CAKES

We created a sugar-free version of this popular Hy-Vee recipe—one that still features that ooey-goey molten center everyone loves.

STORE pumpkin pie in the fridge for up to 2 days before Thanksgiving, or freeze up to a month.



LETTER CUTOUTS

Using small cookie cutters or a knife, cut letters and any other desired seasonal shapes (such as fall leaves) out of unbaked pie crust dough. Place cutouts on a baking sheet; lightly brush with water and sprinkle with cinnamon-sugar. Bake until golden brown, then cool and place on top of a pumpkin pie.

WHIPPED CREAM TOPPING WITH CHOCOLATE AND COFFEE

Beat 4 oz. softened cream cheese, ½ cup powdered sugar and 1 tsp. vanilla extract in a large bowl. Beat 1 cup heavy whipping cream in a separate bowl until soft peaks form. Add cream cheese mixture to the whipped cream and beat until stiff peaks form. Mound cream topping on a pumpkin pie and top with shaved chocolate and chocolate-covered coffee beans.

SEA SALT AND CHOCOLATE

Slowly heat ½ cup heavy whipping cream in a small saucepan, stirring constantly (or microwave on LOW, stirring every 10 seconds). Pour hot cream over 1 cup dark chocolate baking chips in a bowl. Stir until baking chips are melted and mixture is combined. Spread chocolate mixture evenly on top of a pumpkin pie. Sprinkle with sea salt. Let topping set before serving.



HOMESTYLE PUMPKIN PIES and other delicious varieties are prepared fresh at your local Hy-Vee Bakery. Pumpkin pies are available in 6-in., 10-in. and 12-in. sizes. Pick up or order ahead for the big day.

FANCY UP A HY-VEE BAKERY FRESH PUMPKIN PIE FOR THANKSGIVING WITH ONE OF THESE SIMPLE PIE TOPPERS.

dress-ups

CARAMELIZED PECANS

Top a pumpkin pie with caramelized pecans, piling them in the center or sprinkling evenly over the surface. Drizzle with caramel sauce.

ICING DESIGN

Spoon cream cheese frosting into a piping bag fitted with a small round tip (or place frosting in a small plastic bag and snip off corner of bag). Pipe a design on top of a pumpkin pie, starting in the center and working toward the edge to prevent smearing.

S'MORE

Arrange mini marshmallows on a pumpkin pie, almost completely covering the top. Use a kitchen torch to lightly toast the marshmallows, or place the pie under the broiler about 1 minute or until marshmallows begin to turn golden brown. Drizzle with melted milk chocolate.





WHAT TO

DRINK

THANKSGIVING DAY

Food may be the star, but it's also nice to have ample beverage options on hand. Check out these drink ideas for before, during and after the feast.



PRE-DINNER

Get Things Rolling

BREAK THE ICE—LITERALLY AND FIGURATIVELY—BY SERVING A PARTY-STARTER. THIS BUBBLY PROSECCO HONEY THYME PALOMA HAS A LIGHT, CRISP TASTE TO CLEANSE THE PALATE AND STIMULATE THE APPETITE FOR THE MEAL TO COME.

Prosecco Honey Thyme Paloma

Prepare Honey and Thyme Simple Syrup. Add 3 oz. refrigerated ruby red grapefruit juice, 1 oz. prepared simple syrup and 1 oz. silver tequila to an ice-filled cocktail shaker. Cover and shake well until chilled. Strain into an ice-filled 12-oz. stemless flute glass. Add 3 oz. Prosecco sparkling wine. Garnish with grapefruit zest and fresh thyme sprig, if desired. Serves 1 (10 oz.).

Honey and Thyme Simple Syrup

Heat 1 cup water and ½ cup Hy-Vee granulated sugar in a small saucepan over medium heat until sugar dissolves. Stir in ½ cup Hy-Vee honey, 2 sprigs fresh thyme and ⅛ tsp. Hy-Vee salt. Simmer 8 to 10 minutes or until reduced by half. Strain into a heat-proof container. Cool completely. Cover and refrigerate up to 2 weeks. Makes 1 cup.

COCKTAIL HOUR

Offer a range of drinks so each guest finds a favorite.



BEER Try a hop-forward IPA or a dark lager that highlights rich roasted barley malt. Not sure what to serve? Build your own six-pack at Hy-Vee so guests can sample various styles and flavors.



HARD SELTZER Satisfy different tastes with a variety pack from Hy-Vee. Popular flavors include lemon, mango, strawberry, cherry and pineapple. There's even cranberry!



SPIRITS Make Thanksgiving-inspired cocktails like a Cranberry Gin Fizz or a DIY Flavored Vodka. Find recipes for these drinks and more on "The Beard Behind the Bar" on [hstvtv.com](https://www.hstvtv.com)



NONALCOHOLIC Soda, flavored water and iced tea provide alternatives to alcohol. Guests might also enjoy cranberry juice poured over a scoop of sherbet.



DURING DINNER

A natural with turkey, wine is a masterful match for other hearty fall flavors. Hy-Vee’s certified sommelier, Blair Zachariasen, shares suggestions.



ROSÉ WINE This summer classic is a nice match for Thanksgiving with its notes of cranberry and pomegranate and a dry, refreshing finish. **Blair recommends:** Winc Wine Co. Summer Water Rosé. “It is just so yummy and definitely not just for summer.”

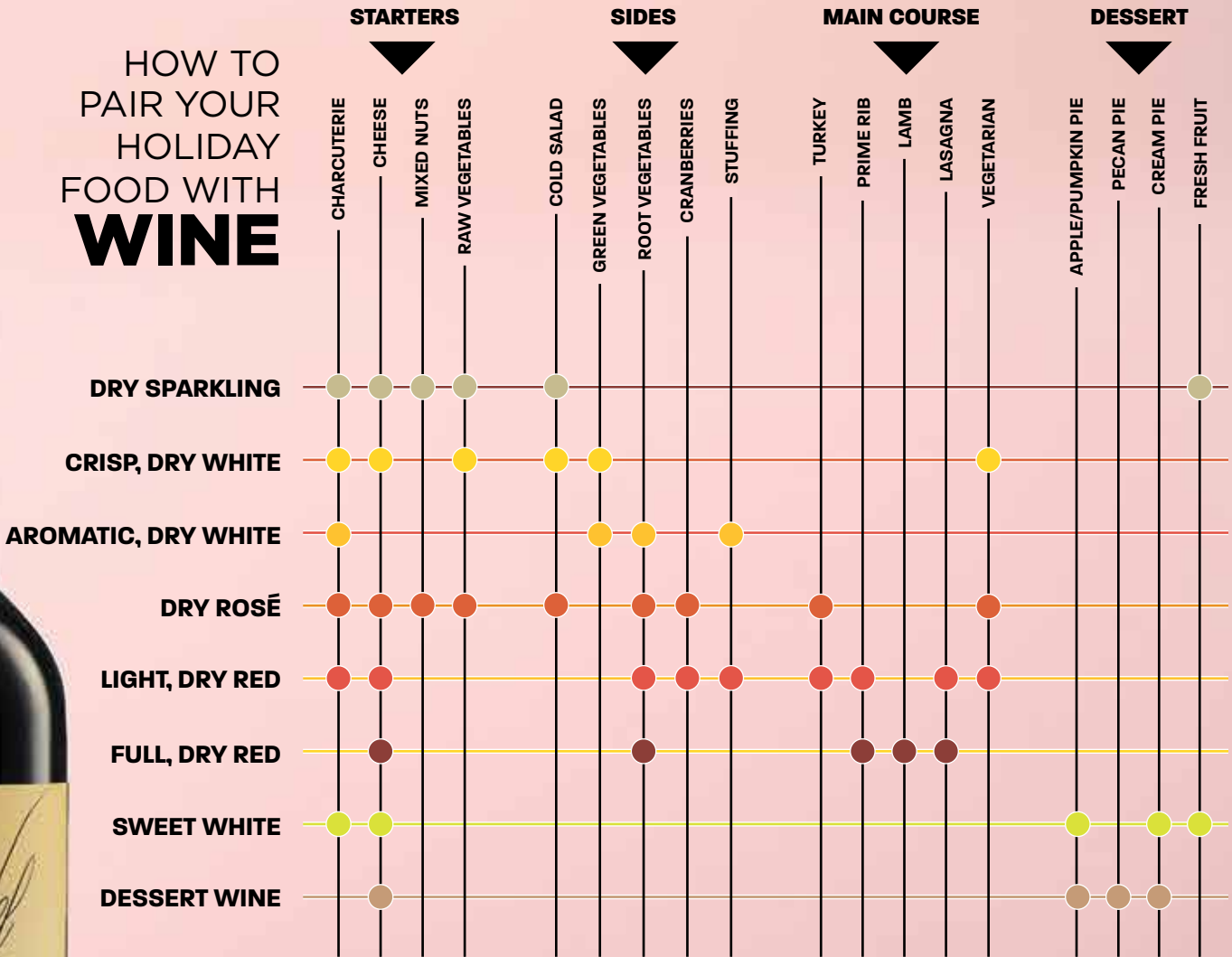


FULL RED WINE Syrah and Zinfandel are full-bodied wines with complex flavors and rich mouthfeels that bring an aromatic contrast to mild flavors. **Blair recommends:** Para Maria or La Cuadrilla from Stolpman Vineyards or Seghesio Sonoma Zinfandel.

WHITE WINE A medium-bodied white wine has versatility, so it pairs well with Thanksgiving staples such as turkey and root vegetables. **Blair recommends:** Pine Ridge Chenin Blanc + Viognier. “It has notes of green apple, white peaches, apricot and honey, with a dry finish. It is super affordable and a crowd-pleaser.”



HOW TO PAIR YOUR HOLIDAY FOOD WITH WINE



SERVING STRATEGIES

POUR ON THE CHARM WITH THESE TIPS FROM HY-VEE WINE & SPIRITS MANAGER BLAIR ZACHARIASEN

AT THE DOOR “Greet guests with a welcome drink as you take coats. It’s a great way to break the ice. A glass of bubbly is celebratory and welcoming. Or make a large batch of cocktails and pre-pour them so guests mingle without immediately crowding around the table.” **AT THE TABLE** “Pour first course wines before inviting guests to sit at the table. Everyone will be ready to toast the host right away!”

BEFORE THE ENTRÉE “After salads have been cleared from the table, offer both red and white wine to your guests, then allow them to pour their own refills so you can sit back and enjoy the party.” **BEFORE DESSERT** “Consider an activity or break after the main courses and before dessert is served. It helps clear the room while you take a breather, clear the table, brew coffee and set clean glassware.”



pro tip: BE VERSATILE

“I like to pick pairings for appetizers and starters, but I have learned that it’s easiest to offer a red and white with the main course and let people choose. Keep it simple: just one versatile white and one versatile red. Everyone gets something they like, both will work with the food and it might even inspire someone to try something new that they will love.”

—Blair Zachariasen, certified sommelier Hy-Vee, Des Moines, Iowa

Wine selections vary by location. Ask your local Hy-Vee Wine & Spirits manager for recommendations.

SIP AND
SAVOR

Finish dinner on a
sweet note worth
savoring—with or
without dessert!



LIQUEUR Appalachian Apple Pie Moonshine from Sugarlands Distilling Co. has a distinctive flavor featuring a mix of green apples, citrus and caramel. The fall flavors fit Thanksgiving to a T.



COGNAC Branson Cognac showcases blends from the finest producers in the Cognac region of France and aged in new and old French oak barrels. Read *The Hustle* in this issue to see the celebrity behind this Cognac.



PORT Taylor Fladgate 10 Year Old Tawny is fully matured in seasoned oak casks over many years, giving it a rich aroma and smooth, mellow flavor worthy of an after-dinner drink.



CREAM LIQUEUR Baileys cream liqueurs are a sweet addition to the dessert menu. A number of flavors fit well with Thanksgiving dessert, especially espresso.

Make It Memorable
IF YOU SERVE
A SPECIALTY
COCKTAIL, PRINT THE
RECIPE ON CARDS
FOR GUESTS TO TAKE
HOME. OR IF IT'S A
RECIPE FROM *HY-VEE*
SEASONS, LEAVE THE
MAGAZINE OPEN SO
GUESTS CAN SNAP
A PHOTO IF THEY
WANT TO RE-CREATE
THE DRINK AT HOME.

Cinnamon Port of Call
Prepare Cinnamon and Clove Simple Syrup. Add 1½ oz. prepared simple syrup, 1½ oz. ruby port wine, 1 oz. dry gin, 1 oz. fresh lemon juice, 1 tsp. cranberry relish, 3 dashes orange bitters and 2 fresh mint leaves to an ice-filled cocktail shaker. Cover and shake well until chilled. Strain into an ice-filled 8-oz. coupe cocktail glass. Garnish with cranberries and star anise, if desired. Serves 1 (6 oz.).

Cinnamon and Clove Simple Syrup
Heat 1 cup Hy-Vee granulated sugar and 1 cup water in a small saucepan over medium heat until sugar dissolves. Stir in 1 tsp. Hy-Vee ground cinnamon and 3 whole cloves. Simmer 8 to 10 minutes or until reduced by half. Strain into a heat-proof container. Cool completely. Cover and refrigerate up to 2 weeks. Makes 1 cup.

POST-
DINNER

BAR ESSENTIALS

For more cocktail ideas, visit hy-vee.com/recipes and filter the search to “drinks” under Course Type.



Stock your bar with the basics so you're set to serve all the classic and most popular mixed drinks like gin and tonics, vodka tonics, screwdrivers, cosmopolitans and more.

- | | | | | |
|--|--|--|---|---|
| SPIRITS <ul style="list-style-type: none">• Bourbon• Campari liqueur• Gin• Grand Marnier/Cointreau orange liqueur• Rum• Scotch• Tequila• Vermouth (both sweet and dry)• Vodka | GARNISHES <ul style="list-style-type: none">• Grapefruit• Lemons• Limes• Maraschino cherries• Olives• Oranges• Sea salt | BAR TOOLS <ul style="list-style-type: none">• Bottle opener• Coasters• Cocktail napkins• Cocktail shaker• Corkscrew• Cutting board for garnishes• Grater• Ice bucket• Jigger• Mixing glasses• Peeler• Stirrer• Zester | MIXERS <ul style="list-style-type: none">• Bitters (both Angostura and Peychaud's)• Cola• Club soda• Cranberry juice• Ginger ale• Orange juice• Simple syrup, grenadine• Sparkling water• Tomato juice• Tonic water | GLASSWARE <p>Look to Hy-Vee for all the bar glassware you need, including beer mugs and glasses, as well as glasses designed for cocktails, martinis, whiskey and various styles of wine, including champagne.</p> |
|--|--|--|---|---|

Your guests will never guess what you paid.

Don't judge a wine by its price tag when Hy-Vee offers an exclusive line of delicious wines for just \$3, \$6 or \$9.

\$3



\$6



\$9



Always a wine for \$3. \$6. \$9

HyVee

life

Customized presents, tips for the holiday table and hilarious games the whole family can enjoy.

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Check everyone off your holiday shopping list with just one trip to Hy-Vee. Find gift baskets, Advent calendars and hostess gifts for every occasion.

holiday gifting

GIFT BASKETS

SIMPLIFY HOLIDAY SHOPPING BY PICKING UP PREMADE GIFT BASKETS FROM HY-VEE.



STONEWALL KITCHEN JAM AND CRACKER BOARD Give the building blocks for the best snack board ever. The stylish wood serving board will fit in at any gathering, and with crispy crackers and a trio of fruit spreads, the recipient already has a few appetizers to serve.



BECAUSE YOU'RE WORTH IT, ROYAL TREATMENT AND PAMPER YOURSELF BASKETS Pick out a self-care basket filled with items for pampering, such as under-eye masks, makeup, skin care creams and hydrating peel-off facial masks.

BON APPÉTIT GOURMET GIFT BASKET Give everything snack lovers need for a true feast—smoked cheese, chocolate truffles, mixed olives, gourmet crackers and more.

gifts galore

HY-VEE OFFERS PRESENTS FOR THE DRINK AND SNACK CONNOISSEURS IN YOUR LIFE. TREAT-FILLED GIFT BASKETS SHOW SOMEONE YOU CARE AS YOU INTRODUCE THEM TO NEW DELICACIES.



A. TEA LOVERS Steep global Culinary Tours tea blends; includes a tea press.

B. PREMIUM SNACK BASKET Sample a variety of fun snacks, including Cretors popcorn and Dot's pretzels.

C. ITALIANO Gift premium Gustare Vita pastas and sauces to make an Italian feast.

D. LINDT LOVERS This collection of melt-in-your-mouth truffles and chocolate bars includes an assortment of flavors.

E. COFFEE LOVERS Sip and savor a variety of Starbucks coffee blends out of stylish mugs. Chocolate biscotti is included for extra decadence.

F. SEASON'S GREETINGS Indulge in sweet and savory treats such as smoked gouda cheese and chocolate truffles.

G. MOOSE CRUNCH AND SNACK BASKET Try three flavored popcorns, plus other candies.

H. ZÖET BASKET Give your favorite chocolate lover this basket filled with flavored Zöet bars and sweet snacks.

I. V CHOCOLATE ASSORTED Sample Hy-Vee's best chocolates, including turtles, toffee bites and sweet and salty caramel pretzels.

J. TASTE OF ITALY Indulge in gourmet Italian foods including olive oil, pasta, premium seasoning and crunchy cookies.

K. THE CLASSIC A burgundy leather basket holds an assortment of crackers, olives, cheeses, snack mixes and truffles.

L. CHOCOLATE LOVERS Brownie brittle, wafer cookies and plenty of chocolate will make anyone with a sweet tooth happy.

M. CHOCOLATE BOUTIQUE BASKET Combine two loves, chocolate and flowers, into one gorgeous gift.

N. THE GOURMET Enjoy all of Hy-Vee's best holiday snacks, including cheeses, chocolates and nuts.

O. CLASSIC SNACK BASKET Give a snack assortment with ghost pepper salsa, Dot's pretzels and cheese crisps.

P. GOURMET SALSA BASKET Dip organic tortilla chips into spicy salsas such as peach and habanero.

Q. GOURMET PREMIUM For the person who considers charcuterie its own food group, give fruit spreads, crackers, artisan meats and chocolate-covered fruits.

R. COLD DAY COMFORT An adorable soup mug, bowl cozy and three gourmet soup mixes make cold weather much more enjoyable.

BUILD YOUR OWN GIFT BASKET

Combine gifts from Hy-Vee to create a one-of-a-kind basket.

1. THEME: Choose a common thread for all the gifts in the basket; it could be a food or flavor, favorite color or hobby of the recipient.

2. CONTAINER: Pick out a traditional basket, or a container that fits with your theme. For example, use a baking dish or large pot for a cooking-theme basket.

3. BASICS: Select items that fit your theme. Include a few larger items, then fill in gaps with smaller gifts.

4. DETAILS: Add small touches to complete the basket, such as a large bow, gift tag or colorful ribbon.

HOSTESS GIFTS

SAY THANK YOU TO DINNER PARTY AND HOUSEGUEST HOSTS BY PICKING UP SMALL PRESENTS AT HY-VEE.



Hy-Vee has holiday chocolates to suit any host's tastes, including chocolate turtles with pecans and caramel, dark chocolates, caramels and mints.



HAPPY FALL FLORAL ARRANGEMENT Bring your host a gorgeous bouquet from Hy-Vee Floral to brighten up the dining table. This arrangement includes seasonal berries and blooms in light oranges, bright reds and pale greens for a beautiful blend of fall colors.



BOSKA BARK CHEESE BOARDS Boska's set of wooden cheese boards is a great gift for the person who always makes a beeline for the charcuterie tray. Each board is cut from a slice of an alder tree, then finished with a polished, lacquered coating for easy cleanup. A set of stainless steel cheese knives is included for serving with ease.

BASIN TRIO GIFT SET

Give your hostess something to help them relax and unwind after entertaining holiday guests. Basin's gift set includes three small bath bombs, bath salts and a signature soap for the ultimate pampering session.



HOUDINI 5-PIECE BAR SET

Give essential tools for creating the best custom cocktails with a bar set that includes a shaker, stirrer, muddler, strainer and double jigger. It'll be a much-welcome addition to any host's bar cart.



HOLIDAY STARBUCKS GIFT SET If your hostess always has a cup of coffee nearby, give them a Starbucks set that includes a travel mug and a bag of Starbucks' holiday blend coffee. This gift will come in handy on every busy morning!

HOUDINI 4-PIECE WINE SET For anyone who always has a few bottles of wine on the table, give a Houdini vertical corkscrew, which removes corks with the simple lift of a lever. The set also includes a foil cutter, extra spiral and wine stopper.





CANDY CALENDAR

Make a DIY Advent calendar wreath part of your decor this holiday season. Customize by using your child's favorite treats and holiday colors that match the rest of your decor. Display it where kids can easily reach and everyone can follow the countdown to Christmas.

HOW TO MAKE A WREATH

Use a few common craft items to create a countdown calendar that doubles as decor.



1. Choose treats and seal in 2-oz. round plastic containers. Wrap containers in polyester film (such as Mylar) or tissue paper; secure with clear tape.



2. Tie a short length of ribbon around the extra tissue paper on either side of each container so it looks like a wrapped piece of candy.



3. Secure wrapped containers to a 19-in. wire wreath form with hot glue, spacing the containers so the sides just touch.



4. When all of the containers have been attached, number them with a thick permanent marker or stickers.

HISTORY OF THE ADVENT CALENDAR

Advent calendars were first used in the 1800s by German Lutherans. Gerhard Lang is credited with creating the first modern Advent calendar in Germany in the early 1900s. It featured color pictures behind cardboard doors. He later created a version with chocolates for each day in 1926. In the United States, Advent calendars increased in popularity in the early 1950s after President Dwight D. Eisenhower's grandchildren were pictured with one.



WINE ADVENT CALENDAR
Throughout December, open 24 windows to reveal mini bottles of wine, including rosé, moscato, pinot noir and chardonnay.



HOLIDAY COCKTAIL COLLECTION
Say "cheers" to the holidays with a 12-pack of two-serving cocktails, including cold-weather specialties like bourbon eggnog and gingerbread white Russian.



BUBBLY BOX
Mark the days until the new year with a collection of six mini bottles of imported sparkling wine.



24 CRAFT BEERS OF CHEER
Celebrate all 24 days with craft beers representing seven different breweries. Crack open seasonal IPAs, sours, wheat ales and more.

advent treats

ADULTS CAN COUNT DOWN THE DAYS IN DECEMBER TOO WITH ONE OF HY-VEE'S BEER, WINE OR COCKTAIL ADVENT CALENDARS.

A full-page photograph of Curtis '50 Cent' Jackson sitting at a bar. He is wearing a brown and tan plaid blazer over a light blue turtleneck. He has a beard and is looking directly at the camera with a slight smile. His left hand, resting on the bar, wears a large diamond watch and a large diamond ring. His right hand, resting on his lap, also wears a large diamond ring. A glass of amber liquid sits on the bar in front of him. The background is a dimly lit bar with shelves of bottles.

CURTIS
“50 CENT”
JACKSON

THE HUSTLE

POWERED BY DETERMINATION AND WIT, 50 CENT PUSHED THROUGH A DIFFICULT START IN LIFE TO BECOME ONE OF THE WORLD’S TOP RAP STARS. HIS DRIVE FOR SUCCESS, STYLE AND APPRECIATION FOR THE FINER THINGS—NOW INCLUDING A LINE OF COGNACS AND CHAMPAGNES AVAILABLE AT HY-VEE—IS SPURRING HIS ENTREPRENEURSHIP TO NEW HEIGHTS.

“I think the only thing that separates people is their passion,” says Curtis James Jackson III, aka 50 Cent. For Jackson—born in 1975 in South Jamaica, Queens, where crime, gang violence and drugs were common at the time—it is a passion born of struggle. At age 8, following the death of his mother, Jackson moved in with his grandmother, but soon he was hell-bent on providing for himself. He was boxing by 11, which helped him through a difficult upbringing. Jackson produced his first album, *Power of the Dollar*, by 25. He began calling himself 50 Cent. He said, “It’s a metaphor for change.”

But like most who climb a towering ladder of success, each new rung comes with its own set of unexpected obstacles. Days before his first single was to be released by Columbia Records, he was shot nine times and lived to tell about it. He knew then that he had a greater purpose in life.

Previously, at age 21, he’d hit the jackpot when his musical talents led to a random introduction to Jam Master Jay (the late Jason Mizell of popular hip-hop group Run-DMC). “He was one of my biggest inspirations,” he says, crediting Mizell for the career boost. “Early on, he helped me with my writing habits. His influence propelled me to the next level. I learned from him.”

Jackson’s star had been on the rise—until he got shot. It was an

unexpected knockdown that became the catalyst for his first big success. During his recovery, Jackson created and released five albums’ worth of material in just a few months. His fame was growing and soon he became an instant millionaire after penning a joint label deal with Eminem and Dr. Dre. When his debut album, *Get Rich or Die Tryin’*, was released and it sold more than 2.1 million copies in its first three weeks alone, Jackson knew he had arrived.

Fans responded to his personal music, rooted in a difficult, but not unfamiliar, struggle to those living in inner cities. “Your personal life experience is the unique part of you. That’s part of the journey. It creates a connection with the audience,” he says.

Maintaining that connection while looking for the next challenge is a big part of who Jackson is. He has built a professional legacy well beyond the music world, especially in the television and motion picture industry. “I’m just getting started,” he says. “I’m almost, you can say, more successful in television and film than music because of how many shows there are in a short time period.... I’m enjoying it.” It makes sense, because having a successful film or television project mirrors the feeling of having a hit music single. The big difference is that Jackson has carved out a lane for himself in film and television that is unparalleled.

THE BIG
SCREEN

Jackson first appeared in 2005's *Get Rich or Die Tryin'*, a biopic loosely based on his life story. Since then he has been credited with roles and appearances in more than 30 television projects and more than 20 motion pictures, some with Hollywood royalty like Robert DeNiro, Al Pacino, Sylvester Stallone, Bruce Willis, Arnold Schwarzenegger, Gerard Butler, Jake Gyllenhaal, Nicolas Cage, Samuel L. Jackson, Forest Whitaker, Sharon Stone and Melissa McCarthy. In addition, Jackson has forged a path as a film and television executive producer, with hit shows like *Power*, which led to multiple spin-off prequels including *Raising Kanan*, based on the younger life of Jackson's character. Jackson has also had multi-season scripted and unscripted projects on ABC (*For Life*), Starz (*Black Mafia Family*), BET (*50 Central*), SundanceTV (*Dream School*) and MTV (*50 Cent: The Money and The Power*).

Smoothly transitioning from one industry to another as easily as walking between rooms may be hard for some, but for Jackson, it just seems to bring energy. "I love what I'm doing, not just the things that come from it. So I'm enjoying myself. And I continue. They always say, 'You've accomplished a lot. What do you want to do?' And I say, 'More! More of what I'm doing. More of what I'm already doing.'"

In 2016, Jackson formed Sire Spirits, a luxury producer of Champagne and Cognac. His Branson Cognac line is sourced from the finest vineyards in France's Cognac region.

"I am proud to have developed quality Cognac blends that are resonating with both established Cognac connoisseurs and new drinkers alike. As an aspirational lifestyle brand, it was important for me to deliver Cognac that can be enjoyed in nightlife, at restaurants, but even more importantly, at home with close friends and family. Right now, the completion of an at-home bar requires having one or more of our Cognacs present, and that means we did it right," he says.

Jackson had a comprehensive role in the development of Le Chemin du Roi Champagne and Branson Cognac and continues to push the brands forward. "Since I solely own Sire Spirits, I have been involved in all aspects of developing the brands, from selecting the Champagne and Cognac blends, to the finest detail involved in the bottle design and marketing... The packaging and branding was something I personally worked on—I had a

glassblower in Brooklyn help me do the design for the Branson Genie bottles. It was my vision to put the king chess piece on the front of the Champagne bottle."

The struggles of Jackson's youth all factor into his drive to keep moving, learning and pivoting to the next project. Whatever the reason, he has his eye on the final outcome: his legacy. "People who help people have the strongest legacies," he says. "Who I assisted, who I helped along their unique path to success will be my legacy."

GIVING BACK

In 2003, Jackson founded the G-Unity Foundation to support programs that foster social and leadership skills to empower urban youth to develop the confidence, tools and knowledge they need to excel in life. The Foundation's goal is to help promote positive outcomes by providing the kind of opportunities and knowledge Jackson had to acquire on his own. "Team building and entrepreneurship are skills I learned along the way, but they are so important to develop early," he says.

"I've spent years donating my time and energy to communities in need. I started G-Unity to do the same—to give back to kids so they have it a little easier than I did. We recently launched an entrepreneurship program with the Houston Independent School District. They are the seventh-largest school district in the U.S. and matched funds with me to create a program to help at-risk youth learn practical entrepreneurship skills. I plan to expand this program to other schools across the country in the near future."

“They always say, ‘You’ve accomplished a lot. What do you want to do?’ And I say, ‘More! More of what I’m doing. More of what I’m already doing.’”

CAREER
HIGHLIGHTS

- 1975**
Born July 6 in Queens, New York.

1996
Meets mentor, Jam Master Jay.

1999
Releases first album, *Power of the Dollar*, as a bootleg version.

2000
Signs record deal with Columbia Records.

2001
Signs \$1 million label deal with Shady Records/Aftermath Entertainment.

2003
Releases debut studio album, *Get Rich or Die Tryin'*.

2003
Lead single, *In Da Club*, sets Billboard record as most-listened-to song in radio history.

2003
Starts his own record label, G-Unit Records, soon followed by G-Unit Clothing Company, G-Unit Films and G-Unit Books in subsequent years.

2004
Registers "50 Cent" with the U.S. Patent and Trademark Office.

2004
Wins first of 14 Grammys.

2005
Second commercial album, *The Massacre*, sells 1+ million copies in four days.
- 2005**
Stars in *Get Rich or Die Tryin'*, a fictional film based on his life.

2005
Publishes memoir, *From Pieces to Weight*.

2008
Credited as writer, director and actor in *Before I Self Destruct*.

2009
Publishes *New York Times* best seller, *The 50th Law*.

2014
Co-stars, co-creates and executive produces STARZ show, *Power*.

2018
Launches Le Chemin du Roi Champagne.

2019
Launches Branson Cognac.

2020
Awarded a star on the Hollywood Walk of Fame.

2020
Wins an NAACP Image Award for outstanding directing for an episode of *Power*.

2020
Partners with Hy-Vee to offer buyers premium Champagne and Cognac.
- Jackson is also a *New York Times* multiple best-selling author. His recent book, *Hustle Harder, Hustle Smarter*, is a top-rated book that has just been released by Harper Collins in paperback version.





PARTNERSHIP
WITH
**HY-VEE WINE
& SPIRITS**

**THE
BUSINESS**

As yet another way to share the best life has to offer, Jackson developed a line of award-winning Champagnes and Cognacs that evoke sophisticated evenings spent in well-heeled drinking establishments. And because of his partnership with Hy-Vee, that nightlife can now be found close to home.

SIRE SPIRITS OFFERS CHAMPAGNES AND COGNACS OF EXQUISITE QUALITY MADE WITH GRAPES FROM SOME OF THE FINEST VINEYARDS IN FRANCE.

CHAMPAGNES In 2018, Sire Spirits launched a line of wines called Le Chemin du Roi Champagne (“The King’s Path”), which includes a Brut, Rosé and Blanc de Blancs. Each delicate wine is made from hand-selected grapes from the Champagne region of France. The Brut has brioche, apple and tarragon notes. The Blanc de Blancs has flavors of toasted caramel and orange peel with a balancing acidity. And the Rosé has ripe black cherry fruit with lightly toasted almonds and a crisp finish.

COGNACS In 2019, Jackson developed four varieties of Cognac under the Branson label. His move into Cognacs was also inspired by the idea of legacy. “It’s one of the most popular spirits in nightlife, and it’s a classic spirit that has been enjoyed since the 17th Century.” Aged in French oak barrels, Branson Cognac varieties are available in VS, VSOP and XO grades of Cognac—Phantom; Royal; VSOP, Grande Champagne and XO, Grande Champagne labels. They deliver a floral aroma with tobacco, vanilla and sweet spice notes. “Our Cognac and Champagne are suitable for anyone who enjoys the finer things in life.”

WHAT IS
COGNAC? A DOUBLE-
DISTILLED
BRANDY AGED
AT LEAST
2 YEARS
AND MADE
WITH WHITE
GRAPES
THAT ARE
GROWN IN
THE COGNAC
REGION OF
SOUTHWEST
FRANCE.

**DEGREES
OF COGNAC
EXCELLENCE**

VS: Very superior, aged 2 or more years, intended for mixed drinks

VSOP: Very superior old pale, aged 4 or more years, intended for sipping or mixed drinks

XO: Extra old, aged 10 years or more; serve on ice or pair with food

**LEGACY
BRAND**

Integrating his past and his future led Jackson to create Sire Spirits. “The company is named after my son, Sire. I hope to leave the company to him,” he says.

CRACK A Skip the club and enjoy one of
these popular drinks at home.
BOTTLE

**Branson
Cognac
Sidecar**

Total Time 5 minutes
Serves 1 (4 oz.)

Hy-Vee granulated sugar, for garnish
1½ oz. Branson Phantom Cognac
¾ oz. orange liqueur
¾ oz. fresh lemon juice
Orange peel twist, for garnish

- 1. PLACE** sugar in a shallow dish. Rub rim of a 6-oz. chilled cocktail glass with orange wedge; dip rim in sugar; set aside.
- 2. ADD** cognac, orange liqueur, lemon juice to an ice-filled cocktail shaker. Cover and shake well until chilled. Strain into prepared glass. Garnish with orange peel twist, if desired.

**Branson
Cognac
Boulevardier**

Total Time 5 minutes
Serves 1 (4 oz.)

1½ oz. Branson Phantom Cognac
1 oz. sweet vermouth
1 oz. Campari liqueur

Orange peel, for garnish
Hy-Vee maraschino cherry, for garnish

ADD cognac, sweet vermouth and Campari liqueur to an 8-oz. cocktail glass. Add a large ice cube; stir to combine. If desired, skewer orange peel and maraschino cherry on a cocktail pick for garnish.

UNWRAP THE



TRADITION

LOOK FOR NEW, FUN, EXCITING AND OUT-OF-THE-ORDINARY PRODUCTS AT HY-VEE FROM MINORITY- AND WOMEN-OWNED BUSINESSES.

Hy-Vee Supports Diversity

“WE’VE BECOME MORE INTENTIONAL IN LOOKING FOR MINORITY- AND WOMEN-OWNED BUSINESSES TO SUPPORT. THIS MAKES US STRONGER AND HELPS BUILD BETTER COMMUNITIES,” says Sailu Timbo, Vice President of Community and Diversity Relations for Hy-Vee. The number of businesses that are owned by women or people of color continues to grow; however, their percentage of sales is not keeping pace. Hy-Vee believes it is important to find these businesses and purchase from them so they can continue to grow, and in turn, support their communities.

“There is so much opportunity here. I’m so appreciative of Hy-Vee and so excited to grow together.”

—Terri Nguyen, Founder



LUA VIETNAMESE COFFEE

Discover new ways to enjoy single-serve coffee.

QUICK PICK-ME-UP

Entrepreneur and immigrant Terri Nguyen started LUA Vietnamese Coffee in 2016 to share delicious, single-serve coffee with Americans. “Vietnamese

coffee can be bitter,” Terri says, “but I use 100% Arabica beans for a smooth, easy-to-drink flavor.” Enjoy LUA—it means silk in Vietnamese and is used as an acronym for Lasting Unique Aroma—in ready-to-drink cold brew, pour-over coffee, coffee sachets and new oat milk latte.

BENEFITS TO COMMUNITY

Supporting minority- and women-owned businesses allows you to advocate for the cultures and products you believe in, as well as buy some unique items. If the businesses are locally owned, it benefits the community because the dollars spent stay in the area.

Also, buying from entrepreneurs of color helps create jobs, closes the wealth gap in local

neighborhoods, promotes social mobility and helps the community overall.

Hy-Vee can help. It works with organizations like 24/7 Black Leadership Advancement Consortium and hosts Best of Local Brands summits to find minority- and women-owned businesses and add their products to store shelves, making it easier for you to find and shop them.



MAMA KICKS!

Paying tribute to women everywhere for keeping cultural traditions alive.

EQUALITY FOR ALL

Founder Adina Dahlin is committed to helping women—5 percent of sales from her sauces are donated to help female entrepreneurs from around the world find independence and equality. The globally inspired marinades and sauces add the authentic flavors of distant lands—from the Caribbean to the Congo—to your dinner table.



PEARLIE'S PICKLES

Out-of-the-box thinking led to a dream come true.

FAMILY TRADITION

Using her grandmother Pearlie's recipe, Nicole Bailey created a line of flavored sweet pickles in 2015. She started with five flavors sold at farmers' markets near St. Louis but now has more than 40 flavors available across the Midwest in stores like Hy-Vee. Her company is a poster child for homegrown, family-owned businesses, Nicole says. "As a single African-American mother of four children, if I can, anybody can!"

"It would be cheating the community out of assets if we did not invest in minority-owned businesses. More jobs can be offered within minority neighborhoods, empowering the areas to grow."

—Nicole Bailey, Founder



CONTINUE TO GROW

The sales from stores like Hy-Vee allowed Pearlie's Pickles to buy equipment needed to expand.



BIG MOE CASON

A passion for backyard barbecue turned into a business.

RUBS THE RIGHT WAY

After working the competitive barbecuing circuit for several years, Moe Cason started bottling the sauces and rubs that helped him win awards. The inspiration behind them came from his grandmother, who he watched as she cooked everything from scratch for

her 17 children and their children. "Between my grandmother and mother, I developed a fondness for cooking," Moe says. That steered him toward barbecue, and Big Moe Cason products are now available at Hy-Vee. Add authentic Kansas City, Memphis or Texas barbecue flavor to your own dishes.



Tune in to *Moe Town BBQ* on **HSTV.com** to watch Moe's backyard barbecue greatness.



GYM-N-EAT CRICKETS

Dare to eat differently with "prairie lobsters."

A BUG'S LIFE

Shelby Smith grew up on a farm in Iowa, but knew corn and soybeans weren't her future. In 2018, she started raising crickets and making protein bars, roasted crickets and cricket powder in a variety of flavors. "It's OK to be afraid at first," Shelby says. "But think about why you eat what you eat and give crickets a try. You might be surprised at how much you like them!" She is on a mission to "change the way Americans eat, one bug at a time."

"If you want diverse, business-owning role models in the community, support those businesses with your dollars."

—Shelby Smith, Founder



"We welcome the obligation to equip young people with the tools to live their best lives and overcome familiar, unfortunate circumstances by turning a daily ritual—enjoying a cup of coffee or tea—into a means of giving back."

—Pernell Cezar and Rod Johnson, Founders



BLK & BOLD COFFEE
Community support propelled the specialty coffee brand to national distribution.

RITUAL GIVING

BLK & Bold coffee founders Pernell Cezar and Rod Johnson wanted to make purpose popular, so they

donate 5 percent of profits to initiatives that advocate for youth. BLK & Bold turns a daily ritual—drinking coffee—into a way of giving back.

The company's collaborative economics intentionally support the families and communities involved in coffee production.



LINDA'S SALSA

A heat level for all tastes with a fresh flavor for everyone.

SECONDHAND TOMATOES

The challenge of how to use seconds from Linda Putnam's hydroponic tomato business led to her creating a salsa that is not only great on chips but also excellent for cooking. Available in hot, medium, mild and black bean and corn, the salsas can be added to your favorite recipes for eggs, pork, chicken, fish or chili. "Seeing Linda's Salsa on the shelves of Hy-Vee is pretty overwhelming," Linda says. "It's a great feeling of achievement. The journey hasn't always been easy, but Hy-Vee has made it well worth it."

"Minority- and women-owned businesses are the lifeblood of American society. When you support one, you are investing in your local community at a grassroots level."

—Linda Putnam, Owner



IYA FOODS

Wellness for everyone comes from providing nutritious foods.



CENTER OF LIFE

After moving to the United States 20 years ago, Toyin Kolawole wanted to retain the food traditions from her childhood in Lagos, Nigeria. "I wanted to share with my kids the diverse, nutritious, plant-based ingredients I grew up enjoying," Toyin says. "Iya ('my mother'

in Yoruba) was founded to offer everyday nourishing foods fortified with African ingredients and superfoods." One of her favorite ingredients is cassava flour, which she uses for delicious pancakes and waffles. The product line also includes baking mixes, flours like tigernut and plantain, whole food powders, spices and seasonings.



LOLA'S FINE HOT SAUCE

A brand brimming not only with flavor but also purpose.

RED HOT GRANDMA

Taufeek Shah grew up with his mother's homemade hot sauce always on the table—passed down through the generations of her Filipino family. He decided to bottle it, and Lola's Fine Hot Sauce was born. *Lola* is Filipino for "grandmother." "I wanted to create a brand that had meaning for my son, nieces and nephews, because one day they will be the ones in charge," Taufeek says. The world's most exotic peppers serve as the base of the line of hot sauces, which contain ingredients like fresh red jalapeños, garlic and sea salt. The hot sauce also is used in Lola's Fine Salsa.

PEPPER FLAVOR

Just the right amount of pepper is used in the hot sauce for a hint of burn, not overwhelming hotness.



LIFTING UP

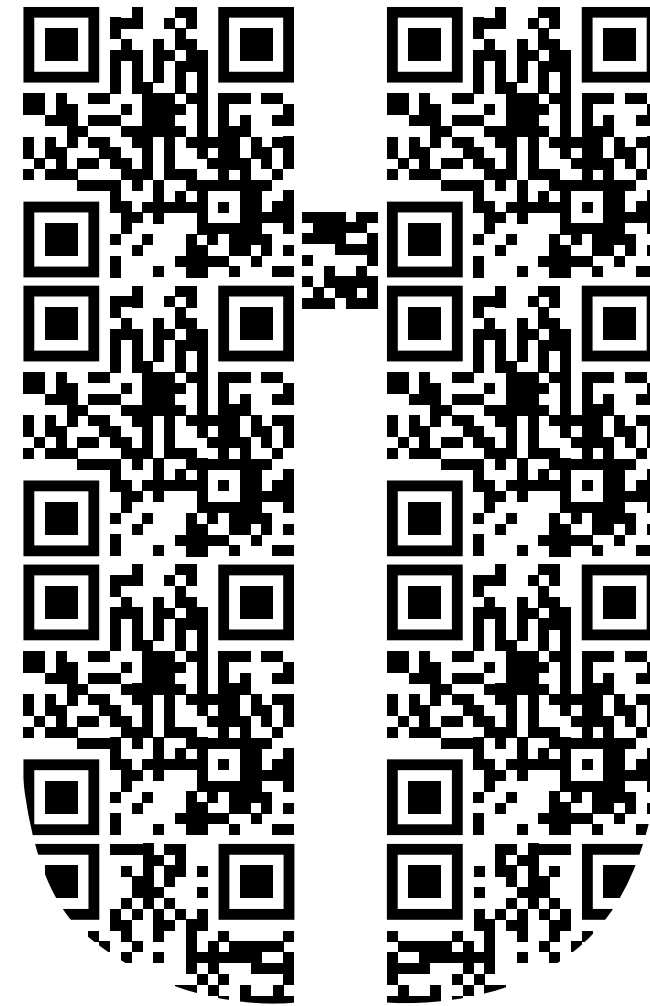
25 WAYS HY-VEE BOOSTS LOCAL COMMUNITIES

1 JOIN HY-VEE IN THE FIGHT AGAINST HUNGER.

A few minutes and a few dollars can have a huge impact in combating food insecurity. From now until the end of the year, scan the “H” QR code to help Hy-Vee and its partners provide 5 million meals to families in need. All funds raised directly support Feeding America-affiliated food banks in our eight-state region.



We have 5 million reasons we invited Drew Barrymore to our tailgate party. Keep your eyes peeled for our many other celebrity partners who joined our mission to provide 5 million meals to local food banks. Visit Hy-Vee.com/donations to donate today!



2 HY-VEE KIDSFIT

This free online personal trainer and nutrition program offers a fun way for kids, teens and families to stay active and eat healthy—all from the comfort of their own home. Activities, challenges, videos and more are produced by a Hy-Vee registered personal trainer and dietitian.



3 MEALS FROM THE HEARTLAND

Nearly 400 Hy-Vee employees in the Des Moines and Cedar Rapids metro areas volunteer annually with Meals from the Heartland to package donated foods to those in need. Although Meals from the Heartland already has fed hungry children in 37 countries, the need increased drastically because of COVID-19. In fact, the organization distributed more than 1 million meals in 2020, which was nearly a 50 percent increase over 2019.

CHILDREN'S HEALTH EVENTS

Hy-Vee knows the importance of developing healthy habits at an early age, so this past August Hy-Vee's team of registered dietitians hosted free virtual events on children's health, including:

4 KIDS FOOD GROUP VIRTUAL TOUR where children and families learn what a balanced diet looks like, why a balanced diet is important, and how to make grocery shopping nutritious and fun.

5 VIRTUAL COOKING CLASSES (one for kids age 3 to 7, another for ages 8 and above), focused on making healthy back-to-school snacks and meals.

6 POWER MY PLATE, a four-week nutrition education series for educators enrolled in the Hy-Vee KidsFit School Wellness Club, which covers balanced eating, healthy snacks and fueling fun movement.

7 LOVE YOUR LUNCH classes offering tips on how to refresh a back-to-school lunch routine—with lunch box ideas and dietitian-approved grocery list.



HY-VEE ONE STEP

When Hy-Vee One Step products are sold, proceeds are used to dig wells, plant trees and feed the hungry. One Step funded nearly 5.6 million meals for children in 2020. The previous year, the program paid for the construction of 86 wells to provide clean drinking water in water-stressed areas of the world.

9 FRESH PRODUCE GIVEAWAYS

Hy-Vee stores held 138 produce giveaway events, distributing nearly 1 million pounds of produce. In all, more than 1.3 million pieces of produce—valued at nearly \$1 million—were distributed as part of the company's COVID-19 response. Why fresh produce? Because it is highly nutritious yet sometimes perceived as unaffordable by families that are food insecure. It's also a high-demand item at food banks.

10 IOWA STOPS HUNGER

HY-VEE IS CO-LEADING A MULTIYEAR INITIATIVE WITH THE DES MOINES BUSINESS PUBLICATIONS CORPORATION TO DRIVE AWARENESS AND ACTION AROUND HUNGER AND FOOD INSECURITY THROUGH ACTIVISM, EDUCATION AND EVENTS.



DISASTER RELIEF

After 2020's devastating derecho storm, Hy-Vee delivered \$312,000 in food, water and supplies to hard-hit communities in eastern Iowa. Hy-Vee also helped out with volunteer cleanup efforts and made on-site deliveries of water, snacks, supplies and phone-charging stations to disaster sites. Because September's National Family Meals Month closely followed on the heels of the storm, Hy-Vee donated 500 meals to families in need as part of that initiative.

12

End Summer Hunger

This past July, Hy-Vee partnered with Kellogg's, Keurig Dr Pepper and Chobani to donate nearly 4 million meals to Feeding America.

14

National Family Meals Month

Hy-Vee supports this industry-wide initiative, held each September, to bring families together at mealtime. To address food insecurity, Hy-Vee donated 2,000 meals to low-income communities during contactless drive-thru events, as well as to local family centers that restore and promote family togetherness.

13

Wahlburgers Meal Distribution

In 2020, four Hy-Vee Wahlburgers locations distributed 9,500 meals to healthcare workers and first responders.

15

Hy-Vee Healthy You Mobiles

The bus offers health and wellness services such as tests, immunizations and screenings.



16 HAMS FOR THE HOLIDAYS

Hams for the Holidays was held right before Easter in 2021. It was the fourth time Hy-Vee One Step partnered with Hormel Foods and local first responders to hand out 5,000 Hormel® Cure 81® hams to families in need in 14 markets.

HAMS FOR THE HOLIDAYS

17 Hy-Vee Homefront

This initiative provides support to thousands of veterans and active duty military through employment opportunities and special programs and events such as Veterans Day Breakfast and Honor Flights.

18 Stuff-a-Truck

With help from vendors and customers, 18 truckloads of food worth \$800,000 was donated in June 2020 to nonprofits and food banks in the Twin Cities area.

19 Meat District Donations

Four food banks received \$150,000 in frozen food donations, including \$37,000 to the Hawkeye Area Community Action Program in Iowa City.

20

Food Banks Fundraiser

With the help of shoppers, Hy-Vee was able to donate \$1.82 million in supplies to 17 Feeding America-affiliated food banks in 2020. Shoppers rounded up their purchases to the nearest dollar in a register roundup, and Hy-Vee matched \$500,000 of donations through the company's One Step program.



HELPING IN OTHER WAYS

HY-VEE EFFORTS ALSO INCLUDE:

21 Variety – The Children's Charity has received more than \$14 million in support from Hy-Vee since 1983 as it strives to improve children's lives.

22 Since 1998, Hy-Vee has raised more than \$18.8 million to support JDRC in its search for a cure for juvenile diabetes.

23 Hy-Vee is a corporate sponsor of the American Red Cross, which offers relief to victims of disaster.

24 Since the partnership began in 2015, Hy-Vee has raised more than \$3.1 million for the Pinky Swear Foundation to support children with cancer and their families.

25 The Hy-Vee Heroes Game between Iowa and Nebraska honors hometown heroes.



If you wish you could save more money,
you're in luck.

Save more than \$2,000 in discounts and deals each year* with your \$99 Hy-Vee Plus™ Premium membership. Enjoy extra fuel savings every time you shop, plus express pickup, free delivery and exclusive deals.

SIGN UP TODAY AT HY-VEE.COM/PLUS

*Savings based on redemption of all available exclusive member monthly offers by a member who shops two times per week for a year.

HyVee PLUS™
PREMIUM MEMBERSHIP

fresh Vine®
NAPA, CALIFORNIA



  @FreshVineWine
FRESHVINEWINE.COM

While food is the focus of Thanksgiving, a tablescape with personalized style, thoughtful touches and statement florals from Hy-Vee can make the holiday feel even more special.



SET FOR
Thanksgiving

TIPS
FOR THE
BEST TABLE

**START THE
WEEK BEFORE**

Free up time to socialize and enjoy the holiday with family and friends by preparing the table long before guests arrive. Pick out tablecloths and napkins, shop for dinnerware and decor and meet with a Hy-Vee florist to plan the arrangements.

**COVER THE
TABLE IN STYLE**

The Thanksgiving table should be a “ta-da” moment for guests as they arrive for dinner. Start with a neutral base for a chic and clean look, then add calming fall shades like blush, orange and green. Gold accents make it a real showpiece.

**BRING THE
TABLE TO LIFE**

Fresh flowers brighten a room and everyone’s mood. A stunning Hy-Vee Floral bouquet gives life to the design theme of the table and provides an abundance of color. Place florals in statement vases, also found at Hy-Vee.

**ADD ACCESSIBILITY
AND COMFORT**

Provide ample seating around the table at the proper height and spacing to maintain comfort. Add to the coziness and ambiance of the meal with lightly scented Himalayan candles.



DRINKWARE
Riedel Chardonnay Glasses are dishwasher-safe with varietal-specific crystal stemware designed by a 10th generation glassmaker.

ARTISTIC ACCESSORIES
Himalayan Homemade Artisan Blown Glass Hurricane candles come in six finishes, including this rustic 32-oz. matte gold two-wick candle with 100 hours’ burn time.

MOOD LIGHTING & FRAGRANCE
Artisan Tumbler Himalayan Homemade Candles are made from thick bubbled glass in seven finishes. Soy wax blend, 60 hours’ burn time.

Set to Impress
Discover tips and ideas on how to make your Thanksgiving table the center of attention.

**Hy-Vee
seasons**
Watch and learn at
Seasons.Hy-Vee.com
today!

DISPLAY DECOR

Keep decorations within sight but out of reach while dinner is served. Place candles, bouquets and other items beyond drinking glasses.

ARRANGE GLASSWARE

Place glasses above and to the right of plates, with the water to the left, slightly above the wine glass.

CONSIDER NAPKINS

Use napkins to provide an upscale, memorable experience with creative folding or display techniques.

WORK OUTSIDE IN

Place forks on the left side of the plate, and the knife and spoon on the right. Position silverware in order of use, from the outside in.

SET THE PLATES

Place the dinner plate down first, with the salad plate on top. Use greenery and a real pumpkin to decorate the place setting.

ADDED TOUCHES

Layered Look

Tuck eucalyptus in between the dinner and salad plate, then wrap both in a napkin and set a personal pumpkin on top.

Floral Take-Home

Get extra flowers with your Hy-Vee bouquet order to use as place setting decor that guests can take home.

Rosemary and Twine

Turn the plates to create a new angle. Fold a cloth napkin on top and add a simple name tag with rosemary and twine.

CENTER OF ATTENTION

Make Hy-Vee florals the show-stopper at the Thanksgiving table with custom or premade arrangements. Stop by or call to make an appointment with a Hy-Vee Floral Department stylist to create professional centerpieces that match the style of your home.

WINE DECANTER

Simple, sophisticated Riedel Merlot Decanter is designed for a single bottle of wine, and suitable for young or old wines. Dishwasher-safe.

PLATES FROM HY-VEE

B.I.A. Cordon Bleu Bistro crafted porcelain plates. Oven-, dishwasher- and microwave-safe, as well as chip- and stain-resistant.

FAMILY



FILL YOUR TURKEY DAY WITH FUN. CREATE DIY GAMES USING COMMON HOUSEHOLD ITEMS, AND GRAB READY-TO-PLAY FAVORITES AT HY-VEE.

GAMES

Playing games together as a family can lead to crucial child development. Here are some key ways kids may benefit:

- Games develop motor skills
- Playing games can help improve grades
- They help teach problem-solving
- Game night is great family bonding time
- Games help kids develop skills like following rules and taking turns
- Studies have shown that the more quality time kids spend with their parents, the less likely they are to have behavioral problems



PLAYING CARDS
A few decks of standard playing cards from Hy-Vee offer endless gaming options.



UNO
The whole family can enjoy this classic and highly competitive game year after year.



MAGIC CARPET RIDE

Split up into even teams. Each team gets a bath mat, small rug or towel to serve as their "magic carpet." Mimicking the push-and-pull motion of an inchworm, teams sit and race from one side of the room to the other to switch off with the next person on their team. Keep scooting until the last person crosses the finish line in this hilarious relay race!

MOVIN' ON UP

Each player gets a stack of 40 plastic cups, with one at the bottom in a different color. Alternating one hand at a time, move one cup from the bottom of the stack to the top as fast as possible until the colored cup has made it back to the bottom. This is a race! Whoever gets done first is the winner. Or, put a 1-minute time limit on this game and see who can move the most cups in the allotted time.

BREAKFAST SCRAMBLE

Pick up a few boxes of cereal at Hy-Vee on your next grocery run. Instead of recycling the empty boxes, save them for game night. For this game, cut the fronts of the cereal boxes into puzzle pieces (cut them into 8 or 16 pieces, depending on the age group). The goal of the game is to reassemble the cereal box puzzle faster than your opponent.

Spark lively and meaningful conversations by having everyone write what they are thankful for and put the pieces of paper in a jar. Take turns reading the anonymous sentiments out loud at dinner.

thankful jar



SUCK IT UP

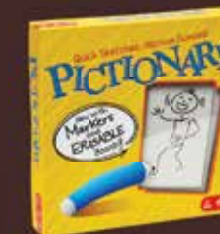
Using a straw, two plates or bowls and leftover mini marshmallows from Thanksgiving dinner's candied yams, players have 1 minute to see how many mini marshmallows they can transfer from one plate or bowl to the other using only suction from the straw. Whoever moves the most marshmallows without using their hands is the winner.

BUY AT HY-VEE



CROSSED SIGNALS

Challenge your speed and accuracy! Move your body with the lights and voice commands to play this fast-paced game.



PICTIONARY

This classic game reveals the true artistic ability (or lack thereof) of everyone in the family. Get ready for lots of laughs.



WHAC-A-MOLE

Kids 4 years and up can practice their hand-eye coordination and concentration while having some active fun.



ROCK 'EM SOCK 'EM ROBOTS

Play as Red Rocker or Blue Bomber to knock each other's block off!

Sources for entire article: info.scholarschoice.ca/blog/home/5-research-based-reasons-why-family-game-nights-are-important
Melissa A. Milkie, Kei M. Nomaguchi, and Kathleen E. Denny, "Does the Amount of Time Mothers Spend With Children or Adolescents Matter?" *Journal of Marriage and Family* 77 (2015): 355-72.



GET A
FLU
SHOT
GET



NO APPOINTMENT NECESSARY

SCAN HERE TO COMPLETE YOUR
VACCINE CONSENT FORM IN ADVANCE.



FUEL SAVER OFFER AVAILABLE TO ALL FLU SHOT RECIPIENTS. SEE PHARMACY OR HY-VEE.COM FOR DETAILS.
CERTAIN STATE, AGE, HEALTH-RELATED AND OTHER RESTRICTIONS MAY APPLY.

HyVee

health



Stay safe in the kitchen, soothe arthritis pain and learn the benefits of dietary supplements.

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Accidents happen, especially in the kitchen. Hot liquids, dangerous substances and sharp objects can be a recipe for injury, given close quarters and hasty preparation. Here's how to prevent and treat common kitchen mishaps.



BURNS

Prevention:

- Wear oven mitts to protect hands and shoes to protect feet.
- Use the proper tools, such as tongs to remove baked potatoes.
- Wear long sleeves when working with hot grease or liquids.
- Stand back when removing lid from a hot pan or pot; release steam gradually from a steamer.
- Stir or lift hot items away from your body.

How to Treat a Minor Burn:

- Immerse the burn in cool tap water or apply a cold, wet compress for 10 minutes or until pain subsides.
- Apply petroleum jelly two to three times a day.
- Cover the burn with a nonstick, sterile bandage. If blisters form, do not pierce them.
- Once the burn heals, protect the area from sun to minimize scarring.

*** SEEK IMMEDIATE MEDICAL ATTENTION FOR SECOND- AND THIRD-DEGREE BURNS AFFECTING MULTIPLE SKIN LAYERS.**



TopCare Non-Stick Pads: Gauze pad will not adhere to sutures, staples or adhesive closures.
TopCare Petroleum Jelly: Protect minor cuts, scrapes and burns.

TO HELP PREVENT ACCIDENTAL SCALDING WHEN BOILING WATER, USE THE BACK BURNERS INSTEAD OF THE FRONT. ALSO, CARRY PLATES TO POTS RATHER THAN TAKING POTS TO PLATES.

POISON

Prevention:

Keep dangerous chemicals and products capped and locked away.

What to do:

If the product swallowed is burning, irritating or capable of destroying living tissue and the person is conscious, able to swallow and not experiencing convulsions, have them drink a small amount of water immediately. Then call Poison Control. If the person collapses, has a seizure, has difficulty breathing or is unresponsive, call 911 immediately.

*** 800-222-1222
CALL POISON CONTROL OR 911 AND INFORM THEM WHAT PRODUCT WAS INGESTED.**

KITCHEN SAFETY TIPS



Tip 1 Electrical outlets: Install GFCI (ground fault circuit interrupter) outlets to reduce risk of injury, especially in potentially wet or damp areas.

Tip 2 Knives: Store knives separately from other utensils so they aren't grabbed by mistake. A countertop knife holder offers safe and easy access.

Tip 3 Stove top: Turn pot and pan handles inward to prevent accidentally bumping them and spilling hot contents.

Tip 4 Dishes and glasses: To prevent falls, arrange cabinets so dishes, glasses and other frequently used items are easy to reach without a chair or stool.

Tip 5 Cabinets: Store cleaning chemicals away from foods and beverages and place childproof devices on cabinet doors.

EYE IRRITATION

Prevention: Wear protective gloves when handling hot peppers and other foods with volatile oils that can burn skin and irritate eyes. Wear rubber gloves and goggles when cleaning with volatile chemicals.

How to Treat Eye Irritation: Use an eyecup to flush eyes with cool, clean water. If the irritant is hot peppers, you also can dab eyelids with milk, if needed. With chemicals, look for information on the label of the product and follow instructions.

*** SEEK IMMEDIATE MEDICAL ATTENTION FOR PHYSICAL EYE INJURIES OR IF EYES WERE EXPOSED TO CAUSTIC CHEMICALS (THOSE THAT BURN OR DESTROY TISSUE).**

SLIP-AND-FALL INJURIES ARE THE SECOND LEADING CAUSE OF ACCIDENTAL DEATH IN THE U.S. AND RESULT IN 2.8 MILLION HOSPITAL VISITS YEARLY.

Prevention:

- Clean up spills immediately so the floor isn't slippery.
- Wear slip-resistant shoes in the kitchen.
- Place a nonskid, water-absorbent mat in front of the sink and dishwasher.



BeKool Soft Gel Sheets: Immediate cooling relief lasts up to 8 hours with no need for refrigeration.

How to Treat:

- Apply ice to decrease swelling.
- Avoid moving the body part if there may be a broken bone.

*** SEEK IMMEDIATE MEDICAL ATTENTION FOR BROKEN BONES OR IF THERE IS A SIGN OF A SERIOUS INJURY SUCH AS SEVERE OR LINGERING PAIN, HEADACHE, DIZZINESS, BACK PAIN OR RINGING IN THE EARS.**

FALLS

CUTS

Prevention:

- Keep knives sharp (dull knives are more apt to slip).
- Cut away from the body.
- Wear a cut-resistant metal-mesh glove when using a slicer or mandoline.

How to Treat a Minor Cut:

Clean the cut with soap and water, then apply pressure with gauze or a clean, dry towel. Apply an antibiotic ointment and bandage, changing it every day and checking for signs of infection (redness and/or discharge).

*** SEEK IMMEDIATE MEDICAL ATTENTION FOR CUTS THAT ARE DEEP, BLEEDING HEAVILY OR LONGER THAN 1 INCH. APPLY PRESSURE WITH GAUZE OR A CLEAN TOWEL TO SLOW BLEEDING AND HEAD TO THE NEAREST HOSPITAL OR URGENT CARE FACILITY.**

- Wash knives with blades turned away from your hand.
- Wear shoes to protect feet from sharp falling objects.



TopCare Gauze Pads, TopCare Adhesive Bandages and TopCare Triple Antibiotic Ointment: Treat minor cuts to prevent infections; bandages are available in an assortment of sizes.



FIRST AID KIT

Johnson & Johnson first aid kit, available at Hy-Vee, includes gauze, bandages, ointment, cold pack and more.

WHILE IT'S GREAT TO INVOLVE KIDS WITH COOKING, IT'S EVEN MORE IMPORTANT TO KEEP THEM SAFE.

•**Teach young kids** not to run in the kitchen or climb on the counter.

•**Install safety latches** on cabinets holding items that might pose a risk to young children (even seemingly benign items like single-use dishwasher packets, which could be harmful if swallowed).

•**Supervise young children** when they are in the kitchen, and set down safety rules for older children using the kitchen when you're not around.

•**Use plastic cups and bowls** instead of glass.

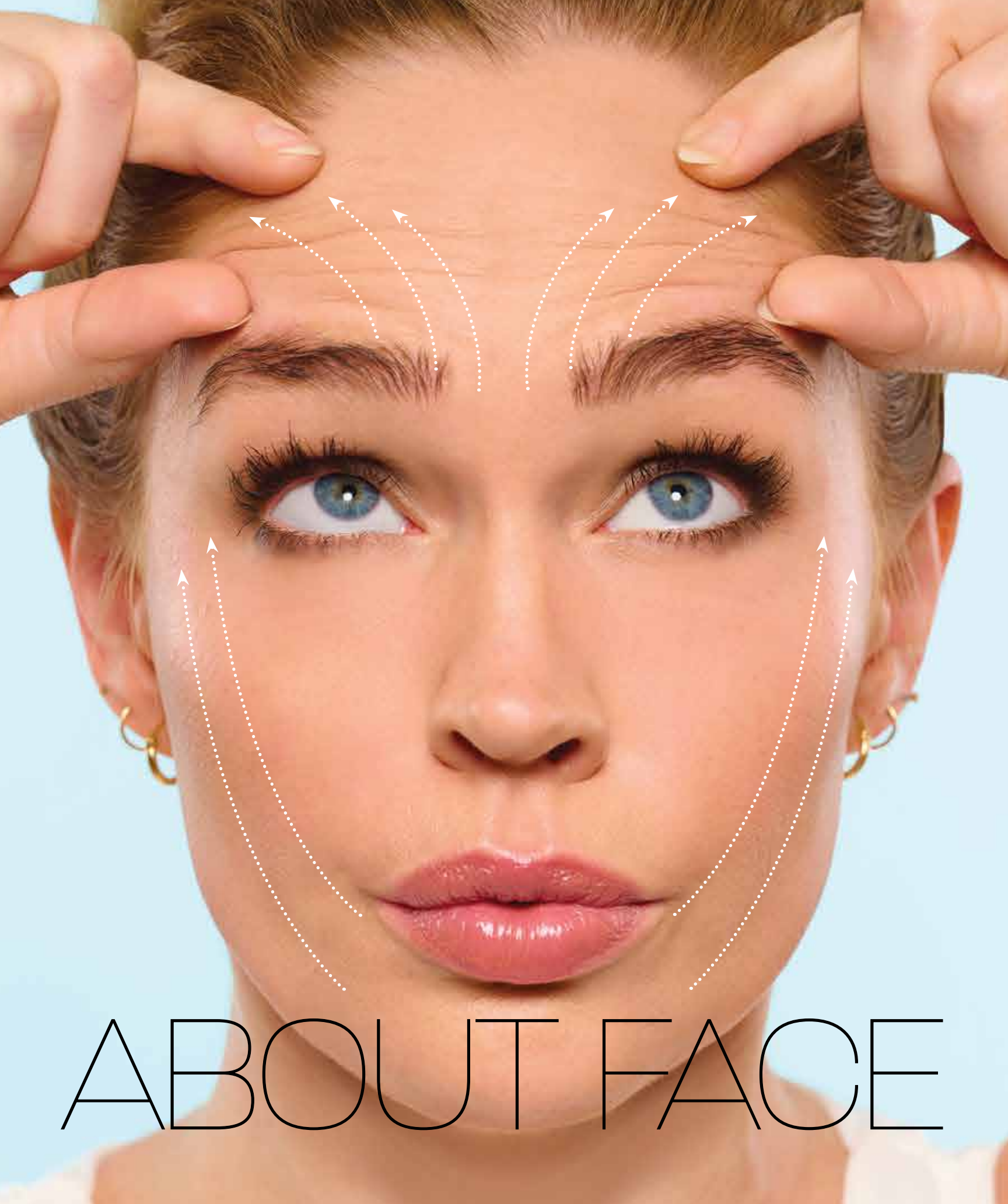
•**Stash away** any potentially harmful items, including alcohol, plastic bags and dispensers with serrated edges, such as those for plastic wrap, aluminum foil and waxed paper.

•**Seal off** electrical outlets with safety plugs.

•**Keep spices** safely out of kids' reach.

•**Unplug appliances** such as toasters, blenders and food processors when not in use.

KID SAFETY



ABOUT FACE

Discover the fountain of youth. Located at the intersection of diet and exercise, it's driven by a self-care regimen that includes everything from skin care and lifestyle habits to facial exercises.

HOW TO PROTECT YOUR FACE

Holistic steps to preserve a more youthful look.

- drink plenty of water
- limit caffeine and alcohol
- stay out of the sun and wear sunscreen even in winter
- wear sunglasses to avoid lines from squinting
- don't smoke
- eat a balanced, healthful diet
- wash your face twice a day with a gentle cleanser
- apply a facial moisturizer
- consider doing facial exercises

Sources: jamanetwork.com/journals/jamadermatology/article-abstract/2666801?redirect=true
aad.org/public/everyday-care/skin-care-secrets/anti-aging/reduce-premature-aging-skin

TYPES OF FACE PRODUCTS

• **SUNSCREEN** can reduce the risk of skin cancer and prevent premature skin aging from the ultraviolet rays that cause skin damage. Use one with at least SPF 30 applied 30 minutes before going outside. Some sunscreens include a built-in moisturizer as well.

• **FACIAL CLEANSERS** are available at Hy-Vee as gels, oils, creams and foams. Unlike soap, which strips skin of natural oils, facial cleansers are gentler and can be tailored to your skin type. For example, treat oily skin with a cleanser for breakouts and use a gentle alcohol-free cleanser for dry skin. Use a facial cleanser morning and night. If wearing makeup, first use a makeup remover solution or wipe, then the facial cleanser. Wearing makeup at bedtime can clog pores.

• **TONERS** unclog pores by removing excess oil and any makeup remaining after cleansing. Apply in the morning and at night with a cotton ball or pad, then gently blot to remove dead skin cells, shrink pores and leave the skin ready for moisturizing. Water-base toners are gentle on skin, while those containing glycolic or salicylic acid are best for oily skin. Some toners contain hyaluronic acid for hydration or vitamins C and E to neutralize free radicals that age skin.

• **MASKS** offer a deep cleaning to unclog pores and draw out impurities. Applied as a cream, clay or disposable cotton sheet, masks are available at Hy-Vee with a variety of face-friendly ingredients. Some are designed to exfoliate and cleanse for clearer-looking skin, others soothe, de-stress and replenish for softer, more supple skin. Use once a week at night.

• **MOISTURIZERS** hydrate and soften the skin. Moisturizers with retinol help reduce wrinkles in aging skin. Niacinamide (vitamin B3), hyaluronic acid and amino-peptides are some other ingredients that plump skin and reduce fine lines. For best results, smooth moisturizer onto clean, slightly damp skin twice a day. Use a water-base lotion for oily skin, an ointment or cream for dry skin.

Facial Products to Help Tighten & Firm



ANTI-WRINKLE CLEANSER/CREAM
Derma E Anti-Wrinkle Cleanser and Renewal Cream helps diminish age lines and wrinkles, leaving skin soft, smooth and supple. Contains vitamin A to enhance skin's youthful appearance.



COLLAGEN PEPTIDE FACE MOISTURIZER
OLAY Regenerist Collagen Peptide 24 is a fragrance-free moisturizer that absorbs quickly—without feeling sticky or greasy—for skin that looks and feels smoother and firmer.



WITCH HAZEL TONER
Dickinson's Pore Perfecting Toner is an oil-free, nondrying witch hazel product that gently cleanses and conditions for clear, smooth and balanced skin.



PEEL OFF MASK
Burt's Bees Hydrating Sheet Mask with Clary Sage moisturizes skin and balances pH and is specially formulated to improve the texture of skin, leaving it soft and supple.



6 facial exercises

DIFFERENT FACIAL EXERCISES TONE VARIOUS AREAS OF THE FACE AND NECK. HERE ARE SIX THAT TARGET PROBLEM AREAS.



1. CHEEKBONE LIFT
Place your fingers over your cheekbones and gently lift the skin until it is taut. Open your mouth to form an elliptical "O," so you feel resistance in cheek muscles. Hold for 5 seconds; repeat 10 to 15 times.



2. EYEBROW LIFTER
Press the middle three fingertips of each hand under eyebrows to force eyes open. Smile while furrowing eyebrows down against fingers. Hold while breathing deeply. Close upper eyelids tightly, rolling eyeballs toward top of your head. Hold for 20 seconds while breathing deeply and smiling. Release and relax; repeat three times.



3. UPPER AND LOWER EYELIDS
Form "binoculars" over eyes by touching thumbs and index fingers together. Widen the circles by gently moving index fingers and thumbs away from each other. Keep fingers pressed against skin while scrunching lower eyelids as if squinting.



4. HAPPY CHEEKS SCULPTING
Smile with lips closed. Place index fingers at corners of mouth and press firmly. Slowly slide index fingers up cheekbones toward corners of eyes. Stop at top of cheekbones. Press to hold muscles in place for 20 seconds, placing middle fingers on top of index fingers for extra support, if needed. Relax, then repeat twice.



5. TEMPLE DEVELOPER
Press temples lightly while closing jaw, clenching teeth and moving chin upward. As you clench teeth and increase tension in the muscle as if trying to move your ears backward, concentrate on the temple area. Clench teeth tightly for 10 seconds, then clench down on back teeth for 10 seconds. Relax. Repeat three times.



6. JAW AND NECK FIRMER
Make an "aah" sound with your mouth, then fold lower lip and corners of lips into your mouth and hold tightly. Extend lower jaw forward, closing your mouth as you visualize scooping up something heavy. Repeat 9 times, opening and closing the mouth with each scoop. Raise chin about an inch each time until it is pointed toward the ceiling. On the final scoop, keep chin extended and hold for 20 seconds while visualizing the sides of your face lifting. Repeat sequence three times.

The timeline

- It may take one to three months to see results.
- Most programs call for doing facial exercises three to five times a week, 20 to 30 minutes each time.
- The Cleveland Clinic says six to seven times a week for 20 to 30 minutes might be needed for noticeable results.



FACIAL EXERCISES MAY IMPROVE FACIAL APPEARANCE AND REDUCE SOME VISIBLE SIGNS OF AGING. THE EXERCISES ENLARGE AND STRENGTHEN THE FACIAL MUSCLES, SO THE FACE BECOMES FIRMER AND MORE TONED AND SHAPED LIKE A YOUNGER FACE."

—Dr. Murad Alam, Northwestern University Feinberg School of Medicine.

The science behind facial exercises

Get ready to make a face! Turns out making seemingly bizarre expressions may help preserve a youthful look without surgery or treatment.

A relatively new addition to the skin care regimen, facial exercises isolate and engage muscles, adding definition to counteract the drooping, sagging and migration of fat from gravity and aging.

If that sounds like a fairy tale, consider a 2017 Northwestern University study where middle-age women appeared more youthful, with fuller upper and lower cheeks after 20 weeks of facial exercises.

- For eight weeks, study participants performed facial exercises for 30 minutes daily.
- For the remaining 12 weeks, they did facial exercises for 30 minutes every other day.
- Their routine included 32 facial exercises developed by *Happy Face Yoga*, coauthor of the study along with Dr. Murad Alam, vice chair and professor of dermatology at Northwestern University Feinberg School of Medicine.



Sources (this page and opposite): health.harvard.edu/staying-healthy/does-your-face-need-a-workout
aarp.org/healthy/healthy-living/info-2018/facial-exercises-fd.html
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foreo.com/mysa/facial-exercises-slim-face/
health.clevelandclinic.org/can-doing-facial-exercises-help-you-look-younger-face-yoga/

FOODS THAT ALLEVIATE ARTHRITIS SYMPTOMS



LEARN THE
SCIENCE
BEHIND
ARTHRITIS, AND
DISCOVER THE
FOODS THAT
CAN HELP KEEP
SYMPTOMS
IN CHECK.

PHOTO Puwadol Jaturawuthichai/Shutterstock (X-ray)



WHAT IS ARTHRITIS?
Arthritis is the breakdown of joint tissues, which can happen at any age based on genetics, health history and risk factors. Osteoarthritis and rheumatoid arthritis differ greatly but cause similar symptoms including swelling, pain and stiffness.

Osteoarthritis
CAUSES: Wear and tear.
EFFECTS: Articular cartilage (cushions at bone ends of joints) begins to break down, causing inflammation, pain and often a grinding sensation.
RISK FACTORS: Age, obesity, previous injury, genetic factors such as low bone density or musculoskeletal abnormalities.
AGE OF ONSET: Symptoms generally appear in adults older than 50, although it can impact those much younger.

VS.
Rheumatoid Arthritis
CAUSES: Immune system attacks the synovial membrane (membrane that encloses the joint).
EFFECTS: Can eventually destroy cartilage and bone, and affect lungs, heart and eyes.
RISK FACTORS: Family history, obesity, age, gender (women are more likely to develop rheumatoid arthritis), smoking.
AGE OF ONSET: Symptoms can begin at any age; onset is most common among adults in their 60s.

Diet-Inflammation Connection

Although arthritis has no cure, maintaining a healthy body weight, being physically active, and managing inflammation through diet can lead to symptom reduction.

TRIGGER FOODS
Avoid foods with high amounts of added sugar, saturated fats, trans fats and refined carbohydrates, among others, which can cause inflammation. Read food labels to regulate the amounts you are consuming.

BENEFICIAL FOODS
The good news: Researchers have identified foods that may not only help control inflammation but also lower blood pressure, protect against chronic conditions and lead to weight loss. Some compounds in these foods can reduce the enzymes that damage cartilage. Try to swap in anti-inflammatory foods, seasonings and healthy oils, one or two at a time, then monitor symptom improvement.

ADD THESE ANTI-INFLAMMATORY ITEMS TO THE MENU



GARLIC
How much: one clove per day
Why: Garlic's diallyl disulfide is an anti-inflammatory compound that limits the effects of pro-inflammatory cytokines and may reduce the enzymes that damage cartilage.



WALNUTS
How much: 1 oz. to 1½ oz. per day
Why: Monounsaturated fats fight inflammation. One study showed that people who consumed the most nuts over a 15-year period had a 51% lower risk of dying from an inflammatory disease.



OLIVE OIL
How much: 2 to 3 Tbsp. per day
Why: Olive oil's oleocanthal and lignan are linked to a reduction in joint damage. Mechanically pressed extra virgin olive oil helps ensure a temperature fluctuation-free creation process.



RED PEPPERS
How much: ½ cup per day
Why: Research suggests foods higher in beta-cryptoxanthin can reduce the risk of rheumatoid arthritis.



TURMERIC
How much: 500 mg to 1,000 mg per day
Why: Trials have shown that the curcumin in turmeric can suppress inflammation when consumed with black pepper.



SALMON
How much: 3 to 6 oz., two to four times a week
Why: Clinical studies suggest omega-3 fatty acids may have an effect on swollen and tender joints.

THE NIGHTSHADE MYTH Research does not prove nightshade vegetables (e.g., peppers, tomatoes, etc.) worsen arthritis. Those with inflammation or nightshade food sensitivities should avoid them.

Discuss any major dietary changes with your doctor.

Sources: arthritis.org/diseases/osteoarthritis/cdc.gov/arthritis/basics/rheumatoid-arthritis.html
arthritis.org/health-wellness/healthy-living/nutrition/anti-inflammatory/the-ultimate-arthritis-diet
arthritis.org/health-wellness/healthy-living/nutrition/healthy-eating/best-spices-for-arthritis
arthritis.org/health-wellness/healthy-living/nutrition/healthy-eating/best-fish-for-arthritis
ncbi.nlm.nih.gov/pmc/articles/PMC5664031/



Honey Walnut-Crusted Salmon and Broccolini

Hands On 15 minutes
Total Time 35 minutes
Serves 4

Hy-Vee nonstick cooking spray
4 (4- to 6-oz.) Hy-Vee Seafood
fresh skinless salmon fillet
portions, $\frac{3}{4}$ to 1 in. thick
Fine sea salt
Hy-Vee coarse-ground
black pepper
1 cup Hy-Vee chopped walnuts

2 Tbsp. Culinary Tours coarse-
ground Dijon mustard
2 Tbsp. Hy-Vee honey
2½ Tbsp. Hy-Vee canola oil,
divided
 $\frac{1}{2}$ tsp. finely chopped fresh
thyme, plus additional
for garnish
8 oz. broccolini spears, trimmed
1 large red bell pepper, seeded
and cut into $\frac{1}{2}$ -in. pieces

1. PREHEAT oven to 425°F.
Lightly spray a large rimmed pan
with cooking spray.

2. PAT salmon dry with paper
towels. Place salmon in center
of pan. Tuck under thin edges
of salmon, if necessary. Lightly
sprinkle with sea salt and
black pepper.

3. COMBINE walnuts, mustard,
honey, 1 Tbsp. oil and $\frac{1}{2}$ tsp.

thyme in a small bowl. Spread
mixture on top of salmon.

4. TOSS broccolini and bell
pepper pieces with remaining
 $\frac{1}{2}$ Tbsp. oil. Spread vegetables
around salmon in pan.

5. BAKE for 15 to 20 minutes or
until salmon reaches 145°F and
vegetables are crisp-tender.
Garnish with additional thyme,
if desired.

Per serving: 580 calories, 44 g fat,
6 g saturated fat, 0 g trans fat,
60 mg cholesterol, 210 mg sodium,
18 g carbohydrates, 4 g fiber,
12 g sugar (9 g added sugar),
30 g protein. Daily Values:
Vitamin D 60%, Calcium 6%,
Iron 10%, Potassium 20%

1 Maple-Cinnamon Trail Mix

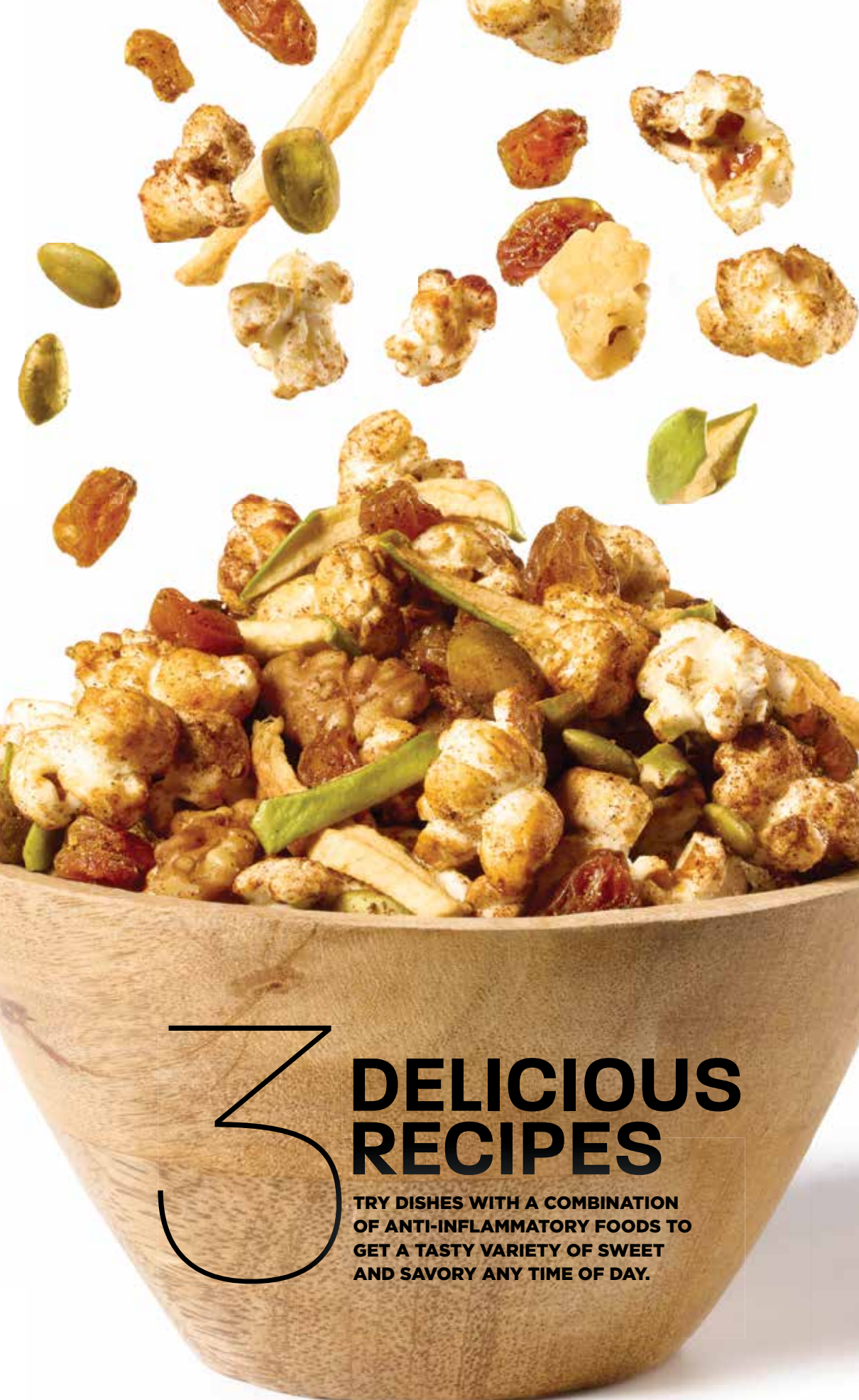
Combine $\frac{1}{2}$ cup each Hy-Vee roasted
pepitas, shelled pistachios and toasted
Hy-Vee walnuts in a large bowl. Heat
2 Tbsp. Gustare Vita olive oil in a 4-qt.
saucepan. Add $\frac{1}{2}$ cup Hy-Vee yellow
popcorn kernels and 2 Tbsp. Hy-Vee
Select 100% pure maple syrup; stir
to coat. Cover; shake saucepan until
popping stops. Add to nuts. Drizzle with
 $\frac{1}{2}$ Tbsp. melted Hy-Vee salted butter;
sprinkle with 1 tsp. Hy-Vee ground
cinnamon and 1 tsp. apple pie spice; toss
to coat. Add $\frac{1}{2}$ cup golden raisins and
 $\frac{1}{4}$ cup Hy-Vee dried apples, chopped.
Toss to combine. Serves 12 (1 cup each).

2 Ahi Tuna Asian Noodle Salad

Cook 4 oz. dry soba noodles according
to pkg. directions; rinse with cold water.
Combine 2 chopped anchovies, 2 Tbsp.
fresh lemon juice, 1 Tbsp. Gustare Vita
olive oil, $\frac{1}{2}$ tsp. each salt and black
pepper in large bowl. Add 2 cups
chopped baby kale and 2 cups chopped
radicchio; toss. Coat 1 lb. Hy-Vee Seafood
ahi tuna steaks, $\frac{1}{2}$ to $\frac{3}{4}$ in. thick, with
3 Tbsp. Culinary Tours everything bagel
seasoning. Heat 2 Tbsp. olive oil in a large
skillet over medium-high heat. Add tuna.
Cook 4 minutes or until tuna reaches
145°F, turning halfway through.
Remove tuna from skillet. Heat
2 Tbsp. oil in same skillet over
medium heat. Add 1 chopped shallot;
cook 2 minutes. Add 4 oz. trimmed
fresh green beans. Cook until crisp-
tender, stirring often. To serve, divide
kale mixture onto 4 serving plates. Top
with bean mixture, noodles and sliced
tuna. Garnish with toasted pine nuts,
if desired. Serves 4.

3 Vanilla Turmeric Latte

Heat $1\frac{1}{2}$ cups Hy-Vee original
unsweetened almond milk in small
saucepan. Stir in $1\frac{1}{2}$ Tbsp. Hy-Vee honey,
1 Tbsp. Hy-Vee vanilla extract, $\frac{1}{2}$ tsp.
Hy-Vee ground cinnamon, $\frac{1}{4}$ tsp.
Hy-Vee ground ginger and $\frac{1}{4}$ tsp. ground
turmeric. Simmer over low heat for
8 minutes. Meanwhile, froth 1 Tbsp.
liquid from canned Hy-Vee garbanzo
beans and $\frac{1}{2}$ tsp. Hy-Vee vanilla extract.
Whisk milk mixture; strain into 14-oz.
mug. Top with froth; sprinkle with
cinnamon. Serves 1 (12 oz.).



3 DELICIOUS RECIPES

TRY DISHES WITH A COMBINATION
OF ANTI-INFLAMMATORY FOODS TO
GET A TASTY VARIETY OF SWEET
AND SAVORY ANY TIME OF DAY.

DEALING WITH WINTER DRY- NESS

CHILLING WINDS AND LOW HUMIDITY CAN DEHYDRATE SKIN, HAIR, NASAL AND THROAT PASSAGES AND EVEN EYES. FORTUNATELY, HY-VEE HAS SOLUTIONS.

MOISTURE MISSING

THE HUMAN BODY IS ROUGHLY 60% WATER, BUT YOU MIGHT NOT KNOW IT IN WINTER WHEN SEASONAL DRYNESS AFFECTS THE SKIN, HAIR, NOSE, THROAT AND EYES. DRY SKIN IS ESPECIALLY NOTICEABLE IN WINTER. IT'S NOT ONLY UNCOMFORTABLE AND UNSIGHTLY, IT CAN LEAD TO CRACKING, SKIN INFECTIONS AND EVEN ECZEMA IN THOSE PRONE TO DEVELOPING THE SKIN DISEASE.



SKIN Sun, dry air and aging can all cause dry, itchy skin, as can an underlying skin condition. **Remedy:** Apply lotions and take precautions (see Prevent Dry Skin). For underlying health conditions, see a dermatologist.



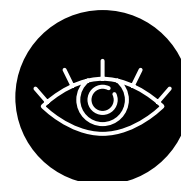
HAIR Dull, brittle and frizzy hair is often the result of excess sun and wind exposure, harsh shampoos or frequent washing and blow-drying. **Remedy:** Use specially formulated shampoos and conditioners.



NOSE Antihistamines and decongestants may cause nasal passages to dry out, but low indoor humidity is also a prime cause. **Remedy:** Turn on a humidifier, and use a nasal mist or gel.



THROAT Exercise, sleeping with the mouth open or not drinking enough water all dry out mucus membranes in the throat. **Remedy:** Use throat drops for temporary relief.



EYES Excessive screen time is a major culprit behind dry eyes, but wind, smoke, dry air and even age all contribute. **Remedy:** Apply moisturizing eye drops and take rest breaks from screen time.



TAKE THE ARID OUT OF THE AIR WITH A HUMIDIFIER FROM HY-VEE.

Pure Enrichment MistAire Silver Ultrasonic Cool Mist Humidifier

PREVENT DRY SKIN Follow these tips to keep winter dryness at bay.

Bathing Wash with warm water, not hot, and use a gentle, fragrance-free soap. Blot your skin dry rather than rubbing harshly. Apply a moisturizer immediately after washing to lock in surface moisture. Avoid using lotions that contain alcohol (except for hand sanitizer).

Outdoor Protection Cover up when outdoors to protect against cold, drying winds. Avoid extreme cold when possible. Wear gloves, a scarf and face protection as well as lip balm.

Cracked Heels Soak feet in a warm, soapy solution for 10 to 15 minutes. Dry feet with a towel, then apply petroleum jelly or a foot balm before bedtime. Wear socks, if needed, to protect bed sheets.

Get Help See a dermatologist if you have scaling, rashes, unusual skin growths or dry skin that doesn't improve with lotions and creams.

DRYNESS SOLUTIONS

LOOK TO HY-VEE FOR EVERYTHING YOU NEED TO COMBAT DRY LIPS, SKIN, THROAT, NOSE, EYES AND HAIR.



skin



hair



eyes



nose



throat

NOSE

7. ARM & HAMMER SIMPLY SALINE NASAL MIST

Moisturizing spray with saline solution soothes dry nasal passages.

8. NEILMED NASAFLO NETI POT

Easy flow, no-spill irrigation device with all-natural nasal rinse.

EYES

9. TOPCARE ARTIFICIAL TEARS

Relieves dry and irritated eyes with a natural tears formula.

HAIR

10. CANTU SHEA BUTTER

A leave-in conditioner with grapeseed oil to moisturize dry, damaged or coarse hair.

11. HEAD & SHOULDERS CLINICAL STRENGTH FORMULA

Dermatologist-tested and clinically proven for dry scalp, dandruff and itch relief with intense cooling menthol.

12. PANTENE PRO-V ONE STEP MASK

Nutrient-infused hair mask hydrates dry, parched hair.

13. AUSSIE MIRACLE MOIST

Intense hydration hair treatment with avocado and jojoba oil for parched strands and split ends.

SAFE SUPPLEMENTS

THE HY-VEE HEALTHMARKET HAS A WIDE VARIETY OF DIETARY SUPPLEMENTS THAT MAY HELP IMPROVE YOUR HEALTH, INCLUDING VITAMINS, MINERALS, ENZYMES AND MORE. LEARN ABOUT SOME OF THE MOST POPULAR VARIETIES AND WHAT THEY'RE USED FOR.












Sources (this page and opposite): health.harvard.edu/staying-healthy/listing_of_vitamins
ods.od.nih.gov/factsheets/VitaminA-Consumer/
hsp.h.harvard.edu/nutritionsource/biotin-vitamin-b7/
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my.clevelandclinic.org/health/drugs/15829-herbal-supplements
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ALL ABOUT SUPPLEMENTS

DIETARY SUPPLEMENTS contain nutrients that your body needs to stay healthy. Vitamins and minerals are some of the most common, but supplements can also include herbs, proteins, amino acids, enzymes and more. Eating a healthy diet can help your body get enough of these essential nutrients, but dietary additives can help make up the deficit when necessary. Find the supplements listed below and more at Hy-Vee.







vitamins

Assist with healthy growth and development

VITAMIN	WHAT IT DOES	WHERE IT'S FOUND	DAILY VALUE
 Vitamin A	Keeps skin and eyes healthy and supports the immune system and bone growth.	Green, orange and yellow vegetables; dairy products; fruits such as mangoes and cantaloupe	700–900 mcg
 Vitamin B6	Helps make red blood cells and supports cognitive and immune health.	Fruits such as bananas and watermelons, meat, fish, poultry, tofu and soy products	1.3–1.7 mg
 Vitamin B7 (Biotin)	May help support healthy hair, skin and nails.	Nuts and seeds, eggs, salmon, avocados, sweet potatoes, pork	30–35 mcg
 Vitamin B9 (Folic Acid)	Helps form DNA and RNA, produces red blood cells and supports fetal development.	Fresh fruits and fruit juices, dark green leafy vegetables such as spinach, beans, whole grains, eggs, seafood	400–600 mcg
 Vitamin B12	Helps protect nerve cells and assists in breaking down fatty acids.	Meat, poultry and fish; eggs; cheese; milk; fortified cereals and soy milk	2.4 mcg
 Vitamin C	Acts as an antioxidant and boosts the immune system.	Fresh fruits and fruit juices, broccoli, bell peppers, spinach, tomatoes	75–90 mg
 Vitamin D	Helps form and strengthen bones and teeth.	Fortified milk and cereals, fatty fish such as salmon	15–20 mcg
 Vitamin E	Acts as an antioxidant and neutralizes unstable cells.	Leafy green vegetables, whole grains, nuts, vegetable oils	15 mg
 Vitamin K	Helps activate minerals needed for blood clotting.	Green vegetables such as kale, spinach and broccoli; eggs; milk	90–120 mcg

minerals

Keep the body healthy and support organ systems

MINERAL	WHAT IT DOES	WHERE IT'S FOUND	DAILY VALUE
 Calcium	Helps maintain healthy blood pressure and strengthen bones and teeth.	Leafy green vegetables such as broccoli and kale, yogurt, cheese, milk, tofu, salmon	1,000–1,200 mg
 Iron	Helps muscle and red blood cells carry and deliver oxygen.	Red meat, poultry, eggs, fruits, green vegetables, fortified bread and grains	8–18 mg
 Magnesium	Helps calcium regulate blood pressure and clot blood.	Green vegetables, whole wheat bread, some nuts and seeds, halibut, milk	320–420 mg
 Potassium	Regulates heartbeat, muscle and nerve function.	Fruits and vegetables, meat, milk, grains, legumes	4.7 g
 Selenium	Acts as an antioxidant and helps regulate thyroid and hormone functions.	Seafood, walnuts, grain products, some plant-based sources	55 mcg
 Zinc	Assists in forming new cells, enzymes and proteins.	Red meat; poultry; some seafood, including oysters; beans; nuts	8–11 mg

OTHER TYPES OF SUPPLEMENTS

Herbal supplements are believed to help prevent disease and are made with plant extracts such as roots, berries or flowers. Some popular varieties include turmeric, echinacea and fenugreek.

Protein supplements are usually available as powders or drinks and are often made with soybeans, peas, eggs or milk. These supplements are typically used to help build muscle.

Omega-3 fatty acids help form the membranes surrounding the cells in your body. Supplements may help improve heart health and include fish oil, krill oil and flax oil.

Amino acid supplements include lysine and glutamine. Popular with athletes, amino acids form proteins and can help build muscle mass.

Enzymes help break down and digest food. Supplements may help relieve bloating and other digestive symptoms. Popular enzyme supplements include lactase and papaya.



HY-VEE'S HEALTHMARKET carries vitamin, mineral, multivitamin, protein, herbal supplements and more in a variety of dosages in capsule, gummy, powder and liquid forms. Supplements for children and adults are available in Hy-Vee stores and at HealthMarket locations.



The statements in this article have not been evaluated or approved by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Always consult a doctor before using any supplements.

dietitian Q&A

THE QUESTIONS WE HEAR MOST

You asked ... and asked and asked! Here are the most common questions received by Hy-Vee registered dietitians—and the answers.



Elisa Sloss, RD, LD
Vice President,
HealthMarket

Q: Are fresh vegetables better than frozen?

A: A vegetable in any form is packed with nutrients: vitamins, minerals, fiber and antioxidants. Freezing is a safe way to increase the shelf life of nutritious foods without taking away or reducing their health benefits. So if frozen veggies are an easier and more convenient option for you, then by all means go for them. You'll still get those key veggie nutrients.

Q: Are sugar-free foods better?

A: Unfortunately, *sugar-free* doesn't necessarily mean "better for you." To provide great-tasting flavors in sugar-free foods, food companies sometimes add artificial sweeteners and sugar alcohols, which can negatively

impact nutrition. If you want to sweeten something without using processed sugars, try natural sweeteners like honey, molasses and pure maple syrup.

Q: Is vegetarian, keto or the Mediterranean diet (etc.) the best way to eat?

A: No matter the specialized diet, there's not one best way to eat for everyone. The best meal plan or diet for you is one that meets all your nutritional needs and is something you can stick with for the long term. If you're unsure of what that looks like for you, contact a Hy-Vee dietitian for help.

Q: Should I go gluten-free?

A: If you have been diagnosed with celiac disease or have a gluten sensitivity, then a gluten-free diet is an absolute must for you. For everyone else, there's little evidence that shows a gluten-free diet offers any particular health benefits.



Scan the QR Code to find a local dietitian or explore other Hy-Vee health services.

Q: WHAT DOES THE "USDA ORGANIC" LABEL MEAN ON FOOD?

A: If a food has a "USDA Organic" label, that means it has been grown and processed according to the national standards set by the U.S. Department of Agriculture. To meet these standards, crops must be produced without conventional pesticides, synthetic fertilizers and other chemicals. For meat products to be organic, animals must be given organic feed, kept free of growth hormones and antibiotics and have access to the outdoors for grazing. If packaged foods have the "USDA Organic" label, it indicates they contain at least 95% organic ingredients.

Q: DO I NEED TO DRINK EIGHT GLASSES OF WATER A DAY?

A: This age-old advice is just that—old! While eight glasses is a simple number to follow, the amount of water you need in a day is based on your personal lifestyle. For example, if you exercise

often, live in hot and humid conditions, are sick or are pregnant, you'll need to drink more water than those with different lifestyles. If you don't feel parched or thirsty and your urine is colorless or light yellow, your body should be hydrated. If you do have concerns, reach out to your doctor or a Hy-Vee dietitian.

Q: Should I avoid fruit because it has too much sugar?

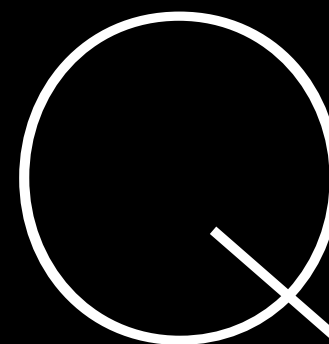
A: THE SHORT ANSWER IS NO. THE BODY METABOLIZES FRUIT SUGAR DIFFERENTLY THAN PROCESSED OR ADDED SUGARS. EVERYONE CAN BENEFIT FROM EATING MORE FRUIT, THANKS TO THE VITAMINS, MINERALS, FIBER AND WATER THEY PROVIDE. ADDED SUGARS DIFFER BECAUSE THEY UNDERGO PROCESSING AND RESEARCH CONSISTENTLY LINKS THEM TO DIABETES AND HEART DISEASE.

Learn Healthy Cooking

Want to learn even more about nutrition from a registered dietitian? Attend a cooking class hosted by one! Hy-Vee dietitians host Smart Carb Cooking, and the Healthy Habits program, which teaches what a healthy carbohydrate balance looks like.



Scan the QR Code to sign up for classes.



IF I EXERCISE, I CAN EAT WHATEVER I WANT, RIGHT?

A: The concept of "I run for cake" is fun, but it's a little more complex than that. People are notorious for underestimating how much they eat and overestimating how much they exercise. The bottom line is, to lose weight, you need to be in a calorie deficit, meaning you're burning more calories than you eat. The best way to accomplish that is to focus on healthy food choices and a lifestyle that includes exercise but doesn't rely on it to cut calories.





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Of course, this helpful service costs you nothing. You can use it with no obligation. It's simply part of our continued dedication to making your life easier, healthier and happier.

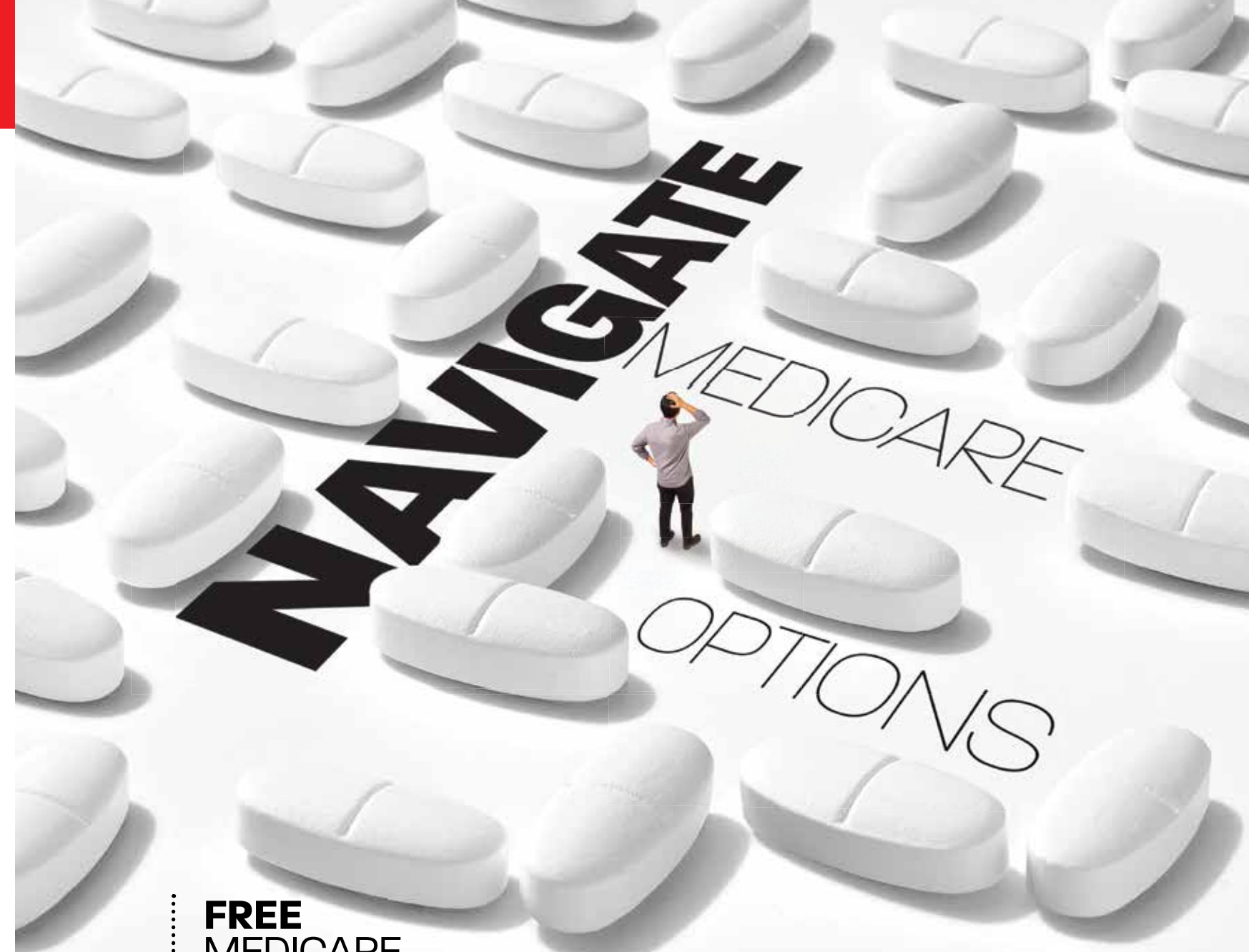


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Make an appointment or stop in during open enrollment (Oct. 15 to Dec. 7) for a free medication review to help determine which Medicare Part D plan is best for you.

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HY-VEE MEDICARE AISLE

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Prime Rib,
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30 minutes or less	20 minutes or less	10 minutes or less	GF option GLUTEN FREE	V option VEGETARIAN DISH
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