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seasons

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may/june

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MAY/JUNE 2024



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DONNA TWEETEN
PRESIDENT, HY-VEE, INC.

As summer arrives, it's time to fire up the grill and soak up the sunshine.

Take full advantage of warmer weather and blue skies by entertaining outdoors and dining alfresco.

Let Hy-Vee help you set the scene for a summer to remember with stylish and comfortable patio furniture (*page 40*), quality grills and accessories from industry leading brands (*page 56*), plus outdoor essentials (*page 92*).

Host the best cookouts with easy-prep party drinks (*page 32*), grilling techniques that create bold flavor (*page 24*) and unique recipes for yummy s'mores (*page 50*).

Celebrate parents for Mother's and Father's Day with a variety of gifts and meal ideas (*page 74*). Make your own simple floral arrangement gifts, or shop grab-and-go bouquets for Mom at Hy-Vee (*page 88*).

Enjoy the outdoors this season!

HY-VEE SEASONS IS DIGITAL!

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THE COLDEST-EST SPRITE YET



LIMITED
EDITION

OBEY
YOUR
THIRST

AISLES

New & Noteworthy at Hy-Vee

Jimmy Dean Griddle Cakes

Kick-start your day with cooked, ready-to-heat griddle cakes—a layering of savory sausage, gooey cheese and tender eggs between two fluffy pancakes. These breakfast delights heat in less than two minutes in the microwave, and offer at least 12 grams of protein each to fuel your morning.

- Blueberry Griddle Cake
- Maple Griddle Cake



STOP IN AT YOUR LOCAL
HY-VEE STORE OR VISIT
HY-VEE.COM/SHOP
TO FIND **EXCITING
NEW PRODUCTS.**

Jimmy Dean

With over 50 years of creating quality breakfast meats such as bacon and sausage, Jimmy Dean can help you start your mornings with quick meals that will leave you satisfied until lunch. Look for these breakfast items and more at Hy-Vee.



Biscuits & Gravy, Sausage or Meat Lovers

Buttermilk biscuits and gravy made with sausage or a mix of bacon and sausage.



Mega Pack Hickory Smoked Premium Bacon

Enjoy 20 oz. of premium Jimmy Dean bacon, prepared hickory-smoked style.



Maple & Brown Sugar Premium Bacon

A savory-sweet bacon that perfectly complements pancakes and waffles.



Center Cut Hickory Smoked Premium Bacon

The same hickory-smoked flavor, but with 40% less fat compared to Jimmy Dean's regular bacon.

Dip Party Starters

Savory dips paired with soft mini pitas make a delicious appetizer for any gathering.



Hy-Vee Fiesta Dip

A layering of refried pinto beans, Cheddar cheese, sour cream, tomatoes and black olives, green onion and seasonings.



Pancho's Queso

Crafted from real cheese and blended with spices for a kick, these queso dips will keep you coming back for more.



Baba's Pita Puffs

Perfect for dips, these fluffy and soft mini pitas are vegan, halal and kosher with no artificial preservatives.

Barilla Al Bronzo Conchiglie

This new pasta shape features elegantly textured ridges to provide an extraordinary sauce grip for more flavor in every bite. Made with carefully selected, non-GMO semolina wheat, try it in pasta salads, mac and cheese or with a meat sauce.



STEM Light Traps

Simply plug in the trap to activate, and the light will attract and trap bugs without chemical insecticides. Place it in the kitchen to trap fruit flies, or flying pests in any room.

Highline Mushrooms

Using sustainable practices and advanced growing technology, Highline Mushrooms produces organic, high-quality mushrooms. All mushrooms are grown without pesticides and are hand-picked directly into the package you buy.



Mini Bella Mushrooms

This firm variety has a deep, earthy umami flavor, adding richness and extra texture to ground meat dishes, sauces, risottos, casseroles and more.



White Mushrooms

These firm, versatile mushrooms have a mild earthy flavor that intensifies when cooked. Add them to soups, pizza, burgers or salads, or simply enjoy raw.

Snack Time

TRY NEW FLAVORS AND VARIETIES OF SNACKS FROM GOOD GRACES, SMART SWEETS AND SKINNYPOP.



aisles NEW & NOTEWORTHY PRODUCTS AT HY-VEE

Basin

ALL-NATURAL BEAUTY

Give yourself the spa treatment with luxury bath and beauty products from Basin. Achieve ultimate relaxation with a new soap, exfoliating soufflé, and bath bomb.

- Lavender Bath Bomb
- Gardenia Soap
- Flower Power Sugar Soufflé



Very Bellissima

TOTAL SKIN CARE

Hy-Vee's exclusive and affordable beauty brand now offers full-regimen products that address many skin care concerns. From hydration, anti-aging, anti-redness and more, Very Bellissima has the right skin care for you. All formulas are cruelty-free and paraben-free.

- Calm Recovery Complexion-Rescue Night Cream
- Super Dew Ultra-Hydrating Day Cream
- Bright Therapy Illuminating Facial Scrub
- Pore Restore Clarifying Facial Serum
- Glow Boost Micellar Cleansing Water
- Youth Revival Anti-Aging Facial Cleanser



SUN'S OUT, SNACKS OUT.

ENJOY A TASTY SPREAD ANYTIME, ANYWHERE WITH SNACKS FROM FRITO-LAY.

Curb those summer cravings with Lay's Classic Potato Chips, Tostitos Scoops! Original Tortilla Chips and Tostitos Restaurant Style Salsa, available at Hy-Vee.



SCAN TO SHOP Frito-Lay products at Hy-Vee.



SAT
LUKE
COMBS



SAT
ERIC
CHURCH



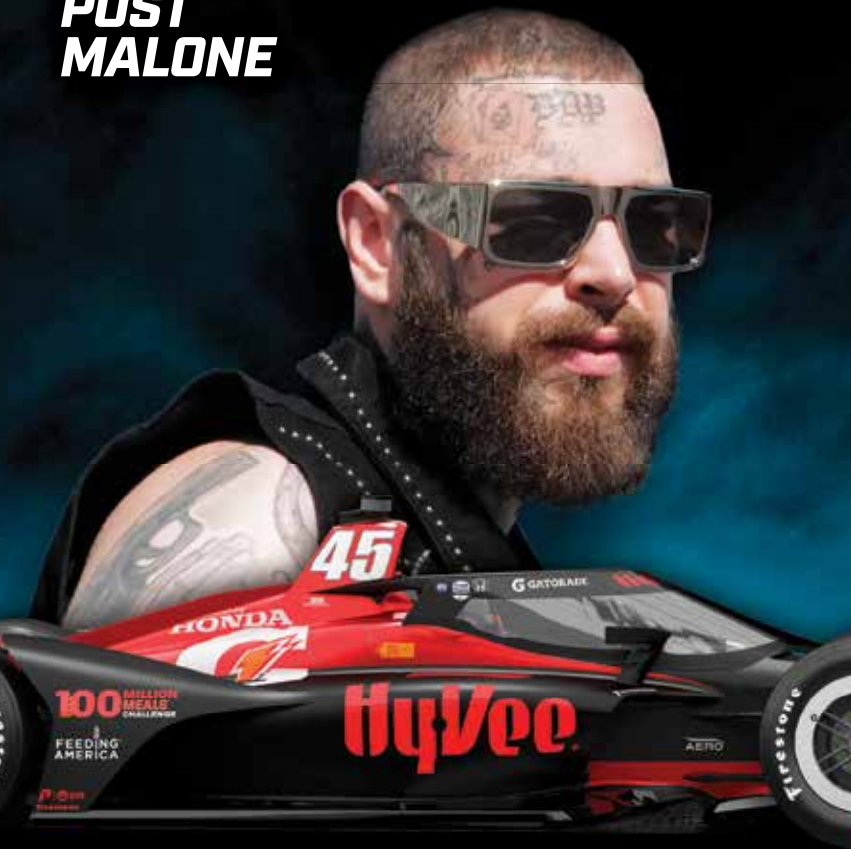
HyVee

INDYCAR RACE WEEKEND

JULY 12-14

Iowa Speedway - Newton, Iowa

SUN
POST
MALONE



SUN
KELSEA
BALLERINI



101

Zucchini

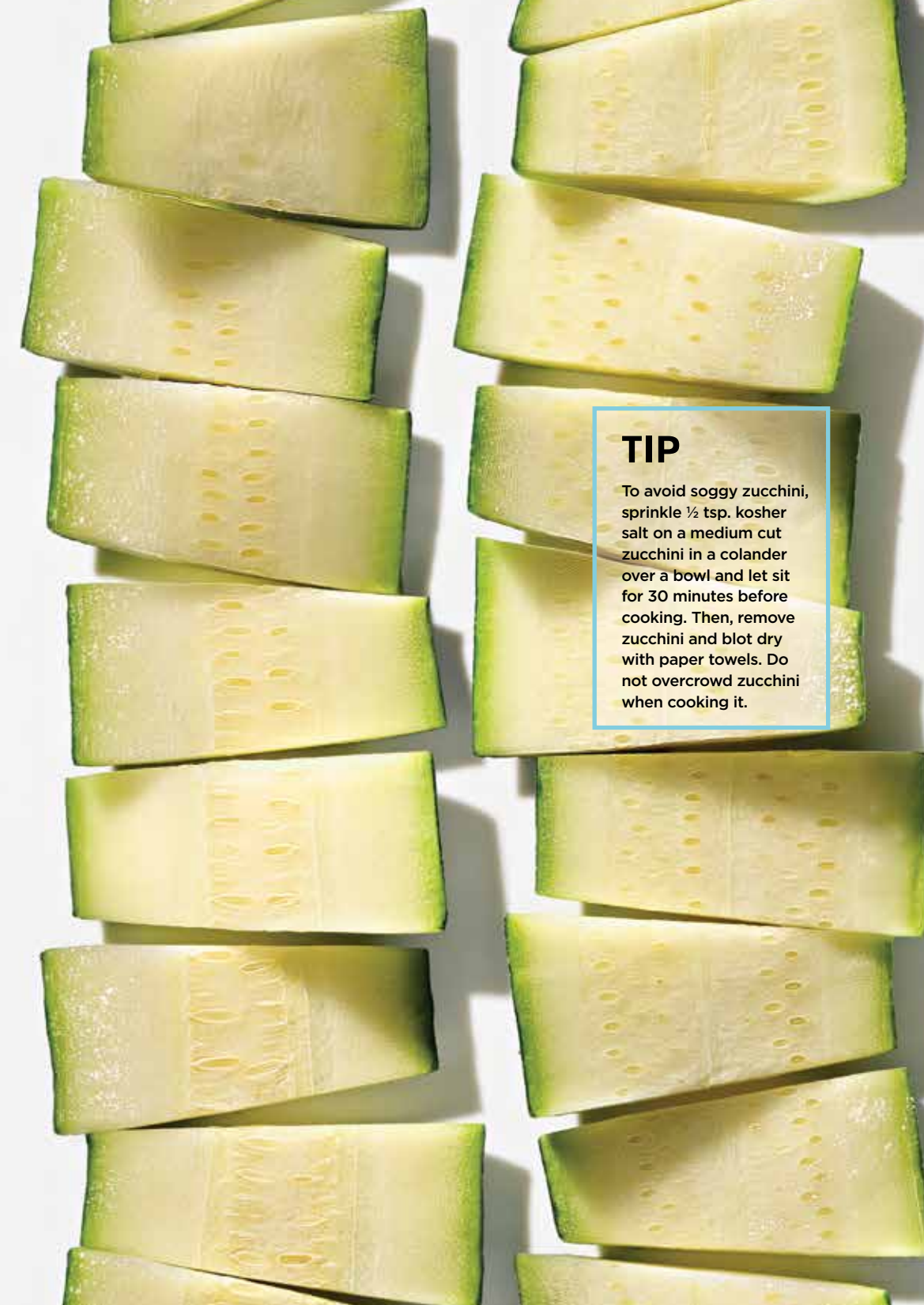
Stay hydrated by enjoying this mild, versatile summer squash in a variety of dishes.

Zucchini is a cylindrical-shape squash with edible dark green skin and pale, yielding flesh. It has a mostly mild, yet slightly sweet flavor which can be suitable for a variety of dishes. Although botanically a fruit, zucchini is widely treated as a vegetable and can be eaten raw or cooked. Enjoy it in stir-fries, grain bowls or salads; blend it into sauces or even incorporate it into baking. Just one cup (124 grams) of chopped raw zucchini with skin contains over 90% water, contributing to daily hydration. Zucchini also contains carotenoids such as lutein—an antioxidant that supports eye health and may help reduce inflammation.

BUY Look for firm and slender (about 2-in. diameter) zucchini with a vibrant dark green color. Avoid produce that bends easily or has soft spots or wrinkles. Zucchini is in season from June through September, and available year-round at Hy-Vee.

STORE Zucchini is best kept whole and unwashed in an open plastic or paper bag in the refrigerator's crisper drawer for 3 to 4 days. Do not store it with ethylene gas-producing food such as avocados or tomatoes. Store cut zucchini in an airtight container and use within 24 hours.

PREP Gently clean the skin with a vegetable brush under running water until it feels free of grit. Cut off and discard the stem. From there, zucchini can be chopped, sliced, spiralized and more.



TIP

To avoid soggy zucchini, sprinkle ½ tsp. kosher salt on a medium cut zucchini in a colander over a bowl and let sit for 30 minutes before cooking. Then, remove zucchini and blot dry with paper towels. Do not overcrowd zucchini when cooking it.

WAYS TO ENJOY

Sautéed

Use a knife and cutting board to cut a zucchini into ½-in. cubes that can be sautéed as a side or added to main dishes.

Baked

Grate zucchini into a bowl using the large side of a box grater. Bake the gratings into bread, brownies or muffins.

Puréed

Chop 3 medium zucchini into ½-in. pieces to roast and purée with other ingredients in a blender to make creamy pasta sauces.

Sources: fdc.nal.usda.gov/fdc-app.html#/food-details/169291/nutrients
mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256
umrc.rochester.edu/encyclopedia/content.aspx?contentTypeid=19&contentid=Lutein



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Grilled Zucchini Boats with Greek Salad

Hands On 30 minutes

Total Time 45 minutes plus cooling and standing time

Serves 4 (1 each)

2 (9- to 12-oz.) zucchini

½ tsp. kosher salt, divided

¾ tsp. coarsely ground Hy-Vee black pepper, divided

¼ cup Greek feta vinaigrette

¼ cup Hy-Vee no salt added garbanzo beans, drained and rinsed

¼ cup diced English cucumber

¼ cup sliced Basket & Bushel grape tomatoes

¼ cup pitted Castelvetrano olives, drained and sliced

2 Tbsp. finely diced red onion

2 Tbsp. Soirée traditional feta cheese crumbles

1 Tbsp. finely chopped fresh oregano, plus additional for garnish

1 Tbsp. finely chopped Italian parsley, plus additional for garnish

1. PREHEAT a charcoal or gas grill for direct cooking over medium-high heat (375°F).

2. CUT zucchini lengthwise in half; season with ¼ tsp. salt and ¼ tsp. pepper.

3. PLACE zucchini, cut sides down, on grill rack. Grill for 12 to 15 minutes or until zucchini are slightly tender and have grill marks, rotating occasionally. Remove from grill; cool slightly.

4. SCOOP out flesh from each zucchini half to make ¼-in.-thick shells, using a ½-tsp. measuring spoon. Reserve scooped-out zucchini flesh for another use. Season shells with remaining ¼ tsp. salt and ¼ tsp. black pepper.

5. FOR SALAD, place vinaigrette in a medium bowl. Add garbanzo beans, cucumber, tomatoes, olives, red onion, feta cheese, 1 Tbsp. oregano, 1 Tbsp. parsley and remaining

¼ tsp. black pepper; gently toss to coat. Let stand for 10 minutes, tossing occasionally.

6. SPOON mixture into zucchini shells; garnish with additional oregano and parsley, if desired.

Per serving: 130 calories, 8 g fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 550 mg sodium, 10 g carbohydrates, 3 g fiber, 5 g sugar (0 g added sugar), 4 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 10%



Upgrade your S'mores with Ghirardelli SQUARES

With premium chocolate and luscious filling, Ghirardelli SQUARES offer a delicious twist to your favorite summer treat. Whether Milk Caramel, Dark Raspberry or Dark Mint, pick your favorite chocolate to make your S'mores extra special.

GET S'MORE INFO HERE: [HTTPS://WWW.GHIRARDELLI.COM/SMORES](https://www.ghirardelli.com/smore)



Makes S'mores
a Bite Better

BASICS

How to Blanch

Enjoy produce with superior flavor, texture and color—plus, shorter cooking time later—after prepping with blanching.

WHAT IS BLANCHING?

A cooking technique in which vegetables or fruits are scalded or shocked with boiling water or steam, then quickly cooled down in an ice bath.

HOW IT WORKS?

As produce is briefly submerged in boiling water, enzyme activity that leads to the loss of color, flavor and texture is stopped. Due to the boiling temperature, an ice bath helps produce cool down quickly, therefore stopping the cooking process.

WHY SHOULD I BLANCH?

Blanching can help reduce the bitterness of vegetables, produce more vibrant colors, crisper texture and can even loosen the skins of fruits like peaches and tomatoes, making them easier to peel for recipes.

STEP-BY-STEP BLANCHING



STEP ONE
Bring water to a boil in a pot. Use about 1 gallon of water per pound of produce. Add washed food to the pot and cover with a lid. Start a timer as soon as the water returns to a boil. See list, right, for times or refer to the National Center for Home Food Preservation (source list).



STEP TWO
Quickly remove the food from the boiling water after time is up with a spider strainer or slotted spoon and add it to a bowl filled with cold water and ice for the same time it boiled. Thoroughly drain and dry produce.

HOW LONG TO BLANCH?

Boiling time varies depending on the type and size of produce, but here are a few suggestions to get started.

- Asparagus** (medium): 3 min.
- Broccoli**: 3 min.
- Corn on the cob** (medium): 9 min.
- Diced carrots**: 2 min.
- Green beans**: 3 min.
- Tomatoes**: 30 sec.



FIND IT AT HY-VEE

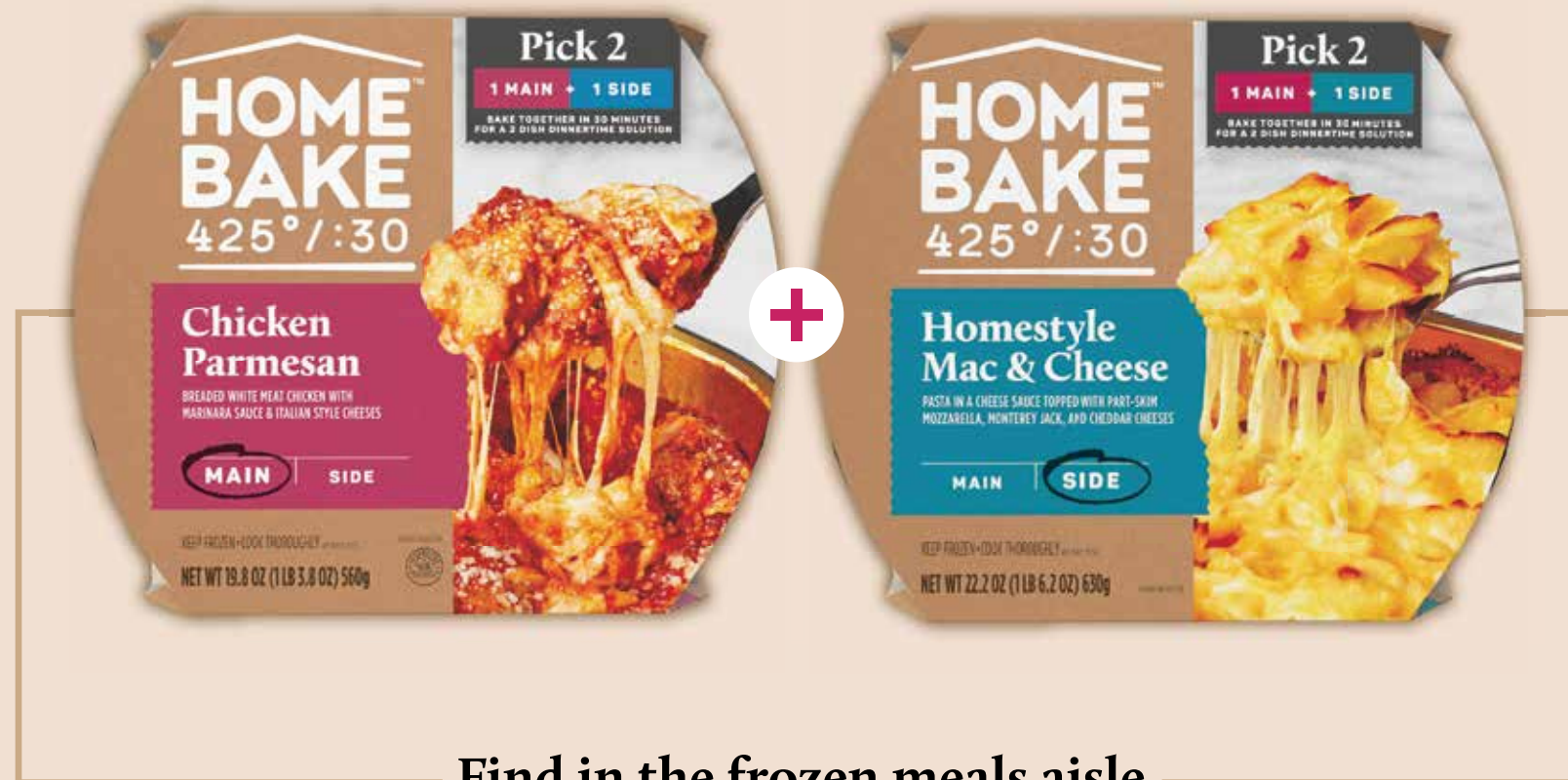
Anchor Hocking 4-qt. Mixing Bowl

Use this microwave- and dishwasher-safe glass bowl to whisk, stir, blend, cool, reheat and store foods. 5.2x10.2-in. diameter
7.49

NEW

Pick 2.

Bakes together in 30 minutes for a 2 dish dinnertime solution.



Find in the frozen meals aisle

NEW! BAJA FIERY MANGO

Doritos

BRAND

For a limited time, enjoy the classic tropical Baja® flavor with a spicy-sweet twist from Doritos® available at Hy-Vee.



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LEVEL UP

That's Smart! Tomato Ketchup

Give basic ketchup a spicy upgrade with just a few simple ingredients.



THAT'S SMART!
TOMATO KETCHUP



Hy-Vee dill pickle relish



Fresh lime juice



Hy-Vee Bloody Mary rub



Hy-Vee black pepper



▶ BLOODY MARY KETCHUP

Whisk together $\frac{2}{3}$ cup That's Smart! tomato ketchup; 2 Tbsp. Hy-Vee dill pickle relish, drained; 1 Tbsp. fresh lime juice; 2 tsp. Hy-Vee Bloody Mary rub and 1 tsp. Hy-Vee black pepper. Serve with French fries or on burgers or hot dogs. Store in an airtight container in refrigerator up to 5 days. Serves 6 (2 Tbsp. each).

10
MINUTES
OR LESS

SOLUTIONS

Outdoor Utensils

Become a grill master with handy tools available at Hy-Vee for all your outdoor cooking needs this season.

FIND IT AT HY-VEE

Norpro Stainless Steel 12" Skewers

Reusable smooth skewers allow food to easily slide on and off.
6 ct.

FIND IT AT HY-VEE

Weber Precision Grill Tongs & Spatula Set

Flip food using this stainless steel set with comfort handles.
2 pc.

10% OFF

FIND IT AT HY-VEE

Weber Instant-Read Thermometer

Fast digital readout in less than 15 seconds.
8x1.3x0.3 in.

10% OFF

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Dreamfarm Lockorns

Holders that securely anchor into corn cobs and lock together for safe storage.

4 pair set

4.99

FIND IT AT HY-VEE

Blackstone Large Griddle Scoop

Move and serve large quantities with this stainless steel tool; heat-resistant handle.
7.08x2.55 in.

10% OFF

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Weber 12" Bamboo Grill Brush

Safely clean grates with this long, angled brush that keeps you away from the heat.
12 in.

10% OFF

#1 Grilling Tip:
Get your beef from Hy-Vee.



For the highest-quality beef, turn to Hy-Vee. Our beef is hand-selected and cut to perfection. You can thank us later.

exclusively at **HyVee**

hello summer.



goodbye thirst.

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QUICK FIXES

Grilling Hacks

Save time and money during grill season with simple cooking and cleaning tricks using common household items.

FIND IT AT HY-VEE

Dreamfarm Brizzle

Easily scoop up to 1 Tbsp. of liquid from hard-to-reach places, then drizzle and baste with this heat-resistant silicone brush.

11x2 in.
16.99

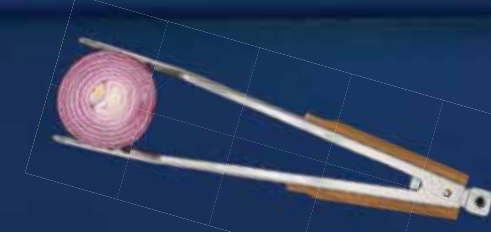
DREAMFARM

Award-winning company Dreamfarm creates original kitchen tools that solve problems. Easily baste food, peel corn cobs, grill meat and more using Dreamfarm gadgets, available at Hy-Vee.



DIY SMOKER

Test out a DIY method before investing in your own smoker. After soaking wood chips in water for 1 hour, add them to an aluminum tray. Fit a foil sheet over it, poke holes in the top for ventilation and place it on an unlit portion of the grill.



GRATE CLEANER

To clean the pesky grime that builds up on grates, heat your grill to high (450°F to 550°F). Cut a large onion in half, hold between tongs and run it along the grates for a few minutes. The onion's natural acids and antimicrobial properties will help remove char and grease.



CITRUS BARRIER

The delicate flesh of fish can easily tear, break apart and fall through grill grates. To avoid this, lay thin slices of lemon, lime or orange on the grill and cook the fish on top to protect the flesh while adding juicy flavor.



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offering a full line of products for natural living under the Frontier Co-op, Simply Organic[®] and Aura Cacia[®] brands. Our goal is to provide the highest-quality products while supporting and promoting social and environmental responsibility all the way from our sourcing communities around the world to our operations in rural Iowa. Why? Because at Frontier Co-op we believe that doing good, works.



exceptional flavor
RESPONSIBLY SOURCED

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**ALWAYS ORGANIC.
SIMPLY DELICIOUS.**



We believe nature knows best and cooking with organic ingredients doesn't have to be complicated. Enjoying pure ingredients and real, quality flavor is simple—just reach for Simply Organic on your next trip to Hy-Vee.

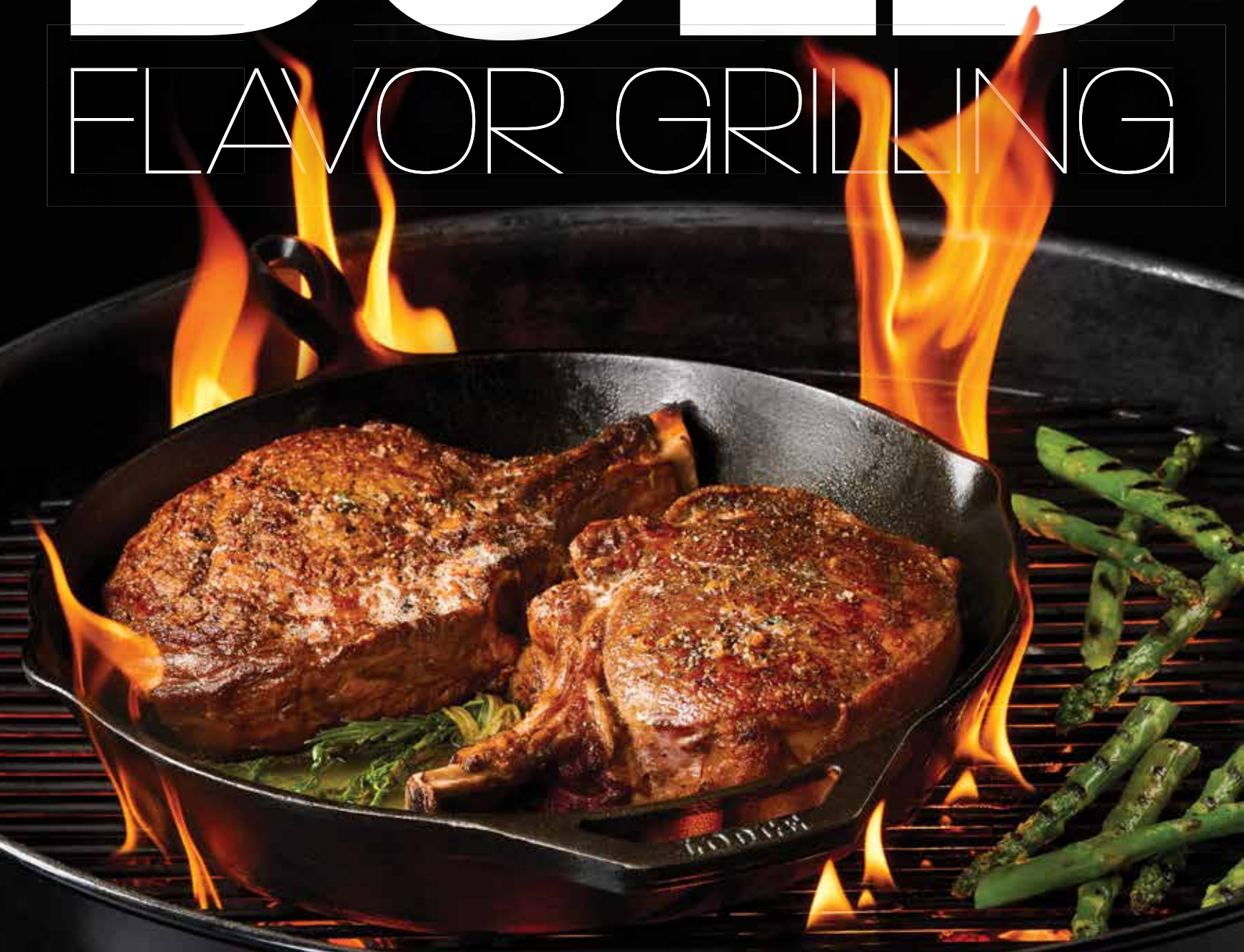
MAY/JUNE 2024



BOLD FLAVOR GRILLING | TOAST TO SUMMER | RED, WHITE AND FROZEN FUN |
INSPIRING OUTDOOR SPACES | THE S'MORE THE S'MERRIER | HOT OFF THE GRILL |
ASIAN-INSPIRED COOKING TECHNIQUES | IT'S IN THE DETAILS | CELEBRATE MOMS & DADS

BOLD

FLAVOR GRILLING



ADD MAJOR FLAVOR TO GRILLED MEAT, SEAFOOD AND MORE WITH TECHNIQUES THAT CAN TAKE YOUR BARBECUE EXPERIENCE TO THE NEXT LEVEL. PLUS, FIND SAUCES, SEASONINGS AND SERVEWARE AT HY-VEE MADE FOR GRILLING SEASON.



WHAT IS REVERSE SEARING?

Perfectly cook a tender, juicy steak with a crisp outer crust using the reverse sear technique. Unlike a traditional sear, where the steak is seared over direct heat first, the reverse sear method begins with cooking over indirect heat. This allows the inside to evenly cook without becoming dry. Then, to create a flavorful crust, finish the steak over direct, high heat for just a couple of minutes, giving the meat a dark sear.

REVERSE SEAR

HOW TO REVERSE SEAR

FOLLOW THESE STEPS TO EASILY PREPARE TENDER STEAK FINISHED WITH A HARD SEAR.



STEP ONE

Season steak as desired. Cook over indirect heat until steak reaches desired temperature and doneness. Begin heating cast iron skillet over direct heat.



STEP TWO

When steak reaches desired temperature, transfer to a hot cast iron skillet over direct heat. Quickly sear both sides of the steak for 1 to 2 minutes or until browned.



African-Inspired Marinated Shrimp Skewers

Hands On 15 minutes
Total Time 23 minutes plus marinating time
Serves 6

- 2 (1-lb.) pkg. frozen E-Z peel & deveined raw white shrimp (8 to 12 ct.), thawed
- ½ cup Hy-Vee canned coconut milk
- 4 Tbsp. Hy-Vee apricot preserves, divided
- 3 Tbsp. Gustare Vita double concentrated tomato paste, divided
- 3 Tbsp. Culinary Tours peri-peri hot sauce, divided
- 2 Tbsp. Gustare Vita white wine vinegar, divided
- 1 Tbsp. refrigerated ginger paste
- 1 red Fresno chile pepper, thinly sliced, plus additional for topping*
- 1 tsp. curry powder
- 1 tsp. Hy-Vee ground nutmeg
- ½ tsp. kosher salt, divided
- Coarsely chopped Hy-Vee dry roasted lightly salted peanuts, for topping
- Chopped fresh cilantro, for garnish

1. **PEEL** shrimp, leaving tails attached. Place in a covered marinating container or a large resealable plastic bag.
2. **WHISK** together coconut milk, 2 Tbsp. apricot preserves, 2 Tbsp. tomato paste, 2 Tbsp. hot sauce, 1 Tbsp. vinegar, ginger

paste, 1 sliced Fresno chile, curry powder, nutmeg and ¼ tsp. salt in a small bowl. Pour over shrimp; toss to coat. Refrigerate for 30 to 60 minutes.

3. **WHISK** together remaining 2 Tbsp. apricot preserves, 1 Tbsp. tomato paste, 1 Tbsp. hot sauce, 1 Tbsp. vinegar and ¼ tsp. salt in another small bowl; set aside.

4. **PREHEAT** a charcoal or gas grill for direct cooking over medium-high heat (375°F).

5. **REMOVE** shrimp from marinade mixture; discard mixture. Thread shrimp onto 6 (7- to 8-in.) metal skewers. Grill for 6 to 8 minutes or until shrimp reach 145°F, turning halfway through and brushing with sauce during the last 2 to 3 minutes of grilling.

6. **TO SERVE**, top skewers with peanuts and additional Fresno pepper slices; garnish with cilantro, if desired.

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

Per serving: 200 calories, 5 g fat, 3 g saturated fat, 0 g trans fat, 140 mg cholesterol, 1,020 mg sodium, 13 g carbohydrates, 0 g fiber, 8 g sugar (7 g added sugar), 18 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 4%

WHAT IS MARINATING?

Add flavor and tenderize meat before cooking by letting it rest in a marinade. Marinating involves soaking meat or seafood in a sauce mixture before cooking. Although most marinade flavors will remain on the surface, salt in a marinade can penetrate the protein. Acidic ingredients such as lemon juice also can help tenderize meat by breaking down the protein's fibers.

MARINATE

TIPS FOR MARINADES

FOLLOW THESE TIPS TO GET MORE OUT OF YOUR MARINADES.

USE A CONTAINER
 If you're marinating food in a resealable bag, place the entire bag in a bowl or shallow tray to help prevent spills.

GIVE IT A FLIP
 Halfway through the marinating time, use tongs to flip the protein over, or turn the plastic bag. This will help ensure an even coating.

PAT DRY
 Before searing foods like steak, pat with a paper towel to soak up excess marinade. This will create a drier surface, leading to a better sear.

FIND IT AT HY-VEE
Mud Pie Marinating Prep Tray
 Conveniently prep and marinate foods for grilling with a melamine tray featuring a wood lid.
 8×12 in.
54.99

NEUTRAL PLASTIC TRAY
 Unlike metal, which can react with the acids in marinades, a melamine tray marinates food without imparting any unwanted flavor.

VERSATILE WOOD LID
 The lid for this set pulls triple-duty, functioning as a cover for marinating foods, a cutting board for prep and a serving tray. Hand-wash the lid after marinating but before slicing and serving grilled foods.



MORE MARINADES

FOR THE MOST TENDER, FLAVORFUL RESULTS, USE THESE TIPS FOR MARINATING DIFFERENT TYPES OF MEAT BEFORE GRILLING.



POULTRY

Marinate small or boneless pieces of chicken for 1 to 12 hours, and larger bone-in pieces for up to 24 hours. Overmarinating any meat can give it a slightly mushy, unpleasant texture, so it's important to follow recipe directions for marinating.



SCAN FOR the Lemon Chicken Kabobs recipe.



PORK

Similar to beef, less tender cuts like pork butt or shoulder need a longer marinating time of 6 to 24 hours to help break down connective tissue and tenderize the meat. Tender cuts, such as the loin and ribs, are marinated for 1 to 6 hours, primarily to add flavor.



SCAN FOR the Korean Pork Kabobs recipe.



BEEF

Tender cuts, such as top sirloin, and thin cuts, like flank steak, can marinate for a shorter time than thick, tough cuts of steak, usually 2 to 6 hours. Thick steaks or tougher cuts such as chuck, will benefit from a longer marinating time of 4 to 24 hours.



SCAN FOR the Sesame-Orange Beef Kabobs recipe.



1

DRY RUB

WHAT IS A DRY RUB?

Rubbing a dry blend of seasonings on the surface of meat adds flavor, and also helps create a crisp outer crust when the meat is seared on the grill. Unlike a wet rub, which includes liquid ingredients like vinegar or oil, a dry rub only includes dried seasonings like paprika or garlic salt. Because dry rubs don't add any moisture to the surface of the meat, it's easier to get a crisp crust and browning on the grill.

Sweet-and-Smoky Dry Rub Wings

Hands On 20 minutes
Total Time 37 minutes plus chilling time
Serves 6 (2 or 3 each)

CHICKEN WINGS

¼ cup Watkins organic smoked maple rub, plus additional to taste
2 Tbsp. Jack Daniels chicken rub
1 Tbsp. Hy-Vee garlic powder
½ tsp. kosher salt, plus additional to taste

1 (1½ -to 2-lb.) pkg. Hy-Vee True cut chicken wings (12 to 18 drumettes and flats)

SAUCE

3 Tbsp. Culinary Tours sweet & tangy bourbon BBQ sauce

2 Tbsp. Hy-Vee Select 100% pure maple syrup

1½ tsp. Full Circle Market organic raw unfiltered apple cider vinegar

1½ tsp. Hy-Vee Worcestershire sauce

1. PLACE a wire rack in a large rimmed baking pan; set aside. For chicken wings, stir together ¼ cup maple rub, chicken rub, garlic powder and ½ tsp. salt in a small bowl; set rub mixture aside.

2. PAT chicken wings dry with paper towels. Add 1 or 2 wings to the bowl with rub mixture; toss to coat. Remove; shake off excess rub mixture and place coated wings on rack in

baking pan. Repeat coating remaining chicken wings. Refrigerate coated wings, uncovered, for 1 to 2 hours.

3. PREHEAT a charcoal or gas grill with a greased grill rack for direct cooking over medium-high heat (375°F). Grill wings for 15 to 17 minutes or until wings reach 165°F and are crisp, turning occasionally.

4. FOR SAUCE, whisk together BBQ sauce, maple syrup, vinegar and Worcestershire sauce in a medium bowl.

5. SERVE sauce alongside wings. Season to taste with additional salt and/or maple rub.

Per serving: 210 calories, 9 g fat, 2.5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 1,200 mg sodium, 18 g carbohydrates, 0 g fiber, 15 g sugar (14 g added sugar), 13 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%

TIPS FOR DRY RUBS

USE THESE TIPS TO MAXIMIZE FLAVOR FROM YOUR RUB.

REST BEFORE COOKING

Although meat can be cooked immediately after applying a dry rub, letting it rest in the fridge for an hour or two can help season the meat more deeply, leading to more intense flavor.

CREATE A PASTE

If the rub isn't sticking to the meat, especially larger cuts like steak, mix with a small amount of olive oil to create a paste. This wet rub will help coat the meat without adding much liquid.

LOCAL FLAVOR
Find seasonings and sauces created by Midwest-based companies at Hy-Vee, including Cookies and Big Moe Cason.

2

3

FIND IT AT HY-VEE

1. Mud Pie Eat Up Wood Skinny Serving Tray

The mango wood board features the phrase "Eat up" and includes a small metal serving fork.

31×5.5 in. board; 7 in. fork

44.99

2. Jack Daniel's BBQ Rubs

Each rub offers a touch of sweet and heat, with blends created for beef, chicken and pork.

select varieties 5 to 6 oz.

5.49

3. Watkins Grilling Seasonings and Marinades

Watkins has 150 years of history creating organic, all-natural spice and seasoning mixes.

select varieties 1.06 to 5.6 oz.

20% OFF

GRILL



WHAT IS CHARRING?

Charred foods are grilled or cooked at high temperatures until they are just slightly burned, adding smoky, bitter flavor. Because charring adds bitterness, it works well on foods that have a hint of sweetness, such as red onions, and juicy meats like hamburgers. When properly balanced, charring adds complexity to food, blending bitter and smoky flavors with sweetness.

Charred Bacon-Cheeseburger Pizza

Mix together 1 (13.4-oz.) pkg. Urban Slicer Pizza Worx outdoor grilling pizza dough mix and 1 cup warm water (80°F) according to pkg. directions; form into 2 balls. Cover and proof for 2 to 4 hours or until slightly risen. Season both sides of 2 (6-oz.) Hy-Vee Meat Department gourmet steakhouse bacon Cheddar burger patties with ¼ tsp. kosher salt. Grill patties on a greased grill rack over medium-high direct heat (375°F) for 10 to 13 minutes or until burgers reach 165°F and begin to char, turning halfway through. Remove from grill; let rest for 10 minutes and chop into small pieces. Grill ½ medium red onion, cut side down, for 6 to 8 minutes or until charred. Remove from grill; cut into thin wedges. Roll out 1 dough ball on a lightly floured sheet of parchment paper to a 14×12-in. rectangle. (Reserve remaining ball for another use.) Brush top with 1 Tbsp. Gustare Vita olive oil. Use the parchment paper to flip dough over onto grill rack with oiled side down. Brush with an additional 1 Tbsp. olive oil. Grill dough for 4 to 6 minutes or until slightly charred, turning halfway through. Remove from grill. Spread crust with ¼ cup Hy-Vee chicken mayo dip and dipping sauce to within 1 in. of edges. Top with chopped burgers; 1 (8-oz.) pkg. Hy-Vee shredded Colby Jack cheese; 2 slices Country Smokehouse thick-sliced hickory smoked slab bacon, cooked and chopped; and ¼ cup Hy-Vee hamburger dill pickle slices. Return pizza to grill rack; grill for 4 to 6 minutes or until cheese is melted and burger pieces are heated through. Top with 1 medium roma tomato, chopped, and 1 Tbsp. Hy-Vee yellow mustard. Season to taste with DeLallo pizza seasoning. Serves 8.

HOW FAR TO CHAR
To char without burning, keep cooking foods past the point of turning golden brown. Remove from the grill just as some areas are beginning to turn black but before the food begins to turn ashy.

FIND IT AT HY-VEE

Urban Slicer Pizza Worx

Pizza sauces, doughs and spice blends created by a certified pizzaiolo.

select varieties
4.7 to 13.9 oz.

15% OFF



FIND IT AT HY-VEE

DeLallo Pizza Ingredients

Italian pizza seasonings, sauces and doughs to help you create your own pie.

select varieties
3.2 to 35.3 oz.

15% OFF

GLAZE

WHAT IS GLAZING?

Glazing adds a deeper flavor to food than a separately prepared sauce because glazes are often thicker and sweeter, and are applied during the cooking process. Glazes almost always include a sweet base, and during grilling, the sugars in the glaze will caramelize as they cook. This creates a darker color and adds an extra layer of slightly toasted, nutty flavor to the protein.

TIPS FOR GLAZES

DELICIOUSLY CARAMELIZE GRILLED FOODS USING THESE TIPS FOR GLAZING.

WHEN TO APPLY GLAZE

Because glazes often have sugars that can easily burn, apply glazes in the last few minutes of grilling time. If you're grilling in a foil packet and the glaze won't be exposed to direct heat, apply before cooking.

USE THE RIGHT TOOL

Always use a basting brush made from heat-resistant material such as silicone to safely apply glazes.

Spicy-Glazed Asian BBQ Sablefish

Hands On 15 minutes

Total Time 25 minutes plus standing time

Serves 4

CUCUMBERS

2 Tbsp. Hy-Vee honey

1 Tbsp. tamari

1 Tbsp. chiu chow chili oil

6 mini cucumbers, cut into ¼-in.-thick sticks

FISH

2½ Tbsp. Big Moe Cason fish & seafood rub

1 Tbsp. finely minced fresh garlic

¼ tsp. kosher salt, plus additional to taste

1 (1-lb.) sablefish (black cod) fillet, skin and bones removed; cut into 4 equal portions

1 Tbsp. Hy-Vee honey

1 Tbsp. organic white miso paste

Green onions, for garnish

2 Tbsp. 17th Street apple city red barbecue sauce

2 Tbsp. Full Circle Market organic hoisin sauce

1 Tbsp. Hy-Vee honey

1 Tbsp. organic white miso paste

Green onions, for garnish

2 Tbsp. 17th Street apple city red barbecue sauce

2 Tbsp. Full Circle Market organic hoisin sauce

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1 Tbsp. organic white miso paste

Green onions, for garnish

2 Tbsp. 17th Street apple city red barbecue sauce

2 Tbsp. Full Circle Market organic hoisin sauce

1 Tbsp. Hy-Vee honey

1 Tbsp. organic white miso paste

Green onions, for garnish

1. FOR CUCUMBERS, whisk together honey, tamari and chili oil in a large bowl; add cucumbers and toss to coat. Let stand for 30 to 60 minutes.

2. FOR FISH, place a 17×12-in. sheet of foil in a large rimmed baking pan; set aside. Stir together fish & seafood rub, garlic and ¼ tsp. salt in a small bowl.

3. PAT fish dry with paper towels. Coat fish portions, one at a time, in rub mixture, gently pressing to adhere; shake off excess. Arrange pieces in a row on center of foil on baking pan. Let stand at room temperature for 10 to 15 minutes.

4. PREHEAT a charcoal or gas grill for indirect cooking over medium heat (350°F). For sauce mixture, whisk together barbecue sauce, hoisin sauce, honey and miso paste in a medium bowl.

5. BRUSH fish with sauce mixture. Bring up long sides of foil. Double-fold top, then double-fold ends to seal packets, leaving room for heat circulation inside.

6. GRILL fish packet for 3 minutes. Open top of packet; grill for 5 to 7 minutes or until sauce on fish thickens and fish reaches 145°F.

7. TO SERVE, transfer fish to a serving board or platter. Drain cucumbers; place on board or platter with fish. Garnish with green onions, if desired. Season to taste with additional salt.

Per serving: 310 calories, 16 g fat, 3 g saturated fat, 0 g trans fat, 40 mg cholesterol, 1,670 mg sodium, 28 g carbohydrates, 1 g fiber, 21 g sugar (17 g added sugar), 14 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 10%

FIND IT AT HY-VEE

17th Street Barbecue Sauce or Rub

Sample Pitmaster Mike Mills' championship sauces and seasonings at home.

select varieties

9 to 18 oz.

5.99



toast TO summer



COCKTAIL MIXERS FROM HY-VEE MAKE IT EASY TO CREATE REFRESHING BIG-BATCH BEVERAGES FOR A CROWD. PLUS, LEARN TO DRESS UP DRINKS WITH STUNNING GARNISH IDEAS. CHEERS!

build your own



FIND IT AT HY-VEE
Master of Mixes Cocktail Mixers
 Simply add liquor to enjoy 10 different blended cocktails like Bloody Marys.
 select varieties
 1.75 liter
6.99

bloody mary board ideas

HAVE GUESTS MIX AND MATCH THEIR GARNISHES TO PAIR WITH A SUMMERY WATERMELON BLOODY MARY.

- Seedless watermelon wedges, grilled
- Celery salt
- Hy-Vee crushed red pepper
- Hy-Vee Bloody Mary rub
- Marinated artichoke hearts
- Hy-Vee Manzanilla olives stuffed with minced pimiento
- Marinated fresh mozzarella balls
- Hy-Vee Grab n' Go shrimp cocktail tray
- Hy-Vee Short Cuts sweet corn cobs, cooked and quartered lengthwise
- Hy-Vee Hickory House applewood smoked thick-slice bacon, cooked
- Cornichons
- Dill-pickled carrots
- Hy-Vee original pepperoni
- Basket & Bushel mini sweet peppers, sliced and seeded
- Culinary Tours Italian dry salami with black pepper
- White and/or orange Cheddar cheese chunks, sliced and cut into star shapes
- Fresh lime wedges
- Celery ribs with leaves, trimmed
- Basket & Bushel cherry tomatoes, halved
- Italian parsley, for garnish

watermelon bloody marys

20 MINUTES OR LESS

Place 8 cups 1-in.-cubed watermelon (about 12 oz.) in large blender. Cover and blend for 30 seconds or until smooth. Strain mixture through a fine-mesh sieve set over a bowl; discard pulp. Return strained watermelon juice to blender; add 4¼ cups Master of Mixes loaded Bloody Mary mixer, 2.5 oz. Hy-Vee Worcestershire sauce and 1 Tbsp. refrigerated prepared horseradish. Cover and blend until smooth. To serve, pour mixture into a 14-cup pitcher. Add ice and 2 oz. vodka to each of 8 (14-oz.) serving glasses. Pour in watermelon mixture. Top with desired garnishes from the Bloody Mary Board Ideas (left). Serves 8 (11 oz. each).

FIND IT AT HY-VEE

Agalima Organic Cocktail Mixers

Handpicked produce is pressed, juiced and mixed with seasonings.

select varieties

1 liter

9.49

mexicali mango-and-melon margaritas

Place 13 oz. Hy-Vee Short Cuts honeydew melon; 1 pitted, peeled and chopped medium mango and 8 oz. Hy-Vee refrigerated fresh squeezed orange juice in a large blender. Cover and blend for 30 seconds or until smooth. Partially fill a 14-cup pitcher with crushed ice; add blended mixture, 1 (33.8-oz.) bottle Agalima organic margarita mix, 16 oz. silver tequila and 1 tsp. Woodford Reserve orange bitters; stir to combine. To serve, place fresh lime juice in a shallow dish. Combine kosher salt and Tajín clásico seasoning in another shallow dish. Dip the rims of 12 (12-oz.) glasses in lime juice, then dip in salt mixture. Fill glasses with crushed ice; pour in drink mixture. Garnish with lime slices, honeydew melon balls and mango wedges, if desired. Serves 12 (6 oz. each).

20
MINUTES
OR LESS

FIND IT AT HY-VEE

Bourbon Barrel Foods Bitters and Mixers

Customize cocktails with flavor extracts or mixers like an Old Fashioned blend.

select varieties

2 to 16 fl. oz.

20% OFF

here to
cheers

coconut-and-pineapple mai tais

Add 16 oz. Caribbean rum with coconut liqueur, ½ (33.8-oz.) bottle Master of Mixes sweet 'n sour cocktail mixer, 1 (13.5-oz.) can Hy-Vee coconut milk, 8 oz. Hy-Vee refrigerated 100% orange pineapple juice, 8 oz. Triple Sec and 4 oz. Torani almond syrup to a 14-cup pitcher; stir to combine. Add ice to the pitcher. Fill 8 (12-oz.) glasses with ice; pour in drink mixture. Slowly top each drink with grenadine. The grenadine will slowly sink to the bottom. Garnish with pineapple slices and leaves, and Hy-Vee maraschino cherries with stems, if desired. Serves 8 (8 oz. each).

10
MINUTES
OR LESS

just a
splash

FIND IT AT HY-VEE

Master of Mixes Cocktail Mixers

Each mix is made with all natural flavors and vegan, non-GMO ingredients.

select varieties

1 liter

4.29

3 easy garnishes with Hy-Vee Short Cuts

HY-VEE SHORT CUTS ARE WASHED, SLICED, READY-TO-EAT FRUITS AND VEGGIES, INCLUDING BERRY BLENDS, DICED VEGETABLES AND MORE.



• Sliced Short Cuts celery makes a quick Bloody Mary garnish, especially paired with a pickle spear, bacon or cubed watermelon.



• Try threading Short Cuts chopped honeydew and/or cantaloupe onto a cocktail pick, then lay across the top of a glass.



• Tuck Short Cuts pineapple spears into a glass, or cut a large slice from a Short Cuts cored pineapple to garnish the rim.

RED, WHITE AND FROZEN FUN

ENJOY CLASSIC DESSERTS WITH FRUITY INFUSIONS SERVED IN NOSTALGIC GLASSWARE FROM HY-VEE. OLD-FASHIONED TREATS HAVE NEVER TASTED BETTER!



FIND IT AT HY-VEE
Anchor Hocking Classic Soda Fountain Glass
 Recreate a soda shop with a break-resistant glass perfect for cool treats.
 12-oz. capacity
6.99

PATRIOTIC MIXED-BERRY FLOATS

Separate raspberries from the blueberries and blackberries in 1½ cups Hy-Vee Short Cuts triple berry blend. For red fruit mixture, stir together raspberries, ½ cup sliced Basket & Bushel strawberries and ½ cup warmed Hy-Vee strawberry preserves in a small bowl; set aside. For blue fruit mixture, stir together blueberries, blackberries and ½ cup warm wild blueberry jam in another small bowl. For floats, layer ¼ cup red fruit mixture and ¼ cup It's Your Churn vanilla ice cream in the bottoms of each of 2 (12-oz.) soda glasses; layer ¼ cup blue fruit mixture and ¼ cup ice cream in the bottoms of each of another 2 (12-oz.) soda glasses. Repeat layers of corresponding fruit mixtures and ice cream in each glass. Pour ¼ cup Gustare Vita blood orange soda over top of each red float; pour ¼ cup Jones berry lemonade flavored soda over top of each blue float. Garnish with additional berries; serve immediately. Serves 4 (1 each).

20
 MINUTES
 OR LESS

Hy-Vee
Short CUTS

REDUCE PREP TIME WITH WASHED, READY-TO-USE FRESH PRODUCE BLENDS FROM HY-VEE.



Triple Berry Blend
 Blueberries, raspberries and blackberries



Favorite Trio Blend
 Pineapples, strawberries, kiwis and blueberries

Handstand Kitchen®
Real Food. Real Fun.

Designed for ages 6 and up, Handstand Kitchen products inspire creativity with safe and comfortable utensils, bakeware and more. The deluxe Ice Pop Party Collection includes recipes and quality reusable tools to make colorful fresh fruit pops, frozen yogurt bars, fudge pops and more.



FIND IT AT HY-VEE

Handstand Kitchen Ice Pop Party Sets

Easily make fun frozen treats using the silicone molds, resealable bags and recipes in these sets.

36-pc. sets
19.99



ISLAND BANANA SPLITS

Prepare 1 (4-oz.) pkg. Junket very vanilla ice cream mix, 1 (4-oz.) pkg. Junket simply strawberry ice cream mix and 1 (4-oz.) pkg. Junket Dutch chocolate ice cream mix according to pkg. directions. Prepare 1 (4.75-oz.) pkg. Junket strawberry Danish sauce according to "fruit sauce" pkg. directions, omitting any fresh fruit additions. Set aside 2 tsp. strawberry sauce for topping; reserve remaining sauce for another use. Separate pineapple, kiwi, strawberries and blueberries from a ½ cup Hy-Vee Short Cuts favorite fruit trio on a cutting board. Leave blueberries whole; cut remaining fruits into bite-size pieces and set aside. For each sundae, scoop ¼ cup each of vanilla, strawberry and chocolate ice creams into a banana split dish. Place 2 banana halves on either side of ice cream scoops. (Reserve remaining ice creams for another use.) Top sundaes with 2 tsp. Danish strawberry sauce, 2 tsp. Torani caramel sauce, 2 tsp. Torani dark chocolate sauce, favorite fruit trio blend, 2 tsp. Hy-Vee dried tropical fruit trail mix, 2 Tbsp. Hy-Vee aerosol original whipped topping and 1 Hy-Vee maraschino cherry with stem. Serves 2 (1 each).



1

2

3

FIND IT AT HY-VEE

1. Anchor Hocking Banana Split Boat Dish

This vintage-inspired dessert serving dish is made of sturdy, crystal clear glass and is dishwasher-safe.

8.25-oz. capacity

3.99

2. Junket Ice Cream Mix or Danish Dessert Mix

Easily make 1 quart of ice cream per pack or a fruity glaze using these gluten-free mixes and a few staples.

select varieties
4 oz.

2.88

3. Torani Puremade Dessert Sauces

Decadent, rich sauces made with premium ingredients in flavors like caramel, dark chocolate, chocolate hazelnut and more.

16.5 oz.

5.99

Torani Flavored Syrups

Available in original and sugar-free, add sweetness to drinks and ice creams.

select varieties
12.7 oz.

5.49



BRING INDOOR
COMFORT TO THE
GREAT OUTDOORS
WITH STYLISH,
AFFORDABLE
AND FUNCTIONAL
PATIO FURNITURE
AVAILABLE AT HY-VEE.
PLUS, FIND DURABLE
SERVEWARE FOR
DINING ALFRESCO
ALL SUMMER.

INSPIRING OUTDOOR SPACES

LIGHTWEIGHT, DEEP SEATING

Striking two-tone gray wicker covers a steel frame in the Catalina Set, allowing for easy maneuvering in spaces. The 28-inch-deep love seat and two armchairs with matching thick cushions offer comfort for a group of four.

FIND IT AT HY-VEE

Catalina Steel Woven Wicker Chat Set

Love seat, two armchairs, zip
cushions, slat-top coffee table.

4-pc.

54w×28d×28h-in. love seat

30w×28d×28h-in. chairs

24.5w×45d×16h-in. table

999.99

CREATE YOUR PATIO PARADISE

Get ready for a summer to remember with Hy-Vee's weather-resistant outdoor furniture pieces and sets. Made with sturdy materials like powder-coated aluminum, steel and synthetic wicker, the furniture is built to last. Create patio living and dining rooms with a variety of tables, chairs and sectionals to enjoy family meals, entertain friends, host events and relax in the warm weather.

STRONG AND STYLISH

A protective powder coating covers the shiny, light-color finish of the metal, shielding it from outdoor elements and making it resistant to rust, scratches and dents. Add an umbrella (not included) in the table for coverage on sunny days.



FIND IT AT HY-VEE

Umbria Steel Woven Bar Set

Slat-top table; four quick-dry foam wicker chairs.

5-pc.

38w×38.5h-in. table

19w×21d×42h-in. chairs

899.99

OUTDOOR ENTERTAINING TIP

For large gatherings, set up intimate conversation spots in different areas of your yard to create a drink station, hors d'oeuvres stand and seating nooks. Use your own creative ideas to help guests feel comfortable in the space and encourage interaction.



CHAT SETS

COORDINATED SPACE-SAVING PIECES
ADD A TOUCH OF SOPHISTICATED
COZINESS TO ANY SIZE OUTDOOR ROOM.

NATURAL MODERNISM

Intricately woven fibers on a steel frame give an eye-catching modern look. Outdoor wicker is commonly made of strong synthetic material, such as resin or vinyl, that stands up to the elements while giving a natural feel to spaces.



FIND IT AT HY-VEE

Greydon Steel Woven Bistro Set

Two armchairs, cushions, lumbar pillows, side table.

3-pc.

27w×21.5d×33h-in. chairs

16w×17h-in. table

399.99

GATHER AROUND

ENJOY MEALS AND FRIENDLY BANTER IN THE FRESH AIR WITH FURNISHING OPTIONS THAT ACCOMMODATE SMALL AND LARGE GROUPS.



OUTDOOR DECOR TIP

Dress up patio rooms and create a welcoming environment with sun-loving potted plants or florals on tables, on a deck or patio, or hanging from porches.

BEAT THE HEAT DECOR



Seychelles Egg Hammock



Marlow Steel Wicker Bar Set



Auburn Steel Woven Chat Set



Beatrice Steel Sling Rocker Set



Offset Umbrella

FIND IT AT HY-VEE

- 1. Lancaster Aluminum Faux Wood Dining Set**
A square slat-top table with an umbrella (not included) insert; four armchairs with wicker seats and breezy, open-slat backs.
5-pc.
44w×29.5h-in. table
23w×20.5d×31.5h-in. chairs
1199.99
- 2. Seychelles Egg Hammock**
This gray, steel-frame chair has an egg-shape woven rope design and hangs with controlled mobility; includes removable 4-in.-thick polyester cushion in gray and teal color options.
37w×42d×75h in.
249.99
- 3. Marlow Steel Wicker Bar Set**
A powder-coated steel, slat-top rectangle table includes two coordinating pub stools with footrests and quick-dry cushioned wicker seats.
3-pc.
49.5w×22d×35h-in. table
16.5w×25.5h-in. stools
349.99
- 4. Auburn Steel Woven Chat Set**
The light gray wicker and sturdy metal of two curved armchairs offers durable style; side table and two lumbar pillows included.
3-pc.
26w×26.5d×41h-in. chairs
20w×22h-in. table
399.99
- 5. Beatrice Steel Sling Rocker Set**
Two sturdy rocking armchairs with comfortable padded sling-back seats; matching square side table with tempered glass top.
3-pc.
22.5w×26d×39h-in. chairs
20w×19h-in. table
299.99
- 6. Offset Umbrella**
Steel pole umbrella with easy sliding handle and tilt feature. Quick-drying and UV-resistant fabric comes in dark gray and red colors. Secure with a base (not included).
1 ct.
10-ft. umbrella
99.99

DINING IN STYLE

Aluminum is given a natural wooden appearance in the Lancaster Set. Aluminum is very lightweight, making it easy to maneuver in outdoor spaces, move to screened porches or store during the off season.

EASY-CLEAN CUSHION COVERS

Many outdoor furniture pieces available at Hy-Vee, such as the Riviera Set, include cushions with zippered cloth covers. These removable covers are easy to spot clean or run on a low cycle with cold water and mild detergent. Cushion covers are air dry only.

FIND IT AT HY-VEE

Riviera Steel Wicker Bar Set

An engraved-top pub table; two wicker-back armchairs with cushions and footrests.

3-pc.
27.5w×36h-in. table
21.5w×19.5d×39.5h-in. chairs

349.99

BAR SETS

ENJOY COCKTAILS AND CONVERSATION WITH A GUEST, OR CREATE A SERVING STATION FOR A CROWD USING VERSATILE BAR SETS.

DINING ALFRESCO

SERVE BACKYARD EATS WITH STYLE AND EASE USING BREAK-AND WEATHER-RESISTANT SERVEWARE FROM HY-VEE.

FIND IT AT HY-VEE

1. Anchor Hocking Glass Party Bowl with Acacia Wood Lid

This large serving bowl is made of durable glass that enticingly displays contents and includes a stylish, secure-fit lid.

104-oz. capacity

19.99

2. BIA Cordon Bleu Dishware

Black-and-white porcelain soup bowls, dinner and salad plates; navy blue-and-white coffee mugs. select varieties

10% OFF

3. Mud Pie Large Store Bought Container Set

Simply pop a 32-oz. store-bought dip in this ceramic jar; serve with included 5-in. wooden spoon.

4.625×5.75-in. container

29.99

4. Gibson Home Brist Melamine Dinnerware Set

BPA-free plastic dinner plates, dessert plates and bowls with a glossy finish and break resistance.

12 pc.

19.99

5. Mud Pie Medium Store Bought Container Set

A ceramic vessel perfectly sized to hold and keep 16-oz. store-bought dip tubs cold; includes a 5-in. wooden serving spoon.

4.625×3.25-in. container

24.99

6. Mud Pie Small Store Bought Container Set

Use this ceramic holder and 5-in. wooden spoon to serve almost any 8-oz. store-bought dip.

4.625×2-in. container

19.99

7. Anchor Lodge Organic Shaped Rustic Edge Board

A cutting and serving board handcrafted in Italy includes a hanging handle for display.

18×12×0.7 in. approximately

49.99



Royal Blue

COOL DOWN IN THE SHADE

HY-VEE HAS YOU COVERED WITH SUN-SHIELDING UMBRELLAS THAT ADD FUNCTIONAL FLAIR TO OUTDOOR ROOMS.



FIND IT AT HY-VEE

South Beach Steel Bar Set

A square, tempered glass top table with umbrella (not included) insert; two sling armchairs with footrests.

3-pc.
24w×33h-in. table
24w×18d×39h-in. chairs

299.99

Market Umbrella

Steel pole umbrella with a crank handle for easy opening and closing, plus a tilt feature for shade control; six fabric color options; stabilizing base sold separately.

1 ct.
9-ft. umbrella
49.99

OUTDOOR LIGHTING TIP

Get creative with lighting when the sun goes down. Define your yard with in-ground, low voltage landscape lighting. Or, hang subtle outdoor string lights on a deck, along fences or in trees to illuminate seating and dining areas and create a charming, restful ambience.

BACKYARD LOUNGING

ADAPTABLE SECTIONALS WITH LIGHTWEIGHT, MOVABLE PIECES ALLOW YOU TO SET THE SCENE FOR ULTIMATE RELAXATION AND ENTERTAINING.

VERSATILE COMBINATIONS

The sofa and loveseat of the St. Lucia set can be pushed together to create a large sectional, or placed apart for more arrangement options.



FIND IT AT HY-VEE

St. Lucia Aluminum Woven Sectional Set

Sofa, loveseat, coffee table, zipper cushions, throw pillows.

3-pc.

87w×25d×25h-in. sofa
76w×25d×25h-in. loveseat
43w×22d×13.5h-in. table

1199.99

THE S'MORE



THE S'MERRIER

GET CREATIVE WITH THIS CLASSIC SUMMERTIME TREAT FEATURING STICKY-SWEET ROASTED MARSHMALLOWS AND RICH CHOCOLATE SANDWICHED BETWEEN CRUNCHY GRAHAM CRACKERS. TRY THESE UNIQUE RECIPES AND PRODUCTS FROM HY-VEE FOR NEW S'MORES FLAVOR EXPERIENCES!



FIND IT AT HY-VEE

1. Mud Pie S'more Serving Board Set

A mango wood board with an engraving of s'mores necessities, plus wood-and-metal roasting skewers. 21.5x9-in. board 15-in. skewers **59.99**

2. Nonni's Bakery Biscotti

Crisp baked treats in varieties like cioccolati, salted caramel and more. select varieties 8 ct. **4.88**

3. Endangered Species Chocolate Bars

Fair Trade chocolate bars with responsibly sourced ingredients; 10% of net profits benefit wildlife. select varieties 3 oz. **3.29**

4. Chocolove Chocolate Bars

Luxurious chocolate with quality, non-GMO ingredients; try cherries & almonds, orange peel and 18 other flavors. select varieties 3.1 to 3.2 oz. **3.29**

GIMME S'MORE

New twists on s'mores make the toasty warm concoctions endless! Try these ideas featuring sweet, savory and spicy ingredients such as cotton candy, bacon and hot honey.



10
MINUTES
OR LESS

COTTON CANDY S'MORE

Soft lemon-frosted cookies + Zöet premium Belgian white chocolate bar + Hy-Vee jumbo marshmallow, toasted + Maud Borup Cotton Candy Layer Cake + Over the Top rainbow sprinkles

10
MINUTES
OR LESS

GOURMET ELVIS S'MORE

Crav'n Flavor chocolate graham crackers + marshmallow creme + Crav'n Flavor fudgy covered marshmallow cookie, warmed + crisp-cooked Hy-Vee sweet smoked thick-sliced bacon + banana slices + Reese's Peanut Butter Cups Thins

10
MINUTES
OR LESS

SPICY MEXICAN DARK CHOCOLATE S'MORE

Crav'n Flavor cinnamon graham crackers + dark chocolate infused with red chilies + thinly sliced mango + Hy-Vee jumbo marshmallow, toasted + Hy-Vee cayenne pepper + Hy-Vee hot honey infused with chilies + fresh Thai chili pepper, for garnish*

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



ROASTING DOS AND DON'TS

Whether you prefer your 'mallows mellow, golden bronze or a charred crisp, follow these roasting tips.

- 1. DO** roast for 1 to 5 minutes depending on desired toastiness.
- 2. DO** keep the stick rotating slowly for even cooking and to prevent the marshmallow from melting off into the fire.
- 3. DON'T** burn the outside too quickly before the inside cooks. Hold it 6 in. above a low fire.



20
MINUTES
OR LESS

COCONUT-CARAMEL S'MORE

Crav'n Flavor original graham crackers + Zöet premium Belgian white chocolate bar, melted + toasted coconut chips + Hy-Vee jumbo marshmallow, toasted + Mounds snack size candy bar + dark chocolate-covered almonds + caramel dessert sauce

S'MORE SIMPLICITY

These convenient, kid-friendly treats from Maud Borup include everything you need for a quick and easy s'mores night.



FIND IT AT HY-VEE
Maud Borup Make Your Own Mini S'mores Kit
Make 36 mini s'mores with classic ingredients, a tea light and 4 sticks.
2.80 oz.
15% OFF

FIND IT AT HY-VEE
Maud Borup Grillable Brownie Bar S'mores
Simply pop this tray of brownie bars and s'mores ingredients on the grill or in the oven for 6 minutes.
15.5 oz.
15% OFF



S'MORE TO LOVE

These melt-in-your-mouth s'mores offer unique changeups as a kid-friendly dessert, a treat for one or an adults-only beverage.

STRAWBERRY PRETZEL S'MORE NACHOS

Preheat a charcoal or gas grill for indirect grilling over low heat (250°F to 300°F). Spread 1 (7.2-oz.) pkg. Snack Factory original pretzel crisps in a 12-in. Simply Done foil pizza pan; set aside. Spoon 1 cup marshmallow creme into a disposable pastry bag or resealable plastic bag. Snip end of piping bag or one corner of plastic bag. Pipe marshmallow creme evenly over pretzel crisps; sprinkle with 1 (1.7-oz.) roll Rolo chocolate caramel candy (7 candies), unwrapped and coarsely chopped. Place pan over indirect heat. Close grill lid; grill for 7 to 10 minutes or until marshmallow creme softens and chocolate candies begin to melt. Remove pan from grill. Spoon ¾ cup refrigerated no-bake cheesecake filling into another disposable pastry bag or resealable plastic bag; snip bag. Pipe cheesecake filling over top of pretzel nachos in pan; top with 1 cup coarsely chopped Basket & Bushel strawberries. Drizzle with chocolate sauce to garnish, if desired. Serve immediately. Serves 8.



FIND IT AT HY-VEE

Mud Pie Jam & Honey Set

Use this ceramic jam jar, glass honey jar and wooden dipper for dessert, breakfast and more.

5 pc.
29.99



HONEY GRAHAM CROISSANT S'MORE

Layer 5 (0.2-oz.) squares Endangered Species 48% cocoa milk chocolate bar and 1 toasted Hy-Vee jumbo marshmallow on bottom of 1 Hy-Vee Bakery mini croissant, split. Drizzle with 1 tsp. Hy-Vee honey and sprinkle with ½ (2½×2¼-in.) Crav'n Flavor honey graham cracker, crushed. Spread 1 Tbsp. seedless red raspberry jam on cut side of croissant top. Place, jam side down, on top of marshmallow. Garnish top with additional melted chocolate and crushed graham cracker, if desired. Serve immediately. Serves 1.

10
MINUTES
OR LESS

ESPRESSO S'MORE MARTINI

To garnish 1 (10-oz.) martini glass, microwave 1 (3-oz.) chopped Endangered Species 72% cocoa dark chocolate with espresso beans bar in a microwave-safe bowl until melted. Dip the rim of the martini glass into chocolate, then dip into crushed Crav'n Flavor original graham crackers. Drizzle Smucker's marshmallow topping and additional melted chocolate on inside of glass, if desired. Freeze until garnishes are set. Add 2½ oz. Baileys chocolate Irish cream liqueur, 1½ oz. brewed espresso, chilled, and 1 oz. marshmallow-flavored vodka to an ice-filled cocktail shaker. Cover; shake until chilled. Strain into prepared glass. Garnish with skewered toasted Hy-Vee marshmallows and instant espresso powder, if desired. Serves 1 (6 oz.).

20
MINUTES
OR LESS



HOT OFF THE GRILL

LOOK TO HY-VEE FOR GRILLS AND ACCESSORIES FROM TOP BRANDS LIKE TRAEGER, CHARBROIL, WEBER AND MORE TO HELP YOU GRILL LIKE A PRO.



WOOD-FIRED FLAVOR

Now the industry-leading wood-fired grill manufacturer, trusted brand Traeger invented wood pellet grills over 30 years ago. Pure wood pellets from Traeger are made from 100% natural, cooking-quality hardwood. Count on Traeger brand grills to braise, roast, grill, barbecue, bake and sear your favorite foods. The oven-like temperature controls create exact-temperature results to simplify the cooking process even for novice grillers.

FIND IT AT HY-VEE

Traeger Pro Series 22 Wood Pellet Grill

Auto-start system; steel construction; wood-fired flavor and durable powder coated finish.

572-sq.-in. cooking area

599.00



All About Smoking

Learn how smokers work and decide whether one is right for you.

HOW DO THEY COOK?

Smokers rely on indirect heat rather than a flame to cook food. They use smoke from burning wood chips or pellets to cook even the toughest cuts of meat.

WHAT ARE THE BENEFITS?

1. Texture.

The low temperature slowly melts then reabsorbs meat's natural fat, resulting in tender dishes without added fats.

2. Smoke Flavor.

The intense flavor is not possible to achieve with charcoal or gas grills, and can be easily altered by changing pellets.

3. Party-Perfect.

Smokers are ideal for large-batch cooking due to their size capacity. And they do not require constant attention as open-flame grilling.

FIND IT AT HY-VEE

Traeger Tailgater Wood Pellet Smoker

Grill or smoke on porcelain-coated grates; EZ-Fold legs, keep-warm mode and digital temperature.

300-sq.-in. cooking area

479.95



Ready-Made Grill Items

GOURMET STEAKHOUSE BURGERS

Beef patties with bacon, cheese and more.

- Burger Mignon
- Bacon Cheddar
- Jalapeño Pepper Jack

SPECIALTY BRATWURSTS

Regular and skinless brat patties and links.

- Bacon & Cheddar
- Beer
- Jalapeño & Cheddar
- Fresh Pineapple

Char-Broil

VERSATILE COOKING

Transform any outdoor cooking space with built-to-last grills from Char-Broil. Since 1948 Char-Broil has introduced innovations and updated technology to provide the tools home grillers need.



FIND IT AT HY-VEE

Char-Broil Amplifire 4-Burner Gas Grill

Electronic ignition; lid-mounted temperature gauge; porcelain-coated steel grates and LED-lit knobs.

435-sq.-in. cooking area

399.00

FIND IT AT HY-VEE

Char-Broil 4-Burner Gas Grill

Reliable electronic start; stainless steel burner; cast iron grates, durable cart with gas tank storage.

435-sq.-in. cooking area

299.00



Preheat for Success

For quicker cooking, a better sear and to help ensure food doesn't stick to grates, heat grill for 10 to 15 minutes before adding food.

Ready-Made Grill Items

CHICKEN GRILLERS, PATTIES OR LEG QUARTERS

Chicken breasts wrapped in bacon, chicken patties and seasoned leg quarters.

- Cowboy
- Bacon Cheddar
- Three Cheese
- Cowgirl
- Hawaiian
- Ham & Cheese

CHEF KIM'S GOURMET SALMON BURGERS

4 oz. salmon patty in a variety of flavors.

- Fire Roasted Chipotle
- Teriyaki

VEGETABLES

Make veggies as tasty as the entrée with grill-ready sides.

- Twice-Baked Potatoes
- Bacon-Wrapped Asparagus



INSPIRED BY TRADITION

Known for the iconic kettle grill, and a trusted brand for all things barbecue, Weber has been providing top-quality grilling technology for 70 years. Modern-day Weber products available at Hy-Vee include durable charcoal and gas grills and quality accessories such as a chimney starter and utensils.



FIND IT AT HY-VEE

Weber Original Kettle Charcoal Grill

Porcelain-enameled lid and bowl; steel grate; adjustable dampers and trademarked cleaning system.

363-sq.-in. cooking area

139.99

Ready-Made Grill Items

Hy-Vee ready-to-grill kabobs and skewers are available in beef, chicken or shrimp.

- Beef & Vegetable
- Choice Reserve Beef Steakhouse
- Marinated Chicken
- Chicken & Vegetables
- Shrimp Skewers

FIND IT AT HY-VEE

Weber Spirit E-210 Gas Grill

Cast iron cooking grates to retain even heat; easy-to-clean grease management system; 6 tool hooks.

360-sq.-in. cooking area

499.99



Gas Grill Tips

Safety and simplicity are key for barbecue fun. A few reminders for all gas grill masters:

- Keep an extra propane cylinder for uninterrupted grilling.
- Store it upright outdoors in temperatures below 120°F.
- Follow manufacturer's directions to properly connect the gas cylinder to the grill.
- To avoid gas buildup, open the valve slowly and leave the grill lid open when igniting.
- If the burner does not light, turn both burner and gas off and wait for gas to dissipate before trying again.

Charcoal Grill Safety

For an easygoing day of charcoal grilling, consider these pointers:

- Light the grill outside on a stable surface far from other structures.
- Use charcoal briquettes, lighter fluid and other items made for grilling to build the fire—never kerosene or gasoline, which are highly flammable and can explode once lit.
- Keep vents open while cooking to allow briquettes the oxygen they need to burn safely.
- Keep grill grates and accessories clean to prevent fire flare-ups.
- Before disposing of cooled ashes, wrap them in heavy-duty foil and place them in a fire-resistant container.



FIND IT AT HY-VEE

Weber Smokey Joe Charcoal Grill

Lightweight and compact; portable; rust- and peel-resistant porcelain enameled lid and bowl.

147-sq.-in. cooking area

45.99

BLACKSTONE FLAT-TOP STARS

Cook anything outside! Blackstone partners with chefs, backyard grill masters and home cooks to develop quality products for flat-top cooking. Blackstone grills and griddles help you cook classic foods as well as dishes not traditionally made on the grill such as breakfast eggs and crepes.

Fast, Easy Veggies

Cut down on prep time with fresh, cleaned, cut and barbecue-ready Short Cuts vegetables and fruits.

- Premium Veggie Mix
- Asparagus & Squash Mix
- Pepper Strips & Onion
- Sweet Corn
- Potatoes
- Pepper Strips
- Favorite Veggie Blend
- Cored Pineapple

FIND IT AT HY-VEE

Blackstone 28 in. Griddle with Hood

Built-in igniter; dual side shelving; 2 adjustable heat controls; rear grease management system.

524-sq.-in. cooking area

399.99

FIND IT AT HY-VEE

Blackstone 17 in. Griddle

Portable; stainless steel front panel; patented cleaning system; H-style burner for even heat.

267-sq.-in. cooking area

139.99

1. Blackstone Griddle Toolkit
Griddle seasoning & cast iron conditioner, grease cup liners, griddle cleaning kit, 2-pc. deluxe spatula set, 5-pc. griddle toolkit, griddle scoop, breakfast kit, 28-in. griddle cover.

2. Weber Grill Items
Tong/spatula set, chimney starter, bamboo skewers, brush, drip pan, 12-in. bamboo brush, DLX grill basket.

3. Traeger Grill Items
BBQ tongs, BBQ spatula, grill covers, drip tray liners, stay-dry pellet bin.

4. Mud Pie Grill Glove and Spatula Set
Heat-resistant aramid fiber "Pit Boss" glove and stainless steel spatula with "Fire up the grill" on the wood handle.

SCAN TO SHOP grilling accessories at Hy-Vee.

FIND IT AT HY-VEE

1. Blackstone Grill Items

Griddle seasoning & cast iron conditioner, grease cup liners, griddle cleaning kit, 2-pc. deluxe spatula set, 5-pc. griddle toolkit, griddle scoop, breakfast kit, 28-in. griddle cover.

10% OFF

2. Weber Grill Items

Tong/spatula set, chimney starter, bamboo skewers, brush, drip pan, 12-in. bamboo brush, DLX grill basket.

10% OFF

3. Traeger Grill Items

BBQ tongs, BBQ spatula, grill covers, drip tray liners, stay-dry pellet bin.

10% OFF

4. Mud Pie Grill Glove and Spatula Set

Heat-resistant aramid fiber "Pit Boss" glove and stainless steel spatula with "Fire up the grill" on the wood handle.

glove 12.5x7 in. spatula 15 in.

29.99

BARBECUE TOOLS

Find grilling equipment from Blackstone, Weber, Traeger and more at Hy-Vee.

ASIAN-INSPIRED COOKING

T E C H N I Q U E S

EASY-TO-USE KITCHEN TOOLS AND UTENSILS FROM HY-VEE MAKE IT SIMPLE TO PREPARE POPULAR ASIAN DISHES AT HOME, INCLUDING STIR-FRY, SUSHI AND MORE.



ASIAN PACIFIC AMERICAN HERITAGE MONTH
 May is Asian Pacific American Heritage Month, which honors the contributions of Asian Americans and Pacific Islanders to U.S. culture. At Hy-Vee, we invite you to join the celebration through food and cuisine.

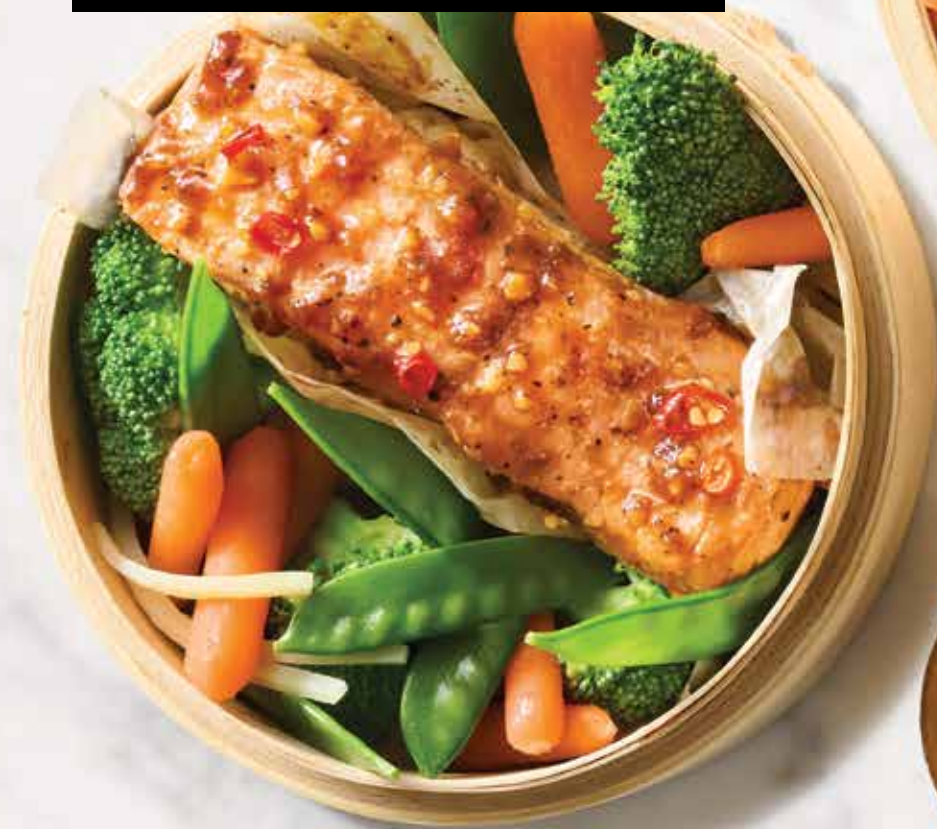
FIND IT AT HY-VEE

- 1. Joyce Chen Wok Set**
 This nonstick, carbon steel wok includes a lid, steaming rack, tempura rack, bamboo tongs, rice paddle, spatula and cooking chopsticks.
 10 pc.
69.99
- 2. Joyce Chen Two-Tier Bamboo Steamer Baskets**
 Natural bamboo baskets include a double-woven lid to trap steam while cooking.
 3 pc.
14.99
- 3. Joyce Chen Sushi Making Kit**
 A flexible bamboo mat helps roll sushi, while a paddle makes it easy to spread rice; includes recipe booklet.
 3 pc.
4.99
- 4. Joyce Chen Burnished Bamboo Chopsticks**
 Nine-inch chopsticks offer a square top and small point for easy gripping and use.
 10 pc.
4.99

JOYCE CHEN COOKWARE AT HY-VEE
 Famous Chinese chef Joyce Chen helped popularize Chinese cuisine in the United States. Chen also created a line of cooking tools and patented a flat-bottom wok in the U.S. Find her legacy brand of kitchenware and utensils available at Hy-Vee to help recreate your favorite Asian dishes.

BAMBOO STEAMER

Designed to sit on top of a wok or any small pan with simmering water, bamboo steamer baskets are lightweight and can be stacked to cook multiple foods at once. The bamboo also absorbs any condensation that forms, preventing sogginess as food cooks. Popularized in China, these baskets are also used in Japanese, Korean and Thai cuisines.



Lemongrass-and-Garlic Steamed Salmon

Hands On 30 minutes
Total Time 46 minutes
Serves 2

½ cup Culinary Tours lemongrass tamarind sauce
1 tsp. bottled minced garlic
1 tsp. Hy-Vee granulated sugar
1 tsp. lime zest
2 tsp. fresh lime juice
1 red Thai chili*, thinly sliced
1 (12-oz.) pkg. Fish Market frozen skin-on wild Alaskan sockeye salmon fillets (2 ct.), thawed
½ (12-oz.) pkg. Basket & Bushel vegetable stir fry
Hot cooked Hy-Vee instant white rice, for serving

1. WHISK together lemongrass tamarind sauce, garlic, sugar,

and lime zest and juice in a small bowl. Set aside half of the sauce mixture for serving. Stir Thai chili into remaining sauce for brushing.

2. CUT 2 (12-in.-sq.) sheets of parchment paper. Pat salmon dry with paper towels. Place each salmon fillet on center of each sheet of parchment. Brush with Thai chili sauce mixture. Bring up two opposite sides of parchment for each packet; double-fold each top, then double-fold ends to seal packets.

3. ARRANGE vegetables, in a single layer, in each tier of a (6-in.) 2-tier bamboo steamer basket. Place fish in parchment

packets on top of vegetables, folding up sides of parchment to fit inside of steamer tiers. Stack the two steamer tiers; cover with woven bamboo lid. Set aside.

4. PLACE a wire trivet in the bottom of a 14-in wok. Pour 2 cups water into wok so water is just below the trivet. Bring to a boil; reduce heat to a simmer over medium heat. Place steamer basket on trivet in wok. Cover with wok lid.

5. STEAM fish and vegetables for 14 to 16 minutes or until fish reaches 145°F and vegetables are crisp-tender, adding more water if needed. Remove basket from wok wearing oven mitts.

6. TO SERVE, open parchment packets; brush salmon with reserved sauce mixture. Remove salmon from parchment packets and place on top of rice with vegetables; drizzle with juices from packets.

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

Per serving: 340 calories, 10 g fat, 1.5 g saturated fat, 0 g trans fat, 85 mg cholesterol, 940 mg sodium, 22 g carbohydrates, 2 g fiber, 12 g sugar (7 g added sugar), 40 g protein. Daily Values: Vitamin D 120%, Calcium 4%, Iron 6%, Potassium 20%

WILD ALASKAN SALMON

Find varieties of wild-caught Alaskan salmon at Hy-Vee, including rich sockeye salmon fillets. Each fish is sustainably caught in pristine Alaskan waters, and the fresh and frozen fillets offer a mildy sweet, meaty flavor and firm texture.

MANGO-GINGER ICED TEA

Add 4 Yogi mango ginger tea bags and 3 Hy-Vee decaf green tea bags to 8 cups simmering water. Steep for 2 minutes; remove green tea bags. Continue steeping mango ginger tea bags for 5 minutes more; remove tea bags. Cool tea to room temperature. Transfer cooled tea into a 2-qt. pitcher; cover and refrigerate for 2 hours or until chilled. Add 2 cups Naked Mighty Mango juice, 1 (17.5-oz.) can C2O coconut water with mango and ½ cup fresh lemon juice to pitcher; stir to combine. Refrigerate until ready to serve. To serve, pour tea mixture into 12 (8-oz.) ice-filled glasses. Garnish with lemon slices, if desired. Serves 12 (8 oz. each).



FIND IT AT HY-VEE

Yogi Tea Blends

Made with botanicals and spices from around the world, try options for sleep, stress relief and more.

select varieties
16 ct.

4.29

FROZEN FARE

Look for heat-and-eat bao, dumplings, gyoza and more at Hy-Vee to pair with your meal. To cook, steam in a steamer basket according to package instructions.

HOW TO STEAM

Cook multiple foods at the same time in compact, stackable baskets that are compatible with most pans.



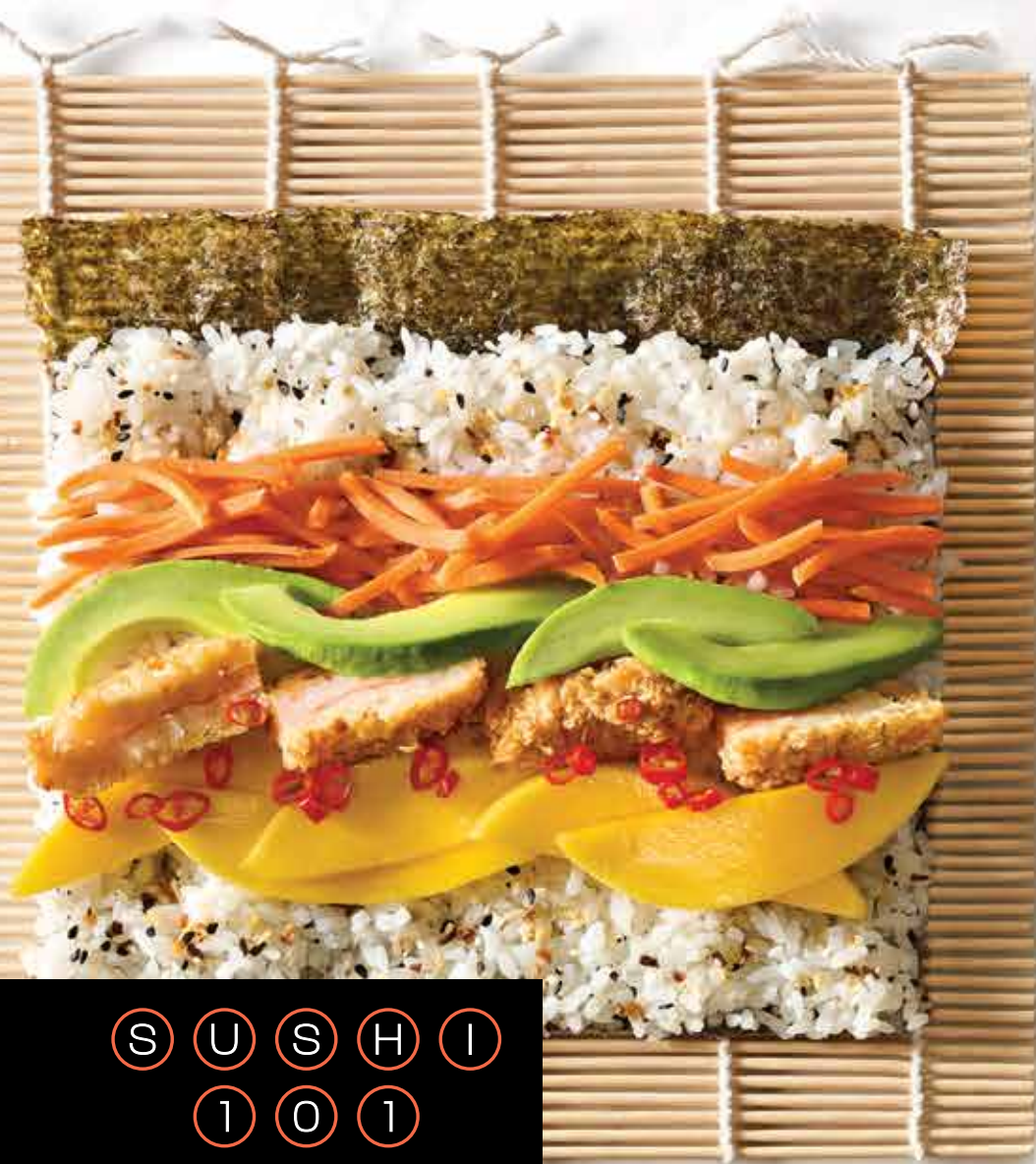
STEP ONE

Place desired food in bamboo steamer baskets. Set metal trivet inside wok. Add water until it is just below trivet; heat to a boil, then reduce to simmering. Place baskets on top of metal trivet.



STEP TWO

Cover wok with lid. Steam food in baskets according to recipe instructions, replenishing water as needed. Once cooked, remove baskets from wok using oven mitts.



TROPICAL SHRIMP ROLLS

Prepare 1 cup RiceSelect uncooked sushi rice according to pkg. directions. Cool to room temperature. Cook 4 frozen jumbo coconut shrimp according to pkg. directions. Remove tails; cut shrimp lengthwise in half.

Place a sushi bamboo rolling mat on a flat surface with the hanging mat threads away from you. Place 1 roasted seaweed sushi nori sheet, shiny side down, on mat with a short side of nori at bottom of mat. Spread 1½ cups rice onto the nori sheet, 1 in. from top edge. Sprinkle with 1 tsp. Hy-Vee everything bagel seasoning.

Starting 1 in. from the bottom, lay about 4 mango slices crosswise in a row on rice. Add 4 shrimp halves, 4 avocado slices and 2 Tbsp. packaged matchstick-cut carrots. Sprinkle with half of 1 thinly sliced Thai chili pepper*, if desired.

To roll, lift end of mat closest to you; fold over sushi ingredients. Tightly roll while pulling mat away. Let stand 1 to 2 minutes; remove mat. Repeat to make second roll.

Cut each roll into 8 slices. Drizzle with unagi sushi sauce and Sriracha mayonnaise. Garnish with green onions and sliced jalapeño peppers*, if desired. Serve immediately. Serves 4 (4 slices each).

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



SUSHI 101

A bamboo mat is often used to roll sushi because the bamboo pieces provide flexibility and make it easy to tightly press ingredients into a roll. A wide, flat rice paddle spreads rice into an even layer without sticking. Maki, a variety of sushi popularized in Japan, features rice and fish rolled in a sheet of nori, or dried seaweed.

HOW TO ROLL SUSHI

Spread rice with the help of a bamboo rice paddle, and tightly roll with a sushi mat.



STEP ONE
Lay sheet of nori on top of mat, then spread sushi rice on top using paddle, leaving 1 in. at top of nori sheet.



STEP TWO
Layer sushi filling ingredients on top of rice toward the center of the nori sheet.



STEP THREE
Lift bamboo mat up to roll, holding filling ingredients in place with fingers and peeling mat away as you roll.

STIR FRY

The crisp-tender texture and rich flavor of stir-fried foods come from quickly cooking ingredients at a high heat in a wok. The tall, sloped sides of a wok create different heat zones, and as food is stirred and tossed, the wok both sears and steams food. Popularized in China, stir-frying has spread to cultures across the globe.

Sesame Honey Chicken Stir-Fry

Total Time 40 minutes
Serves 5 (1½ cups each)

- ½ cup Hy-Vee honey
- ¼ cup Hy-Vee chicken stock
- ¼ cup Culinary Tours sweet Thai style chili sauce
- 1 Tbsp. Gustare Vita white wine vinegar
- 1 Tbsp. Hy-Vee less sodium soy sauce
- 2 tsp. oyster-flavored sauce
- 1 tsp. Hy-Vee crushed red pepper
- 1½ lb. Hy-Vee True boneless, skinless chicken breasts, cut into ¾- to 1-in. pieces
- 1 Tbsp. Hy-Vee toasted sesame oil
- ½ cup Hy-Vee corn starch
- ¼ tsp. Hy-Vee black pepper
- ½ cup Hy-Vee vegetable oil
- 2 yellow and/or red bell peppers, seeded and cut into strips
- 1 (12-oz.) pkg. snipped fresh green beans
- 1 tsp. sesame seed, plus additional for garnish
- Hot cooked Hy-Vee instant white rice, for serving

1. WHISK together honey, chicken stock, Thai chili sauce, vinegar, soy sauce, oyster sauce and crushed red pepper in a small bowl; set sauce aside.

2. PAT chicken dry with paper towels; toss with sesame

oil in a large bowl. Sprinkle with corn starch and black pepper; toss to coat.

3. LINE a large plate with paper towels; set aside. Heat vegetable oil in a 14-in. nonstick wok or large nonstick skillet over medium-high heat. Add half of the chicken in a single layer. Stir-fry for 4 to 6 minutes or until chicken reaches 165°F. Transfer chicken to prepared plate using a slotted spoon. Repeat stir-frying remaining chicken; remove from wok.

4. ADD bell peppers and green beans to the wok. Stir-fry for

2 to 3 minutes or until green beans are slightly blistered. Stir in sauce; cook for 2 to 3 minutes or until sauce is reduced by about one-third, stirring occasionally.

5. RETURN chicken to wok; toss to coat. Sprinkle with 1 tsp. sesame seed; toss to combine. Serve over rice; garnish with additional sesame seed, if desired.

Per serving: 380 calories, 7 g fat, 1.5 g saturated fat, 0 g trans fat, 80 mg cholesterol, 380 mg sodium, 47 g carbohydrates, 3 g fiber, 26 g sugar (22 g added sugar), 33 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 10%



HOW TO STIR-FRY

Quickly sear chicken and veggies in a flat-bottomed wok.



STEP ONE

Heat oil in wok. Add chicken in a single layer and cook for 2 minutes. Cook and stir until chicken reaches 165°F. Remove chicken from wok.



STEP TWO

Cook bell peppers and green beans in wok until beans are blistered. Add chicken, drizzle with sauce and sprinkle with sesame seed. Toss mixture in wok to coat.

It's in the Details

YOUR GUIDE TO MAKING SINFULLY DELICIOUS DEVEILED EGGS



Tempt your taste buds with these bold-bite appetizers once you've learned to prepare irresistible deviled eggs in a few simple steps using wickedly good recipes and serveware from Hy-Vee.



FIND IT AT HY-VEE

Mud Pie Deviled Egg Chiller Set

A ceramic coupe plate holds ice to keep a beaded ceramic top tray and a dozen deviled eggs cool.

2x10-in. diameter

54.99

How to Make Deviled Eggs

Start with Hy-Vee peeled and ready-to-eat hard-boiled eggs.



STEP ONE
Cut 6 hard-boiled eggs lengthwise. Remove yolks and place in a bowl. Set aside egg whites.



STEP TWO
Mash egg yolks with a fork. Stir in mayonnaise, mustard and seasonings until well blended.



STEP THREE
Put egg mix in a pastry bag and cut one corner to pipe into egg whites. Garnish and refrigerate.



SCAN FOR the Classic Deviled Eggs Recipe.

4 Ideas for Deviled Eggs

Indulge in delightful, dressed up eggs with these recipes using condiments available at Hy-Vee.



FIND IT AT HY-VEE

Mud Pie Deviled Egg Tray and Shaker Set

This beaded ceramic tray includes coordinating salt and pepper shakers and serves 10 deviled eggs.
3 pc.

44.99

HOW TO DYE HARD-BOILED EGGS FOR A LITTLE DEVILISH FUN

Fill 16-oz. tall glasses with 1 cup of water and stir in 1 Tbsp. of Hy-Vee white vinegar and desired food color gel. Add peeled, hard-boiled eggs to the glasses and let sit until your desired color is reached. Remove the eggs and pat dry.

1 LOADED BRAT DEVILED EGGS

Hy-Vee peeled & ready to eat hard boiled eggs, dyed (left) + Hy-Vee light mayonnaise + 3 Tbsp. Koops' horseradish mustard + Hy-Vee Meat Department fresh pork bratwurst, cooked and sliced 1/4 in. thick + sliced jalapeño pepper* + shredded red cabbage

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

20 MINUTES OR LESS
GF option
GLUTEN-FREE



2 HUEVOS RANCHEROS DEVILED EGGS

Hy-Vee peeled & ready to eat hard boiled eggs, dyed (left) + Hy-Vee light mayonnaise + Kylito's hot salsa + Good Graces gluten-free taco seasoning + broken Hy-Vee nacho cheese flavored tortilla chips + avocado slices + drained and rinsed canned seasoned black beans + fresh cilantro, for garnish + Sriracha hot chili sauce, for garnish

20 MINUTES OR LESS
V option
VEGETARIAN DISH



3 HONEY-MUSTARD DEVILED EGGS

Hy-Vee peeled & ready to eat hard boiled eggs, dyed (left) + Hy-Vee light mayonnaise + Inglehoffer sweet honey mustard + Gustare Vita white wine vinegar + sliced mini cucumber + sliced radishes + sliced Basket & Bushel grape tomatoes + sliced baby-cut carrots + coarsely ground Hy-Vee black pepper, for garnish

20 MINUTES OR LESS
V option
VEGETARIAN DISH



4 REUBEN DEVILED EGGS

Hy-Vee peeled & ready to eat hard boiled eggs, dyed (left) + Hy-Vee light mayonnaise + Sauer Frau squeezable classic sauerkraut + chopped cornichons + sliced Di Lusso premium choice corned beef, cut into thin strips + fresh dill, for garnish

20 MINUTES OR LESS
GF option
GLUTEN-FREE



FIND IT AT HY-VEE

1. Koops' Mustard

Gluten-free mustard blends made in Wisconsin with simple, quality ingredients; try Dijon, horseradish and more.

select varieties 12 oz.

3.29

2. Kylito's Salsa

Smooth and preservative-free blend of tomatoes, jalapeños, garlic and salt in hot, gentle, original and roasted flavors.

select varieties 16 oz.

4.29

3. Beaverton Foods Inglehoffer Condiments

Versatile and award-winning gourmet mustards and sauces in honey mustard, tartar sauce, wasabi horseradish and more.

select varieties 8.25 to 10.50 oz.

10% OFF

4. Sauer Frau Squeezable Sauerkraut

Fresh cut cabbage is perfectly fermented to make these vegan sauerkraut squeezes in three zesty flavors.

select varieties 17.5 to 18 oz.

5.88

Stop by Hy-Vee Floral for gorgeous grab-and-go bouquets that will put a smile on Mom's face.



CELEBRATE moms & dads

MAKE PARENTS FEEL SPECIAL WITH THIS HELPFUL GIFT GUIDE FOR MOTHER'S AND FATHER'S DAY. FIND HY-VEE GIFT BASKETS THAT FIT ANY BUDGET, PICK OUT PERSONALIZED GIFTS AND PLAN CELEBRATORY MEALS FOR EACH DAY.



FIND IT AT HY-VEE

1. Comfort Basket Relax and unwind with Mixologie lotion, Big Heart Tea, an Illume candle, a journal, note cards, a 5-inch herb plant and V chocolates, all in a neutral rope basket. 1 ct. 100.00	2. V Chocolates Sampler Box A pre-packaged gift box of popular confections from V Chocolates including thin mints and salty chocolate-covered almonds. 1 ct. 40.00	3. Gourmet Sampler Basket The foods you need to build the best snack board. Includes red pepper jelly, Columbus Charcuterie Sampler and more. 1 ct. 100.00
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gift baskets

FIND GREAT GIFTS FOR MOTHER'S AND FATHER'S DAY WITH HY-VEE'S SELECTION OF GIFT BASKETS CONTAINING PREMIUM SNACKS, DESSERTS, PAMPERING PRODUCTS AND OTHER GOODIES.



SCAN TO SHOP gift baskets at Hy-Vee.



1



2



3



4

FIND IT AT HY-VEE

1. Very Bellissima Bath and Body

Pamper Mom with a selection of Very Bellissima beauty items, including body lotion, body mist, shower gel, scrub and body cream.

1 ct.
30.00

2. Premium Chocolate Lovers Sampler

The ultimate gift for anyone with a sweet tooth to enjoy treats from premium brands like Ghirardelli, Ferrero Rocher, Zoet and more.

1 ct.
75.00

3. Zoet Chocolate Lovers Sampler

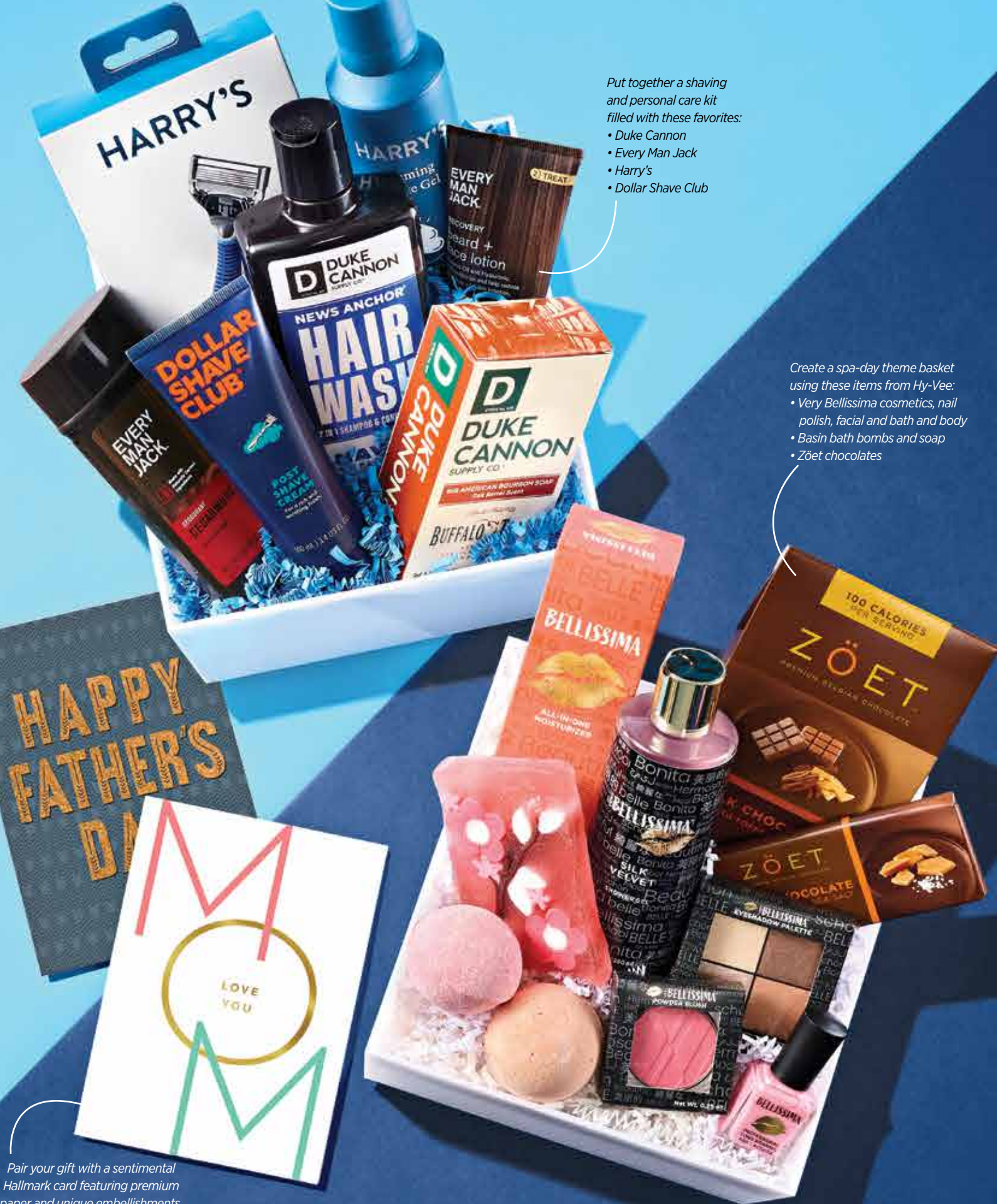
A great gift for chocolate enthusiasts complete with Zoet dark and milk chocolate bars, clusters, pretzels and popcorn.

1 ct.
50.00

4. Bloody Mary Basket

Make a Mother's or Father's Day brunch to remember with Kickass pickles, asparagus, spicy snack sticks and Bloody Mary mix, plus Stirrings rimmer salt.

1 ct.
70.00



Put together a shaving and personal care kit filled with these favorites:

- Duke Cannon
- Every Man Jack
- Harry's
- Dollar Shave Club

Create a spa-day theme basket using these items from Hy-Vee:

- Very Bellissima cosmetics, nail polish, facial and bath and body
- Basin bath bombs and soap
- Zoet chocolates

Pair your gift with a sentimental Hallmark card featuring premium paper and unique embellishments.

raise a glass

TOAST TO PARENTS WITH ELEGANT HY-VEE GLASSWARE AND THEIR DRINK OF CHOICE.

Hy-Vee's Wine & Spirits Department offers hundreds of choices for whiskey, rum, tequila and more, including Knob Creek Bourbon.



For a more casual celebration, find canned cocktails and beer at Hy-Vee, including Mom Water and New Belgium Voodoo Ranger.



Talk with experts in Hy-Vee's Wine & Spirits Department for wine pairing ideas to match your meal, including Kim Crawford, La Marca and Bonanza Cabernet Sauvignon.



FIND IT AT HY-VEE

Viski Seneca Diamond Crystal Wine Glasses

Crystal wine glasses with a diamond design, angled base and long stems. 15.5-oz. capacity; set of 2 **39.99**

SMOKED BOURBON AND APEROL SPRITZ

For Mandarin orange simple syrup, stir together ½ cup Hy-Vee granulated sugar, ¼ cup water and 1 Basket & Bushel Mandarin orange, sliced, in a small saucepan. Cook over medium heat for 3 minutes, stirring frequently. Bring to a boil; reduce heat to medium-low. Simmer, uncovered, for 3 to 4 minutes or until syrup-like; cool completely. Strain syrup through a fine-mesh sieve set over a bowl; discard mixture in sieve. For each bourbon spritz, stir together 1½ oz. bourbon, 1 oz. Aperol liqueur and ½ oz. Mandarin orange simple syrup in a 14-oz. rocks glass. Using the Viski smoker cocktail kit, smoke bourbon mixture according to manufacturer's directions or to desired smoke level. Add a 2-in.-square ice cube to cocktail mixture; top with 3 oz. prosecco sparkling wine. Garnish with 3 Woodford Reserve bourbon cherries and a Mandarin orange peel ribbon, if desired. Serves 1 (8 oz.).

30
MINUTES
OR LESS



FIND IT AT HY-VEE

Woodford Reserve Bourbon Cherries

Muddle or use cocktail cherries spiked with rich bourbon as a garnish. select varieties 13.5 oz. **20% OFF**



FIND IT AT HY-VEE

Alchemi Single Serve Smoker Kit by Viski

Make smoky spirits with this lowball glass, smoker, strainer, handheld butane torch and oak wood chips. 5 pc. **77.99**



snacks

SALTY OR SWEET, SPICY OR SOUR—HY-VEE HAS GOODIES THAT APPEAL TO EVERYONE'S PREFERENCES.



1



2



3



4

Find additional flavors of Blue Diamond almonds at Hy-Vee, including spicy dill pickle, sweet Thai chili and bold elote.



5



6

Look for almonds, cashews and peanuts dipped in a thin coating of chocolate, peanut butter, yogurt and more.

This half-pound treat offers eight servings of chewy, gummy candy in delicious watermelon flavor.

FIND IT AT HY-VEE

1. Moonlight Mixes Wicked Mix

Salty and spicy mixes of almonds, cashews, pecans and pretzels with zero trans fat in resealable bags.

select varieties 7 oz.

6.99

2. Zöet Chocolate Bar

Premium handmade and authentic Belgian chocolate in many flavors; made with minimal ingredients.

select varieties 2.88

3. Blue Diamond Almond Bags

Try a share-size bag of almonds in 11 flavor varieties, such as honey roasted and salted.

select varieties 14 to 16 oz.

8.49

4. Blue Diamond Almond Cans

These heart-healthy nuts are the perfect snack with a range of 18 flavors.

select varieties 6 oz.

3.99

5. Maud Borup Candies

Sample allergen-friendly fruity, gummy and sour candies with no gluten, nuts or dairy.

select varieties **15% OFF**

6. SkinnyDipped Snacks

Enjoy delicious snacks with less sugar, no artificial flavors and a tasty sweet coating.

select varieties **20% OFF**

dine

THERE'S NO BETTER WAY TO CELEBRATE PARENTS THAN WITH MEALS AND SWEET SENSATIONS THAT BRING THE WHOLE FAMILY TOGETHER.



BRUNCH FOR MOMS

Treat mom to a Mother's Day Brunch on May 12 from 8 a.m. to 1 p.m. Enjoy traditional savory and sweet brunch favorites including scrambled eggs, bacon, sausage, ham, biscuits and gravy, hashbrown casserole, fresh fruit and desserts. The brunch buffet is \$24.99 for adults, \$7.99 for kids aged 6 to 12, and free for children ages 5 and under.



SCAN TO ORDER Hy-Vee Meal Packs for Mother's Day



BBQ FOR DADS

Pick up Hy-Vee Hickory House entrées such as baby back ribs, pulled pork, smoked chicken, brisket and more. Hickory House Comfort Foods are prepared in-store by Hy-Vee expert chefs, ensuring exceptional flavor.

HY-VEE GRAB & GO BAKERY TREATS

PICK UP READY, FRESH-BAKED SEASONAL DESSERTS FOR A SWEET WAY TO CELEBRATE MOMS AND DADS.



Pies
Delectable pies with the best ingredients. Find strawberry, apple, lemon meringue, French silk, and more.



Everyday Cupcakes
Velvety rich cupcakes topped with buttercream frosting. Choose from vanilla, chocolate and confetti flavors.



Cutout Cookies
Iced cookies with seasonal shapes and colorful frostings and sprinkles. For a custom order, contact your Hy-Vee Bakery.



THE TASTIEST WAY TO SUPPORT YOUR IMMUNE HEALTH!*



*3 tea bags per day provide 500 million cfu probiotics to support immune health.
This product should be consumed as a part of a varied and balanced diet and healthy life.



Made with Friendly cultures



Favorite tea taste



Natural protective shield of probiotics



Supports Immune Health* with Probiotics



SUPPORT YOUR IMMUNITY* IN EVERY CUP WITH PROBIOTICS

Thanks to their natural protective shield, the probiotics in Doğadan Probiotic tea continue to live without losing their effects inside hot water. They are not affected by stomach acid and become active only in the intestines where they release their goodness.

If used regularly, probiotics help to support the immune system.

*3 tea bags per day provide 500 million cfu probiotics to support immune health.
This product should be consumed as a part of a varied and balanced diet and healthy life.

ENJOY SUNNY DAYS WITH REFINED SUGAR-FREE ICED TEA RECIPES BOOSTED WITH PROBIOTICS TEA!

COLD ACAI PINEAPPLE GREEN TEA WITH PROBIOTICS

For 1 serving

- 4 bags of Doğadan Acai Pineapple Green Tea with Probiotics
- 14 oz hot water
- 14 oz cold water
- 3 teaspoons honey
- 2 slices of pineapple
- 8-10 ice cubes

Recipe:

Infuse 4 bags of Doğadan Acai Pineapple Green Tea with Probiotics with 14 oz of boiled water and wait for 2 minutes at a temperature of approximately 80°C and infuse for 3 minutes. You can prepare your cold tea by adding 14 oz of cold water, 3 teaspoons of honey, 2 slices of pineapple, 8-10 cubes of ice.

Enjoy your tea.



ROOIBOS VANILLA WITH PROBIOTICS - ICED LATTE



For 1 serving

- 4 bags of Doğadan Rooibos Vanilla with Probiotics
- 14 oz hot water
- ½ teaspoon of honey
- 15 ice cubes
- 3.5 oz cold milk
- 1 cinnamon stick

Recipe:

Infuse 4 bags of Doğadan Rooibos Vanilla with Probiotics with 14 oz of freshly boiled water for 5 minutes. Add half a teaspoon of honey, 15 cubes of ice and 3.5 oz (half a glass) of cold milk. Finally, you can sweeten your iced latte with 1 stick of cinnamon.

Enjoy your tea.

MEAL MAKEOVER

Picnic-Favorite Side

Kick off summer with a lightened-up potato salad featuring grilled spuds with extra smoky flavor.

Grilled Potato Salad with Lemon and Dill

Hands On 30 minutes

Total Time 52 minutes plus cooling time

Serves 8 (1½ cups each)

2 (24-oz.) pkg. Basket & Bushel petite medley potatoes, halved or quartered

1½ tsp. kosher salt, divided

1 tsp. Hy-Vee baking soda

¼ cup water

¼ cup fresh lemon juice

2 Tbsp. tahini

1 Tbsp. organic white miso paste

1 Tbsp. Culinary Tours coarse ground smoked porter mustard

1 clove garlic, grated

½ tsp. salt-free garam masala

1 (12-oz.) pkg. snipped fresh green beans

2 Tbsp. Hy-Vee vegetable oil

¼ small red onion, thinly sliced

Green onions, for garnish

Fresh dill, for garnish

1. PLACE potatoes, 1 tsp. salt, baking soda and enough cold water to cover potatoes in a large pot or Dutch oven. Bring to a boil; reduce heat. Simmer, uncovered, for 12 to 15 minutes or just until potatoes are tender, but still firm. Drain well; cool slightly.

2. WHISK together ¼ cup water, lemon juice, tahini, miso paste, mustard, garlic and garam masala in a medium bowl. Cover and refrigerate until ready to use. Cook green beans in

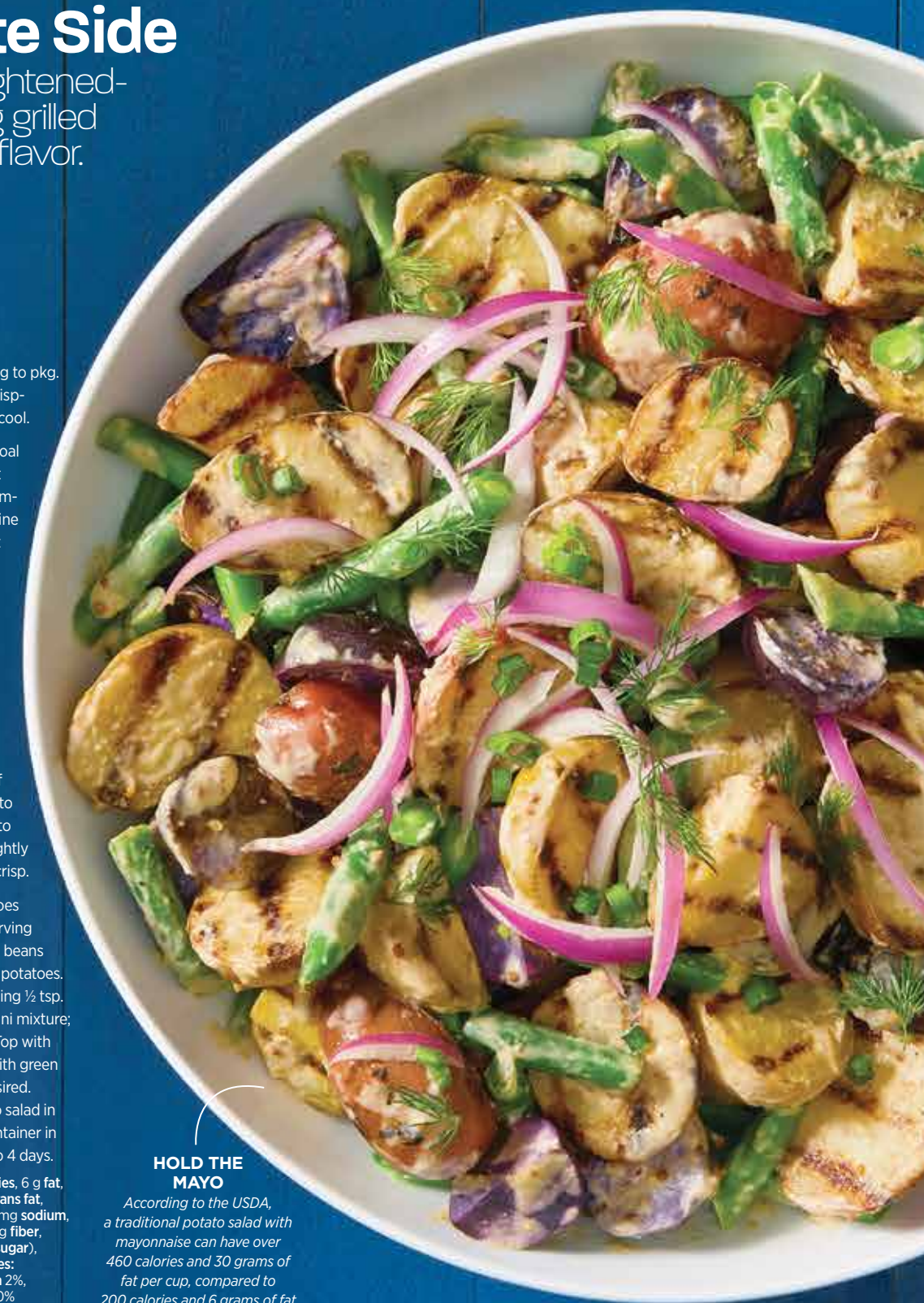
microwave according to pkg. directions or until crisp-tender; set aside to cool.

3. PREHEAT a charcoal or gas grill for direct cooking over medium-high heat (375°F). Line a large baking sheet with foil; set aside.

4. PLACE cooled potatoes in a large bowl. Drizzle with vegetable oil; gently toss to coat. Place potatoes, cut sides down, on prepared baking sheet. Slide foil with potatoes off baking sheet and onto grill rack. Grill for 10 to 12 minutes or until lightly golden and slightly crisp.

5. TRANSFER potatoes to a large shallow serving bowl. Bias-cut green beans into 3 pieces; add to potatoes. Sprinkle with remaining ½ tsp. salt. Drizzle with tahini mixture; gently toss to coat. Top with red onion; garnish with green onions and dill, if desired. Store leftover potato salad in a tightly covered container in the refrigerator up to 4 days.

Per serving: 200 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 610 mg sodium, 35 g carbohydrates, 5 g fiber, 2 g sugar (0 g added sugar), 5 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 20%



HOLD THE MAYO

According to the USDA, a traditional potato salad with mayonnaise can have over 460 calories and 30 grams of fat per cup, compared to 200 calories and 6 grams of fat per serving in this recipe.

DIETITIAN Q&A

Kids' Nutrition

Elisa Sloss, registered and licensed dietitian and senior vice president, HealthMarkets, offers advice to help kids eat a nutrient-rich diet to support their development.



Elisa Sloss, RD, LD
Senior Vice President,
HealthMarkets

Q: How does diet affect kids' development?

A: The foods a child eats can impact countless areas of their development such as physical growth, cognitive ability, immune function and even long-term health outcomes, so it's vital to ensure children receive a balanced diet with nutrient-rich foods.

Q: What does a "balanced" diet look like for kids?

A: A balanced diet consists of meals and snacks to support growth and development. For meals, the Dietary Guidelines for Americans recommends filling half of your child's plate with fruits and vegetables (the more variety, the better). Choose whole grains, such as whole wheat bread and brown rice, instead of processed grains whenever possible. Include lean protein sources such as poultry, eggs, fish and beans while limiting processed meats. Include a source of calcium and

vitamin D in your child's diet, such as dairy foods like milk. For snacks, aim to include a source of protein and a source of fiber, such as yogurt and fresh fruit.

Q: Which nutrients are easy to miss?

A: A 15-year analysis of data from the CDC's National Health and Nutrition Examination Survey found in 2021 that most children ages 1 to 6 met the recommended intake for most nutrients. However, it found intakes for vitamins D and E, calcium, fiber and potassium were below recommendations for many children. These nutrients help strengthen bones and teeth, regulate blood pressure and support overall digestive and immune health.

Q: What if my child is a picky eater?

A: It's normal for kids to have foods they like and dislike, but if most of their "dislikes" are veggies and fruits, they could be missing out on nutrients they need. Help picky eaters by continuing to give them new foods to try—kids may need to be offered a food at least eight to 15 times before they accept it. Switch up the presentation of food by cutting it into fun shapes, or combine nutrient-rich foods with a dish your child already likes. Changing the texture of foods may help kids with sensory issues—if your child doesn't like mushy foods, try crunchy veggies like carrots.

Q: How can I tell if my child has food allergies?

A: An allergy is an abnormal response by the body's immune system to a particular food. Often, it's the second time your child tries a food that an allergic reaction may appear, according to Johns Hopkins Medicine. Symptoms usually begin within an hour, and may include itchy mouth or throat, hives, trouble breathing and more. However, a study from *The New England Journal of Medicine* found that introducing common food allergens, specifically peanuts and eggs, to children as young as three months old may decrease the likelihood of developing an allergy to those foods. If you think your child has a food allergy, consult with your pediatrician immediately.

Q: What can Hy-Vee do to help?

A: Hy-Vee dietitians offer several services that can help your family—you can sign up for a personalized store tour, where a dietitian will guide you through the store and offer grocery suggestions. You can also stock up on meals for your family by following a virtual freezer meal prep workshop led by a dietitian. And kids can attend virtual cooking classes led by dietitians, designed to teach basic cooking skills.

Hy-Vee KIDSFIT

GET MOVING WITH KIDSFIT, A FREE ONLINE NUTRITION AND EXERCISE PROGRAM LED BY CERTIFIED PERSONAL TRAINER AND DIRECTOR OF HY-VEE KIDSFIT DAIRA DRIFTMIER.



KidsFit Challenge Boxes at Hy-Vee

Help kids stay active and learn about eating nutrient-rich foods with the KidsFit Club Challenge Box. Join the KidsFit Club to be notified when boxes are available to pick up this summer. Each box includes items such as:

- Summer activity book
- Pencil pouch
- KidsFit-approved snacks
- Exclusive Hy-Vee discounts and coupons

To join the KidsFit Club, visit Hy-VeeKidsFit.com



SCAN TO learn more about Hy-Vee dietitian services.

QUICK, EASY SNACKS

COOL DOWN IN HOT SUMMER WEATHER WITH THESE REFRESHING SNACKS FOR KIDS. EACH OFFERS NUTRITIOUS FRUITS AND VEGETABLES INTRODUCED IN A UNIQUE WAY!



MINI VEGGIE-AND-HUMMUS CUPS

Hy-Vee roasted garlic hummus + Basket & Bushel cherry tomatoes + mini cucumbers, halved lengthwise + baby-cut carrots + Basket & Bushel sugar snap peas + yellow bell pepper strips + Hy-Vee ranch dip mix, for serving

10 MINUTES OR LESS

VEGETARIAN DISH



CHERRY-CHOCOLATE YOGURT POPS

Black cherry with honey Greek-style yogurt + Performance Inspired vanilla bean flavor whey protein powder + Hy-Vee honey + Hy-Vee frozen unsweetened dark sweet cherries + Hy-Vee mini semisweet chocolate baking chips + dark chocolate-flavor melting wafers, melted



CRINKLE-CUT WATERMELON FRIES

Watermelon, crinkle-cut into 4x¾-in. sticks + fresh lime juice + organic blonde coconut sugar

10 MINUTES OR LESS

GF option GLUTEN-FREE



TROPICAL FRUIT JUICE SLUSHIE

Hy-Vee frozen unsweetened tropical fruit blend + TopCare strawberry lemonade electrolyte powder + Hy-Vee refrigerated 100% orange pineapple juice

10 MINUTES OR LESS



FRUIT-AND-PRETZEL YOGURT BARK

Hy-Vee plain whole milk Greek yogurt + Hy-Vee honey + chopped Basket & Bushel strawberries + Basket & Bushel blueberries + peeled and sliced kiwi + Hy-Vee mandarin oranges in 100% juice + strawberry yogurt mini pretzels

GRAB 'N' GO SNACKS

FIND BETTER-FOR-YOU SNACKS AT HY-VEE TO TAKE ON THE GO.



Short Cuts Grapes & Cheese

This combination of washed grapes and cubed Colby Jack cheese offers a balance of protein and vitamins.



Jackson's Avocado Oil Sweet Potato Chips

Sweet potatoes, avocado oil and salt are the only ingredients in these dairy-free chips.



Solely Organic Fruit Jerky

Each jerky strip is made from half of a fresh pineapple or a whole mango for a tasty, one-ingredient snack.

BLOOMS

Fragrant Florals for Mom

Surprise Mom with one of these creative DIY gift sets, using seasonal bouquets, florals and other gift items from Hy-Vee.



WORLD'S BEST MOM GIFT BOX BOUQUET

Start with a white canvas box that is about 10x7x5 in. Fill two 4-in. square vases with wet floral foam and set them in one half of the box. Arrange single pink and white roses in varying sizes, plus white hydrangeas in the foam. Place a V Chocolates

6-oz. sampler box from Hy-Vee Floral into a corner of the box. Insert a 13-oz. Yankee Candle in the remaining open space next to the chocolates and tuck shredded gift filler around it. Use packing paper or wood blocks to prop up candle

and chocolates if needed. Wrap and tie ribbon around the canvas box for decoration. Write a message for Mom on a gift tag and tape it to the corner of the box. Lastly, pick out a Hallmark card from Hy-Vee to include with the gift box.



HER ORDER BOUQUET

Fill a disposable coffee cup with floral foam and arrange single-stem pink Gerbera daisies from Hy-Vee Floral into it. For decoration, cut a heart shape out of a cardboard coffee sleeve and secure to the outside of the cup with tape. Pick up Mom's coffee or tea order and a cardboard carrier tray. Write a heartfelt message on the drink cup and fit it, along with the bouquet cup, in the tray for Mom to enjoy.



BLOOMING BOTTLE BOUQUET

Pick up a bottle of wine from Hy-Vee Wine and Spirits, such as Kim Crawford Rosé. Then, create a mini bouquet by tying together 4 to 5 single stem lisianthus with a small bunch of ruscus greenery from Hy-Vee Floral using ribbon. Attach the bouquet to the neck of the bottle with additional ribbon. Cheers to Mom!

GRAB-N-GO FLORAL AT HY-VEE



BEAUTIFUL BLOOMS

Gerbera daisies, carnations, roses, Oriental lilies, statice and more in a ceramic vase.



IN A CLASS BY HERSELF

An elegant bouquet of Asiatic lilies, Gerbera daisies, roses, salal and more in a glass vase.



BEST OF THE BUNCH

Roses, alstroemeria, Gerbera daisies, carnations and more in a purple glass vase.



ONE OF A KIND

Sunflowers, spray roses, alstroemeria, carnations, salal and more in a glass vase.



SCAN TO SHOP floral bouquets at Hy-Vee.

FOODS THAT

Promote Mental Health

Learn how diet can affect mood, and how the foods you eat can help prevent depression, anxiety and more.

Foods can have a direct impact on mental health, which includes emotional, social and psychological well-being, because the brain and digestive system constantly communicate with each other.

Nutrients in the foods we eat have the power to help prevent cognitive decline, influence mood and more through a clever network inside our bodies. The brain and digestive system are connected via the vagus nerve, which sends signals between the brain and large intestine. This pathway is often called the gut-brain axis. Chemicals called neurotransmitters are the messengers that deliver information back and forth.

Certain neurotransmitters, including serotonin and dopamine, can have a noticeable effect on mental health—serotonin helps regulate emotions, appetite and mood. Low levels can lead to irritability, memory problems, anxiety and depression. Another neurotransmitter, dopamine, signals feelings of satisfaction and is linked to memory, motivation and learning. Low levels can lead to depression, fatigue, lack of ambition, moodiness and aggression.

To foster positive mental health, consume foods that help support these neurotransmitters. For example, complex carbohydrates, foods high in magnesium, and an amino acid called tyrosine can all stimulate serotonin and dopamine production. Plus, include foods in your diet that help maintain brain and digestive health, such as omega-3 fatty acids and a broad range of vitamins, minerals and amino acids.

MOOD-BOOSTING FOODS

ADD THE FOLLOWING TO YOUR GROCERY LIST TO JUMP-START YOUR PATH TO BRAIN HEALTH AND MENTAL WELLNESS:



Chicken

Tryptophan, an amino acid found in poultry, helps make serotonin. In addition, its high level of choline can help with memory and cognitive function, and vitamin B6 can help regulate mood.



Walnuts

Walnuts have fatty acids and phenolic compounds with anti-inflammatory properties found to improve memory and cognitive function. Vitamin E in walnuts may also help prevent mental decline.



Eggs

Eggs are rich in tryptophan, the building block of serotonin. In addition, the choline found in eggs promotes general brain health by reducing inflammation.



Beets

Beets are a source of folate, also known as folic acid or vitamin B9. Low folate levels have been linked to depression. Beets also contain betalains, a naturally occurring pigment in plants that helps reduce inflammation.



Citrus

Vitamin C in citrus is important to the metabolism of tyrosine, needed to develop dopamine. A 2022 study found vitamin C had a positive impact on motivation and ability to perform cognitive tasks that needed longer levels of attention.



Avocado

These fruits are rich in omega-3 fatty acids, which the brain needs to properly function. They also include tyrosine and have high levels of folate, which assists in the brain chemical production needed to keep the gut-brain axis healthy.



Sweet Potatoes

Vitamin B6 found in sweet potatoes can raise serotonin levels. Potassium and magnesium found in many starchy vegetables can help lower blood pressure, reducing inflammation of blood vessels for overall brain health.



Green Peas

Vitamin B6 found in green peas is not made by the body so it must be consumed through food. It is essential to the production of hemoglobin, which helps carry oxygen to the brain and is also involved in serotonin production.



THE RISK OF DEPRESSION MAY BE 25% TO 35% LOWER AMONG PEOPLE WHOSE DIETS ARE HIGH IN VEGETABLES, FRUITS, UNPROCESSED GRAINS AND SEAFOOD, WHILE LIMITING PROCESSED FOODS AND SUGARS.

—Harvard Health

MENTAL HEALTH AWARENESS MONTH

Since 1949, the U.S. has recognized May as Mental Health Awareness Month. Hy-Vee is proud to raise awareness and help support the millions of people affected in the U.S.

Sources: ncbi.nlm.nih.gov/pmc/articles/PMC7071526/ health.harvard.edu/healthbeat/foods-linked-to-better-brainpower
ncbi.nlm.nih.gov/pmc/articles/PMC9577631/ health.clevelandclinic.org/the-health-benefits-of-beets
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nm.org/healthbeat/healthy-tips/nutrition/best-food-for-a-healthy-brain ncbi.nlm.nih.gov/pmc/articles/PMC7468918/
ncbi.nlm.nih.gov/pmc/articles/PMC9609811/ health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626

FINDS

Outdoor Essentials

Prepare for summer gatherings by stocking up on durable backyard basics from Hy-Vee.



FIND IT AT HY-VEE

- | | | | | | |
|---|---|--|---|--|---|
| <p>1. Solo Stove Mesa XL
Low-smoke durable stainless steel tabletop fire pit fueled by pellets or wood; includes travel bag.
8.6×7 in.; 2.3 lb.
99.99</p> | <p>2. Solo Stove Ranger + Stand 2.0
Ultra portable smokeless fire pit with heat deflector; includes stand and carry case.
16.25×15 in.; 16.5 lb.
229.99</p> | <p>3. Igloo Quantum 12-qt. Cooler
Trusted brand includes Cool Riser Technology™ and UV inhibitors to keep foods and drinks cold.
18-can capacity
25.00</p> | <p>4. Solo Stove Fire Pit Tools
Sturdy stainless steel poker and log grabber angled for safety; each features a hook for easy hanging.
36.5 in.; 4.75 lb.
69.99</p> | <p>5. Rayovac Flashlights
Backyard party musts from the trusted brand, including rechargeable and comfort grip options. select varieties
25% OFF</p> | <p>6. Solo Stove Mesa XL Accessory Pack
Four stainless steel mini roasting sticks with rests, pellet scoop, stove lid and carry case.
8.8×16 in.; 2.5 lb.
49.99</p> |
|---|---|--|---|--|---|

MUD PIE AT HY-VEE

Add functionality, elegance and fun to summer outings with stylish entertaining pieces from Mud Pie. Hy-Vee carries a variety of Mud Pie serveware and decor for special events and everyday use.



FIND IT AT HY-VEE

- Mud Pie Strawberry Fruit Bowl Set**
Hand-painted ceramic serving bowl with "Berry Good" on the interior and a silicone and wood spoon.
bowl 5×9 in.; spoon 10 in.
44.99

FIND IT AT HY-VEE

- Mud Pie Lemonade Recipe Pitcher**
Fun glass pitcher shows off a sparkling mint lemonade recipe. Wash by hand or clean with damp cloth.
67-oz. capacity
44.99

PICNIC PREP

Stay comfortable outdoors with a few convenient items at Hy-Vee.



BANANA BOAT SUNSCREEN
Lightweight broad spectrum SPF 30 sunscreen made for active lifestyles.



WELLY
First aid travel kit with bandages, ointment and more for anytime accidents.



TOP CARE LIP BALM
Paraben-free, moisturizing skin protectant with sunscreen SPF 12.



HYDRO FLASK
Stainless steel double-wall vacuum insulation keeps drinks hot up to six hours.



SCAN TO SHOP outdoor items at Hy-Vee.



Try this method
for reverse
searing steak,
pg. 25

Hy-Vee complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Hy-Vee does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Hy-Vee provides:

- Free aids and services to people with disabilities to communicate effectively with us, upon request or when necessary, such as:
- Qualified language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
- Qualified interpreters
- Information written in other languages upon request

If you need these services, contact your local pharmacist. If you believe that Hy-Vee has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Hy-Vee Civil Rights Coordinator, Attn: Legal Dept., 5820 Westown Parkway, West Des Moines, IA 50266, 515-267-2800, Fax 515-327-2162, legalnotices@hy-vee.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Hy-Vee Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave. SW, Room 509F, HHH Building, Washington DC 20201, 800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-874-3972.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-874-3972.

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30
minutes
or less

**30 MINUTES
OR LESS**

20
minutes
or less

**20 MINUTES
OR LESS**

10
minutes
or less

**10 MINUTES
OR LESS**

GF
option

**GLUTEN
FREE**

V
option

**VEGETARIAN
DISH**

Hy-Vee Seasons is a product of Hy-Vee, covering food, lifestyle and health issues, while featuring Hy-Vee products, services and offers, along with advertisements from suppliers of Hy-Vee.

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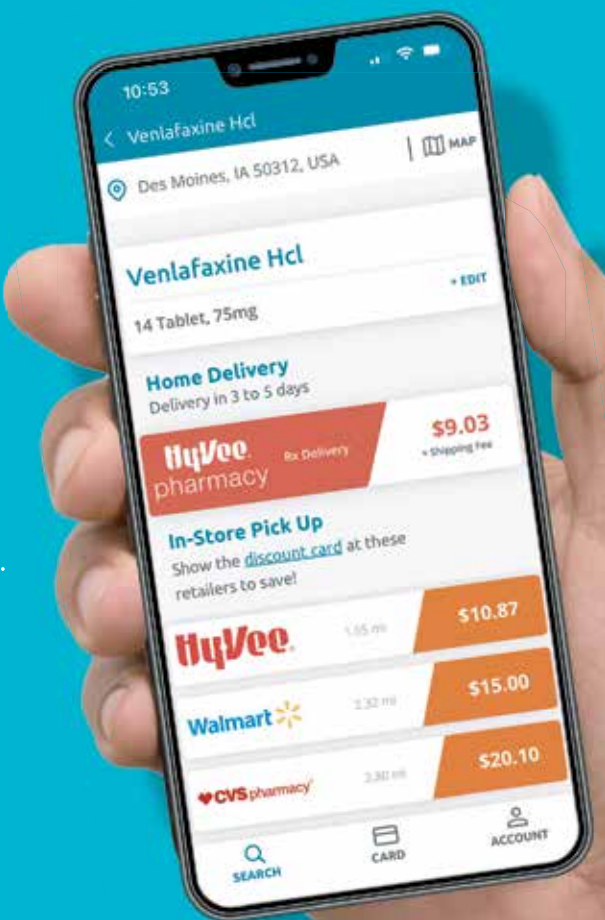
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