



na Car Seat epsake Photo Station boystownpediatrics.org

Saturday, March 25, 2017

FREE Newborn Expo 10:00 a.m. - 1:00 p.m. Boys Town National Research Hospital, Pacific Street Clinic, 14040 Boys Town Hospital Road

Join: • Missy Sarr, RD, LMNT (Hy-Vee Dietitian from 96th & Q)
• Carrie Nielson, MS, RD, LMNT (Hy-Vee Dietitian from 132nd & Dodge)

Omaha • 51st & Center • 144th & Stony Brook • 90th & Center • 108th & Fort • 79th & Cass • 96th & "Q" Street • 132nd & Dodge • 180th & "Q" • 156th & Maple • 180th & Pacific Papillion • 72nd & Hwy 370 Plattsmouth • 16418 Westside Drive Prices are effective while supplies last. We reserve the right to limit quantities. Shop on-line at www.hy-vee.com





bell pepper and garlic; cook about 5 minutes or until tender. Set aside. Meanwhile, in a medium bowl combine cream cheese, shredded cheese,

\*Note: Chile peppers contain volatile oils that can burn skin and eyes.

Ahead-of-the-Game Plan: Prepare dip as directed up until cooking in slow cooker. Cover and refrigerate. Heat through in a slow cooker the day of

When working with chile peppers, wear protective gloves.

meat. Add onion mixture and stir until combined.

sour cream, chile peppers, hot sauce and Old Bay seasoning. Stir in crab-

## Transfer mixture to a 1-1/2-quart slow cooker. Cover and cook on low-heat setting for 1-1/2 to 2 hours or until bubbly. Sprinkle with Parmesan cheese. If desired, garnish with jalapeño pepper slices. Serve with pita chips if desired.

game.

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- Join the fun!
- napchat
- hy-veeomahacb

