

Dish

October into November 2016

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with Banana Pecan Sauce**

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Cinnamon
the spice of Autumn!

Look throughout this issue of
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use the fall season's
favorite spice!



Sartori
Rosemary
& Olive Oil Asiago
9.99/LB.



Heralded as the "dew of the sea," Rosmarinus officinalis provides the perfect savory high note for this rich, nutty and fruity taste sensation. A gold-medal winner of the World Championship Cheese Contest, this extraordinary delight aged 12 months, wears its laurels as lightly as the perfect balance of hand-rubbed rosemary and Italian olive oil.



Yancey's
Fancy
Ghost Pepper
Cheese
5.99/EA.



One of the newest additions to the Yancey's Fancy line of cheeses; made with Ghost Peppers. The kick you always wanted, but never asked for.

ooh, something NEW!

Product claims are the responsibility of the manufacturer. The information in this flyer is not intended to diagnose, treat, cure, or prevent any disease or condition, and is for entertainment purposes only.

10 oz.
Woodstock
Organic Tropical
Fruit Blend
5.49



8.5 oz.
Woodstock
Organic
Pineapple Chunks
5.49



Selected Varieties; 4-pk
HT Traders
Coffee
5.99



16 ct.
Traditional
Medicinals
Lemon Echinacea
Throat Coat Tea
5.49



Selected Varieties; 1.7 oz.
Tiesta
Tea
5.49



1.5 oz.
Mighty Leaf
Organic
Matcha Green Tea
17.99



Selected Varieties; 14.2 oz.
Kame
Stir-Fry Noodles
2/\$5



Selected Varieties; 12.3 to 15 oz.
Patak's
Simmer Sauces
2/\$6



15.35 fl. oz.
HT Traders
Sriracha Sauce
2/\$5



Selected Varieties; 16.25 oz.
Mezzetta Marinara
BUY ONE GET ONE FREE

1

Welcome home to Pasta Night!

2

Selected Varieties; 8.8 to 16 oz.
Delverde Pasta..... **2/\$5**

Selected Varieties; 24 oz.
Rao's Homemade Pasta Sauce... **7.99**

Peeled; 28 oz.
Cento San Marzano Tomatoes **3.99**

16.9 fl. oz.
Monari Federzoni
Balsamic Vinegar **BUY ONE GET ONE FREE**

Selected Varieties; 25 oz.
Emeril's Pasta Sauce **2/\$7**



Quinoa Pumpkin Pancakes with Banana Pecan Sauce

- 1½ cup Ancient Harvest Quinoa, uncooked
- ¼ cup HT Brown Sugar
- 2 tsp. HT Baking Powder
- 1 tsp. HT Baking Soda
- 1 tsp. HT Allspice
- 1 tsp. HT Cinnamon
- ½ tsp. HT Ginger, ground
- ½ tsp. salt
- 2 cups buttermilk
- 15 oz. can Farmer's Market Organic Pumpkin Puree
- 1 large egg
- 2 Tbsp. vegetable oil
- cooking spray
- ½ cup HT Butter
- 1 cup superfine sugar
- 1¼ cups HT Heavy Cream
- 4 bananas, peeled and halved lengthwise
- ½ cup pecan pieces

Grind the quinoa into flour using a food processor. Add the quinoa flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger, and salt into a large bowl and combine. In a separate bowl, mix together buttermilk, pumpkin, egg, and oil. Combine dry and wet mixtures and stir until blended. Spray a large, nonstick griddle and heat over medium heat. Pour batter by ¼ cupfuls onto the heated griddle surface. Pancakes will be ready to flip when you begin to see the bubbles pop and the underside is brown. Flip and cook for until the center springs back when pressed. Meanwhile, to make the sauce, melt butter in a heavy skillet over medium heat. Stir in the sugar and cook until dissolved and lightly brown. Slowly add cream. Let mixture boil for 1 minute, then reduce heat to low. Add bananas and pecans to the pan and cook to desired consistency. Serve sauce over pancakes. Decorate with cinnamon sticks!



Selected Varieties; 12 oz.
Ancient Harvest Quinoa
7.49

3

holiday treats



Selected Varieties; 18 ct.
Stash Holiday Tea **2/\$7**

Selected Varieties; 4 to 5 oz.
479° Popcorn **2.99**

Selected Varieties; 5 oz.
Stoneridge Orchards
Chocolate or Yogurt Covered Fruit **4.49**

Selected Varieties; 14.1 oz.
Pirouline Wafers..... **3.99**

Selected Varieties; 7 oz.
Creative Snacks Co. Pretzels **2/\$7**

5.6 oz.
Gaea Organic
Pitted Kalamata Olives..... **4.79**

Gaea Organic Kalamata olives are handpicked from organically cultivated trees. Sun ripened with their color depending on the exposure to the sun's rays while on the tree.



Selected Varieties; 16 oz.
Mrs. Renfro's
Salsa..... **3/\$10**

Mrs. Renfro's Salsas are authentic and created to bring a variety of deliciously fresh ideas and flavors to your family table.



Selected Varieties; 15 ct.
Mighty Leaf
Holiday Tea **5.99**

Mighty Leaf has a passion for creating the most incredible, handcrafted tea blends found anywhere, globally sourcing the finest ingredients available.



Selected Varieties; 10 to 12 oz.
Trū Roots
Quinoa **5.99**

The distinct texture and flavor of quinoa makes it a suitable alternative to rice in side dishes. But don't be afraid to experiment- this versatile grain can be added to countless recipes.



5.6 oz.
Harris Teeter Organics
Lemonade..... **3.49**

Providing you with a wholesome choice, organically grown and produced, allowing everyone a chance to give back to the earth by supporting a natural and more nurturing farming process.



Selected Varieties; 16 oz.
Green Mountain Gringo
Salsa..... **2/\$7**

Green Mountain Gringo has the same great taste it did when founders Christine and David Hume created it at their Chester, Vermont farm in 1989.





Cranberry Rice with Walnuts

- 1/4 cup HT Walnuts, chopped
- 1–14.5 oz. can chicken broth
- 3/4 cup uncooked Della Light Brown Basmati Rice
- 1/4 cup water
- 1/4 tsp. salt
- 1/4 cup Stoneridge Organic Dried Cranberries
- 1/8 tsp. ground cinnamon

Preheat oven to 350°. Spread chopped walnuts in a single layer on a baking sheet. Bake for 10 minutes, stirring frequently. Remove from oven and set aside to cool. Combine chicken broth, rice, water, and salt in large saucepan. Bring to a boil over high heat. Reduce heat; cover and simmer 20 minutes. Stir in dried cranberries and cinnamon; cover and simmer 25 minutes or until rice is tender. Top with toasted walnuts and serve.



4 oz.
Stoneridge Orchards
Dried Cranberries
3.99

Selected Varieties;
16 to 28 oz.
Della Blends Rice
4.69



Selected Varieties; 17 fl. oz.
Tony Chachere's
Injectables
4.99



Selected Varieties; 4 fl. oz.
Colgin
Liquid Smoke
1.99



7 oz.
Magic
Salmon Seasoning
3.49



Selected Varieties; 18 oz.
Weber
BBQ Sauce
3.59

Fall Spice Smoothie

- 2 cups apple cider
- 2 Pukka Three Ginger Tea Bags
- 1/2 cups Farmer's Market Organic Pumpkin Puree
- 1 banana
- 1 apple, cored
- 1/4 plus 1/8 tsp. HT Cinnamon, ground
- 1/2 tsp. HT Vanilla Extract
- HT Whipped Cream

Warm cider just to a boil. Remove from heat and add tea bags. Steep for 5 minutes. Discard the tea bags. In a blender, add the cider-tea mixture, pumpkin, banana, apple, 1/4 cinnamon and vanilla. Blend until smooth. Taste to see if you prefer more cinnamon. If so, add a 1/8 teaspoon more and blend for a few seconds. Top with cream and cinnamon. Garnish with cinnamon stick.



Selected Varieties; 20 ct.
Pukka Tea
BUY ONE GET ONE
FREE

Selected Varieties; 7 oz.
Passage Foods
Sauces
2/\$7



Selected Varieties; 9.85 to 12.6 fl. oz.
House of Tsang
Sauce
BUY ONE GET ONE
FREE



Selected Varieties; 8.5 to 9 oz.
Crosse & Blackwell
Chutney
3.99



Selected Varieties; 10.5 oz.
Tiger Tiger
Curry In No Time
4.99



Diwali, the festival of lights

Diwali or Deepavali, is an ancient Hindu festival celebrated in autumn (northern hemisphere) every year. Diwali is the biggest and the brightest festival in India. The festival spiritually signifies the victory of light over darkness. The festival preparations and rituals typically extend over a five-day period, but the main festival night of Diwali coincides with the darkest, new moon night of the Hindu Lunisolar month Kartika.

Selected Varieties; 4.5 to 6 oz.
Maya Kaimal
Chickpea or
Naan Chips
2/\$7



Selected Varieties; 13.66 oz.
Thai Kitchen
Organic Coconut Milk
2/\$6



Selected Varieties; 10 oz.
Tasty Bite
Indian Meals
2/\$6



13.5 fl. oz.
HT Traders
Coconut Milk
1.97





Cinnamon Pumpkin Seed Brittle

- 1/4 cup butter, cut into chunks, plus more for pan
- 1 tsp. baking soda
- 1 Tbsp. vanilla extract
- 1 1/2 tsp. cinnamon
- 2 1/4 cups sugar
- 1/2 cup water
- 1/3 cup light corn syrup
- 1/4 cup butter, cut into chunks, plus more for pan
- 1 1/2 cups Superseedz Salted Pumpkin Seeds

Lightly butter a 10 by 15 inch baking pan. In a small bowl, stir baking soda with vanilla until dissolve; set aside. In a 5 quart saucepan over medium-low heat, use a wooden spoon to stir together sugar, 1/2 cup water, corn syrup, and 1/4 cup butter until butter is melted and sugar is completely dissolved. Increase heat to medium and boil sugar mixture, stirring occasionally, until it turns a deep amber and measures 335° to 340° on a candy thermometer, 8 to 12 minutes. Remove sugar mixture from heat and carefully stir in vanilla mixture and cinnamon (they will bubble up). Immediately stir in pumpkin seeds and pour into prepared pan, using wooden spoon to evenly spread and fill pan. Let brittle cool at room temperature for 30 to 40 minutes. Gently twist pan to release brittle (if necessary, run a heatproof spatula underneath brittle to help release it), then chop or break it into chunks. Store in an airtight container at room temperature for up to 2 weeks.



Selected Varieties; 5 oz.
**Superseedz
 Gourmet Pumpkin
 Seeds**
4.99



6.2 oz.
**Harris Teeter
 Extreme Trail Mix Bar**
2.79



7.4 oz.
**Harris Teeter
 Sweet & Salty
 Pretzel Bar**
2.79



7.4 oz.
**Harris Teeter
 Sweet & Salty
 Peanut Granola Bar**
2.49



Selected Varieties;
 1.41 to 2.1 oz.
thinkThin Bars
3/\$5



Selected Varieties;
 10.6 to 11.4 oz.
thinkThin Oatmeal
5.99



All items priced with VIC Savings Card

Harris Teeter
 Neighborhood Food & Pharmacy



Celebrate Oktoberfest!

with these holiday favorites!

Sweet Apple and Sour Bratwurst with Kühne Sauerkraut

25.8 oz.
Kühne
Barrel Sauerkraut
or Pickles

**BUY ONE GET ONE
FREE**



- 1 jar Kühne Barrel Sauerkraut, rinsed and well drained
- 1 cup unsweetened applesauce
- 1/2 cup apple juice
- 1 Tbsp. butter
- 1 yellow onion, chopped
- 2 Tbsp. brown sugar
- 1 large gala apple, cored and cubed
- 1 tsp. cinnamon
- dash of salt & black pepper
- 12 bratwurst

In a large saucepan, simmer sauerkraut with unsweetened applesauce and apple juice for 20 minutes. In a large, deep skillet, heat butter over medium heat; add onion and sauté until very soft, about 10 minutes. Add brown sugar and cook for 5 more minutes until onion starts to caramelize. Add gala apple pieces and sauté for 5 more minutes until apples are tender. Add sauerkraut, cinnamon, salt and pepper and mix well. Keep warm until ready to serve. Heat grill to a medium-hot. Grill bratwurst directly over fire, turning until browned and the internal temperature reaches 160°. Remove bratwurst from grill and serve with sauerkraut.



All items priced with VIC Savings Card

8.45 oz.
Alstertor
Mustard
2/\$4



9 oz.
Panni
Spaetzle
3.99



25.3 fl. oz.
Gerolsteiner
Mineral Water
1.79



Selected Varieties; 8.45 to 9.3 oz.
Löwenesnf
Mustard
3.99



Selected Varieties; 12.5 to 24 oz.
Hengstenberg Beets
Sauerkraut,
or Cabbage
3.49



Selected Varieties; 11.46 oz.
Dorset
Cereals
5.99



7.5 oz.
Maille
Cornichons
4.99



3.5 oz.
Reber Mozart
Classic Milk
Chocolate Bar
3.99



Selected Varieties; 24 to 28 oz.
Flahavan's
Irish
Steel Cut
Oatmeal
7.99



Selected Varieties; 50 ct.
Taylors of Harrogate
Tea
5.99



24 oz.
Mccan's
Quick & Easy
Steel Cut
Irish Oatmeal
6.99



Selected Varieties;
3.9 to 5.3 oz.
Walkers Cookies
3.99

