

# Dish

August 2018

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**Fresh  
Corn!**

See page 2 for this recipe for  
Bar-B-Q Corn on the Cobb and look for  
other corn recipes throughout  
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1

14 oz.

Nature's Earthly Choice  
Italian Pearled Farro

**2/\$7**



Selected Varieties; 4 oz.

Urbane Grain  
Quinoa

**3.99**



Selected Varieties; 8 oz.

Honeycup Mustard

**4.79**



Selected Varieties; 9.5 to 10.25 oz.

Inglehoffer Mustard  
or Specialty Sauce

**2.99**



All items priced with VIC Savings Card

Selected Varieties; 12 to 18 oz.  
Stubb's Marinade,  
Bar-B-Q or Cookin  
Sauce

**3.99**



## *Bar-B-Q Corn on the Cobb*

- 1 btl. Stubb's Bar-B-Q Sauce
- 12 ears of corn
- salt and pepper; if desired

Brush each ear of corn with Stubb's Bar-B-Q Sauce. Wrap each ear of corn in a double layer of foil. Grill, turning, for 25 to 30 minutes or until tender and a little charred. If you want them more blackened, simply unwrap and throw directly on the barbecue for a few more minutes. Unwrap and serve. Add salt and pepper if desired.



3

23 oz.  
Nutiva  
Organic  
Extra Virgin  
Coconut Oil  
**15.99**



Selected Varieties; 8 fl. oz.  
Cucina Antica  
Organic Dressing  
**2/\$7**



Selected Varieties; 12 fl. oz.  
Walden Farms  
Dressing  
**3.49**



Selected Varieties; 12 fl. oz.  
Briannas Home Style  
Dressing  
**2.99**







## Corn & Kale Soup

- 1 Tbsp. HT Olive Oil
- ¼ cup onion, chopped
- ¼ cup carrots, sliced
- 1 tsp. minced garlic
- 1-15 oz. can HT Sweet Corn, undrained
- 1-15 oz. can cannellini beans, drained
- 4 cups HT Organics Chicken Stock
- 2 Tbsp. Bragg Apple Cider Vinegar
- 1 tsp. salt & pepper
- 3 cups kale, chopped

Heat oil over medium heat in a soup pot. Add onion and cook until translucent. Add carrots and garlic, and cook until carrots are barely beginning to soften. Add corn with liquid, beans, stock, Bragg Apple Cider Vinegar, and salt and pepper, then stir to combine. Bring to a low boil. Stir in kale, be sure all leaves are covered. Cook for 5 minutes and serve.

32 fl. oz.

**Bragg  
Organic  
Apple Cider  
Vinegar**

**5.99**



5

Selected Varieties; 13.4 to 14 oz.

Biscoff Spread

**3.99**



8.8 oz.

Biscoff Cookies

**2.99**



Selected Varieties; 1 oz.

Tate's Bake Shop

Tiny Cookies

**99¢**

Selected Varieties; 7 oz.

Tate's Bake Shop  
Cookies

**4.89**



Selected Varieties; 5.3 oz.

Walkers

Shortbread Cookies

**2/\$7**



Selected Varieties; 3.35 to 3.53 oz.

Jules Destroyer

Cookies

**2.49**



All items priced with VIC Savings Card







## Coconut Cornbread

- 2 Tbsp. HT Butter
- 1½ cups self-rising yellow cornmeal
- ½ cup HT All-Purpose Flour
- ½ cup Thai Kitchen Organic Lite Coconut Milk
- 1 cup HT Organics Milk
- 1 large HT Organics Egg

Preheat oven to 425°. Coat baking pan with butter and set aside. Mix together cornmeal, flour, coconut milk, milk and egg just until blended. Add more milk if needed. Pour batter into baking pan. Bake until cornbread is puffy and golden brown.



Selected Varieties; 13.66 fl. oz.

**Thai Kitchen  
Organic Coconut Milk**

**2.99**

Selected Varieties; 5.5 oz.  
**Way Better Snacks  
Tortilla Chips**

**2.99**



Selected Varieties; .17 oz.  
**Gimme Organic  
Seaweed Snacks**

**2/\$3**



All items priced with VIC Savings Card



33.8 fl. oz.  
Coco Libre  
Organic  
Coconut Water  
**4.99**



Selected Varieties; 4-6.7 fl. oz.  
Q Beverages  
**4.99**



Selected Varieties; 32 fl. oz.  
R.W. Knudsen  
Just Juice  
**6.99**



Selected Varieties; 16.9 fl. oz.  
Ito En  
Tea  
**1.49**



Selected Varieties; 33.8 fl. oz.  
Mr & Mrs T  
Cocktail Mixers  
**3.99**



25.3 fl. oz.  
Gerolsteiner  
Mineral Water  
**1.49**



25.3 fl. oz.  
Gerolsteiner  
Sparkling Apple Drink  
**2.49**



6-16.9 fl. oz.  
Gerolsteiner  
Mineral Water  
**7.49**

