

Dish

March 2019

In This Issue:

Recipe:

Jambalaya page 2

Recipe:

Thumbprint Cookies page 6



get your
Dunk On!

See page 4 for this Guacamole recipe
and look for other great recipes
throughout this issue
of Dish!

1

oooh, 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.

12 oz.
Mike's
Hot Honey
Honey infused
with Chilies
8.49



12 fl. oz.
Slingshot
Cold Brew
Ready to
Drink Coffee
3.79



64 fl. oz.
Slingshot
Cold Brew
Ready to
Drink Coffee
14.99



Celebrate Holi
the festival of color



Selected Varieties; 12 oz.
Patak's
Chutney
4.99



Spicy Butter Chicken \$4.99 or
Selected Varieties; 12.3 to 15 oz.
Patak's
Cooking Sauce
3.99



Selected Varieties; 9 oz.
Crosse &
Blackwell
Chutney
3.99



Selected Varieties;
8.8 to 10 oz.
Tasty Bite
Indian Cuisine
2.99



Selected Varieties; 11 to 12 oz.
Sukhi's Gourmet
Indian Food
Indian Cuisines
5.99



Selected Varieties; 5.5 oz.
Sukhi's Gourmet
Indian Food
Street Wraps
2/\$7





All items priced with VIC Savings Card

2

Selected Varieties; 12 oz.

Crosse & Blackwell Seafood Sauce... **2.49**

Selected Varieties; 13.4 oz.

Jack's Quality Beans **10/\$10**

28 oz.

Della Basmati Rice
with Caramelized Onions **5.29**



Jambalaya

- 2 tsp. HT Traders Olive Oil
- 1/2 lb. boneless skinless chicken breasts, cut into pieces
- 8 oz. kielbasa, diced
- 1 red pepper, diced
- 1/2 cup celery; diced
- 2 cloves garlic; minced
- 1/4 tsp. cayenne pepper
- 1/4 tsp. onion powder
- salt & pepper to taste
- 2 cups uncooked Della Basmati with Caramelized Onions
- 4 cups HT Organics Chicken Stock
- 2 bay HT Bay Leaves
- 2 tsp. Worcestershire sauce
- hot sauce; to taste
- jalapeno; if desired

Heat olive oil in a large pot. Cook chicken and kielbasa until lightly browned. Stir in pepper, celery and garlic. Add cayenne, onion powder, salt and pepper. Cook until peppers and celery are tender. Next add rice, chicken stock and bay leaves. Bring to a boil, then reduce heat, cover, and simmer 30 minutes, or until rice is tender. Stir in the Worcestershire sauce and hot sauce to taste. Remove bay leaves and top with jalapeno for added heat, if desired.



3

These snacks will score BIG!

Selected Varieties; 16 oz.

Desert Pepper Salsa or Dip **2.99**

5.3 oz.

Guinness Original Potato Chips **3.99**

Selected Varieties; 3.5 to 4 oz.

Seapoint Farms Dry Roasted Edamame . **2/\$4**

5 oz.

Beanitos White Bean
with Sea Salt Bean Chips **2.99**



Selected Varieties; 3 to 6 oz.

Made in Nature
Dried Fruit

5.29 



Selected Varieties; 25.4 fl. oz.

Stirrings
Cocktail Mixers

7.49



16 oz.

Marzetti
Slaw Dressing

5.39



Selected Varieties; Pureed Coconut.

Walkers
Shortbread Cookies

3.99



Selected Varieties; 3.5 oz. or 12 fl. oz.

Stirrings
Rimmer or
Cocktail Mixers

5.49



Selected Varieties; 8 oz.

Red Fork
Seasoning Sauce

2.29

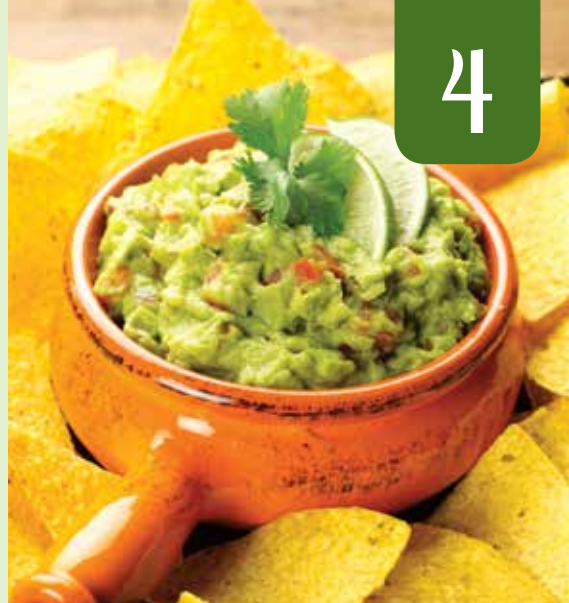


Guacamole

- 3 avocados, peeled, pitted, and mashed
- 1 lime, juiced
- 1 tsp. salt
- 1 tsp. HT Pepper
- 1/8 tsp. paprika

- 1/2 cup onion, diced
- 3 Tbsp. fresh cilantro, chopped
- 2 tomatoes, diced
- 1 tsp. fresh garlic, minced
- Beanitos Bean Chips

In a bowl, mix together the avocados, lime juice, salt, pepper and paprika. Add in onion, cilantro, tomatoes, and garlic. Refrigerate for best flavor, or serve with Beanitos Chips.



4

9.5 to 9.75 oz.

**Bookbinder's
Horseradish or
Whole Grain Mustard**
2.69



Selected Varieties; 12 fl. oz.

**Maple Grove Farms
Dressing**
3.99



Selected Varieties; 12 fl. oz.

**Girard's
Dressing**
3.49



3.5 oz.

**Crosse & Blackwell
Capers**
4.29



Selected Varieties; 4.4 oz.

**Falksalt
Sea Salt**
6.79



10.5 oz.

**Braswell's
Red Pepper Jelly**
2.99



Selected Varieties; 10 oz.

Crofter's Premium Spread **3.99**

Selected Varieties; 16 oz.

Sunbutter Sunflower Seed Spread ... **5.99**

15 oz.

Nutiva Coconut Manna
Pureed Coconut **9.99**

6.7 oz.

Tru-Nut Powdered Peanut Butter ... **5.29**



Selected Varieties; 1.32 oz.

Zest
Tea
6.99

Selected Varieties; 32 fl. oz.

Cheribundi
Cherry Juice
7.99

32 fl. oz.

R.W. Knudsen
Just Tart Cherry
7.99

32 fl. oz.

R.W. Knudsen
Just Concord Grape
5.99

Selected Varieties; 16 ct.

Yogi
Tea
3.99

Selected Varieties; 16 ct.

Traditional
Medicinals Tea
4.99





Thumbprint Cookies

- 1 cup HT Unsalted Butter, room temperature
- 1/2 cup HT Sugar
- 2 large eggs, room temperature
- 1 teaspoon HT Traders Vanilla Extract
- 1/4 teaspoon salt
- 2 cups HT All-Purpose Flour
- Dickinson's Preserves, favorite flavor

Selected Varieties; 10 oz.

**Dickinson's
Preserves**

3.59



Preheat the oven to 350°. Line baking sheets with parchment paper. In a bowl, mix flour with salt and set aside. In a medium bowl, add the butter and sugar and use an electric mixer to mix at medium speed until light and fluffy. Beat in the eggs and vanilla. At low speed, beat in flour/salt mixture. Once dough is formed, use a tablespoon to measure the dough into 36 rolled balls. Arrange the balls on the prepared baking sheets. Using your thumb, make an indentation in the center of each ball. Bake the cookies for 15 to 20 minutes, until lightly golden and dry but not hard. Transfer the cookies to cooling rack and let cool completely. Fill with Dickinson's Preserves and enjoy.

Selected Varieties; 1.76 oz.

**thinkThin
Oatmeal**

2/\$4



Selected Varieties; 12 oz.

**Erin Baker's
Granola**

4.99



Selected Varieties; 9 to 10 oz.

**Enjoy Life
Chocolate Morsels**

5.99





All items priced with VIC Savings Card

7

Selected Varieties; 8 oz.

Explore Cuisine
Pasta

BUY ONE GET ONE
FREE



Selected Varieties; 25 oz.

Organico Bello
Pasta Sauce

6.99



Selected Varieties; 12 oz.

Nature's
Earthly Choice
Quinoa

5.99



32 oz.

Rao's Homemade
Marinara Sauce

8.99



Selected Varieties;
16 to 26 oz.

La Famiglia
DelGrosso
Pasta Sauces

4.99



13.5 oz.

La Famiglia
DelGrosso
Pizza Sauce

2/\$5

7.05 oz.

Seapoint Farms
Edamame Spaghetti

3.99



Selected Varieties; 12 to 16 oz.

DeCecco
Pasta

2/\$4



Selected Varieties; 32 oz.

Cucina Antica
Pasta Sauce

6.99



16.9 fl. oz.

Monari Federzoni
Balsamic Vinegar

3.99



Stock up your favorite products for Lent on March 6th.