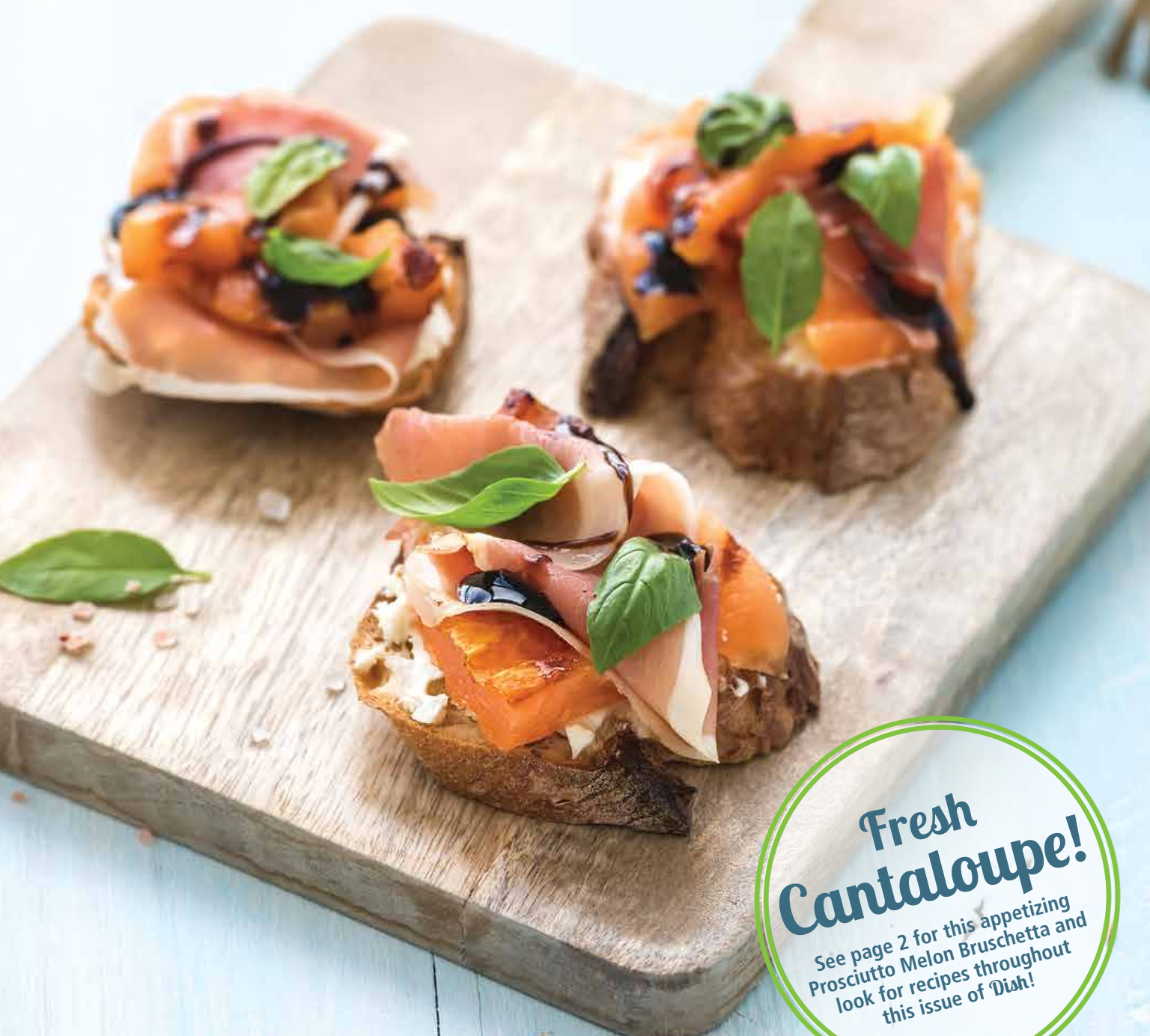


# Dish

In This August into September Issue:

Recipe: Cantaloupe and Cucumber Salad page 4

Recipe: Coconut Cantaloupe Ice Cream, page 6



**Fresh  
Cantaloupe!**

See page 2 for this appetizing Prosciutto Melon Bruschetta and look for recipes throughout this issue of Dish!



Surprised to learn Texas Pete isn't from Texas? He's actually from Winston-Salem, NC! When the Garner family was struggling to keep up with seven children during the Great Depression, the second oldest son purchased a restaurant instead of going to college. While the restaurant didn't survive, the sauce they made there did. Growing their offering of sauces, the new company began to support the entire family and turn things around. 80 years later, members of the third and fourth generations are running the company today.



NATURAL MEATS

One might think that as a doctor and pharmaceuticals entrepreneur, Dr. Frank King founded his natural meat company from his interest in health sciences. That's partly true but a stronger motivation was an ancient Native American prophecy about the return of a white buffalo that would restore harmony to a troubled world. Today, his Asheville, NC company naturally raises herds of elk, deer, bison and beef to restore a healthful harmony to meat lovers everywhere.



Home Town celebrates local and regional brands available every day in your neighborhood Harris Teeter. When you shop with Harris Teeter, you support your community in so many ways. Thanks for your Home Town Spirit!

12 oz.  
**Tru-Roots Quinoa ..... 5.99**

Selected Varieties; 25 oz.  
**Organico Bello Pasta Sauce..... 5.99**

Selected Varieties; 12 oz.  
**Ancient Harvest Quinoa ..... 6.99**

Selected Varieties; 32 oz.  
**Michael's of Brooklyn Pasta Sauce .... 6.99**



All items priced with VIC Savings Card

# Prosciutto Melon Bruschetta

- 1 baguette
- 4 Tbsp. Harris Teeter Organics Extra Virgin Olive Oil
- 1-5 oz. brie spread
- 1½ cup diced cantaloupe
- 3 oz. prosciutto, chopped
- 2 Tbsp. chopped fresh basil
- 2 Tbsp. Nonna Pia's Balsamic Reduction

Preheat oven to 375°. Cut baguette into 1/3-inch thick slices. Lightly brush slices with olive oil; arrange in a single layer on baking sheets. Bake 8 to 10 minutes or until golden brown, turning once. Once toasted spread with brie. Top with diced cantaloupe, prosciutto and basil. Drizzle with balsamic reduction just before serving.

17 fl. oz.  
**Harris Teeter Organics  
 Extra Virgin  
 Olive Oil  
 4.49**

Selected Varieties;  
 8.45 fl. oz.  
**Nonna Pia's  
 Balsamic  
 Reduction  
 4.99**





Casa  
Del Campo  
Manchego  
**11.99/LB.**



*Manchego is a native cheese of the La Mancha region in Spain. It is made from milk of the Manchega breed of sheep. This cheese has been aged a minimum of 6 months. It has a firm texture with a mild, buttery flavor; the color is white to ivory and the cheese can be enjoyed in many ways.*



Saint Agur  
Blue Cheese  
**5.99**



*St. Agur is made in the village of Monts du Velay in the Auvergne region of France. Made from cow's milk and ripened for at least two months, this is a rich, creamy blue with a spicy blue flavor. Mild in flavor and not too salty in comparison to more traditional blues, St. Agur appeals to many palates. Perfect spread on pear or apple slices, as well as on some French or raisin bread.*

# ooh, something NEW!

25.3 fl. oz.  
Gerolsteiner  
Sparkling Apple  
**2/\$5**



11.6 oz.  
CauliPower  
Margherita Pizza  
**9.99**



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.



All items priced with VIC Savings Card



Selected Varieties; 6.7 oz.  
Tonnino  
Tuna Fillets  
**4.99**



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



13 oz.  
Rao's Homemade  
Pizza Sauce  
**4.99**



Selected Varieties; 8 oz.  
Frontera  
Sauces  
**2/\$5**



Selected Varieties; 8 to 8.5 oz.  
Lee Kum Kee  
Sauce  
**2/\$5**



## Cantaloupe and Cucumber Salad

- 5 cucumbers in ribbons\*
- 3 cups cantaloupe balls
- 1/4 cup white vinegar
- 1/4 cup lime juice
- 2 tsp. grated lime
- 2 Tbsp. Lucini Extra Virgin Olive Oil
- 1 Tbsp. grated fresh ginger root
- 2 cloves of garlic, minced
- 1/2 tsp. salt
- 1/2 tsp. pepper
- basil; if desired

In a large bowl, combine the cucumbers and cantaloupe. Toss to incorporate. In a small bowl, whisk together vinegar, lime juice, grated lime, oil, ginger, garlic, salt and pepper. Pour dressing over the cucumber melon mixture and toss to coat. Top with basil if desired and serve right away.

\* Use a vegetable peeler to make ribbons of the unpeeled cucumbers



17 fl. oz.

Lucini Estate Select  
Extra Virgin Olive Oil

**9.99**

Selected Varieties; 12 fl. oz.

Cardini's  
Dressing

**3.49**



8 oz.

HT Traders  
Non-Pareil Capers

**2/\$6**



8 oz.

HT Traders  
Bamboo Shoots

**99¢**





# Melon Coconut Smoothie

- 1 cup cantaloupe
- 1 frozen banana
- ½ cup Mojo Coconut Water
- ½ cup ice

Add all ingredients to a blender and blend until smooth. Try one of these additions for bonus nutrients: matcha powder, kale, chia, blueberries.



11.1 fl. oz.

Mojo Naturals  
Coconut Water ... **10/\$10**

Selected Varieties; 2 oz.  
Nature's Bakery  
Fig Bar  
**3/\$2**



Selected Varieties; 16 oz.  
Sunbutter  
Sunflower  
Butter  
**5.99**



Selected Varieties; 6.7 oz.  
Tru-Nut  
Powdered  
Peanut  
Butter  
**4.99**



Selected Varieties; 12 oz.  
Hero Premium  
Fruit Spread  
BUY ONE GET ONE  
**FREE**



Selected Varieties; 10.6 to 11.43 oz.  
Think Thin  
Oatmeal  
**4.99**



Selected Varieties; 64 fl. oz.  
Harris Teeter  
Organics  
Grape Juice  
**2/\$7**



Selected Varieties; 6 oz.  
HT Traders  
Buttons  
Tea  
Cookies  
**2.39**



Selected Varieties; 7.1 oz.  
HT Traders  
Mama  
Biscotti  
**2.69**



Selected Varieties; 1.13 to 1.41 oz.  
Glico Pocky  
Covered  
Biscuit Sticks  
**2/\$3**



Selected Varieties; 7 oz.  
Tate's Bake Shop  
Cookies  
**4.79**



10 oz.  
Mi-Del  
Ginger  
Snaps  
**2/\$7**



8.8 oz.  
Biscoff  
Cookies  
**2/\$7**





## Coconut Cantaloupe Ice Cream

- 2 cans full fat coconut milk, refrigerated overnight
- 1½ cups cantaloupe, cubed
- 3 Tbsp. HT Organics Coconut Oil, melted
- ¼ cup sugar

Open refrigerated cans of coconut milk, scoop the solid white part into a blender and discard any clear liquid. Add remaining ingredients to the blender. Blend on high until well combined. Pour your mixture into a bowl and freeze for 4 to 6 hours, stirring every hour. Stirring adds air and helps it become creamy. After ice cream reaches desired consistency, serve.

14 oz.  
Harris Teeter  
Organics  
Coconut Oil  
**5.49**



Selected Varieties; 5 oz.

**Stoneridge  
Orchards  
Dried Fruits**

**3.99**



Selected Varieties; 3.5 oz.

**Barnana  
Snack**

**3.99**



All items priced with VIC Savings Card

**Harris Teeter**  
Neighborhood Food & Pharmacy

Harris Teeter is proud to offer a number of "Own Brands" focused on meeting the needs of our customers. "Own Brand" means that the items are developed for and sold exclusively by Harris Teeter. Harris Teeter Own Brand programs are developed with our customers in mind and insist on the highest quality at a good value.



- 5.5 oz.  
Harris Teeter Organics Duck Crackers.....**2/\$5**
- Selected Varieties; 8.45 fl. oz.  
HT Traders Dipping Oil .....**4.99**
- Selected Varieties; 6 oz.  
HT Traders Cheese Straws.....**3.19**
- Selected Varieties; 12 oz.  
HT Traders Virginia Peanuts.....**3.99**
- 16 oz.  
Harris Teeter Organics Sesame Tahini.....**5.99**

Selected Varieties; 7 to 8.8 oz.

**Dare Crackers**

**BUY ONE GET ONE**

**FREE**



Selected Varieties; 6 oz.

**Beanitos Bean Chips**

**2/\$5**



Selected Varieties; 3.2 to 4.25 oz.

**Sesmark Snack Crackers**

**1.99**



Selected Varieties; 4 pk.-6.7 fl. oz.

**Q Beverages**

**5.99**



All items priced with VIC Savings Card