

Dish

April 2018

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delectable
Asparagus!

See page 2 for this flavorful
Scallops and Roasted Vegetable recipe
and look for other tasty Asparagus
recipes throughout this
issue of **Dish!**

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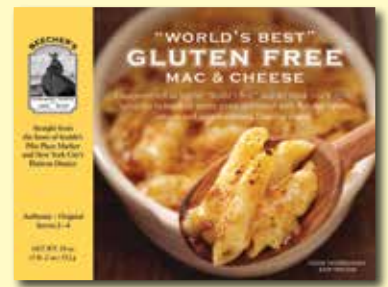
ooh, something NEW!

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20 oz.
Beecher's
World's Best
Mac & Cheese
12.99



18 oz.
Beecher's
World's Best
Gluten Free
Mac & Cheese
13.99



6.5 oz.
Bar Harbor
Chopped Clams
**BUY ONE GET ONE
FREE**



Selected Varieties; 6.7 oz.
Bar Harbor
Kippers
**BUY ONE GET ONE
FREE**



Selected Varieties; 6.7 oz.
Bar Harbor
Sardines
**BUY ONE GET ONE
FREE**



16 fl. oz.
Vermont Village
Raw & Organic
Apple Cider Vinegar
2/\$7





All items priced with VIC Savings Card

2

32 fl. oz.

**Bragg
Organic
Apple Cider Vinegar**

5.99



Scallops with Roasted Vegetables

vegetables

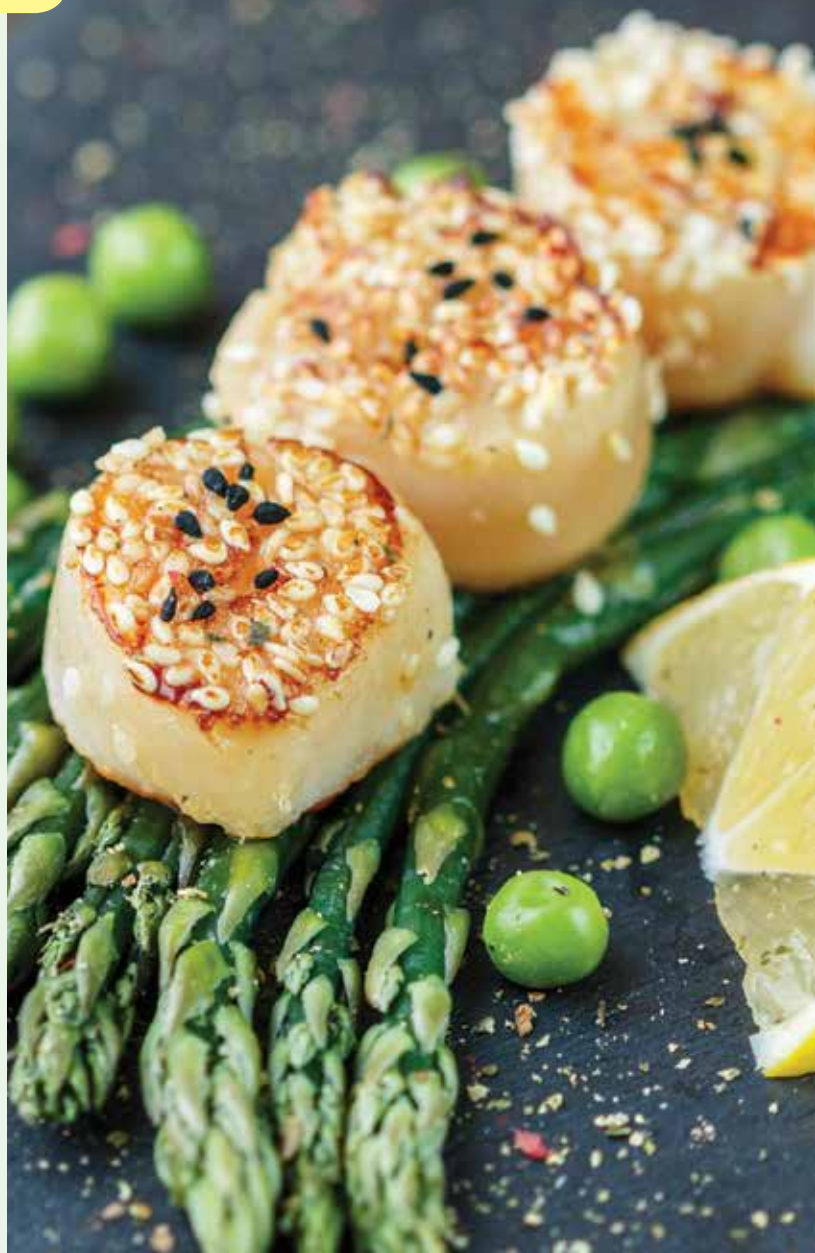
- 1 large bunch of asparagus
- 1 cup peas
- 1 Tbsp. HT Trader Olive Oil
- juice of 1/2 lemon
- salt and pepper, to taste
- zest of 1/2 lemon

scallops

- 2 1/2 Tbsp. HT Trader Soy Sauce
- 3 Tbsp. HT Organics Honey
- 2 Tbsp. Dijon mustard
- **1 Tbsp. Apple Cider Vinegar**
- 1 lb. large sea scallops
- 2 Tbsp. HT Unsalted Butter, divided
- 1 Tbsp. sesame seeds

Preheat the oven to 400°. Snap off the tough ends of the asparagus. The asparagus will break in the right place. Discard the ends. Place the asparagus spears and peas on a large baking sheet. Drizzle with olive oil and fresh lemon juice. Toss until well coated and then arrange in a single layer on the pan. Season with salt and pepper, to taste. Roast for 15 minutes or until the vegetables are tender, but still crisp. Remove the pan from the oven. Top the asparagus with lemon zest, salt and pepper to taste.

For the scallops, in a small mixing bowl combine the soy sauce, honey, Dijon mustard, and vinegar; mix well to combine then set aside. Pat scallops dry using a paper towel; set aside. Heat 1 tablespoon of butter in a skillet over medium-high heat. Cook scallops until golden brown and cooked through, about 3 minutes per side. Spread them out evenly on the pan and don't over cook. Cook scallops in batches, if needed, adding the remaining butter if pan looks dry. Transfer cooked scallops to a large plate and set aside. Using the same skillet you cooked the scallops in, reduce the heat to medium-low and carefully add in the honey mixture. Simmer until it's reduced to a glaze. Return scallops to skillet and toss well to coat. Top with sesame seeds and serve on top of roasted vegetables.



the Cheese plate

Aged Parmigiano Reggiano **11.99/lb.**



Authentic DOP Parmigiano Reggiano is a premium traditional Italian artisan cheese produced the same way today as it was eight centuries ago: from high quality raw milk with no additives and aged for a minimum of 18 months to reach an intense aroma. This product is GMO-free.



Sartori Merlot **14.99/lb.**

By wedding this rich, creamy cheese to the berry and plum notes of Merlot, we've created a marriage of flavors destined to make your taste buds say, "I do." On that note, if you invite a few friends from our pairing guide - say, toasted walnuts, thin slices of prosciutto and semisweet chocolates for dessert - the honeymoon never has to end.

Selected Varieties; 11.5 to 12.7 fl. oz.

House of Tsang Sauces

3.99



Selected Varieties; 16 oz.

Moore's Marinade or Wing Sauce

2/\$7



12 oz.

Chosen Foods Avocado Oil Mayo

8.99



14.4 oz.

Haddon House Hearts of Palms

2/\$6





Steamed Asparagus with Hollandaise Sauce

- 2 lbs. white asparagus, trimmed
- 1 Tbsp. fresh lemon juice
- 3 egg yolks
- 1 Tbsp. warm water
- 1 tsp. ground white pepper
- 1 cup Chosen Foods Avocado Oil
- 1 tsp. fine sea salt

In a large pot fitted with a steamer basket, bring 1 inch of water to a boil. Add asparagus, cover and steam until tender, about 5 minutes. Transfer asparagus to a bowl of ice water and cool completely. Remove asparagus from the bowl, dry and transfer to a platter. Next, whisk together the lemon juice, egg yolks and 1 tablespoon warm water. Add the mixture to a blender. Start blender and slowly pour in avocado oil, a little at a time. If the mixture thickens too quickly, add a little warm water. Blend until the mixture emulsifies (thickens). Season with salt and pepper to taste. Drizzle asparagus with the sauce and serve.



16.9 fl. oz.
Chosen Foods
Avocado Oil
12.99

Selected Varieties; 25 oz.

Organico Bello
Pasta Sauce

6.99



Selected Varieties; 16 oz.

Gia Russa
Gnocchi

2/\$5



tasty Snack favorites

Selected Varieties; 7 oz.

Tate's Bake Shop Cookies.....**4.79**

Selected Varieties; 3.5 oz.

Barnana
Organic Banana Bites**3.99**

Selected Varieties; 4 to 7 oz.

Creative Snacks Co.
Covered Pretzels
or Coconut Snacks.....**2/\$7**



All items priced with VIC Savings Card



16 oz.

McCann's
Quick Cook
Irish Oatmeal
4.49

Assorted Varieties;
12 oz.

Creative Snacks Co.
Granola
4.99

Selected Varieties;
12 to 14 oz.

Heartland
Granola
2/\$6

Assorted Varieties;
10.6 to 11.43 oz.

Think Thin
Oatmeal
4.99





Non-Dairy Asparagus Soup

- 2 lbs. asparagus trimmed
- Lucini Extra Virgin Olive Oil
- salt & pepper
- 2½ cups HT Organics vegetable broth
- 1 cup non-dairy cream



17 fl. oz.
Lucini
Extra Virgin
Olive Oil
7.99

Preheat oven to 450°. Trim the asparagus, place on a lined baking sheet and toss with olive oil. Generously sprinkle with salt and pepper. Roast until tender, about 30 minutes, tossing occasionally. In a food processor, add the asparagus, non-dairy cream, vegetable broth, and salt and pepper to taste. Puree until smooth. Garnish the soup with asparagus tips and serve.

Selected Varieties; 16 fl. oz.

Frontera
Salsa

3.99



Selected Varieties; 4.9 to 9.7 oz.

Wasa
Crispbread

2/\$6



Selected Varieties; 16 oz.

Sunbutter
Sunflower
Seed
Spread

5.99



All items priced with VIC Savings Card





Asparagus Strawberry Salad

- 2 lbs. fresh asparagus, cleaned and cut into 2 inch pieces
- 4 cups fresh strawberries, cleaned and halved
- 1 cup coconut water
- 4 tsp. HT Organics Honey
- 1 tsp. kosher salt
- 1 tsp. freshly ground black pepper

Place asparagus and add 1 cup of water in a pot; add a pinch of salt and bring to a boil. Blanch asparagus for 3 minutes or until al dente. Transfer to a bowl of ice water and cool completely. Remove asparagus from the bowl and dry. Place the asparagus into the bowl with strawberries and toss gently. In a small bowl, combine coconut water, honey, salt and pepper. Pour over the asparagus and strawberries and mix; refrigerate for at least one hour before serving.

11.1 fl. oz.
Mojo
Coconut
Water
4/\$5



7

Selected Varieties; 32 fl. oz.
Cheribundi
Cherry Juice
8.99



Selected Varieties; 16 ct.
Traditional Medicinals
Tea
3.99



Selected Varieties; 33.8 fl. oz.
Coco Libre
Coconut Water
3.99



Selected Varieties; 16.9 fl. oz.
Fever-Tree
Beverages
2/\$6



All items priced with VIC Savings Card