

# Dish

MARCH 2017

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## Turmeric

*Prized around the world  
as a culinary spice  
with healthful benefits*

Look throughout this issue of  
*Dish* to find recipes that use  
this powerful spice.

PRICES EFFECTIVE  
MARCH 1 THROUGH MARCH 21, 2017  
All items priced with VIC Savings Card

 **Harris Teeter**  
Neighborhood Food & Pharmacy

 **VIC**  
Harris Teeter  
Neighborhood Food & Pharmacy

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**CELTIC**  
VINTAGE IRISH CHEDDAR  
CHEESE WITH PORTER BEER  
**14.99/LB.**

This Vintage Irish Cheddar infused with an award winning Irish Porter is perfect for any party or as a center piece on any cheese board.



*the  
Cheese  
plate*

**ABBEY FARMS**  
WELSH CHEDDAR  
**5.99/LB.**

Made from the finest Welsh cow's milk, Abbey Farms Powerful Welsh Cheddar brings a premium cheddar with incredible depth with a slightly sweet taste and a firm and smooth body.

2



9.3 to 11.5 oz. • Selected Varieties  
**Bibigo Korean Style Sauce**  
**7.99**

7 to 9 oz.  
Selected Varieties  
**Canterbury Naturals**  
Artisan Salad  
**7.49**



10.5 oz.  
**Blue Dragon**  
Medium  
Egg Noodles  
**4.99**



3.5 oz.  
**Chung Jung One**  
Sweet Potato Glass Noodles  
**2.49**



16.9 fl. oz.  
Original or Mango  
**Hapi Aloe Vera Drink**  
**2.49**



3.5 oz.  
Original or Sriracha  
**JFC**  
Sesame Seeds  
**3.99**



*ooh,* **SOMETHING NEW**



6.5 oz.  
Selected Varieties  
**Ancient Harvest**  
Gluten Free Lentil &  
Quinoa Mac & Cheese  
**3.79**



7 oz.  
Squash & Kale or  
**Alessi**  
Farro  
**3.99**



12 oz.  
**Vigo Quinoa**  
Boil in Bag  
**7.99**



7.9 to 8 oz.  
Tomato Rissoto or  
**Grainful Jambalaya**  
Meal Kit  
**4.49**

3.5 oz.  
Selected Varieties  
**Koyo Organic Rice Crackers**  
**3.59**



3 to 3.5 oz.  
Selected Varieties  
**Seapoint Farms**  
Seaweed  
Crunchy Snack  
**3.49**



7.05 oz.  
Selected Varieties  
**Marion's**  
Kitchen  
Wok Kit  
**4.99**



1.45 oz.  
**Lotte**  
Koala's March  
Matcha Green Tea  
Cookies  
**2.29**



8.8 to 9.5 oz.  
Selected Varieties  
**Tasty Bite**  
Spice & Simmer  
Sauce  
**6.99**



6.9 to 7.9 oz.  
Selected Varieties  
**Bandar Sauce**  
**4.99**



lemongrass  
turmeric  
CURRY PASTE

Ingredients

- 4 lemongrass stalks, trimmed, tender center part only
- 6 medium garlic cloves, peeled
- 6 medium shallots, peeled
- 3 medium serrano chiles, stemmed
- 3-inch piece of ginger, peeled
- 1 1/2 tsp. HT Traders Ground Cumin
- 2 tsp. ground turmeric
- 1/4 c. Spectrum Organic Coconut Oil
- Zest of one lime, optional
- 1/2 tsp. HT Traders Ground Black Pepper
- 1/2 tsp. HT Traders Ground Cinnamon

Directions

Using a food processor or blender, combine the lemongrass, garlic, shallots, chiles, ginger, cumin, and turmeric, and pulse until the ingredients start to come together. You can add the oil at this point, and blend again. Stir in the lime zest. The paste will keep in the refrigerator for about a week. Freeze any paste you want use for future use. Makes about 1 cup.

Tastes delicious over rice, farro, or lentils. Adds flavor when whisked into eggs or dolloped on meat and vegetables.

.9 to 1.06 oz.  
Selected Varieties  
Simply Asia  
Indian Essentials  
Seasoning Mix  
**10/\$10**



10 to 11 oz.  
Selected Varieties  
Patak's Indian  
Paste  
**4.49**

12.3 to 15 oz.  
Selected Varieties  
Patak's Indian  
Simmer Sauce  
**2/\$7**



4 oz.  
Selected Varieties  
Urbane Grain  
Grain Blend  
**3.99**

17.5 oz.  
De Cecco  
Potato Gnocchi  
**2/\$5**



14 fl. oz.  
Spectrum  
Organic  
Coconut Oil  
**6.99**



12 fl. oz.  
Selected Varieties  
HT Traders  
Dressing or  
Vinaigrette  
**2/\$5**



16 ct. • Selected Varieties  
Traditional Medicinals Tea  
**4.79**



16 fl. oz.  
Selected Varieties  
Moore's  
Marinade or  
Sauce  
**2/\$7**



16.9 to 26 oz.  
Selected Varieties  
HT Traders  
Pasta Sauce  
**2/\$5**



9 oz.  
Selected Varieties  
Jack Daniel's  
Mustard  
**2.99**



14.1 oz.  
Selected Varieties  
Sharwood's  
Sauce  
**BUY ONE  
GET ONE  
FREE**



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



16 to 25 oz.  
Selected Varieties  
Emeril's  
Pasta Sauce  
**3.99**



11.5 fl. oz.  
House of Tsang  
Sauce  
**BUY ONE  
GET ONE  
FREE**



20 ct.  
Selected Varieties  
Pukka  
Organic Tea  
**4.99**



24 oz.  
Selected Varieties  
Vermont Village  
Organic  
Applesauce  
**4.99**



32 oz.  
Light or Raw  
Blue Green  
Organic  
Blue Agave  
Nectar  
**8.99**



# HEALTHFUL, CRUNCHY Snacking

check the Circle Tips!

for a Quick Snack



16 oz. • Selected Varieties  
Desert Pepper Salsa  
**3/\$10**

14 oz. • White or Blue Corn  
Harris Teeter Organics Tortilla Chips  
**2/\$5**

5.5 oz. • Selected Varieties  
Way Better Snacks  
**2.79**

## Flavors from the Sea

6.7 oz.  
Selected Varieties  
Bar Harbor Canned Fish  
**2.99**

Omega-3 Naturally



4 Grams Protein

.17 oz.  
Selected Varieties  
GimMe Organic Seaweed Snack  
**10/\$10**



5 oz.  
Jalapeno Cheddar or Sea Salt  
The Good Bean Chips  
**2/\$7**



16 oz. • Selected Varieties  
HT Traders Salsa  
**2/\$6**

8 oz. • Selected Varieties  
HT Traders SoCrisp Pita Chips  
**2/\$5**

Pair with HT Traders Salsa

Harris Teeter Neighborhood Food & Pharmacy

All items priced with VIC Savings Card



5 oz. • Selected Varieties  
Stoneridge Orchards Dried Fruit  
**4.49**



QuickPack Lunch Favorite

4 pk. • Selected Varieties  
Harris Teeter Organics Applesauce Pouches  
**2/\$5**



16 oz.  
McCann's Quick Cooking Rolled Oats  
**3.99**



for a Post Dinner Treat

3.9 to 5.3 oz. • Selected Varieties  
Walkers Pure Butter Shortbread  
**3.99**

## GOLDEN Milk

### Ingredients

- 1 c. Thai Kitchen Unsweetened Coconut Milk
- 1 (3-inch) cinnamon stick
- 1 (1-inch) piece turmeric, unpeeled, thinly sliced, or 1/2 tsp dried turmeric
- 1 (1/2-inch) piece ginger, unpeeled, thinly sliced
- 1 Tbsp. HT Traders Honey
- 1 Tbsp. virgin coconut oil
- 1/4 tsp. HT Traders Whole Black Peppercorns
- HT Traders Ground Cinnamon (for serving)

### Directions

Whisk coconut milk, cinnamon, turmeric, ginger, honey, coconut oil, peppercorns, and 1 cup water in a small saucepan; bring to a low boil. Reduce heat and simmer until flavors have melded, about 10 minutes. Strain through a fine-mesh sieve into mugs and top with a dash of cinnamon.

Pepper increases the bodies absorption of turmeric significantly, so try not to keep this key ingredient out of the recipe. you can also substitute the peppercorns with 1/2 teaspoon of ground pepper.

This drink will keep in the refrigerator for 5 days. Reheat and stir well, as the ground ingredients will sink to the bottom.



13.66 fl. oz.  
Coconut Cream \$3.99  
Light or Original  
Thai Kitchen Organic Coconut Milk  
**2.99**

4 pk. • Selected Varieties  
Harris Teeter Organics Diced Fruit Cups  
**2/\$6**

10.6 to 11.4 oz. • Selected Varieties  
ThinkThin Oatmeal Pouches  
**4.99**

12.7 fl. oz. • Selected Varieties  
Torani Flavoring Syrup  
**4.99**



QuickPack Lunch Favorite



12 oz. • Selected Varieties  
**Creative Snacks Co.**  
**Granola**  
**4.99**



12 to 14 oz.  
 Selected Varieties  
**Heartland**  
**Granola**  
**2.99**



11.75 oz.  
 Light or Amber  
**Madhava Organic**  
**Golden Light**  
**Blue Agave Sweetener**  
**3.99**

33.8 fl. oz.  
 Original or Pineapple  
**Coco Libre**  
**Organic**  
**Coconut Water**  
**3.99**



## turmeric granola SMOOTHIE

### Ingredients

- 1/4 c. **Coco Libre Organic Coconut Water**
- 2 Tbsp. turmeric powder
- 1/4 tsp. **HT Traders Ground Black Pepper**
- 1 c. milk (almond, soy, coconut, or dairy)
- 1/2 banana
- 1/2 c. cantaloupe or mango, cut into one inch pieces
- 1 tsp. melted coconut oil
- 1/2 tsp. **HT Traders Ground Cinnamon**
- 1/2 tsp. **HT Traders Ground Ginger**
- 1/4 tsp. **HT Traders Ground Nutmeg**
- 1 tsp. chia seeds
- 3 ice cubes
- **Madhava Organic Golden Light Blue Agave Sweetener**, to taste
- 1/2 c. **Heartland Granola**
- 1/2 c. **HT Traders Greek Yogurt**, optional

### Directions

Combine first three ingredients in a bowl and mix with a fork to make a *turmeric paste*.

Combine the *turmeric paste* and remaining ingredients, except the granola and Greek yogurt, in a blender and blend on high for 30 seconds. Transfer to a glass, layer the granola over the smoothie, top with yogurt, and enjoy!



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