

Dish

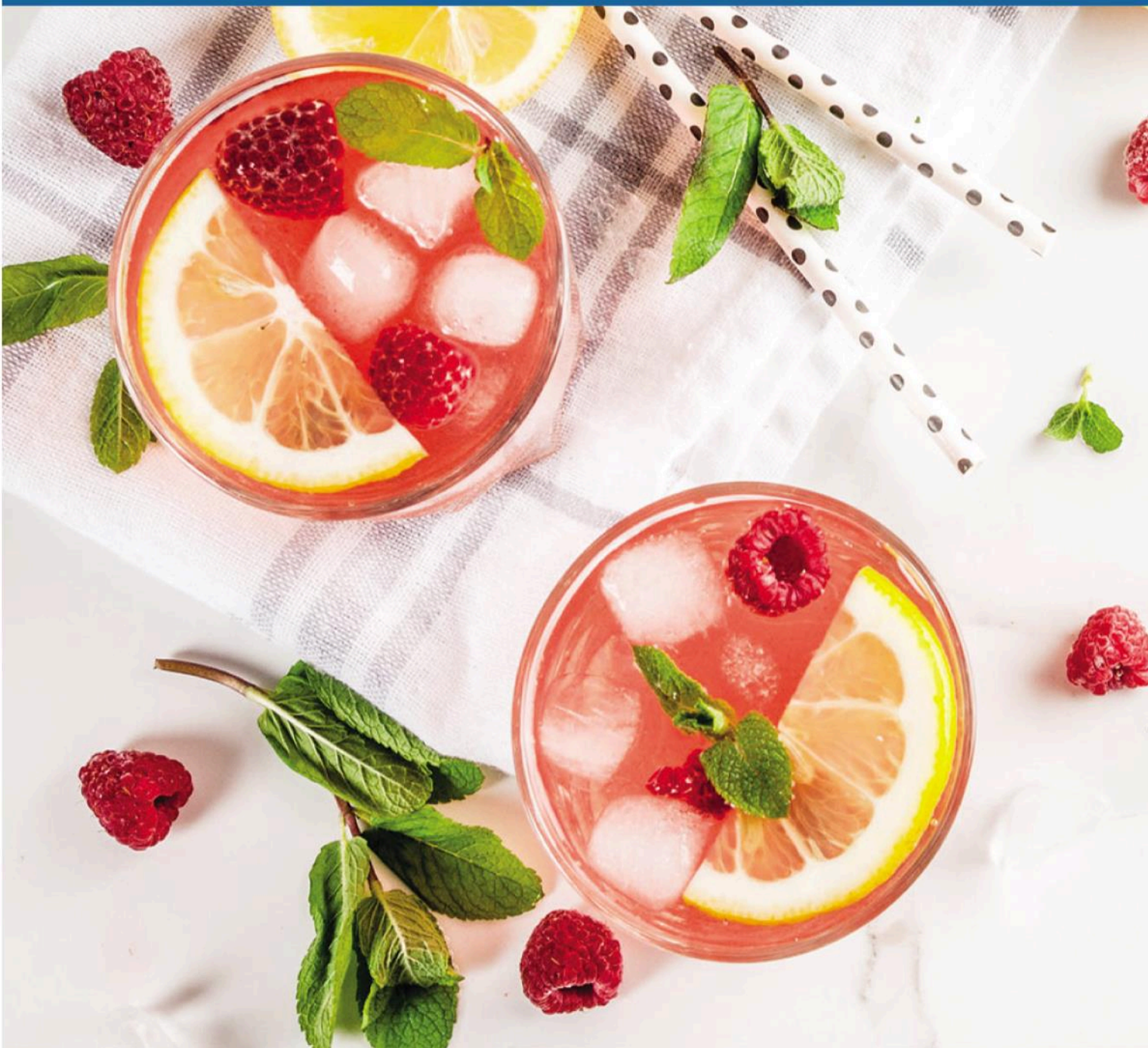
July/August 2020

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Santa Cruz Organic

Organic Lemonade

Selected

Varieties

32 FL OZ

\$2.99

Red Raspberry Lemonade Punch

2 cups Santa Cruz Organic Lemonade
1 jar Seedless Red Raspberry Fruit Spread
1 (2 liter) HT lemon-lime flavored soda, chilled
1 (14 oz.) container lemon sorbet

Combine lemonade, spreadable fruit and soda in punch bowl until blended. Scoop sorbet into punch. Stir and serve.

www.santacruzorganic.com



Zest Tea

Energy Tea
Selected Varieties
12 FL OZ

BOGO
Buy One Get One Free



Aspire Healthy Energy

Sparkling Beverage
Selected Varieties
12 OZ

2/\$4



Jose Cuervo

Margarita Mix
Selected Varieties
59.2 FL OZ

\$7.99



Splash Mixers

Mixer
Selected Varieties
25.4 OZ

\$8.99



Belvoir

Beverage
Selected Varieties
8.4 to 8.45 FL OZ

\$2.69



Gerolsteiner

Sparkling
Mineral Water
25.3 FL OZ

\$1.99



Flow

Organic Alkaline Spring Water
Selected Varieties
500 ML.....

5/\$5



Eternal Water

Alkaline
Spring Water
Original
1.5 LTR.....

**Buy Two
Get One Free**



All items priced with VIC savings card.



Nonna Pia's
Classic
Balsamic Glaze
8.45 FL OZ
\$6.99



Alessi
Vinegar
Selected Varieties
8.5 to 12.75 FL OZ
\$2.29



Cardini's
Dressing
Selected Varieties
12 FL OZ
2/\$6



Red Fork
Seasoning
Sauce
Selected Varieties
4 OZ
2/\$4



Cholula
Hot Sauce
Original
5 FL OZ

Kick-Up
the heat in
your favorite
summer
dishes.

2/\$6



All items priced with VIC savings card.



Mia's Kitchen

Authentic
Pasta Sauce
Selected Varieties
25.5 OZ

\$6.49



Rao's

Pasta Sauce
Selected Varieties
24 OZ

\$6.99



Ancient Harvest

Organic Pasta
Selected Varieties
8 to 9.6 OZ

\$3.49

California Fresh Ingredients

EGGPLANT PARMESAN

INGREDIENTS

1½ pounds eggplant, unpeeled
and cut into ½ inch slices
Salt and freshly cracked
black pepper to taste
Flour
¼ cup HT Trader Extra Virgin
Olive Oil
2 cups of your favorite flavor
Mia's Kitchen Pasta Sauce
½ lb. HT mozzarella or Monterey
Jack cheese, sliced thinly
½ cup grated Parmesan cheese
2 teaspoons chopped basil

mia's kitchen
DELICIOUSLY AUTHENTIC

DIRECTIONS

1. Sprinkle eggplant slices with salt and spread out on a platter. After 30 minutes, pat slices dry with paper towels. Dip each slice into flour and shake off excess.
2. Heat oil in a heavy skillet and brown slices a few at a time in a skillet on medium high heat. (It may be necessary to add more oil as eggplant is browned.) After each browning, transfer slices to paper towels so they drain well.
3. Grease a 2-quart baking dish and pour in ½ cup tomato sauce. Spread eggplant slices over the sauce, top with a layer of cheese, and a sprinkling of Parmesan and basil. Top with a thin layer or pasta sauce. Repeat layers in this order until all ingredients are used, being sure to finish with a top layer of tomato sauce over the cheeses and basil.
4. Bake for 30 minutes at 350°F, or until eggplant is tender when pricked with a fork. Serve hot.





All items priced with VIC savings card.

Purely Elizabeth

Grain-Free Granola
Selected Varieties
8 OZ

\$5.99

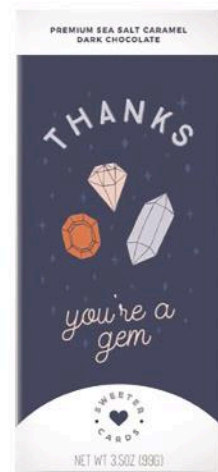


Grain-Free



Swerve
Granular
Sweetener
12 OZ

\$7.49



Sweeter Cards

Card and
Chocolate in One
Selected Varieties
3.5 OZ

\$4.99

**Cool
Summer
Treat**



Coolhaus

Ice Cream
Sandwich
Selected Varieties
5.8 FL OZ

\$3.49

purely elizabeth.®

VANILLA PEACH COBBLER

*makes 2 parfaits
gluten-free, grain-free, dairy-free*

2 small peaches, sliced
1 tbsp coconut oil
1 tbsp HT maple syrup
sea salt, to taste
HT cinnamon, to taste
1/2 cup Purely Elizabeth
Grain-Free Granola
2-4 tbsp coconut chips (optional)
10-12oz HT greek or dairy-free yogurt

In a skillet over medium heat, sauté the peach slices with coconut oil until soft, about 4 minutes. Stir in the maple syrup, sea salt, and cinnamon. Layer yogurt, cooked peaches, granola and coconut chips in two small jars (I use mason jars). Serve immediately or store in the refrigerator until ready to eat!

**NEW AT
HARRIS TEETER ...**
purely elizabeth
grain-free
granola



- + Irresistible Grain-Free Granola Clusters
- + Certified Keto, Paleo + Non-GMO
- + 4g added sugar (per serving)

Snack Time!



Gaea
Snacks
Selected Varieties
2.8 OZ
\$2.69



Terra Chips
Vegetable Chips
Selected Varieties
5 to 6 OZ
2/\$6



Skinny Dipped
Almonds
Dipped Almonds
Selected Varieties
3.5 OZ
\$3.99



Karma Nuts
Cashews
Selected Varieties
8 OZ
\$6.49

Offering
nutrient-dense
foods that taste
great to kids and
are convenient for
parents.



Serenity
Kids
Organic Pouches
Selected Varieties
3.5 OZ
2/\$5



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