

Dish

May 2019

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**Cinco
De Mayo!**
Celebrate this
festive day on
May 5th!

16 oz.
Armbruster
Extra Broad
Noodles
2/\$6



Selected Varieties; 24 oz.
Rao's Homemade
Pasta Sauce
6.99



13 oz.
Rao's Homemade
Pizza Sauce
5.99



Selected Varieties; 12 fl. oz.
Walden Farms
Dressing
2/\$7



Selected Varieties; 4.4 oz.
Falksalt
Crystal Flakes
6.99



16 fl. oz.
Nutiva
Organic Hemp Oil
13.99 



Selected Varieties; 12 fl. oz.
Maple Grove Farms
Dressing
3.79



15 oz.
Nutiva Organic
Coconut Manna
9.99 



24 oz.
Organicville
Ketchup
4.99 



23 oz.
Nutiva
Organic Virgin
Coconut Oil
12.99 



Selected Varieties; 2.53 oz.
Bou
Bouillon Cubes
2/\$5



9.75 oz.
Bookbinder's
Prepared Horseradish
2/\$5



9.5 oz.
Bookbinder's
Stone Ground
Whole Grain Mustard
2/\$5



Selected Varieties; 12 oz.
Nature's Earthly
Choice Quinoa

6.29



Selected Varieties; 8.8 oz.
Tasty Bite
Organic Rice

2/\$4



Selected Varieties; 8.8 oz.
Tasty Bite
Rice

2/\$4



16 fl. oz.
Sir Kensington's
Mayo with Avocado Oil

8.99



Selected Varieties; 9 oz.
Sir Kensington's
Mustard

2/\$7



16 fl. oz.
Sir Kensington's
Organic Mayo

7.99



20 oz.
Sir Kensington's
Classic Ketchup

4.49



16 fl. oz.
Sir Kensington's
Classic Mayo

5.99



20 oz.
Sir Kensington's
Spicy Ketchup
with Jalapeno Heat

4.99



10 fl. oz.
Sir Kensington's
Special Sauce

5.29



8.6 fl. oz.
Nando's Hot Perinaise
Tangy & Fiery Mayo or
Perinaise Tangy & Spicy Mayo

3.99



Selected Varieties; 7.1 to 7.8 oz.

Daiya
Cheese

2/\$7



Selected Varieties; 3.5 oz.

**Skinny Dipped
Almonds**

3.99

GLUTEN
FREE



Harris Teeter
Neighborhood Food & Pharmacy

Selected Varieties; 5 oz.

Beanitos Bean Chips

2.79



Selected Varieties; 8 to 10 oz.

**Mi-Del
Cookies**

2/\$7



Selected Varieties; 3.2 to 7 oz.

**Sesmark
Thins**

2/\$6



12 fl. oz.

**Stirrings
Dirty Martini Mix
or Simple Syrup**

5.79



6/16.9 fl. oz.

**Gerolsteiner
Mineral Water**

6.99



Selected Varieties; 750 ml.

**Stirrings
Cocktail
Mixers**

6.99



Selected Varieties; 12 fl. oz.

Walden Farms
Coffee Creamer

2/\$7



Selected Varieties; 2 oz.
Purely Elizabeth
Vibrant Oats

2/\$6



Selected Varieties; 12 oz.

Purely Elizabeth
Ancient Grain Granola

6.99



Selected Varieties; 10 oz.
The Toasted Oat
Granola

6.49



40 bag
Taylors of Harrogate
Yorkshire Red Tea

4.29



Selected Varieties; 4.4 oz.
Taylors of Harrogate
Tea

9.99



40 bag
Taylors of Harrogate
Yorkshire Gold Tea

5.49



Selected Varieties; 50 bag
Taylors of Harrogate
Tea

5.99



100 bag
Taylors of Harrogate
Yorkshire Red Tea

5.39



18 oz.
Bob's Red Mill
Muesli

3.99



32 oz.
Bob's Red Mill
Organic Extra
Thick Rolled
Oats

4.99



Selected Varieties; 1.81 to 2.5 oz.

Bob's Red Mill
Oatmeal

2.29

GLUTEN
FREE



16 oz.
Bob's Red Mill
Gluten Free
Bread Mix

4.99

GLUTEN
FREE



16 oz.
Bob's Red Mill
Gluten Free
Pizza Crust Mix

3.49

GLUTEN
FREE



16 oz.
Bob's Red Mill
Gluten Free
Pie Crust

4.49

GLUTEN
FREE



20 oz.
Bob's Red Mill
Gluten Free
Cornbread Mix

3.29

GLUTEN
FREE



19 oz.
Bob's Red Mill
Gluten Free
Vanilla Yellow
Cake Mix

3.49

GLUTEN
FREE



16 oz.
Bob's Red Mill
Organic
Coconut Flour

5.99



16 oz.
Bob's Red Mill
Super-Fine
Almond Flour

10.99



22 oz.
Bob's Red Mill
Vital Wheat
Gluten

6.49



24 oz.
Bob's Red Mill
Semolina Flour

3.29



24 oz.
Bob's Red Mill
Organic
Steel Cut
Oats

3.99

organic



16 oz.
Bob's Red Mill
Gluten Free
Muesli

5.79

GLUTEN
FREE



22 oz.
Bob's Red Mill
Gluten Free
Whole Grain
Oat Flour

6.29

GLUTEN
FREE



24 oz.
Bob's Red Mill
Gluten Free
White Rice
Flour

3.29

GLUTEN
FREE



22 oz.
Bob's Red Mill
Gluten Free
Potato Starch

3.99

GLUTEN
FREE



5 oz.
Bob's Red Mill
Nutritional
Yeast

5.99



8 oz.
Bob's Red Mill
Xanthan Gum

11.99



16 oz.
Bob's Red Mill
Garbanzo Bean
Flour

2.49



Paleo Cassava Chocolate Chip Cookies

1/2 cup coconut oil
3/4 cup coconut sugar
1/4 cup HT Trader Coconut Milk
1 egg
1 tsp HT Trader vanilla extract
1 tsp HT Baking Soda
1 tsp salt
1 cup cassava flour
1/4 cup Bob's Red Mill Tapioca Flour
1 Tbsp unflavored gelatin
1 cup Enjoy Life Chocolate Chips
flaked sea salt; optional

Preheat your oven to 350°. In a stand mixer, begin whipping together the coconut oil with the coconut sugar and milk. Once the mixture is well combined, add in the egg and vanilla and mix the batter together. In a separate bowl, whisk or sift together the next five ingredients. With the mixer off, pour the dry ingredients into the bowl and begin mixing the wet and dry together on low. Once the dough is completely mixed through, add in the cup of chocolate chips, mixing quickly to combine. Using a tablespoon, scoop each cookie onto a parchment-lined baking sheet about 1 inch apart (they will not spread much). Once you've scooped each cookie, gently press the top to flatten and add a sprinkle of flaked sea salt. Bake in the oven for 12 to 15 minutes or until the edges of the cookies have begun to turn a golden brown. Let the cookies cool completely. They will be delicate while hot.

Courtesy of www.bobsredmill.com

16 oz.
Bob's Red Mill
Tapioca Flour
3.49





Margarita• Chicken

10 oz. Jose Cuervo Lime Margarita Mix

3 Tbsp. lemon juice

2 tsp. minced garlic

4- 6 oz. boneless skinless chicken breast halves

1/4 tsp. salt

1/4 tsp. pepper

In a resealable plastic bag, combine Jose Cuervo Lime Margarita Mix, lemon juice and garlic. Shake to combine. Add the chicken; seal bag and turn to cover. Refrigerate for 3 to 5 hours to marinate. When ready, remove chicken from bag and discard marinade. Sprinkle chicken with salt and pepper. On an oiled grilled rack, grill chicken over medium heat for 5 to 8 minutes on each side or until a thermometer reads 160°, and is no longer pink inside.

Selected Varieties; 4/6.7 fl. oz.

Q Drinks

4.99



Selected Varieties; 59.2 fl. oz.

Jose Cuervo
Margarita Mix

6.99



Selected Varieties; 32 fl. oz.

Cheribundi
Cherry Juice

6.99



Selected Varieties; 8 oz.

Frontera
Sauces

2/\$4



All items priced with VIC Savings Card

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.