

# Dish

August into September 2016

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Cantaloupe Popsicles**  
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Fresh Summer Salad**  
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throughout this issue of Dish!

cool off with  
**Cantaloupe**

See page 2 for more info  
on this naturally hydrating  
summer staple



Woolwich  
Triple Crème  
Goat Brie  
**7.99**

the  
Cheese  
plate

Characterized by its edible, downy white rind and cream-colored, buttery-soft interior, Triple Crème Goat Brie is a decadent addition to any cheese plate or picnic basket. Its rich texture and creamy taste pairs well with crisp, slightly acidic white wines.



Garcia  
Baquero Spanish  
Cheese Plate  
**4.99**

the  
Cheese  
plate

For easy entertaining, create small bite-sized finger foods that are uniquely Spanish! Serve cheeses with olives, membrillo (quince paste), Marcona almonds, Chorizo sausage & thinly sliced Serrano ham accompanied by toasted baguette slices rubbed with fresh juicy tomatoes, finely chopped garlic and drizzled with olive oil.

## ooh, something NEW!

Selected Varieties; 8 to 8.5 oz.

Lucky Spring  
Rolls or Potato Stix

**4.99**



Selected Varieties; 5.5 oz.

Sukhi's  
Street Wrap

**4.59**



15 oz.  
HT Traders  
Beef Franks

**4.99**



16 oz.  
HT Natural  
Ground  
Sweet Italian  
Sausage

**4.99**



4 oz.  
HT Organics  
Mushroom  
Pieces & Stems

**1.19**



14.4 fl. oz.  
HT Simply Clear  
Key Lime  
Sparkling Water

**3.79**



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**Harris Teeter**  
Neighborhood Food & Pharmacy



All items priced with VIC Savings Card

# Cool off with Healthy, Delicious Cantaloupe!

Cantaloupe's high water content helps you stay hydrated. It's also packed with Vitamins A and C, which can contribute to healthy skin and hair. This mildly sweet, delicious fruit is also high in fiber, potassium, and choline which are all linked to heart health. Dig into this summer pleaser and try the cantaloupe recipes on these pages!



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## Simply Summery Cantaloupe Popsicles

- 1 cantaloupe, seeded and diced
- 1 Tbsp. HT Organics Honey
- 1/2 cup fresh orange juice
- 1 cup HT Simply Clear Tangerine Lime Enhanced Water

Combine all ingredients in a blender and blend until smooth. Pour into popsicle molds and freeze at least four hours to overnight.



14.4 fl. oz.

**HT Simply Clear  
Tangerine Lime  
Sparkling Water**

**3.79**





Selected Varieties; 25 oz.

**Organico Bello Pasta Sauce..... 5.99**

Selected Varieties; 8 oz.

**Ancient Harvest Organic Pasta ..... 3.99**

Selected Varieties; 16.25 oz.

**Mezzetta Marinara.... FREE**

**BUY ONE GET ONE FREE**



Selected Varieties; 12 fl. oz.

**Cardini's Dressing 2/\$7**

*Inspired by chef and restaurateur Caesar Cardini, the Original Cardini's Caesar Dressing is a timeless classic, full of rich, creamy flavor.*



Selected Varieties; 8 oz.

**Lee Kum Kee Sauces 2/\$5**

*Designed to save time in the kitchen, these sauces bring home the exotic flavors of your favorite Asian dish in one convenient package.*



Selected Varieties; 16 oz.

**Cucina Antica Pasta or Pizza Sauce 4.99**

*Cucina Antica believes that food brings family and friends together to share good conversation and good times over a delicious meal.*



20 oz.

**Lee Kum Kee Hoisin Sauce 3.59**

*Hoisin sauce is an irresistibly delicious, sweet sauce made from selected spices, ground soybeans, and sweet potatoes. Excellent for marinating, stir-frying, or dipping.*



Selected Varieties; 8 oz.

**Frontera Skillet Sauce 2.39**

*Frontera full-flavored sauces are made with fresh ingredients and fire-roasted chiles for extraordinary Mexican dishes easy enough for everyday meals.*



16 oz.

**Bob's Red Mill Flaxseed Meal 2.99**

*Flaxseed Meal has a mild, nutty flavor and contains a wealth of omega-3 fatty acids. Bob's Red Mill flaxseed meal is cold milled to preserve freshness and nutrition.*



## Savory & Sweet Fresh Summer Salad

- 1 cantaloupe, halved and seeded
- 1 seedless cucumber
- 1 pint fresh blueberries
- Maple Grove Farms Poppyseed Dressing, to taste
- dash of salt

Carve cantaloupe with a melon baller. Cut cucumber into long, thin ribbons. Wash the blueberries and pick over for stems. Combine fruit and cucumber in a large bowl (or individual serving bowls). Sprinkle with a tiny dash of salt and dress lightly with Maple Grove Farms Poppyseed Dressing. Garnish with mint, a squeeze of lemon, or light greens of choice.



Selected Varieties; 8 fl. oz.  
**Maple Grove Farms Dressing**  
**2/\$5**



16 fl. oz.  
**Bragg Organic**  
**Apple Cider Vinegar**  
**3.59**



Selected Varieties; 10 oz.  
**Tasty Bite**  
**Heat & Serve**  
**2/\$6**



Selected Varieties; 4 oz.  
**Urbane Grains**  
**Quinoa**  
**3.99**



Selected Varieties; 7.9 oz.  
**Cucina & Amore**  
**Quinoa Meal**  
**2/\$7**



## Good Morning Gentle Refresh

- 2 slices cantaloupe
- 1 slice honeydew
- 1/2 cup diced pear
- 1/2 banana
- 2 Tbsp. HT Organics Honey
- 1 cup Coco Libre Organic Coconut Water

Add all to a blender with a handful of ice and blend well until smooth and serve as is or try one of these additions for bonus nutrients:

Matcha Powder, Kale, Cucumber, Kefir, Avocado, Spinach, or Ginger

Selected Varieties; 33.8 fl. oz.

**Coco Libre  
Coconut Water**

**BUY ONE GET ONE  
FREE**



8.8 oz.  
**Biscoff  
Cookies  
3.29**



Selected Varieties; 9 to 10.5 oz.  
**Creative Snacks Co.  
Gummies  
2/\$6**



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



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



Selected Varieties;  
13.4 to 14.1 oz.  
**Biscoff  
Spreads  
4.99**



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



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



Selected Varieties; 17 fl. oz.  
**Sanavi Organic  
Flavored Water  
4/\$5**





## Elegant & Simple Cantaloupe Skewers

- 1 cantaloupe, halved and seeded
- 1 (8 oz.) container mozzarella balls
- 10 slices prosciutto
- Lucini Olive Oil
- salt and pepper, to taste
- fresh basil leaves

Carve cantaloupe with a melon baller. Drain mozzarella balls. Cut prosciutto slices in half lengthwise to form ribbons. Begin to thread skewers, starting with a melon ball. Fold a ribbon of prosciutto onto the skewer and then add a mozzarella ball. Repeat. Garnish with a spare dash of salt, a generous drizzle of olive oil, and torn basil leaves. Serve chilled with Mimosas, Prosecco, or sparkling water.

17 fl. oz.

Lucini  
Premium Select  
Extra Virgin Olive Oil

**17.99**



Selected Varieties; .26 to .35 oz.

Brothers  
Crisps

**4/\$5**



Selected Varieties; 5 oz.

Stoneridge Orchards  
Dried Fruit

**3.99**



Selected Varieties; .17 oz.

Gimme Organic  
Roasted Seaweed

**10/\$10**



Selected Varieties; 3.2 to 7 oz.

Sesmark  
Crackers

**1.99**



All items priced with VIC Savings Card

Selected Varieties;  
8 oz.

Sierra  
Mustard

**3.99**



Selected Varieties;  
16 oz.

Marzetti  
Slaw Dressing

**4.99**



Selected Varieties;  
16 oz.

Rufus Teague  
BBQ Sauce

**4.99**



19 oz.  
Frank's  
Stevia  
Ketchup

**2.79**



Relish the  
final days  
of summer  
with your  
cookout  
favorites!

Selected Varieties;  
12 fl. oz.

Briannas  
Home Style  
Dressing

**3.49**



Selected Varieties;  
18 to 19 oz.

Guy Fieri  
BBQ Sauce

**3.99**



Selected Varieties;  
16 fl. oz.

World Harbors  
Sauce &  
Marinade

**2/\$5**



Selected Varieties;  
16 to 17.5 fl. oz.

Margaritaville  
Marinade

**3.99**



30 oz.

Just Mayo

**6.99**



Selected Varieties;  
12 fl. oz.

Virginia Brand  
Dressing

**2.99**

