

Dish

MARCH 2017

In This Issue:

**LEMONGRASS
TURMERIC
CURRY SAUCE**

3

**GOLDEN
MILK**

6

**TURMERIC
GRANOLA SMOOTHIE**

7

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
Savings Card

1



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



Snacking



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



Pair with HT Traders Salsa

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



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

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!

All items priced with VIC Savings Card

