

# Dish

September 2018

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**Sweet  
Honeydew!**

See page 2 for this Honeydew Salad Jar  
and look for other Honeydew recipes  
throughout this issue of Dish!

1



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



*oooh, something NEW!*

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.

16 oz.  
Pickled Pink  
Gourmet  
Jalapeno Pickles  
**5.99**



16 oz.  
Pickled Pink  
Sweet Heat  
Jalapenos  
**5.99**



16 fl. oz.  
Pickled Pink  
Spiced Watermelon  
Pickles  
**8.49**



16 fl. oz.  
Pickled Pink  
Perfectly  
Pickled Peaches  
**8.49**



16 fl. oz.  
Pickled Pink  
Vidalia Onion  
& Peach Relish  
**8.49**



All items priced with VIC Savings Card

Selected Varieties; 16 oz.

**Sunbutter  
Sunflower Seed  
Spread**

**5.99**



Selected Varieties; 6.7 oz.

**Tru-nut  
Powdered  
Peanut Butter**

**4.99**



## Salad Jar

A salad jar will do the trick! It's easy, fun, and healthy...what more could you want? Here's one quick throw-together that packs a punch: layer corn, honeydew chunks, lettuce, tomatoes, and finish with more corn. So healthy, colorful, and a great way to use leftover fruits and vegetables!

Selected Varieties; 12 fl. oz.

**Cardini's  
Dressing**

**3.39**

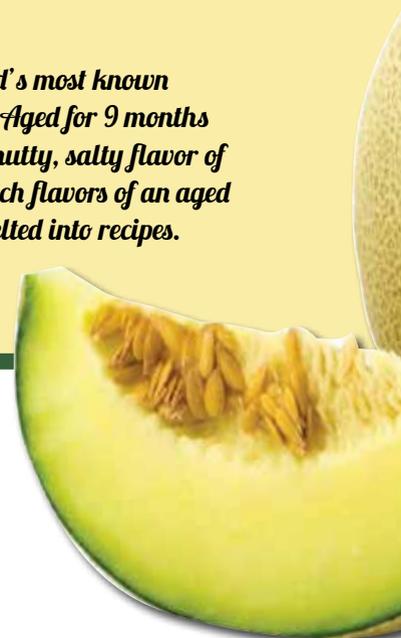


*the Cheese plate*



Uniekass - Robusto  
**11.99/lb.**

*Robusto blends two of the world's most known cheeses, Parmesan and Gouda. Aged for 9 months Robusto captures the alluring nutty, salty flavor of a Parmesan with the butterscotch flavors of an aged Gouda. Great as a snack or melted into recipes.*



Selected Varieties; 24 oz.  
 Rao's Homemade  
 Pasta Sauce  
**5.99**



17 fl. oz.  
 Lucini  
 Extra Virgin Olive Oil  
**7.99**



Selected Varieties; 25 oz.  
 Organico Bello  
 Pasta Sauce  
**5.99**





## *Prosciutto and Marinated Melon Skewers*

- 10 medium honeydew balls
- 10 medium cantaloupe balls
- 10 medium watermelon balls
- 10 small mozzarella balls
- juice of one lime
- 1/2 cup Maple Grove Farms Balsamic Dressing
- 10 oz. prosciutto, thinly sliced
- 8 inch skewers
- finely chopped mint, if desired

Place honeydew and cantaloupe into a storage bag with lime juice and balsamic dressing. Toss to coat and refrigerate for half an hour. Next thread and alternate the honeydew, cantaloupe, watermelon, mozzarella, and prosciutto on to skewers. Be sure to fold the prosciutto into a bundle so it holds on the skewers. Sprinkle with chopped mint if desired and serve.



Selected Varieties; 8 fl. oz.

**Maple Grove Farms  
Dressing**

**2.79**

5



8.8 oz.  
Biscoff  
Cookies  
**2.99**



Selected Varieties; 7 oz.  
Tate's Bake Shop  
Cookies  
**4.49**



10 oz.  
Mi-Del  
Ginger Snap Cookies  
**2/\$7**

6 oz.  
Beanito's  
Black Bean Chips  
**2/\$5**

Selected Varieties; .17 oz.  
GimMe Organic  
Seaweed Snack  
**1.49**

8.8 oz.  
Dare Breton  
Vinta Crackers  
**2.99**

Selected Varieties; 3.2 to 7 oz.  
Sesmark Crackers  
**2/\$5**



All items priced with VIC Savings Card





## Honeydew Kiwi Coconut Smoothie

- 2 cups frozen honeydew
- 1 peeled and cut up kiwi
- 1 cup Mojo Coconut Water
- 2 Tbsp. Agave nectar
- 1 Tbsp. HT Lemon Juice
- handful of ice cubes

Place all ingredients in a blender, blend until smooth.



11.1 fl. oz.  
Mojo Naturals  
Pure Coconut Water

**1.19**

4-6.7 fl. oz.  
Q Spectacular  
Tonic Water

**5.99**



25.3 fl. oz.  
Gerolsteiner  
Sparkling Natural  
Mineral Water

**1.79**



All items priced with VIC Savings Card

**Harris Teeter**  
Neighborhood Food & Pharmacy

Selected Varieties; 14.4 oz.  
Ancient Harvest  
Organic Quinoa  
**6.99**



Selected Varieties; 10 oz.  
Tasty Bite  
Thai Cuisine  
**2.99**



Selected Varieties; 12 oz.  
Amish Kitchens  
Noodles  
**1.99**



Selected Varieties; 8 oz.  
TruRoots  
Organic Accents  
**3.99**



Selected Varieties; 8 oz.  
Frontera  
Skillet Sauces  
**2.29**



32 fl. oz.  
Bragg Organic  
Apple Cider Vinegar  
**5.99**



Selected Varieties, 8 oz.  
Lee Kum Kee  
Sauces  
**2/\$5**



6.7 oz.  
Tonnino  
Tuna Fillets  
in Spring Water  
**7.29**

