

Dish

July 2018

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**Fresh
tomatoes!**

See page 2 for this recipe for
flavorful Tomato Pie and look for
other tomato recipes throughout
this issue of Dish!

the Cheese plate



Montamoré Cheddar
5.99

Is it Cheddar that tastes like Parmesan or Parmesan that tastes like Cheddar? Even though it's indescribable, we know you'll fall in love with this creamy, white wonder:



Parrano
11.99/lb.

Parrano is an unforgettable cheese with a distinctly Italian temperament. Parrano is aged for five months, developing its nutty Parmigiano-Reggiano flavors while maintaining the firm, smooth texture of a young Gouda. This perfect combination brings you the best of both worlds: a cheese that is full of flavor and versatile enough to cut, grate and melt.

Selected Varieties;
28 oz.

Cento
Tomatoes
2/\$4



Selected Varieties;
14.4 oz.

Ancient
Harvest
Quinoa
6.99



All items priced with VIC Savings Card

Selected Varieties; .6 to 2.4 oz.

Morton & Bassett Spices

5.99



Tomato Pie

- 1-9 inch unbaked pie crust
- 2 large tomatoes
- 1/2 small onion, sliced
- 1 tsp. Morton & Bassett Oregano
- 1 cup fat-free mayonnaise
- 1 cup HT Shredded Cheddar Cheese

Preheat oven to 350°. Bring a pot of water to boil and blanch the tomatoes for 1 minute. Peel and slice the tomatoes and drain on paper towels. Place sliced tomatoes and onions in the pie shell, sprinkle with Morton & Bassett Oregano. Next, mix together mayonnaise and cheese. Spread over the top of the tomatoes and onions. Bake for 35 minutes. Remove from oven and let stand for 10 minutes before serving.



3

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



Selected Varieties; 12 fl. oz.
Cardini's
Dressing
3.49



Selected Varieties; 12.7 fl. oz.
Allegro
Marinade
2/\$7



125 gm.
Nature Sauvage
Le Saunier
De Camargue
Fleur De Sel
De Camargue
Sea Salt
11.59



4 oz.
Jane's Krazy
Mixed-Up Salt
4/\$5



32 fl. oz.
Bragg
Organic
Apple Cider Vinegar
5.99





Tomato Salad

- 4 lb. ripe tomatoes
- 1 small red onion, sliced thinly crosswise
- Nature Sauvage Le saunier De Camargue Fleur De Sel De Camarfue Sea Salt; to taste
- 2 Tbsp. basil; roughly chopped
- 1 tsp. Morton & Bassett Oregano
- HT Trader Extra Virgin Olive Oil, for drizzling

Wash, core and slice tomatoes into wedges. Arrange on a platter or in a shallow wide bowl. Scatter onions over tomatoes and season everything with sea salt, to taste. Let sit 10 minutes to draw out juices. Sprinkle basil and oregano over top, drizzle generously with olive oil. Lightly mix together and serve.

3.4 fl. oz.
Blue Dragon
Pad Thai
Stir Fry Sauce
10/\$10



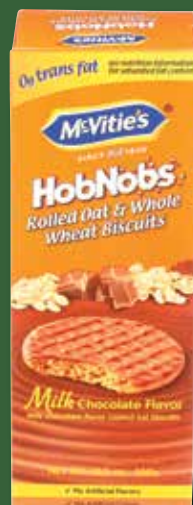
Selected Varieties; 10 fl. oz.

Mina
Harissa Sauce
5.99





Selected Varieties; 3 to 7 oz.
Creative Snacks Co.
Snacks
2/\$5



10.5 oz.
McVitie's Hobnobs
Milk Chocolate
Biscuits
3.99

Selected Varieties; 3.5 oz.
Asian Gourmet
Rice Crackers
2/\$3

Selected Varieties; 6 oz.
Beanitos
Bean Chips
2/\$5

Selected Varieties; 16 oz.
Green Mountain
Gringo Salsa
4.99

8.8 oz.
Nairn's
Oat Crackers
3.99 

7.05 oz.
Vicenzi
Lady Fingers
2.99

4.4 oz.
De Beukelaer Pirouluxe
Belgian Rolled Cookies
2.49





Tomato Berry Smoothie

- 1 cup HT Plain Greek Yogurt
- 1/2 cup raspberries
- 1/2 cup strawberries
- 1/2 cup cherry tomatoes
- 1/4 cup HTO Milk
- 1 Tbsp. HTO Honey
- 1/8 tsp. Cholula Original Hot Sauce
- 1/2 cup ice

Place all the ingredients in the blender. Puree until smooth and enjoy.



Selected Varieties; 5 fl. oz.
Cholula Hot Sauce

3.49

16 oz.
D'arbo
Garden Strawberry
Fruit Spread

5.39



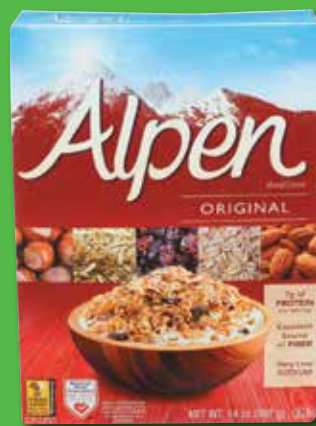
2.2 lb.
Anna
Tipo "00" Extra
Fine Flour

3.59



14 oz.
Alpen
Cereal

5.29



All items priced with VIC Savings Card

Harris Teeter
Neighborhood Food & Pharmacy

Selected Varieties; 59.2 fl. oz.

Jose Cuervo
Cocktail Mixers

6.99



Selected Varieties; 59.2 fl. oz.

Master of Mixes
Cocktail Mixers

5.49



11.1 fl. oz.

Mojo Naturals
Coconut Water

10/\$10



Selected Varieties; 12 to 15.5 fl. oz.

Guayaki
Yerba Mate
Drink

2/\$5



72 fl. oz.

Ale-8-One
Soft Drinks

5.99



32 fl. oz.

Suckerpunch
Bloody Mary Mix

**BUY ONE GET ONE
FREE**



25.3 fl. oz.

Gerolsteiner
Mineral Water

1.79



40 ct.

Builder's
British Tea

5.39

