

Dish

February 2020

In This Issue:

Recipe:

Rich & Creamy Tomato Soup Page 1

Recipe:

Hearty Oatmeal Pancakes with Flax and Chia Seeds Page 5



Happy
Valentine's
Day



RICH & CREAMY TOMATO SOUP

1-24 oz. JAR TERLATO KITCHEN VODKA SAUCE

1 CUP WHOLE MILK

STIR TERLATO KITCHEN VODKA SAUCE AND MILK TOGETHER IN A SAUCEPAN OVER MEDIUM HEAT. BRING TO DESIRED TEMPERATURE. BLEND FOR SMOOTHER CONSISTENCY; OPTIONAL. SERVE IN 4 oz DEMI CUPS WITH A GRILLED CHEESE BITE ON THE SIDE

WWW.TERLATOKITCHEN.COM

Selected Varieties; 24 oz.
Terlato Kitchen
Pasta Sauce

5.49



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

6.99



Selected Varieties;
6.7 oz.
Rao's Homemade
Pesto

5.49



Selected Varieties;
7.1 to 7.8 oz.

Daiya
Cheeses

3.99

GLUTEN
FREE



Selected Varieties;
13 oz.

Rao's Homemade
Pizza Sauce

5.49



Selected Varieties; 15 oz.

Bar Harbor
Chowder

BUY ONE GET ONE
FREE



Selected Varieties; 16 oz.

De Cecco
Pasta

2/\$5



Selected Varieties; 1 lb.

Delverde
Pasta

2/\$4



Selected Varieties;
1.3 to 2.3 oz.

Morton & Bassett
Spices

6.99



Selected Varieties;
8 oz.

Frontera
Sauces

2.29



Selected Varieties; 8 oz.

Better than
Bouillon
Base

3.99



Selected Varieties;
8 fl. oz.

Red Fork
Sauces

2.29



Selected Varieties;
12 fl. oz.

Cardini's
Dressing

2/\$6



Selected Varieties;
4 to 10 oz.

Himalania
Pink Salt

9.99



8.5 fl. oz.

Ponti
Balsamic
Vinegar

10.99



8.5 fl. oz.

Ponti
Balsamic
Vinegar Spray

5.49



All items priced with VIC Savings Card

Selected Varieties; 4.2 oz.

Made in Nature
Figgy Pops

2/\$7



Selected Varieties; 3.5 oz.

Skinny Dipped
Almonds

3.99

GLUTEN
FREE



Selected Varieties; 3.5 oz.

Barnana
Chewy Bites

2/\$7



Selected Varieties; 5 oz.

Barnana
Plantain Chips

3.99



Selected Varieties; 7 oz.

Tate's Bake Shop
Cookies

4.79



Selected Varieties; 1.8 oz.

Smart Sweets
Gummy Candies

2/\$5

LOW IN
SUGAR





Selected Varieties; 3.5 to 4 oz.

**Seapoint Farms
Dry Roasted
Edamame**

 **2/\$4**

6.8 oz.

**Terra
Original
Chips**

4.99

6 oz.

**Terra
Crinkle
Sweet Potato Chips**

3.29

Selected Varieties; 3.2 to 7 oz.

**Sesmark
Crackers
or Thins**

2/\$6

Selected Varieties; 4 oz.
**Torie & Howard
Chewie Fruities**

2.79



Selected Varieties;
8 to 10 oz.
**Mi-del
Cookies**

2/\$7



7.1 oz.
**Mi-del
Graham Cracker
Pie Crust**

2/\$7





32 oz.

**Bob's Red Mill
Extra Thick
Rolled Oats**

5.99

32 oz.

**Bob's Red Mill
Old Fashioned
Rolled Oats**

6.99



HEARTY OATMEAL PANCAKES WITH FLAX AND CHIA SEEDS

3 CUPS Bob's Red Mill GLUTEN FREE ORGANIC
OLD FASHIONED ROLLED OATS DIVIDED
2 TSP HT TRADERS BAKING POWDER
1 TSP HT TRADERS BAKING SODA
1 TSP KOSHER SALT
2 TBSP ORGANIC CHIA SEEDS
2 TBSP ORGANIC GOLDEN FLAXSEED MEAL
¼ CUP HT TRADERS MAPLE SYRUP
1 EGG
1 TSP HT TRADERS VANILLA EXTRACT
1 ½ CUPS HT TRADERS MILK
2 TBSP HT TRADERS BUTTER FOR SKILLET

PREHEAT A GRIDDLE OR NONSTICK PAN TO MEDIUM HEAT.
BLEND 2 CUPS OF ROLLED OATS IN A FLOUR IN A HIGH POWERED
BLENDER OR FOOD PROCESSOR, ABOUT 30 SECONDS. TO THE OAT
FLOUR, ADD IN BAKING POWDER, BAKING SODA, SALT,
CHIA SEEDS AND FLAXSEEDS. PULSE TO COMBINE. ADD IN THE
REMAINING CUP OF ROLLED OATS, MAPLE SYRUP, EGG, VANILLA
EXTRACT AND MILK. BLEND FOR 30 TO 45 SECONDS OR UNTIL
COMBINED AND NO DRY SPOTS REMAIN. BRUSH PREHEATED
GRIDDLE WITH BUTTER AND PORTION BATTER USING A ¼
MEASURING CUP. COOK UNTIL THE EDGES BEGIN TO SET, 3 TO 4
MINUTES. FLIP AND CONTINUE TO COOK ON THE SECOND SIDE 2
TO 3 MINUTES MORE. SERVE WARM OR HOLD IN A 200° OVEN FOR
UP TO 15 MINUTES.

WWW.BOBSREDMILL.COM

Selected Varieties; 59.2 fl. oz.

**Jose Cuervo
Cocktail Mixers**

7.49



Selected Varieties; 12.7 fl. oz.

**Cocktail Crate
Craft Mixers**

6.49

32 fl. oz.

**Green Goat
Whole Goat Milk**

4.99



Selected Varieties; 1.25 oz.

**Land O' Lakes
Cocoa Classics**

10/\$10

Selected Varieties; 8.8 oz.

**Illy
Espresso**

9.99



Selected Varieties; 4.103 oz.

**Illy
K-Cups**

7.99

Selected Varieties; 24 oz.

Little Italy in the Bronx Pasta Sauce

5.99



Selected Varieties;
25.5 oz.

Mia's Kitchen Pasta Sauce

6.99



PLANT-BASED ALTERNATIVES PROVIDE THE DELICIOUS CHARACTERISTICS YOU DESIRE. WHETHER YOU SUFFER FROM ALLERGIES, ARE DAIRY-INTOLERANT, LIVING VEGAN OR SIMPLY CHOOSING A HEALTHIER LIFESTYLE, DAIYA IS THE PERFECT CHOICE.



Selected Varieties;
15.7 to 16.7 oz.

Daiya Pizza

8.99

GLUTEN FREE

Selected Varieties; 8.8 oz.

Tasty Bite Rice

2/\$4

CHINESE
NEW YEAR



TASTY BITE RICE IS MORE THAN JUST RICE. THE GRAINS ARE ORGANIC, THE TEXTURES ARE SMOOTH, AND THE FLAVORS ARE BOLD. TASTY BITE'S DIVERSE ASSORTMENT OF RICES ARE THE PERFECT COMPANIONS FOR ANY TASTY BITE ENTRÉE.

RECIPES FOR INDIAN FOODS HAVE EVOLVED OVER THOUSANDS OF YEARS. YOU DON'T HAVE THAT KIND OF TIME, SO TASTY BITE'S HAS TAKEN THIS WISDOM AND SEALED IT IN A CONVENIENT PACKAGE. LET TASTY BITE'S FRESH VEGETABLE AND LENTIL ENTRÉES DELIVER YOU CENTURIES OF TASTE.



Selected Varieties; 10 oz.

Tasty Bite Indian Cuisines

2/\$6

CHINESE
NEW YEAR



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.