

Dish

January 2021

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Are you ready for game day?



Mrs. Renfro's
Salsa
16 OZ
Selected Varieties

2/\$7



Honest Tea
Organic Tea
59 FL OZ
Selected Varieties

organic

2/\$7



Wasa
Crispbread
9.5 to 9.7 OZ
Selected Varieties

2/\$7

Breton
Crackers
4.76 OZ
Selected Varieties

BOGO
Buy One Get One Free



Vermont Smoke And Cure
Meat Stick
1 OZ
Selected Varieties

5/\$5



Karma
Nuts
8 OZ
Selected Varieties

\$5.99

**Creamy
Jalapeño
Dip**

8 oz. cream cheese
1/3 cup sour cream
1½ Tbsp. milk
1/2 cup jalapeños, diced

1 garlic clove, minced
salt and pepper to taste
4 oz. Breton crackers

Preheat oven or toaster oven to 375 degrees. Combine all ingredients in a bowl. Transfer to oven safe or microwave safe dish and bake for 15 minutes or until golden brown or microwave for 5-10 minutes. Serve as dip with Breton crackers.

www.darefoods.com



Hilary's Eat Well

Veggie Burger
6.4 OZ
Selected Varieties

\$2.99



Melinda's

Wing or Pizza Sauce
12 OZ
Selected Varieties

\$3.99



Maple Grove Farms

Dressing
8 FL OZ
Selected Varieties

\$2.69



O'Dang Hummus

Hummus Dressing
12 FL OZ
Selected Varieties

2/\$9



Sir Kensington's

Mustard
9 OZ
Selected Varieties

\$3.49



Sir Kensington's

Classic
Ranch Dressing
9 FL OZ

\$4.49



Sir Kensington's

Vinaigrette
8.45 FL OZ
Selected Varieties

\$4.49



Sir Kensington's

Ketchup
20 OZ
Selected Varieties

\$4.49



Sir Kensington's

Mayonnaise
Chipotle
10 FL OZ

\$4.99



Sir Kensington's

Mayo
With Avocado Oil
16 FL OZ

\$7.99



Sir Kensington's

Mayonnaise
Classic
16 FL OZ

\$5.49



Sir Kensington's

Organic
Mayo
16 FL OZ

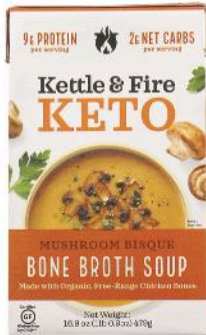
\$7.49



Kettle & Fire

100% Grass-Fed
Bone Broth
16.9 OZ
Selected Varieties

\$5.99



Kettle & Fire

Keto Soup
16.9 OZ
Selected Varieties

\$6.99



Better Than Bouillon

Sautéed Base
8 OZ
Selected Varieties

\$3.99



De Cecco Pasta

Pasta
16 OZ
Selected Varieties

2/\$5



Mezzetta

Pasta Sauce
25 OZ
Selected Varieties

\$3.99



Jovial

Pasta
8 OZ
Selected Varieties

2/\$7



RAO'S HOMEMADE®

Make Every Day Delicious™



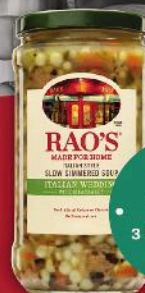
SAUCES

32OZ AT \$8.99
16.5OZ AT \$4.99



PASTA

2 FOR \$5.00
16 oz.



SOUP

3 FOR \$10.00
16 oz.



ROASTED PEPPERS

\$6.99 EACH
12 oz.



FILETTO DI POMODORO

INGREDIENTS

- 1/4 CUP OLIVE OIL
- 1 CLOVE GARLIC
- 1/4 LB. THINLY SLICED PROSCIUTTO HAM
- 1 CUP JULIENNED ONION
- 2-24 OZ. JARS RAO'S HOMEMADE® MARINARA SAUCE
- 1.5-16 OZ. RAO'S HOMEMADE®vv PENNE RIGATE
- CRUSHED BLACK PEPPER, TO TASTE
- PECORINO ROMANO CHEESE, TO TASTE
- FRESH BASIL, TO TASTE

DIRECTIONS

1. ROLL EACH PIECE OF PROSCIUTTO AND THEN TRIM EACH ROLL INTO 1/4" PIECES.
2. COMBINE OLIVE OIL, GARLIC, ONIONS, AND PROSCIUTTO IN A HOT PAN, SAUTÉ UNTIL YOUR ONIONS BECOME TRANSLUCENT AND YOUR PROSCIUTTO BECOMES CRISPY.
3. ADD RAO'S HOMEMADE® MARINARA AND STIR
4. WHEN SAUCE BEGINS TO SIMMER, ADD FRESH CRUSHED BLACK PEPPER.
5. ADD PECORINO ROMANO CHEESE TO TASTE, AND FRESH BASIL LEAVES LAST TO ADD A LITTLE FLAVOR.
6. POUR COOKED PASTA INTO SAUCE AND MIX TO COVER PASTA ENTIRELY.



Star Anise Foods

Simmer Sauce
12 OZ
Selected Varieties

\$4.99

NEW



Star Anise Foods

Spring Roll
Wrapper
Vietnamese Brown Rice
8 OZ

\$3.99

NEW



Big Tree Farms

Organic Sauce
10 FL OZ
Selected Varieties

\$6.49

organic



Kevin's Natural Foods

Paleo-Keto Sauce
7 OZ
Selected Varieties

\$3.69



Red Fork

Seasoning Sauce
4 OZ
Selected Varieties

2/\$4



Asian Gourmet

Rice Crackers
Sesame
3.5 OZ

\$1.99



Asian Gourmet

Duck Sauce
Sweet and Sour
7.25 FL OZ

\$3.49



Asian Gourmet

Hoisin Sauce
Mandarin Style
7.5 OZ

\$2.49



Asian Gourmet

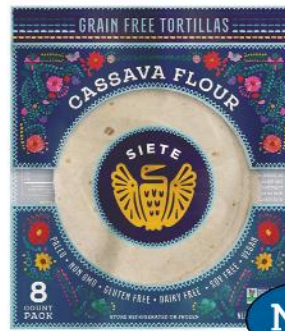
Lo Mein Noodles
Chinese Wide
8 OZ

\$1.99



Siete
Grain Free Taco Shells
5.5 OZ

\$5.49



Siete
Cassava Flour Tortilla
7 OZ

\$8.99

NEW



Siete
Seasoning
1.31 OZ
Selected Varieties

\$2.29



Siete
Hot Sauce
5 OZ
Selected Varieties

\$4.99



Siete
Tortilla Chips
5 OZ
Selected Varieties

\$4.69



There's room for
everyone at our table,
and everyone's invited.



GRAIN FREE • DAIRY FREE • PALEO • VEGAN



Purely Elizabeth

Vibrant Oats
2 OZ
Selected Varieties

2/\$5



Purely Elizabeth

Ancient Grain
Pancake Mix
10 OZ
Selected Varieties

BOGO
Buy One Get One Free



Purely Elizabeth

Ancient Grain
Granola
8 to 12 OZ
Selected Varieties

\$5.99



1 cup Cape Cod Select
Frozen Cranberries
2 Tbsp. agave syrup or honey
1/4 cup chopped basil
1 cup chopped orange segments
1 cup vanilla yogurt
1 cup granola

GARNISH:

3 frozen cranberry slice halves
3-9 small basil leaves
2 Tbsp. granola

Find two (1 cup sized) to-go containers glass jars (or disposable). Mince frozen cranberries in a food processor. Stir minced cranberries, agave, and basil in a small bowl. In each container, layer 1/4 cup cranberry mixture, 1/4 cup oranges, 1/4 cup granola, 1/2 cup vanilla yogurt, remaining 1/4 cup cranberry mixture, remaining oranges, and remaining granola. Cover and refrigerate for 1-3 days. To serve, garnish with sliced frozen cranberries, basil, and granola sprinkle.

www.capecodselect.com

Cape Cod Select

Frozen Cranberries
Whole
16 OZ

\$3.99

**Overnight
Cranberry
Basil Yogurt
Granola
Parfait**



Kate's Real Food

Bar
2.2 OZ
Selected Varieties

BOGO
Buy One Get One Free



Gomacro

Organic MacroBar
2.3 to 2.5 OZ
Selected Varieties

2/\$4



Love Good Fats

Bar
1.38 OZ
Selected Varieties

2/\$4

Barney Butter

Almond Butter
10 OZ
Selected Varieties

\$7.99



**Barney
Butter
Granola**

1/3 cup Barney
Almond Butter
1/4 cup honey
1 tsp vanilla extract
1 tsp cinnamon
2 cups rolled oats
1 cup pecans,
broken into smaller pieces
1/4 cup semi-sweet chocolate chunks

In a medium-sized mixing bowl, combine cinnamon, oats, and pecans. Stir. In a small saucepan over medium-low heat, melt Barney Butter and honey. (You can do this in the microwave, in a microwavable bowl too.) Remove from heat, add vanilla and stir to combine. Pour mixture over oats and pecans and, using a spatula, stir to coat. Spread granola on a baking sheet and bake in a preheated 325-degree oven for 8 minutes. Toss granola and bake for an additional 4 minutes, or until lightly golden brown. Let cool completely before transferring to a storage container and adding chocolate chunks.

www.barneybutter.com



Organic Elderberry Juice

Ideal for respiration

Sweet, tart and refreshing, Elderberry juice has a positive influence on the immune system and has been effective in relieving colds and flu.

- ✓ Treats respiratory symptoms, may help reduce swelling in sinuses and relieve nasal congestion
- ✓ Antioxidant-rich, may help prevent damage to the body's cells, lower cholesterol, improve vision, and boost the immune system
- ✓ High potassium to strengthen bones and muscles while promoting faster healing of injuries

All the Goodness of Nature in a Bottle

Biotta

Organic Juice
Elderberry
16.9 FL OZ

\$7.99

Biotta



Illy Caffe Coffee

Coffee
8.8 OZ
Selected Varieties

\$9.99



Illy Caffe Coffee

Coffee K-Cups
10 CT
Selected Varieties

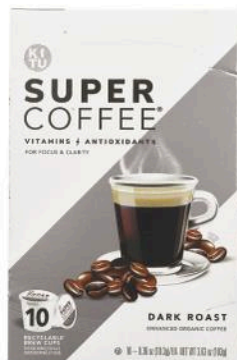
\$9.99



Yogi

Organic Tea
16 BAG
Selected Varieties

\$4.69



Kitu

Coffee K-Cups
3.59 to 3.63 OZ
Selected Varieties

BOGO
Buy One Get One Free



Traditional Medicinals

Organic Tea
16 BAG
Selected Varieties

\$4.99



R.W. Knudsen
Just Juice
32 FL OZ
Tart Cherry or Cranberry

\$6.99



R.W. Knudsen
Organic Juice
Carrot Ginger Turmeric
32 FL OZ

\$6.99



R.W. Knudsen
Just Juice
32 FL OZ
Black Cherry or Concord

\$5.99



R.W. Knudsen
Organic Juice
Beet
32 FL OZ

\$7.49



Ripple Foods
Dairy-Free Milk
48 FL OZ
Selected Varieties

\$3.99



Almond Breeze
Almond Milk
32 FL OZ
Selected Varieties

2/\$5

PICKLE JUICE®

**USDA ORGANIC
100% ALL-NATURAL**



Pickle Juice
Extra Shot Pickle Juice
2.5 FL OZ

2/\$3



Scientifically Proven to Stop Muscle Cramps

A cramp happens because it is the neurological response to a physiological problem. Whether you are missing something from your diet, exhausted from exercise, or dealing with poor circulation: Pickle Juice uses a proprietary grain and blend of vinegar that blocks that nerve signal being sent from brain to muscle. Not only will Pickle Juice stop you from cramping immediately, but it will help you recover with our blend of vitamins and minerals.

**Homemade
Kettle
Corn**



Nutiva
Organic Virgin
Coconut Oil
Squeezeable
12 OZ

organic

\$4.99



1/2 cup popping corn
3 Tbsp. Nutiva Organic Extra Virgin Coconut Oil Organic Virgin Coconut Oil
1/4 cup raw sugar (can be substituted with Nutiva Organic Coconut Sugar
to make caramel corn) Organic Coconut Sugar
himalayan pink salt (to taste)

Melt coconut oil in a large, heavy pan with a lid. Add 3 popcorn kernels to
the oil, cover, and cook over medium heat. Once kernels have popped,
quickly stir in sugar, and immediately add remaining popcorn kernels.
Cover and continue heating, shaking the pan intermittently until popping
stops. Pour popped popcorn into a large bowl and toss in salt to taste.
www.nutiva.com

Nutiva

Organic Coconut Oil
Virgin
23 OZ

\$12.99

organic



Nutiva

Organic Coconut Manna
Coconut Butter
15 OZ

\$9.99

organic

nutiva®
NURTURE VITALITY™

Nutiva

Organic Steam
Refined Coconut Oil
12 OZ

\$3.99

organic



NEW

Nutiva

Organic Coconut Oil
Buttery
14 FL OZ

\$7.99

organic

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