

Dish

October 2021

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Caramel Apple Sauce

1 Jar Dickinson's Country Apple Butter
1 cup syrup caramel flavored syrup
*toasted pecans

Mix ingredients together. Warm gently in microwave (about 30 to 45 seconds) and stir. Serve over ice cream, bread pudding or cheesecake. Sprinkle with toasted pecans, if desired. *To toast pecans: Place pecans in dry nonstick skillet; cook over medium heat, shaking pan until nuts are lightly browned.

www.dickinsonsfamily.com



Dickinson

Pumpkin Butter
or Apple Butter
9 OZ

\$2.99

Bonne Maman Pumpkin Spice Spread Twists

3 packages ready-to-bake pizza dough
1 jar Bonne Maman Pumpkin Spice Spread
½ cup granulated sugar
½ tsp cinnamon
½ tsp cocoa powder



Bonne Maman
Pumpkin
Spice Spread
13 OZ

\$4.99

Preheat oven to 375°F. In a small bowl, combine the sugar, cinnamon, and cocoa powder. Gently unroll the pizza dough, maintaining a rectangle shape approximately 9x13 and ¼" thick. Spread a thin layer of Bonne Maman Pumpkin Spice Spread, leaving a ½" strip uncovered at the top. Sprinkle 2 Tbsp. of the sugar mixture over. Gently roll up and seal into a log, then carefully cut the log in half vertically. Cut each half in half again horizontally, to expose the layers. Twist each piece of dough and stretch lightly, then tie in a loose overhand knot leaving some space in the center. Take each end of dough and loop through one more time, securing at the bottom, to create a knot shape. Repeat with the remaining three pieces of dough to create four rolls. Then repeat the entire process with the remaining 2 packages of pizza dough to create a total of 12 rolls. Sprinkle the remaining 2 Tbsp. of sugar mixture over the top of each roll and bake at 375°F until well caramelized. Serve warm.
www.bonnemaman.us



Califia Farms

Cold Brew Coffee
with Almond Milk
Pumpkin Spice Latte
48 FL OZ

\$5.49



Nutpods

Unsweetened
Pumpkin Spice
Almond + Coconut Creamer
16 FL OZ

2/\$7



Kitu

Maple
Pumpkin
Super Creamer
25.4 FL OZ

\$4.49



Kitu

Maple
Pumpkin
Super Coffee
12 FL OZ

2/\$5



Giving

Juice Boxes
20.28 FL OZ
Select Varieties

4/\$5



R.W.

Knudsen

Cider & Spice
Apple Juice
96 FL OZ

\$6.99



R.W.

Knudsen

Sparkling Juice
25.4 FL OZ
Select Varieties

2/\$7

Perfect Bar

Pumpkin Pie Bar
2.2 OZ

2/\$4



Giving You Pumpkin To Talk About

Real organic dried pumpkin is mixed with freshly ground peanut butter, organic honey and seasonal spices like cinnamon and nutmeg to create that perfect (wink, wink) nostalgic taste of holidays at home.



Bixby & Co.

Pumpkin Caramels
3.5 OZ

\$3.99



Dewey's Bakery

Cookies
9 OZ
Select Varieties

\$3.99



Evolved

Pumpkin Spice
Coconut Butter Cups
4.93 OZ

\$9.99



Apple Cider Doughnut Muffins

1 box Simple Mills Cinnamon Apple
Muffin + Bread Mix
½ cup apple cider
3 eggs
1/3 cup coconut oil, melted
2 tsp vanilla
Topping Ingredients
¼ cup coconut oil, melted
¼ cup coconut sugar
2 tsp cinnamon

Simple Mills

Almond Flour Baking Mix
Pumpkin Muffin
9 OZ

\$7.99



Preheat oven to 350 F. Mix the eggs, coconut oil, apple cider, vanilla, and Simple Mills Cinnamon Apple Muffin + Bread Mix in a bowl with a hand-mixer until no flour clumps remain. Pour batter into a muffin tin with liners 2/3 of the way full. Bake for 20-22 minutes until a toothpick can be inserted into the center of a muffin and it comes out clean. Melt the coconut oil in a shallow bowl and mix together the coconut sugar and cinnamon in a small plate. Dip the tops of each muffin in the coconut oil then roll in the cinnamon coconut sugar mixture.
www.simplemills.com



Sweet Chaos

Drizzled Popcorn
5.5 OZ
Select Varieties

2/\$7



Superseedz

Pumpkin Seeds
5 OZ
Select Varieties

\$3.99



Kii Naturals

Crisps
5.3 OZ
Select Varieties

2/\$6



Xochitl

Salted Halloween
Tortilla Chips
16 OZ

\$4.99



Sweet Potato Hummus

1 15 oz can of chickpeas, rinsed & drained
3/4 cup farmer's market organic sweet potato puree
2 tbsp tahini
3 cloves of garlic smashed
1 tsp fresh ginger grated
1/2 tsp ground turmeric
1 pinch red pepper flakes plus more for serving
2 tbsp lemon juice freshly squeezed
salt & pepper to taste
1/4 cup extra virgin olive oil plus more for serving
sunflower seeds to garnish
cilantro or parsley to garnish

In a food processor combine the chickpeas, sweet potato, tahini, garlic, ginger, turmeric, red pepper flakes, lemon juice, salt & pepper. Blend for 60 seconds. Add the olive oil. Blend until mixture is creamy & smooth, about 60 seconds. Taste for salt & adjust as needed. Transfer to a serving bowl & drizzle with olive oil. Sprinkle with red pepper flakes, sunflower seeds & herbs. Serve with fresh vegetables & chips!

farmersmarketfoods.com



Farmer's Market

Organic Pumpkin,
Sweet Potato Puree
and Pumpkin Pie Mix
15 OZ

2/\$4



MADE BY A MOM

With 5g of Protein & 5g of Healthy Fats per serving for growing and developing babies & toddlers

Toddler Purees with Bone Broth

- Great source of vitamins, antioxidants and minerals
- Deliciously rich and complex flavors with herbs
- No sugary fruits. No sugars added.



ETHICALLY SOURCED MEATS

- 5g of Protein
- 5g of healthy fats



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Veggie Pouch
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Select Varieties

2/\$4

Serenity Kids
Meat Pouch
3.5 OZ
Select Varieties

2/\$6

Serenity Kids
Bone Broth Pouch
3.5 OZ
Select Varieties

2/\$6

All items priced with VIC Savings Card



Simple Mills
Almond Flour Baking Mix
9 to 12.9 OZ
Select Varieties

\$6.99



Crosse & Blackwell
Plain
Mince Meat
29 OZ

\$7.99



Purely Elizabeth
Pancake Mix
10 OZ
Select Varieties

\$4.99



Kate's Real Food

Organic Grizzly Bar
2.2 OZ
Select Varieties

3/\$5



Honey Mama's

Truffle Bar
1.25 OZ
Select Varieties
Select Stores

3/\$5 **NEW**

CHOCOLATE SEA SALT

PROBIOTIC GRANOLA

Purely Elizabeth

Probiotic Granola
or Cereal
8 to 12 OZ
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\$5.99

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SNACKING!

Irresistible salty-sweet, crunchy granola clusters crafted with fair-trade dark chocolate chunks, coarse sea salt, ancient grains and superfood seeds with probiotics to help support a healthy immune and digestive system.



- + 6G ADDED SUGAR / 130 CALORIES PER SERVING
- + MADE WITH GANEDENBC30—A PATENTED STRAIN OF PROBIOTICS
- + CERTIFIED GLUTEN-FREE, VEGAN + NON-GMO PROJECT VERIFIED



purely elizabeth.



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Popcorn
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Select Varieties

\$2.99



Dare

Crackers
8 to 8.8 OZ
Select Varieties

2/\$4



Beanitos

Bean Chips
5 OZ
Select Varieties

\$2.99



Smartsweets

Gummy Candies
1.8 OZ
Select Varieties

2/\$5



Salsa God

Salsa
16 OZ
Select Varieties

\$3.99



Desert Pepper

Salsa
16 OZ
Select Varieties

2/\$5



Skinnydipped

Dipped Almonds
3.5 OZ
Select Varieties

2/\$6



Simple Mills

Cookies
5.5 to 6.2 OZ
Select Varieties

\$4.49



Simple Mills

Soft Baked
Bars
5.99 OZ
Select Varieties

\$4.99



Eternal Artesian Water

Alkaline
Spring Water
Original
1.5 LTR

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Q Mixers

Spectacular
Mixers
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Selected Varieties

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Slate Milk

Aseptic Milk
11 FL OZ
Select Varieties

BOGO
Buy One Get One Free



Traditional Medicinals

Herb Tea
16 BAG
Select Varieties

\$4.49



Chaidoodles

2 sticks of butter
1 cup of granulated sugar
1 cup brown sugar
2 eggs
2 3/4 cups all-purpose flour
2 Teatulia Masala Chai pyramids
1/4 tsp salt

1 tsp baking soda
1/2 tsp baking powder
2 tsp cream of tartar
1 tbsp cinnamon
1 tsp ground ginger
1/4 tsp grated nutmeg
1/4 tsp ground black pepper



Teatulia

Organic Tea
16 BAG
Select Varieties

\$4.99



Cut open tea bags and empty contents. Grind the masala chai to a fine spice-like consistency using a spice grinder, coffee grinder, or mortar and pestle. In a 1-quart glass mason jar, layer the ingredients: Put flour in the bottom of the jar. Top with brown sugar. Sprinkle with ground masala chai, salt, baking soda, baking powder, cream of tartar, cinnamon, ginger, nutmeg, and black pepper. Put a folded dishtowel on the counter. Gently tap the jar on top of the towel to pack the ingredients down. Top with granulated sugar. Tap gently to fit, if necessary. Seal the jar with its lid and add a label with cooking instructions. Soften two sticks of butter. Put the butter in a bowl and pour in the sugar from the top of the jar of mix. Cream butter and sugar together well, until slightly lighter in color and fluffy. Beat in 2 eggs, mixing well. Add the rest of the mix from the jar and blend well. Scoop the dough into 1-inch balls; if desired, roll each ball in cinnamon sugar. Place 2 inches apart on ungreased baking sheets. Bake at 350 degrees for 15-18 minutes or until golden brown.

www.teatulia.com



Armbruster

Pasta
16 OZ
Select Varieties

2/\$6



Explore Cuisine

Organic Pasta
8 OZ
Select Varieties

2/\$7
organic



Banza

Pasta
8 OZ
Select Varieties

2/\$7



La Famiglia Del Grosso

Old Style
Pasta Sauce
13.5 OZ

\$3.49



La Famiglia Del Grosso

Pasta Sauce
26 OZ
Select Varieties

\$4.99



Little Italy In The Bronx

Pasta or Alfredo
Sauce
15 to 24 OZ
Select Varieties

\$5.99



NONNA PIA'S

Mozzarella Fresca Skewers

- 4 fresh baby bocconcini
- 4 fresh cherry tomatoes
- 6 basil leaves
- 2 wooden 6 inch skewers
- Nonna Pia's Balsamic Glaze

On skewer, alternate tomato, basil, bocconcini twice per skewer. At service time, place two skewers on plate. Drizzle with any of Nonna Pia's Balsamic Glaze.
nonnapias.com



Nonna Pia's
Classic
Balsamic Vinegar
8.45 FL OZ

\$5.99





Cappello's
Almond Flour
Pasta
Gnocchi
12 OZ
Select Stores
\$8.99



Cappello's
Naked
Pizza Crust
6 OZ
\$6.99



Cappello's
Almond Flour
Pasta
Fettuccine
9 OZ
Select Stores
\$8.99



Cappello's
Pizza
10.82 to 12 OZ
Select Varieties
\$7.99

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Almond Flour Pizza & Pasta made from simple, real-food ingredients



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All-Natural Indian cuisine
with real food and bold flavor,
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in 1 minute.



Tasty Bite

Heat & Eat Indian
Cuisine Entree
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Select Varieties

\$2.99



Patak's
Simmer Sauce
15 OZ
Select Varieties

2/\$7



Patak's
Mild
Mango Relish
10 OZ

\$4.29



Patak's
Curry Pasta
10 OZ
Select Varieties

\$4.49



Patak's
Sweet Mango Chutney
12 OZ

\$4.99

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Tandoor Chef
Heat and Eat Meals
9 to 10 OZ
Select Varieties

\$3.99

Tandoor Chef
Naan Bread
Tandoori
12 OZ

2/\$6

Proud to share centuries of Indian cooking traditions and our family recipes.

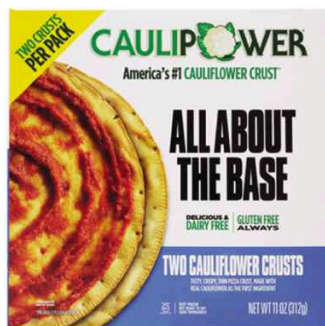


CAULIPOWER

JOIN THE VEGOLUTION™

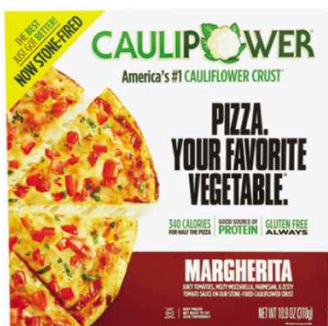
By revolutionizing the use of vegetables in our food, eating healthy no longer has to be a compromise. After all, isn't it time for there to be one meal option on the table that everyone can share and enjoy?

Now that's a powerful idea. **CAULIPOWERful.**

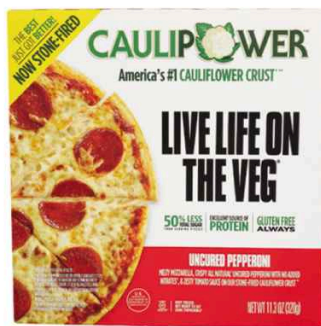


Caulipower

Margherita Pizza or
Naked Pizza Crust
10.9 to 11.6 OZ

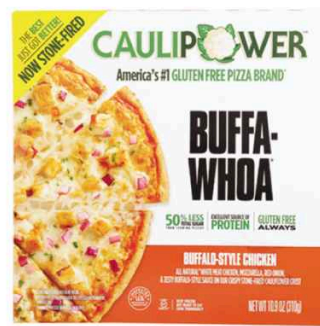


\$4.99



Caulipower

Pepperoni or
Buffalo Chicken Pizza
10.9 to 11.3 OZ



\$5.99



Caulipower

Cauliflower Rice
8.5 OZ
Select Varieties

\$4.49



Caulipower

Cauliflower
Tortilla
Original
7 OZ

\$5.99



Caulipower

Chicken Tenders
14 OZ
Select Varieties

\$5.99



Koyo
Ramen
2 to 2.1 OZ
Select Varieties

10/\$10



From certified organic to reduced sodium Koyo products, all with absolutely no artificial preservatives, colors or flavors-we dig clean umami!

All items priced with VIC Savings Card



Mr Lee's Noodles

Rice Noodle Soup
2.08 to 2.31 OZ
Select Varieties

\$3.99



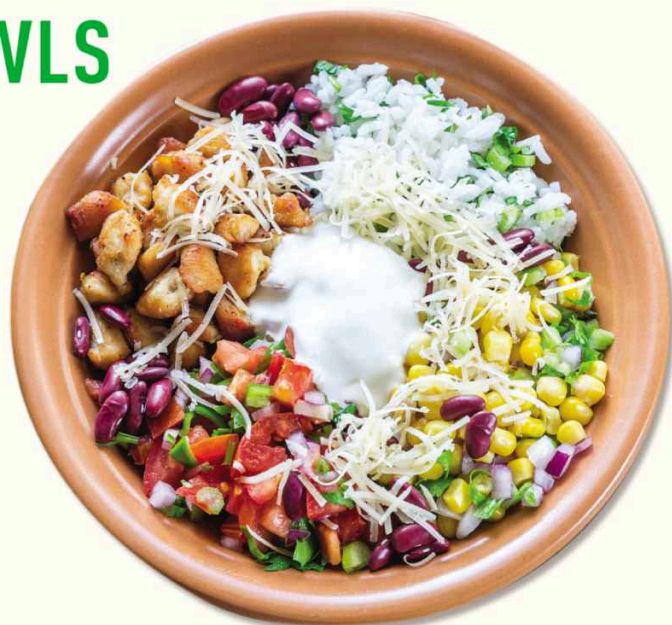
**Real food.
Real Taste.
Real Quick.**

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CHICKEN BURRITO BOWLS

- 2 pounds boneless skinless chicken thighs
- 1 pouch (6 oz each) Frontera 3 Citrus Garlic Marinade
- avocado oil cooking spray pump
- 2 small bell peppers, cut in wide strips
- 1 small red onion, cut in thick slices
- 2 large avocados, pitted, peeled
- guacamole mix
- 2 bags (10 oz each) steamed original riced cauliflower
- 1/4 cup lime juice
- 1/4 cup chopped fresh cilantro
- 2 cups shredded Mexican blend cheese



Mix chicken and half of the marinade in glass bowl or food-safe plastic bag. Refrigerate 30 to 60 minutes. Reserve remaining marinade for grilling. Spray grates of gas grill with avocado oil spray; preheat to medium heat. Grill chicken until nearly done, about 15 minutes, turning occasionally. Brush with reserved marinade and grill until cooked through (180°F). Spray peppers and onions with avocado oil spray. Grill until lightly charred, about 5 minutes, turning occasionally. Prepare guacamole mix. Chop chicken, peppers and onion into bite-sized pieces. Microwave cauliflower rice according to package directions. Pour into bowl and stir in lime juice and cilantro.

www.fronterafoods.com/recipes



Frontera Foods

Marinade
6 OZ
Select Varieties

\$2.29

Fire up signature dishes with authentic ingredients and seasonings to craft the ultimate in tenderness and taste.

Carbone
Pasta Sauce
24 OZ
Select Varieties

\$5.99

CARBONE

Red sauce created by award-winning chefs



MARIO'S ICONIC CHICKEN PARMIGIANA

INGREDIENTS

8 oz Carbone Marinara sauce
6 oz boneless skinless chicken breast
1/2 cup all-purpose flour
2 eggs beaten
4 oz Italian seasoned breadcrumbs
2 tbsp grated parmesan cheese
3 slices mozzarella
3 large basil leaves
1.5 cup canola oil



#COOKLIKECARBONE

INSTRUCTIONS

With a mallet, pound the chicken breast to 1/4 inch thick. Dredge the breast in the flour coating both sides, then dip in the egg mix and allow the excess to drip off. Finally, dredge the breast in the breadcrumbs and set aside.

Heat the oil in a pan and fry the cutlet on each side until golden brown. Remove to a towel-lined plate to allow the excess oil to be absorbed. Season with salt.

In a sauce pan heat Carbone Marinara Sauce on the stovetop; reduce to about 6 oz and hold hot. Place the cutlet in an oven-safe tray. Spread 2 oz of sauce evenly over the cutlet, then arrange the slices of mozzarella over the cutlet and sprinkle with parmesan cheese. Broil the cutlet until the mozzarella is melted.

Pour the remaining sauce into a serving dish. Transfer the cutlet and garnish with fresh basil.