

Dish

February 2023

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Fire Roasted Ghost Pepper Wings

3-4 lbs Whole chicken wings (approx 14)
12 oz Melinda's Ghost Pepper Wing Sauce
2 tsp Kosher salt

Marinate: In a large mixing bowl, add the wings, 2 tsp of kosher salt and 6 oz of Melinda's Ghost Pepper Wing Sauce. Mix until all wings are thoroughly and evenly coated. Transfer sauced wings to gallon zip-top bags and let marinate for 25 minutes at room temperature.

Cook: Heat the grill to 350° F. Once the wings have marinated, oil the grill surface and place the wings on the grill over direct heat. Grill wings for approximately 20-25 minutes flipping every 5 minutes. At 10 and 15 minutes, baste the wings with additional sauce (No brush. You can squeeze directly out of the bottle). The wings are fully cooked when they reach an internal temperature of 165°. Note: Depending on your grill and evenness of your heat source, your wings may finish at different times—using a meat thermometer to check for doneness is recommended.

Rest and Serve: Let wings rest for 3-5 minutes. Serve with a side of celery and Melinda's Ghost Pepper Wing Sauce for additional dipping if desired. Newbies may also want a glass of their preferred milk...

melindas.com



Melinda's

Wing Sauce
Select Varieties
12 OZ

\$4.49



Soda
Select Varieties
12 FL OZ
"Select Stores".....

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4/12 FL OZ.....

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Naturally Alkaline Spring Water
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Energy Drink
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Grain Free Chicken Veggie Nuggets

- 1 bag Siete Grain Free Sea Salt Tortilla Chips, finely crushed
- 1 lb. chicken breast
- 1 cup steamed vegetables (combination of carrots, cauliflower, & broccoli)
- 2 ½ tbsp. dried minced garlic
- 1 ½ tsp salt
- ¼ tsp black pepper

Oil for deep frying. Preheat a large deep skillet such as a cast-iron skillet) halfway with oil or deep fryer to 325 F. In a food processor, add chicken, vegetables, and seasonings. Blend until it becomes a fine puree. Stop and scrape the sides down along the way to puree vegetables as much as possible and mix thoroughly with the chicken. Use a cookie sheet or large platter to spread finely crushed tortilla chips. Using a tablespoon measurement, scoop out each nugget into a circle onto the chip crumbs. Press down gently to make a "nugget shape" and toss nuggets in chips to coat all sides. Repeat with the remaining mixture. Fry for 8-9 minutes until crispy and internal temperature is over 165 F. Serve with ketchup or favorite condiment.

sietefoods.com



Siete

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Mi Nina

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Quinn **NEW**

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\$4.49



Jerky Sticks
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2/\$4



Jerky
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2.5 OZ

\$5.99



Zero Sugar Jerky
Select Varieties
2 to 2.5 OZ

\$5.99



Crispy Roasted Chickpeas

3 cans chickpeas, drained
2 tablespoons olive oil
1 teaspoon Morton & Bassett Garlic Powder
1 teaspoon Morton & Bassett Cayenne Pepper
1 teaspoon Morton & Bassett Ground Cumin
1 teaspoon Morton & Bassett Chili Powder

Preheat oven to 375 F. In a large bowl, add chickpeas, olive oil, and spices. Toss well to combine. Dump spiced chickpeas onto a baking sheet and spread evenly. Bake for 35 minutes until crispy and golden brown. Enjoy!

mortonbassett.com

**Morton
& Bassett**

Seasonings
Select Varieties
1.3 to 2.3 OZ

\$7.99





Bono

Green Olives
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5.3 to 6.4 OZ

\$5.49



Yee-Haw

Pickles
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24 OZ

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Sauce Bae
Hot Sauce
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Pineapple Habanero
Hot Sauces Infused With Turmeric

PIZZA



WINGS



TACOS



GUAC



DIPS



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SEEN ON



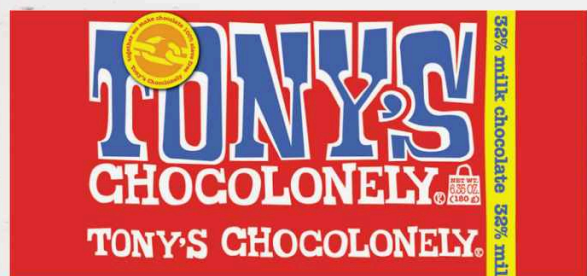
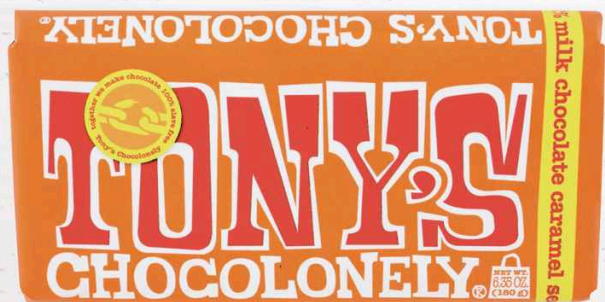
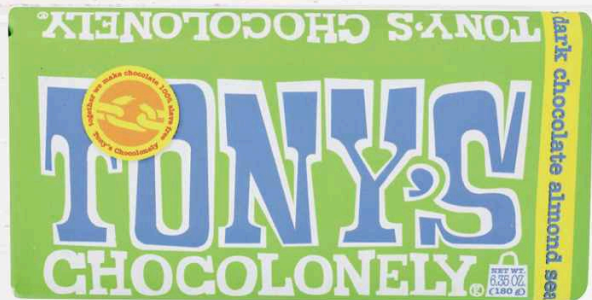
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Chocolate Bars
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Navy Hill

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4/8.45 Z

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Fruit Spread Linzer Cookies

12-14 tsp Crofter's Organic Fruit Spreads (Assorted)
 1 ¼ cup almond flour
 1 cup coconut flour
 1 tsp baking powder
 ½ tsp ground cinnamon
 1 tbsp lemon zest

½ tsp salt
 1/8 cup coconut oil
 3 tbsp almond milk
 ½ cup maple syrup
 powdered sugar (Garnish)



Crofters

Organic Premium
 Spread
 Select Varieties
 16.5 OZ

organic

\$4.99

Preheat the oven to 350F and line a baking tray with parchment paper. Set aside. Place the almond flour, coconut flour, baking powder, cinnamon, lemon zest, salt, coconut oil, almond milk, and maple syrup into a medium sized mixing bowl. Bring together using a spatula until a dough forms. Roll the dough out on a piece of parchment paper to about ¼ inch thick. Try and get the dough as even as possible. Use a Linzer cookie cutter to cut out your top and bottom cookie shapes. Place them on the prepared baking tray. Place the separated cookies in the oven and bake for 10-12 minutes or until golden brown. Remove from the oven and allow to completely cool. Once cooled, sprinkle the top halves of the cookies with powdered sugar and place 1 tsp of Crofter's Organic Fruit Spread into the center of the bottom cookie. Next, place the top half of the cookie on top and gently press down onto the fruit spread. Repeat until all cookies are used.

croftersorganic.com

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Organic almonds.
Filtered water.
Pinch of pink salt.
That's it.

Malk

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Malk
Select Varieties
28 FL OZ

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malkorganics.com



Avocado Toast

- 1 ripe avocado, peeled and pitted
- 2 tablespoons Cholula Original Hot Sauce, divided
- 2 slices hearty bread, toasted
- 2 fried eggs, cooked to your liking
- 1/4 cup prepared salsa

Mash avocado in small bowl. Add 1 tablespoon of the Hot Sauce, stirring until well blended. Spread avocado mixture evenly over 1 side of each piece of toast. Top with fried eggs and salsa. Drizzle with remaining Hot Sauce to serve.

www.cholula.com

Cholula

Hot Sauce
Original
5 FL OZ

\$4.49





Chickapea

Pasta
Select Varieties
8 OZ

organic

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Just Like Home

Pasta Sauce
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25 FL OZ

\$7.99



De Cecco

Pasta
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16 OZ

\$3.29



Rummo

Pasta
Select Varieties
1 LB

2/\$6

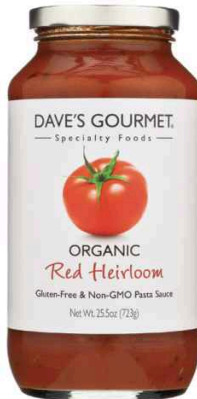
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Inglehoffer

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Cardini's

Dressing
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12 FL OZ

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Organic Heat & Eat Rice Pouch
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Rice or
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CARBONE AT HOME

from our award-winning chefs to your kitchen

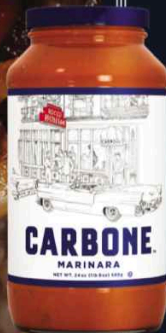
STEAK PIZZAIOLA

INGREDIENTS

- 16 OZ BONELESS RIBEYE STEAK
- KOSHER SALT
- BLACK PEPPER
- 2G SMOKED PAPRIKA
- 2G TOMATO POWDER
- 2 RED BELL PEPPERS, DESEEDED
- CUT INTO 3/4" STRIPS
- 1/2 WHITE ONION, CUT INTO 3/4" PETALS
- 1 SMALL GARLIC CLOVE CHOPPED
- 1 TABLESPOON DRIED OREGANO
- 2 OZ WHITE WINE
- PINCH OF DRIED ROSEMARY
- 1/2 C CARBONE MARINARA
- 2 TABLESPOONS EVOD
- CHILI FLAKE TO TASTE

DIRECTIONS

1. In a saute pan sweat the garlic and onions in the extra virgin olive oil until they are slightly softened.
2. Add the peppers, oregano, rosemary and chili flakes. Cook until the peppers begin to soften.
3. Add the wine and reduce it by one half. Add the Sauce, heat through and taste for salt and pepper.
4. Season the steak with salt and black pepper and grill to desired doneness. Allow the steak to rest and season lightly with paprika and tomato powder.
5. Once rested, reheat the steak quickly on the grill, slice as desired and top with the sauce.



visit our site for more recipes



Pasta Sauce
Select Varieties
24 OZ

\$6.99

Product claims are the responsibility of the manufacturer.

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