

In This Issue:

Recipe: Mini Lemon Curd Bundt Cakes

Recipe: Whole Roasted Cauliflower Alfredo

Recipe: Artichoke Mac & Cheese with Garlic and Herb







Mini Lemon Curd Bundt Cakes

Cooking Spray 2 1/2 cups all-purpose flour 1/2 tsp baking soda 1/2 tsp baking powder 1/2 tsp salt

1 cup butter, room temperature

2 cups sugar

4 large eggs

1 cup sour cream

1 jar Bonne Maman Lemon Curd

Preheat the oven to 350°F. Spray two mini bundt pans with cooking spray. In a large bowl, whisk together the flour, baking powder, baking soda and salt. In another large bowl, cream butter and sugar together until fluffy. Add eggs one at a time, beating well between each. Mix half of the dry ingredients into the wet ingredients, mix until combined, scraping down the sides of the bowl as needed. Add vanilla extract and mix well, and then add remaining dry ingredients and sour cream and mix until just combined. Fill each well of bundt pans to 2/3 full and bake for 16-18 minutes, or until a toothpick inserted into the thickest part of the cake comes out clean. Cool on a wire rack for 10 minutes before removing cakes from pan. Spoon or pipe 2 tbsp of Bonne Maman Lemon Curd into each mini bundt cake. Note that if the cakes or your curd are warm, the curd may fall through the hole - be sure to put these on a plate before adding the curd. Yield and cooking times may vary depending on size of mini bundt pans.

www.bonnemaman.us







Oat Haus

Granola Butter Select Varieties 12 OZ

NEW \$7.99



Bonne Maman

Preserves or Curd Select Varieties 12.7 to 13 OZ

\$3.99



Sweet Chaos

Drizzle Popcorn Select Varieties 5.5 OZ 2/\$7





Tony's Chocolonely

Chocolate Eggs 6.28 to 6.34 OZ "While Supplies Last" \$5.99





Swerve

Sweetener Confection Select Varieties 12 OZ \$5.99



Swerve

Cake or Cookie Mix Select Varieties 9.3 to 11.4 OZ \$6.49



Rodelle

Fair Trade Organic Pure Vanilla Extract 4oz

Rodelle

Vanilla Paste 4oz



www.rodellekitchen.com

Rodelle

Organic
Vanilla Extract \$1

\$12.99

Rodelle

Vanilla Pasta 4 OZ

\$16.99



Barnana

Organic Chewy Banana Bites Select Varieties 3.5 OZ

2/\$6



Karma Nuts

Mixed Nuts Select varieties

\$6.49



Made Good

Granola Bars Select Varieties 4.25 OZ

2/\$7



DARK CHOCOLATE

Kate's Real Food

Organic Energy Bars Select Varieties 2.2 OZ





Wasa Crispbread

Crispbread Select Varieties 9.5 to 9.7 OZ

2/\$7



Wasa Crispbread

Gluten Free Sesame + Sea Salt Crispbread 6.1 OZ

\$4.49







AloAllure Drink Select Varieties 16.9 FL OZ

2/\$4





Cheribundi

Juice Tart Cherry 32 FL OZ

\$8.49



Rowdy Energy

Energy Drink Select Varieties 16 FL OZ

2/\$4





Eternal Artesian Water

Alkaline Spring Water Original

2/\$4









Morton & Bassett

Brown
Mustard Seed \$3 99 1.50 OZ





Morton & Bassett

Madras Curry or Pizza 4.49 .80 to 1.10 OZ

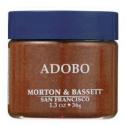




Morton & Bassett

Guaiillo Chile

or Hot Curry Spice \$4.99



Morton & Bassett

Adobo 1.30 OZ



Morton & Bassett

Yellow Curry 1.40 OZ

\$5.79



Morton & Bassett

Spices .6 to 2.3 OZ \$6.99



Clearly What Spices Should Be.



Morton & Bassett

Vanilla Powder 1.10 OZ



Morton & Bassett

Vanilla Extract \$



Morton & Bassett

Vanilla Extract \$17.99





Reese

Hot Pepper Jelly

\$3.29





Reese

Sauces Select varieties 7.5 FL OZ

\$3.99



Reese

Wild Rice

\$2.99



Reese

Sliced Hearts of Palm

2/\$7



Reese

Hearts of Palm

\$5.49



Reese

Quartered Marinated Artichoke Hearts

\$2.99

Artichoke Mac & Cheese with Garlic and Herb

16 ounces elbow macaroni pasta

4 cups milk

1 cup water

1/2 cup mayonnaise

1 packet Knorr's Garlic and Herb Sauce Mix

1 teaspoon kosher salt

1 cup Reese Quartered Artichoke Hearts, chopped

2 cups mozzarella cheese, grated

Optional: fresh parsley & chives

Add the macaroni pasta, milk and water to a large pot and cook on medium-high heat uncovered for 15 to 20 minutes, stirring frequently. Once the pasta is fully cooked, reduce the heat to low and add the mayonnaise, Garlic and Herb Sauce Mix and 1 teaspoon of salt. Stir to combine. Next, add the chopped Reese Artichoke Hearts and mozzarella cheese. Stir until the cheese has fully melted. Lastly, garnish the mac and cheese with some quartered Reese Artichoke Hearts and fresh herbs like parsley and chives.

reesespecialtyfoods.com











Maille

Mustard Select Varieties 7.3 to 8 OZ

2/\$5



Frontera Foods

Marinade Select Varieties 6 OZ

2/\$4



Crosse & Blackwell

Seafood Cocktail Sauce Select Varieties

2/\$4



Maille

Cornichons 13.5 FL OZ

\$4.99



4th & Heart

Ghee Select Varieties \$12.99





Magic Seasonings

Poultry Seasoning Select Varieties 2 to 7 OZ

2/\$7





Tony Chachere's

Rice Mix Select Varieties 8 OZ

2/\$5





Tony Chachere's

Seasoning Select Varieties 7 to 8 OZ

2/\$5





Tony Chachere's

Seasoning Blend \$4.69



Knorr's products are perfectly seasoned and add rich flavour that can turn any meal into something special.



Knorr
Chicken
Bouillon
7.9 OZ
\$2.99



KnorrSauce Mix
Select Varieties

.9 OZ

2/\$3



Knorr

Soup Mix Select Varieties 1.4 OZ

2/\$4



Knorr

Gravy Mix Select varieties .6 to 1.2 OZ

4/\$5



Knorr

Sauce Mix Select Varieties .5 to 1.6 OZ

2/\$3



Whole Roasted Cauliflower Alfredo

1 large head cauliflower (about 3 lbs.)

1/2 cup water

1/2 cup mayonnaise

1 package Knorr Alfredo Pasta Sauce Mix

1 Tbsp. plain dry bread crumbs

Preheat oven to 400°F. Remove leaves from cauliflower and cut out most of the core making sure head stays in one piece. Place in 8-inch baking dish with water. Cover tightly with foil. Roast 45 to 50 minutes until cauliflower is tender when pierced with tip of knife. Combine Mayonnaise and Knorr Alfredo Pasta Sauce Mix in bowl. Spread evenly on cauliflower. Sprinkle with bread crumbs. Roast uncovered 15 minutes or until browned.

www.knorr.com







Nutiva

Organic Virgin Coconut Oil Squeezable \$6.49



Nutiva

Organic Shortening
Original
15 OZ

\$6.99



Nutiva

Organic Coconut Oil
Buttery
14 FL OZ

\$6



Nutiva

Organic Coconut Oil
Virgin \$11.99



Holland House

Cooking Wine Select Varieties 16 FL OZ

\$3.49



Monari Federzoni

Balsamic Vinegar of Modena 16.9 FL OZ

\$3.49



Milkadamia

Pure Macadamia Oil 8.5 OZ

\$8.99



Nonna Pia's
Balsamic Glaze
8.45 FL OZ

\$6.99



Say buongiorno to creamy (& dairy-free!) risotto



Deliciously nutritious. Ridiculously quick.

With RightRice Risotto, you can enjoy a protein-packed, fiber-loaded bowl of risotto with way less carbs any night of the week. Available in three delicious, already seasoned flavors like Creamy Parmesan and Wild Mushroom, RightRice Risotto is easy to cook in just 12 minutes. It's Italian for amazing!











Family Farms

Rice Select Varieties 24 OZ



Jovial

Pasta Select Varieties 8 OZ



Delallo

Whole Wheat Pasta Select Varieties 1 LB

2/\$5



Delallo

Pasta Sauce Select Varieties 25.25 FL OZ

\$4.49 NEW



Dorot

Spices Select Varieties 2.5 to 2.8 OZ



Fullgreen

Riced Cauliflower Select Varieties 7.05 OZ



Tasty Bite

Heat & Eat Indian Cuisine Entree Select Varieties 10 OZ



Daiya

Cheezy Mac Select Varieties 10.6 to 10.8 OZ

\$4.49



Truff

Pasta Sauce Select Varieties 17 OZ





Truff

Hot Sauce \$12.99 6 OZ



Truff

Truffle Oil \$15.99 6 FL OZ

CARBONE

Red sauce created by award-winning chefs



Mario's Meatballs

INGREDIENTS

1 jar of Carbone Marinara

2 Tbsp extra virgin olive oil (plus more for garnish)

2 Tbsp chopped garlic

1/4 cup chopped parsley

1 yellow onion, diced-salt to taste

2 cups sturdy white bread, crusts mainly removed, cut into 1/4 inch cubes- stale bread is great

11/2 cups whole milk

2 pounds ground beef

1 pound sweet Italian sausage

1 pound ground veal

2 whole eggs

1 + 1/4 pound piece of Parmigiano-Reggiano, grated, plus more to garnish







#COOKLIKECARBONE

INSTRUCTIONS

Heat the oven to 300° F.

Heat a sauté pan over medium heat, and add the olive oil. After a minute, sweat the garlic until aromatic and almost softened, around 1 minute. Add the parsley, onions, and a large pinch of salt. Stir well, and cook until soft, about 10 minutes. Reserve.

Make the panade: Combine the bread and milk in a large bowl and toss. When the bread is completely saturated and softened, mush it together with your hands. Set aside.

In a large mixing bowl, combine beef, sausage, veal, eggs, onions, garlic, parmesan, a pinch of salt, and the panade. Mix, using your hands, until evenly combined. Portion into 3 1/2 ounce meatballs.

Heat a wide skillet over high heat. Coat the bottom of the pan with the neutral oil, and heat until shimmering. Working in batches, sear the meatballs until deeply brown on all sides, around 3 to 5 minutes per, making sure not to crowd the pan. Reserve the browned meatballs in a roasting pan.

Top the meatballs with Carbone Marinara sauce and slide the pan in the oven. Bake for 30 minutes, until the meatballs are just cooked through. Reserve, warm, until ready to serve. Serve meatballs three to a plate, garnished with a large spoonful or sauce, a drizzle of oil, and an additional sprinkling of cheese.





Cole's

Wild Mackerel

4.4 OZ

\$3.99





Smoked Rainbow Trout

\$5.99



Blue Dragon

Fish Sauce 5.07 FL OZ

2/\$5



Blue Dragon

Wrappers Spring Roll 4.7 OZ

2/\$5



Cole's

Smoked Mussels in Olive Oil 4 OZ

\$5.99



Cole's

Smoked Salmon in Olive Oil 3.2 OZ

\$6.99



Blue Dragon

Cantonese Egg Noodles 10.5 OZ

2/\$7



Blue Dragon

Sushi Nori .77 OZ

2/\$7



Cole's

Soup or Chowder Select Varieties 15 OZ 2/\$6



Blue Dragon

Stir Fry Sauce Select Varieties 3.4 to 3.8 FL OZ 10/\$10



Easy Thai Green Curry Stir Fry

½ can of light coconut milk

1 Tbsp vegetable oil

1 ½ Tbsp Blue Dragon Thai Green Curry Paste various veggies, all chopped garlic, minced

1 Tsp sugar

Blue Dragon

Thai Green Curry Paste 10.2 OZ \$2.99



Heat oil over medium heat in a saucepan. Add Blue Dragon Thai Green Curry Paste and garlic and sauté until garlic is golden. Add veggies in and sauté until tender. Once vegetables are crisp-cooked, add coconut milk slowly until desired consistency is reached. Taste sauce and add sugar as needed. Serve over rice.









Bulletproof

Cold Brew Coffee Select Varieties 8 FL OZ 2/\$5





Bulletproof

Collagen Protein Powder Select Varieties 14.3 OZ \$24.99

BULLETPROOF NUTRITION. REIMAGINED.









MIX IN HOT OR COLD DRINKS



FROM
PASTURERASIED COWS