

Dish

February 2022

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Recipe: Tahini Dressing

Recipe: Thai Red Curry Chicken

Recipe: Bolognese Pasta Sauce





Common Voice Coffee Co.
Coffee
12 OZ
Select Varieties
\$7.49



Good Citizen Coffee Co.
Coffee
12 OZ
Select varieties
\$9.99



Bob's Red Mill
Polenta or Flour
22 to 24 OZ
Select Varieties
\$3.99

GLUTEN FREE



Bob's Red Mill
Gluten Free
Potato Starch
22 OZ
\$4.49



Bob's Red Mill
Homestyle Pancake
& Waffle Mix
24 OZ
\$4.49



Bob's Red Mill
Gluten Free
Oatmeal Cup
1.81 to 2.36 OZ
Select Varieties
2/\$5



Bob's Red Mill
Gluten Free
Steel Cut Oats
24 OZ
\$6.49



Bob's Red Mill
Gluten Free
Rolled Oats
28 to 32 OZ
Select Varieties
\$6.99

Kate's Real Food

Bars
2.2 OZ
Select Varieties



2/\$4



Staying true to their roots:
making great-tasting food
using wholesome, organic
ingredients to fuel your
next great adventure.



Michel Et Augustin

Cookies
4.4 to 4.9 OZ
Select Varieties

\$3.99



Dewey's Bakery

Cookies
9 OZ
Select Varieties

NEW
\$3.99



Candy or Cookie Pop

Popcorn
5.25 OZ
Select Varieties

2/\$7



Evolved

Chocolate Bars
2.5 OZ
Select varieties

organic
2/\$7





Drinks and snacks for your **Game Day** tailgating



Rowdy Energy
Energy Drink
16 FL OZ
Select Varieties
2/\$4



Alo
Allure Drink
16.9 FL OZ
Select Varieties
2/\$4



Eternal Artesian Water
Alkaline
Spring Water
Original
1.5 LTR
2/\$3

DON'T BE SCARED. IT'S JUST WATER.

#DeathToPlastic

Liquid Death
Recycled
Mineral Water
16.9 FL OZ
Select Varieties
\$11.99 NEW





Country Archer

Jerky
2.5 OZ
Select Varieties

\$4.99

Country Archer

Mini
Beef Sticks
4 OZ

\$6.99



Siete

Tortilla Chips
5 OZ
Select Varieties

\$4.49



Whisps

Cheese Crisps
2.12 OZ
Select Varieties

2/\$7



Mi Nina

Corn
Tortilla Chips
12 OZ
Select Varieties

\$3.99

**Do your
food a flavor!**

Southern African PERi-PERi chilies
blended with lemons, spices and garlic.



Nando's

Peri Peri Sauce
9.2 OZ
Select Varieties **\$3.99**



PERi-PERi Hot Honey Wings

Ingredients:

- 1 lbs fresh chicken wings
- 1 tsp salt
- 2 tbsp Nando's PERi-PERi sauce
flavor of your choice
- 3/4 cup honey
- 1 tsp ground black pepper
- 1/4 cup chopped cilantro, garnish

Directions:

1. Pat dry the chicken wings, sprinkle all sides with salt then add to a resealable bag. Add the honey and PERi-PERi to the bag and shake until wings are coated. Marinate for 30 mins.
2. Gas grill aim for 400 degrees. Add the chicken wings to the grill, reserving the marinade.
3. Cook for approximately 30 mins until the internal temp reaches 165 degrees. Turn frequently and baste continuously with leftover marinade from the bag.
4. Put the cooked wings on a platter and sprinkle with cilantro.



Cholula

Hot Sauce
5 FL OZ
Select Varieties

2/\$6



Siete

Hot Sauce
5 OZ
Select Varieties

\$4.99

Chinese New Year 2022



Year of the **TIGER**



Mother In-Law's
Gochujang
Garlic Chile Paste
9 OZ

\$7.49



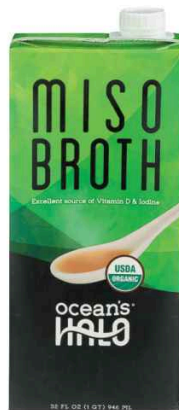
Mother In-Law's
Gochujang
Chile Paste
10 OZ

\$8.49



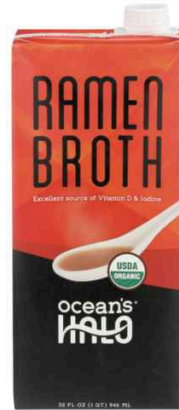
Ocean's Halo
Organic
Noodles
6.3 to 8.4 OZ
Select Varieties

\$2.99



Ocean's Halo
Organic
Broth
32 FL OZ
Select Varieties

2/\$7



Ocean's Halo
Organic Big Bowl
of Noodles
4.02 OZ
Select varieties

2/\$7



San-J
Gluten-Free
Tamari
Soy Sauce
10 FL OZ

\$2.99



San-J
Tamari Lite
Soy Sauce
50% Less Sodium
10 FL OZ

\$3.49



Mr Lee's Noodles
Rice Noodle Cup
2.08 to 2.31 OZ
Select Varieties

\$3.99



Ka'me
Fried Rice
8.8 OZ
Select Varieties

NEW
2/\$6



Ka'me
Rice Crackers
3.5 OZ
Select Varieties

2/\$6



Ka'me
Rice Sticks
8 OZ

2/\$6



Ka'me
Sauce
Oyster
7.1 FL OZ

2/\$7



Ka'me
Mustard
Hot Prepared
7.25 OZ

2/\$6



Ka'me
Oil
Sesame
5 to 7 FL OZ

\$5.49



Ka'me
Straw
Mushrooms
15 OZ

\$4.49



Ka'me
Rice Noodles
10.6 OZ
Select Varieties

2/\$6



Ka'me
Chinese
Stir-Fry Sauce
3 OZ

2/\$4

Ka'me
Stir Fry Noodles
14.2 OZ
Select Varieties

2/\$6





Ginger People
100% Organic Juice
Ginger
5 FL OZ

\$4.99

organic



Blue Dragon
Fish Sauce
5.07 FL OZ

2/\$5



Blue Dragon
Wrappers
Spring Roll
4.7 OZ

2/\$5

Ginger People
Organic Ginger
6.7 OZ
Select Varieties

\$3.99

organic



Blue Dragon
Sushi Nori
.77 OZ

2/\$7



Blue Dragon
Cantonese
Egg Noodles
10.5 OZ

\$3.69



Thai Kitchen
Coconut Milk
13.66 FL OZ
Select varieties

2/\$6



Blue Dragon
Stir Fry Sauce
3.4 to 3.8 FL OZ
Select Varieties

10/\$10



BLUE DRAGON.

Thai Red Curry Chicken

- 1 Tbsp. Vegetable oil
- ¼ jar Blue Dragon Thai Red Curry Paste
- 1 can coconut milk
- 2 chicken breasts, thinly sliced
- 1 eggplant- cut into quarters lengthways, then thinly sliced

Heat the oil in a pan and fry the Blue Dragon Thai Red Curry Paste for 2 minutes. Add the Coconut Milk and mix with the curry paste. Once the coconut milk is hot, add the chicken and eggplant and cook until tender. Serve immediately over steamed rice.



Blue Dragon

Curry Paste
9.9 to 10.2 OZ
Select Varieties

\$2.69





Michael's Of Brooklyn
Sauce
16 OZ
Select Varieties
\$4.99



Mezzetta
Pasta Sauce
24 OZ
Select Varieties
\$5.99



Maya Kaimal
Indian Marinade
4 OZ
Select Varieties
\$2.99



Maya Kaimal
Rice
8.5 OZ
Select Varieties
2/\$5
organic



Maya Kaimal
Chili Sauce
9.5 OZ
Select Varieties
\$4.49



Maya Kaimal
Indian
Simmer Sauce
Butter Masala
12.5 OZ
\$4.49



Tasty Bite
Organic Heat & Eat Rice Pouch
8.8 OZ
Select Varieties
2/\$5
organic



De Cecco
Pasta
16 OZ
Select Varieties
2/\$5



Lundberg
Organic Risotto
5.5 OZ
Select Varieties
\$2.99
organic

Good
FROM THE
GRAIN UP

Lundberg

Rice
2 LB
Select Varieties

\$7.49

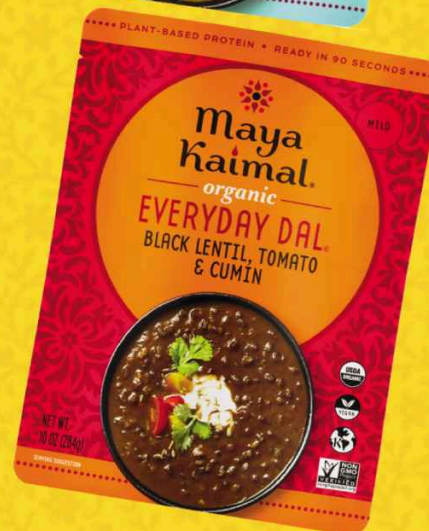
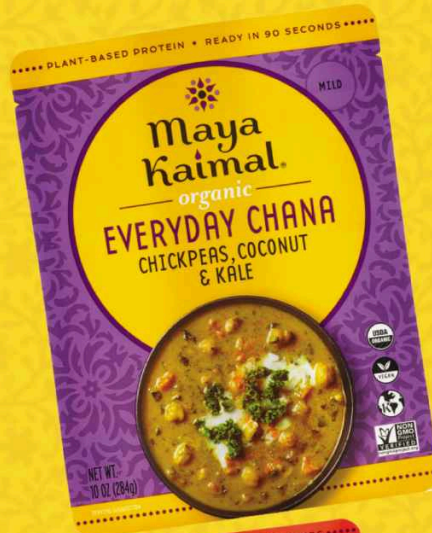


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HEALTHY EATING MADE EASY

Maya Kaimal
Everyday
Chana or Dal Meals
10 OZ
Select Varieties 

2/\$7



Your shortcut to delicious & nutritious
Indian meals in minutes

 **Maya Kaimal**
INSPIRED INDIAN FOOD



Daiya
Frozen Pizza
13.47 to 16.7 OZ
Select Varieties
\$7.99



Daiya
Dairy Free Dressing
8.36 FL OZ
Select Varieties
\$4.49



Daiya
Cheesy Mac
10.6 to 10.8 OZ
Select Varieties
\$4.49



Daiya
Burrito
5.6 OZ
Select Varieties
\$3.99

Miyoko's Creamery

Organic
Vegan Butter
8 OZ
Select Varieties

\$5.49



Feel Good Foods
Egg Rolls
9 OZ
Select Varieties
\$5.99



Feel Good Foods
Uncured
Pepperoni Bites
Cauliflower Crust
7 OZ
\$5.49



Feel Good Foods
Egg Pockets
8 OZ
Select Varieties
\$4.49



Feel Good Foods
Gluten Free
Potstickers
Chicken
10 OZ
\$6.49



Feel Good Foods
Bites
7 to 8 OZ
Select Varieties
\$5.49

PLANT BOSS®

Bolognese Pasta Sauce



Plant Boss

Meatless Crumbles

3.35 OZ

Select Varieties

\$4.49

NEW
organic

- 1- 3.35 oz. package Plant Boss All-Purpose Plant Crumbles
- 2 Tbsp. olive oil
- 1 cup diced onion
- 2 Tbsp. minced celery
- ½ cup minced carrot
- 3 cups vegetable stock
- 1 Tbsp. soy sauce
- ¼ cup tomato paste
- 15 oz. can tomato sauce
- Fresh parsley

In a 4-quart stockpot, sauté onion, carrot, and celery in oil for 3-5 minutes. Add stock, soy sauce, tomato paste, tomato sauce, and crumbles with seasoning. Bring to a boil, reduce heat and simmer for 15 minutes. Stir occasionally. Top with fresh parsley.

www.plantboss.com



**Meat has
met its match!**

Easy to prepare. Packed with protein.
And so delicious you'll hardly believe
Plant Boss is plant-based.



Ziyad

Chick Peas
15.5 OZ

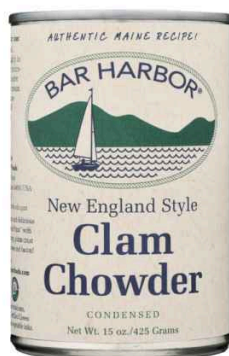
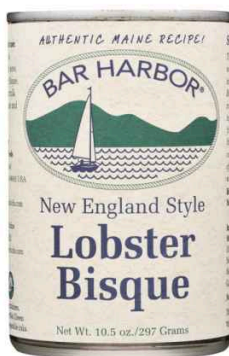
\$2.49



Mary's Gone Crackers

Organic Crackers
6.5 OZ
Select Varieties

2/\$9



Bar Harbor

Bisque or Chowder
10.5 to 15OZ
Select Varieties

BOGO

Buy One Get One Free



TAHINI
dressing

1/3 cup Ziyad Brand Tahini

• 1 lemon, juiced (3 Tbsp)

• 1 clove garlic, finely
minced

• 1/2 teaspoon Ziyad Brand
cumin

• 3-6 Tbsp Water to thin

• Salt to taste

Trick: Tahini will clump
together before it gets
smooth again. Therefore
you want to add the water
slowly to thin dressing out.

Ziyad
Tahini
16 OZ

\$6.99



Inglehoffer
Mustard
9.5 to 10.25 OZ
Select Varieties

2/\$6



Inglehoffer
Horseradish
3.75 to 4 OZ
Select Varieties

\$1.79



Inglehoffer
Chopped
Garlic Cloves
4 OZ

2/\$5



Morton & Bassett

Spices
1.3 to 2.3 OZ
Select Varieties

\$6.99



Beaver
Mustard
12.5 to 13 FL OZ
Select Varieties

2/\$7



Frontera Foods
Sauce
8 OZ
Select Varieties

2/\$4



Wild Garden
Marinade
6 OZ
Select Varieties

\$3.29



Natierra
Pink Salt
Grinder
3 OZ

\$4.49



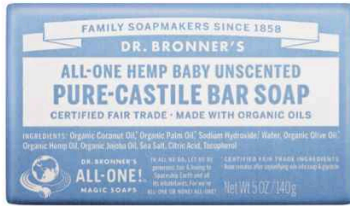
Natierra
Himalania
Pink Salt
Flakes
4 OZ

\$6.99



Natierra
Pink Salt
Fine
10 OZ

\$7.99



Dr. Bronner's

Bar Soap
5 OZ
Select Varieties

2/\$7



Dr. Bronner's

Tooth Paste
5 OZ
Select Varieties

\$4.49



Dr. Bronner's

Pure-Castile Liquid Soap
16 FL OZ
Select Varieties

\$7.99

18-IN-

**THE ORIGINAL ALL-ONE MAGIC SOAP!
BODY, HANDS, LAUNDRY, PETS, MORE!**

