



PRODUCE DEPOT

fresher than fresh!

SPECIALS IN EFFECT NOV 15 - 21, 2017



Golden Pineapples
Product of Costa Rica

2/\$5



Raspberries
Product of Mexico

2/\$5



Asparagus
\$2.99
/Lb

Product of Mexico



Orange or Yellow Peppers

99¢
/Lb

Product of Canada/Mexico



Kale

89¢
/ea.

Product of U.S.A.



Spanish Persimmons

\$1.29
/ea.

Product of Spain



Romaine Hearts

2/\$5

Product of U.S.A.



Fuji Apples

\$1.29
/Lb

Product of U.S.A.

FRESH FEATURE BOX



Carleton Mushroom
Portabella

\$3.99
/Lb

VEGGIE LASAGNA STUFFED PORTABELLA MUSHROOMS

DIRECTIONS

1. Preheat the oven to 400F. Spray a baking sheet with oil.
2. Gently remove the stems, scoop out the gills and spray the tops of the mushrooms with oil, season with 1/8 tsp salt and fresh pepper.
3. Heat a large nonstick saute pan over medium heat, add oil, onion, garlic and red pepper and season with 1/8 tsp salt. Cook until soft, 3 to 4 minutes. Add the baby spinach and saute until wilted, about 1 minute.
4. In a medium bowl add the ricotta, parmesan cheese and egg, mix well.
5. Add the cooked vegetables and basil and mix.
6. Stuff the mushrooms with ricotta mixture and top each with 2 tbsp marinara, 2 tbsp mozzarella.
7. Bake in the oven for 20 to 25 minutes. Garnish with basil and enjoy!



INGREDIENTS

- 1 teaspoon olive oil
- 2 loose cups baby spinach, chopped
- 3 cloves chopped garlic
- 1/3 cup chopped onion
- 1/3 cup chopped red bell pepper
- kosher salt
- 3/4 cup part skim ricotta
- 1/2 cup grated parmesan cheese
- 1 large egg
- 4 large basil leaves, chopped
- 4 large portabella mushroom caps
- 1/2 cup marinara sauce
- 1/2 cup part skim shredded mozzarella



BUTCHER SHOP

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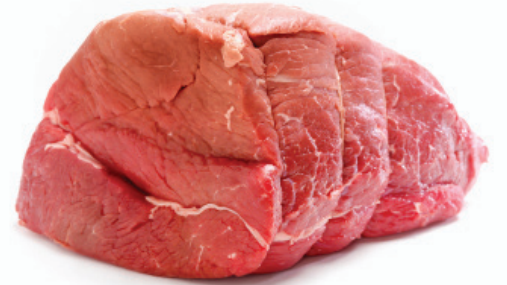
Fresh Pork
Picnic Shoulder

\$1.09 /Lb
2.40kg



Fresh Medium
Ground Beef

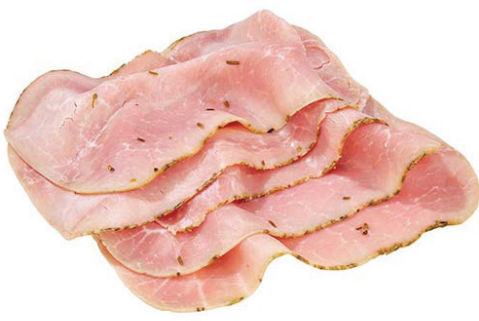
\$2.99 /Lb
6.59/kg



Boneless
Inside
Round Roast

\$3.99 /Lb
8.80/kg

DELI



Mastro Oven Roasted
Blood Orange & Fine
Herb Ham

\$1.89
/100g



Fontaine
Santé Hummus

Selected Varieties

\$3.29
/260g



Signature Foods
Fresh Salsa

Hot or Mild

\$3.99
/400g

SEAFOOD



Fresh Atlantic
Salmon Roasts

Product of Canada

\$5.99 /Lb
13.21kg



Fresh Scottish
and Norwegian
Salmon Fillets

26.43kg

\$11.99 /Lb
26.43kg



Fresh Boston
Mackerel

4.39/kg

\$1.99 /Lb
4.39/kg

GROCERY GOODS



Damafro
Yogurt

Plain Varieties

2/\$5
625g



Cott
Soft Drinks

Assorted Varieties

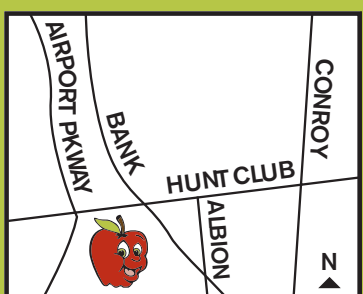
\$3.99
12x355mL



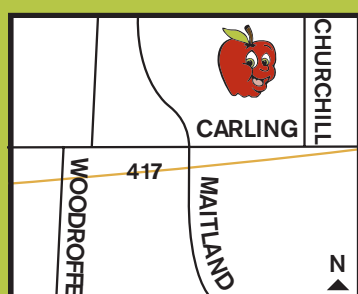
Shake'n Bake

Assorted Varieties

2/\$5
142-184g



2446 Bank & Hunt Club
613.521.9653



1855 Carling @ Maitland
613.722.6106



DID YOU KNOW?

We all know how versatile mushrooms can be in the kitchen, but portabella mushrooms are especially versatile when it comes to your health. While being low in fat and calories, these fungi are one of the only natural sources of Vitamin D, and are a great source of copper, selenium, Vitamin B6 and Niacin. Do your body a favour and cook some up tonight!

For facts, recipes and more, visit our website! producedepot.ca

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STORE HOURS: MONDAY TO FRIDAY: 8AM-9PM ;SAT: 8AM-7PM ; SUN: 8AM-6PM

We reserve the right to limit quantities. Products not exactly as shown. While quantities last.

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