

FRESHER than FRESH

WHAT'S FOR DINNER?

Sweet Potato & Lamb Valentine's Day Dinner See recipe on pg.2



79¢

113 SIZE

Seedless California Navel Oranges PACKED WITH FLU FIGHTING VITIMIN C!

\$149

Hothouse Tomatoes

\$129

Bunch Spinach

Lemons

4/99¢

JUMBO ROMAINE HEARTS

\$299

Avocados

Jumbo Cantaloupes

79¢

Curly or Italian
Parsley
Product of U.S.A.

LOADED WITH
HEART-HEALTHY
MONOUNSATURATED
FATTY ACIDS!

AndyBoy Romaine Hearts \$199 3 pkg

\$199

Dry Shallots
Product of Canada



Fresh Mint



Cooked Beets





GROCERY & Deli







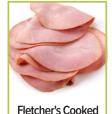
Clover Leaf Skipjack Tuna



Piller's Love Salami



Tre Stelle Deluxe Mozzarella



Regular Ham

Sweet Potato & Lamb Dinner

Ingredients

1 pound ground or minced lamb shoulder or leg 2 large onions, quartered and thinly

2 Tbspns fresh ginger, minced or

1 medium clove garlic, minced

8 cups fresh kale, finely chopped 6 cups sweet potatoes, cut in to 1 inch cubes

2 cups chicken stock or water

3 Tbspns extra virgin olive oil Sea salt and white pepper to taste

Prepare all the vegetables by chopping and have ready. Heat olive onlin a medium non stick large size braising pot or skillet. Sauté onion, garlic, ginger and lamb in olive oil over medium heat for about 5 minutes, stirring frequently. Add garam masala, mixing well for about half a minute. Add chicken stock or water and stir in sweet potatoes and kale. Simmer on medium low heat covered for about . 15 minutes, stirring occasionally, or until lamb, potatoes and kale are nder. Season with salt and pepper. Makes 6 servings.

