



79¢
/ea

Bunched Radishes
Product of Canada



\$1.99
/Lb

Sweet Red Peppers
Product of Canada



99¢
/ea

Leeks
Product of Canada



\$2.99
/ea

Golden Pineapples
Product of Costa Rica



\$1.99
/ea

Cauliflower
Product of Canada



\$1.99
/Lb

White Flesh Peaches
Product of U.S.A.



\$1.29
/Lb

Royal Gala Apples
Product of U.S.A.

BUTCHER & Seafood



\$1.09
/Lb 2.40/kg

Fresh Chicken Leg Quarters



\$4.49
/Lb 9.90/kg

Boneless Sirloin Tip Oven Roast



Fresh Wild Caught Halibut Fillets

\$19.89
/Lb 43.85kg

\$19.89
/Lb 43.85kg

Fresh Wild Caught Swordfish Steaks



GROCERY & Deli



Ammerlander Swiss Cheese

\$1.79
100g



Assorted Brandt Salami

\$2.69
100g



Campbell's Broths
Assorted Varieties

2/\$5
900mL



Astro Yogurt
Assorted Varieties

\$3.99
12x100g

WHAT'S FOR DINNER?

Italian Winter Cauliflower

Ingredients

- 1 medium head of cauliflower
- 1 medium to large sweet red pepper diced
- 2 medium ripe tomatoes coarsely chopped
- 1 medium onion coarsely chopped
- 1/3 cup of chicken broth or water
- 1/2 cup black olives sliced
- 4 Tbsp extra virgin olive oil
- Sea salt and freshly ground black pepper to taste

Instructions

Wash the cauliflower and cut into medium sized florets or pieces. In a large pot steam the cauliflower 9 to 10 minutes or just until tender, drain this and set aside. In a saucepan heat olive oil slightly and add the red pepper, onion and tomatoes. Stir fry quickly for about 3 to 4 minutes. Add the chicken broth or water and bring to a boil over moderate heat. Cover pan and cook, stirring, about three minutes or until peppers are almost tender. Add cauliflower and olives and toss to coat. Cover pan and continue to cook, stirring, 2 to 3 minutes or until cauliflower is fork tender. Season with salt and pepper. Makes 4 servings.

