



99¢
/Lb

Zucchini
Product of Mexico

2/\$3
170g

Blackberries
Product of Mexico



Royal Gala Apples
Product of Canada

\$1.29
/Lb



Celery
Product of Canada

89¢
/ea



\$1.49
/Lb

Bartlett Pears
Product of U.S.A.



99¢
/ea

Leeks
Product of Canada



\$1.69
/ea

Broccoli
Product of Canada

BUTCHER & Seafood

Boneless Inside Round Roast

\$3.99
/Lb
8.80/kg



\$4.49
/Lb
9.90/kg

Fresh Pork Back Ribs



\$3.99
/Lb
8.80/kg

Wild Caught Mackerel

Wild Caught Large Sea Scallops

\$22.99
/Lb
50.68/kg



GROCERY & Deli



Signature Foods Mild or Hot Salsa **\$3.99**
400g



Balderson Sliced Cheese **\$3.99**
Assorted Varieties 140g



Liberté Greek Yogurt **\$3.99**
Assorted Varieties 500g



Dempster's White or Whole Wheat Bread **2/\$5**
675g

WHAT'S FOR DINNER?

Leek Frittata

Ingredients

- 4 medium to large leeks, well rinsed, dried, sliced
- 2 Tbsp extra virgin olive oil
- 2 Tbsp butter
- 8 eggs
- 1/3 cup plain yogurt or milk
- 1 Tsp lemon rind, finely grated
- Pinch dried oregano
- 1/2 Tsp fresh rosemary, finely chopped fresh rosemary
- 1 cup grated Monterey Jack or your favourite melting cheese

Instructions

In a cast iron or other ovenproof skillet, sauté the leeks in 1 Tbsp of each butter and olive oil until soft and beginning to brown. Remove with a slotted spoon. Beat eggs with yogurt or milk and seasonings. Stir in the leeks. Melt the remaining butter with the remaining olive oil in the pan and pour in the egg mixture. Cook over medium heat about 5 minutes until underside is golden. Sprinkle cheese on top and place under the broiler for a few minutes until the frittata puffs and browns. Cut into wedges and serve. Makes 4 to 6 servings.

