



Zucchini
Product of Mexico

99¢
/Lb



\$1.49
/Lb

Royal Gala Apples
Product of U.S.A.



\$1.29
/ea

Romaine Lettuce
Product of U.S.A.



39¢
/ea

Lemons
Product of Spain



Asparagus
Product of Mexico

\$1.49
/Lb



Roma Tomatoes
Product of Mexico

89¢
/Lb



Clementines
Product of Spain

\$1.99
/Lb

BUTCHER & Seafood



Sirloin Tip Oven Roast

\$4.49
/Lb
9.90/kg

\$2.99
/Lb
6.59/kg

Boneless Pork Loin Chops or Roast



Tuna Steaks
Previously Frozen

\$7.99
227g

\$9.99
/Lb
22.02/kg

Argentinean Shrimp Pieces
Frozen or Previously Frozen

GROCERY & Deli



\$1.69
/100g



\$1.49
/100g



\$2.49
600g



\$3.99
12x100g

WHAT'S FOR DINNER?

Roast Asparagus & Feta Salad

Ingredients

- 2 bunches of fresh asparagus spears, washed and trimmed
- ½ cup almonds, chopped (optional)
- ¼ cup extra virgin olive oil
- Juice of 1 lemon
- Mixed salad greens enough for four
- 1½ cups feta cheese, crumbled
- ¾ cup pitted kalamata olives
- 2 red bell peppers, roasted and sliced into thin lengths
- 1 Tablespoon red onion, finely chopped
- Sea salt and freshly ground black pepper

Instructions

Toss the asparagus and almonds in 2 tablespoons of the olive oil. Lightly sprinkle with salt and place on a baking tray. Cook in a preheated oven at 400 F for 12 – 15 minutes. Remove from the oven and allow to cool. In a mixing bowl, combine the lemon juice, pepper and remaining olive oil and red onion. Add the mixed salad greens, olives, roasted peppers and cooled asparagus and gently toss together. Transfer to a serving dish, sprinkle with the feta cheese. Makes 4 servings.

