



69¢
/ea

Red Grapefruit
Product of U.S.A.



\$1.49
/Lb

Bartlett Pears
Product of Argentina



\$3.99
4Lb Box

Clementines
Product of Morocco



99¢
/Lb

Green and White Zucchini
Product of Mexico



99¢
/Lb

Cluster Tomatoes
Product of Canada



\$1.49
/Lb

Green Peppers
Product of U.S.A.

2/99¢

Green Onions
Product of Mexico

BUTCHER & Seafood



\$4.99
/Lb
11.00/kg

Sirloin Tip Marinating Steak

\$4.99
/Lb
11.00/kg

Fresh Extra Lean Ground Beef



\$7.99
227g

Tuna Steaks
Previously Frozen

\$3.99
/Lb
8.80/kg

Fresh Wild Caught Whole Pickerel
Product of Canada

GROCERY & Deli



Piller's Toppings **\$4.99**
Assorted varieties 175-250g



Agropur Havarti Cheese **\$3.39**
Assorted varieties 200g



Liberté Greek Yogurt **\$3.29**
Assorted varieties 4x100g



Betty Homestyle Bread **\$2.49**
White or Whole Wheat 600g

WHAT'S FOR DINNER?

Stuffed Zucchini Boats

Ingredients

4 medium zucchini
2 Tbsp olive oil, divided
Salt and pepper to taste
1 lb ground beef
1 Tbsp minced garlic
1 cup chopped yellow onion
1 (14.5 oz) can diced tomatoes, drain off
1 - 2 Tbsp liquid
2 tsp Italian seasoning
2/3 cup panko breadcrumbs, divided
1/2 cup shredded mozzarella
2/3 cup finely shredded parmesan cheese, divided
1 1/2 Tbsp chopped fresh parsley

Instructions

Preheat oven to 400 degrees. Spray a 13 by 9-inch baking dish with non-stick cooking spray. Using a spoon, scoop centers from zucchini while leaving a 1/4-inch rim on all sides to create boats. Drizzle with 1 Tbsp olive oil, then season with salt and pepper. Bake in preheated oven for 15 minutes.

Meanwhile heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add onion and saute for 3 minutes. Add garlic and then beef to brown. Remove from heat and stir in tomatoes, 1/3 cup panko bread crumbs and Italian seasoning. Sprinkle 1/3 cup parmesan over zucchini boats, then divide filling among each. In a small mixing bowl stir together the mozzarella cheese, remaining 1/3 cup parmesan and remaining 1/3 cup panko bread crumbs. Sprinkle mixture over zucchini boats and bake in preheated oven until tender, about 10 - 15 minutes. Sprinkle with parsley and serve warm.

