



99¢
/ea

Celery
Product of Canada



\$2.99
/Bag

10Lb Beets
Product of Canada

CHECK IT OUT!
MAKE IT TONIGHT!
RECIPE
BELOW
produce depot.ca



\$1.79
454g

Sweet Mini Peppers
Product of Mexico



3/99¢

Lemons
Product of South Africa



\$1.99
/ea

Cauliflower
Product of Canada



\$1.99
/Lb

Seedless Red Grapes
Product of U.S.A.



2/\$5

Golden Pineapples
Product of Costa Rica

BUTCHER & Seafood



\$2.29
/Lb
5.05/kg

Fresh Whole or Half Chicken



\$5.99
/Lb
13.21/kg

Boneless Stewing Beef



\$7.99
227g

Wild Caught Tuna Steak
Previously frozen



CLEANING EXTRA

\$3.99
/Lb
8.80/kg

Wild Caught Whole Mackerel
Previously frozen

GROCERY & Deli



Mini Babybells
Regular or Light

\$4.29
6x20g



Brandt Oven Roasted Chicken

\$1.99
100g



Dempster Grain Breads
Selected varieties

\$2.49
600g



Astro Yogurt
Selected varieties

2/\$5
650-750g

WHAT'S FOR LUNCH?

Roasted Beet Salad

Ingredients

- 1/4 – 1/2 cup extra virgin olive oil
- 1 Tbsp apple cider vinegar
- 1 Tsp garlic, minced
- 7 medium beets, scrubbed
- 1 cup water
- 2 Tbsp capers, drained
- 3/4 cup Feta cheese crumbled (about 3 ounces)

Instructions

Preheat oven to 375° F. Whisk oil, vinegar and garlic in small bowl to blend. Season dressing generously with salt and pepper. Arrange beets in single layer in a 13 x 9 inch baking dish; add 1 cup water. Cover; bake until beets are tender when pierced with knife, about 1 hour and 15 minutes. Peel beets while warm. Cut beets in half and slice thinly. Transfer to large bowl. Mix in capers and 1/4 cup dressing. Season with salt and pepper. Arrange beets in center of platter, sprinkle with feta. Drizzle with any remaining dressing. Makes 4 servings.

