




Roma Tomatoes
Product of Mexico

99¢ /Lb



Canary Melons
Product of Brazil

SUPER DEAL!

\$2.99 /ea



Royal Gala Apples
Product of USA

\$1.69 /Lb



Red Florida Grapefruit
Product of USA

89¢ /ea



Clementines
Product of Morocco

\$4.99 /5Lb



10lb PEI Potatoes
Product of Canada

\$3.99 /Bag

PRODUCE OF CANADA

CHECK IT OUT!
MAKE IT TONIGHT!
RECIPE BELOW
producedepot.ca



Red, Orange & Yellow Peppers
Product of Mexico

\$1.99 /Lb

BUTCHER & Seafood



Boneless Pork Loin Chops or Roast

\$2.99 /Lb (6.59/kg)



\$5.99 /Lb (13.21/kg)

Boneless Top Sirloin Steak



Fresh Pacific Sole Fillets

\$8.99 /Lb (19.82/kg)



Wild Caught Argentinean Shrimp Pieces

\$10.99 /Lb (24.23/kg)

PREVIOUSLY FROZEN

GROCERY & Deli



Brandt Black Forest Ham

\$1.69 100g



Ammerländer Swiss Cheese

\$1.99 100g

Product of Germany



Betty Super Moist Bread

\$2.29 675g

White or Whole Wheat



Astro Yogurt

\$3.99 12x100g

Assorted Varieties

WHAT'S FOR DINNER?

Dinner in a Potato

Ingredients

- 4 large potatoes or 6 medium ones
- 2 cups of sliced fresh mushrooms
- 2 Tbsp butter or extra virgin olive oil
- 1/4 cup finely diced celery
- 1/2 cup chopped onion
- 1/2 cup coarsely chopped red bell pepper
- 1 lb sirloin steak, thinly sliced
- 1/2 cup broccoli florets
- 1/2 cup snow peas
- 2 Tbsp apple juice or beef stock
- 1 Tsp cornstarch
- 2 Tbsp water

Instructions

Preheat the oven to 400 F and bake the potatoes until done. Keep them warm. Sauté the mushrooms, celery, onions, red pepper and garlic in butter in a large frying pan. Stir-fry for about 3 to 4 minutes. Stir in steak, sauté until tender. Add the broccoli and snow peas. Cook for another 3 minutes; add the remaining ingredients. Cook and stir until heated. Cut the baked potato into quarters, lengthwise. Spoon vegetables and meat over potatoes. Serves 4.

