



\$1.69 /Lb

Cluster Tomatoes
Product of Canada

\$2.99 /ea

Large Golden Pineapples
Product of Costa Rica/Honduras



\$1.49 /Lb

Gala Apples
Product of USA



\$1.79 /Lb

Green Peppers
Product of USA



\$1.29 /Lb

Seedless California Navel Oranges
Product of USA



99¢ /Lb

Eggplant
Product of USA



\$1.29 /ea

Kale
Product of USA

BUTCHER & Seafood

Boneless Inside Round Steak or Roast

\$5.99 /Lb
13.21kg



\$3.49 /Lb
7.69kg

Boneless Pork Loin Chops or Roast



\$8.99 /Lb
19.82kg

Tilapia Fillets

Argentinean Pink Shrimp Pieces

\$11.99 /Lb
26.43kg

GROCERY & Deli



\$2.49 100g

Assorted Gustav Gouda Cheeses



\$2.49 100g

Cuddy Oven Roasted Turkey Breast



\$2.99 650-750g

Astro Yogurt
Selected Varieties



\$2.49 600g

Betty 14 Grain or Sunflower Bread

WHAT'S FOR DINNER?



Easy Eggplant Pasta

Ingredients

- 2 firm eggplants about 12 oz. each
- 1 sweet red pepper, cut into strips
- 1 medium onion, cut into large chunks
- 1/3 cup extra virgin olive oil
- 1 tsp sea salt
- freshly ground black pepper to taste
- 1 (500 gm) package of dried pasta such as penne or rotini or rigatoni
- 2 cloves garlic, minced
- 3 anchovy fillets, chopped (optional)
- 1/2 tsp hot pepper flakes
- 3/4 cup Italian flat leaf parsley, chopped
- 2 tbsp dry white wine (OR 3 tbsp of the pasta cooking water and 2 tsp freshly squeezed lemon juice)
- 1/2 cup fresh Romano or Pecorino cheese, grated

Instructions

Pre-heat the oven to 450° F. Peel the eggplants and cut them into 3/4 -inch cubes. Place them in a bowl and toss with half of the olive oil, sea salt and black pepper. Add the red pepper strips and onion and toss again. Spread the tossed vegetables on a lightly oiled rimmed baking sheet and roast in oven for about 25 minutes, stirring twice. Cook vegetables and eggplant until golden. In large pot of boiling salted water, cook pasta until al dente, according to package instructions; reserving 1/2 cup of the cooking liquid, drain. Meanwhile, in a large skillet, heat remaining olive oil over medium heat; add garlic, anchovies (if using), hot pepper flakes, 1/2 cup of the parsley and stir fry quickly until garlic is fragrant but not coloured; about 2 minutes. Add the cooked eggplant, red pepper and onion along with wine. Cook the mixture stirring often, until eggplant and vegetables are softened but not falling apart; about 4 to 5 minutes. In a serving bowl, add the eggplant and vegetables, drained cooked pasta, Romano cheese, remaining parsley and reserved cooking liquid; toss thoroughly to mix. Makes 4 to 6 servings.