



FRESHER
than FRESH

SIGN UP to WIN \$100

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Raspberries

Product of Mexico

\$2⁹⁹

/170g

Roma
Tomatoes

Product of Mexico

\$1²⁹

/Lb

Cantaloupes

Product of Honduras

\$2⁹⁹

/ea

Zucchini

Product of Mexico

SUPER DEAL!

99¢

/Lb



Red Delicious Apples

Product of USA

\$1⁴⁹

/Lb

Romaine
Lettuce

Product of USA

\$1⁴⁹

/ea

\$1⁹⁹

/Lb

Brussel Sprouts

Product of Mexico

BUTCHER & SEAFOOD

Fresh Pork Tenderloin

\$3⁴⁹

/Lb
7.69/kg



\$4⁴⁹

/Lb
9.90/kg

Fresh Lean
Ground Beef

Wild Caught Squid

\$7⁹⁹

/Lb
17.61/kg

\$11⁹⁹

/Lb
26.43/kg

Wild Caught
Cod Fillets

U3
SIZE

PREVIOUSLY
FROZEN

GROCERY & DELI



Assorted
Havarti Cheeses

\$1⁹⁹

/100g



Cuddy Sundried
Tomato & Basil
Turkey Breast

\$2⁴⁹

/100g



Betty Super
Moist Bread

White or Whole Wheat

\$2⁶⁹

675g



Beatrice Sour Cream

Assorted Varieties

\$2⁴⁹

500ml

WHAT'S FOR DINNER?



Enjoy the
recipe online!

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 1/4 cup olive oil, then season with salt and pepper. Bake in preheated oven for 15 minutes.

Meanwhile heat 1/4 cup 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.



SPECIALS IN EFFECT MAR. 1 - MAR. 7, 2023

We reserve the right to limit quantities. Products not exactly as shown. While quantities last.

BANK ST. LOCATION: 2446 Bank & Hunt Club | 613.521.9653
MON TO FRI: 8AM-8PM SAT: 8AM-7PM SUN: 8AM-6PM

CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
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