



Avocados
Product of Mexico

SUPER DEAL!

89¢
/ea

Hot House Tomatoes
Product of Canada

\$1²⁹
/Lb

Bartlett Pears
Product of USA

\$1⁴⁹
/Lb

Mini Cucumber Package
Product of Canada

\$1⁹⁹
Pkg 6

Green or Red
Leaf Lettuce
Product of USA

\$1⁴⁹
/ea

Spanish Persimmons
Product of Spain

\$1⁴⁹
/ea

Asparagus
Product of Mexico

\$2⁹⁹
/Lb

BUTCHER & SEAFOOD

Fresh Chicken
Leg Quarters

\$1⁷⁹
/Lb
\$3.95/kg

\$6³⁹
/Lb
\$14.08/kg

Boneless Inside
Round Roast

Wild Caught
Pacific Sole Fillets

\$9⁹⁹
/Lb
\$22.02/kg

\$3⁹⁹
/Lb
\$8.80/kg

Wild Caught
Whole Mackerel

GROCERY & DELI

Garlic King
Garlic Spread

\$5⁴⁹
200g

Assorted Cheerios

\$4⁹⁹
342-430g

Cuddy's Oven
Roasted Turkey
Assorted Varieties

\$2⁵⁹
/100g

Campbell's Broth
Assorted Varieties

2/\$5
900ml

WHAT'S FOR DINNER?



Enjoy the
recipe online!

Layered Avocado Bake

Ingredients

1 stalk celery
1 medium carrot
2 green onions
1 tbsp butter
Sea salt and freshly ground black pepper to taste
1 tsp Worcestershire sauce
3 tbsp low fat plain yogurt
3 tbsp finely ground walnuts
1 tbsp fresh lemon juice
1/2 tsp pure maple syrup (you can use honey)
1 small clove garlic
2 medium ripe avocados
3/4 cup of your favourite seasoned tomato sauce
1 tbsp fresh basil, finely chopped
extra lemon juice for the avocados

Instructions

Preheat oven to 300° F. Thinly slice the carrots and celery. Dice the green onions very finely. In a medium non-stick frying pan, melt the butter over medium heat and lightly sauté the vegetables for five minutes, or until soft. Season with sea salt and freshly ground black pepper to taste. Set aside and cover to keep warm. Use a food processor and blend the yogurt, Worcestershire sauce, walnuts and lemon juice. Add the maple syrup or honey and garlic. Process these ingredients until they are blended and become a smooth paste with a slightly runny consistency. Slice each avocado into quarters. Brush all sides with lemon juice to prevent browning. Place on a tray lined with parchment paper and bake in pre-heated oven for about 8 to 10 minutes. While the avocado is baking, heat the tomato sauce. Meanwhile, heat two plates so they are warm. Spoon the warm, cooked carrots, celery and green onion mixture evenly into the centre of each plate, spreading them around to form a circle about 10 cm in diameter. Drizzle with some of the creamy yogurt sauce. Top with some of the fresh basil. Place a slice of avocado on each bunch of mixed vegetables and spoon about a teaspoon of the yogurt sauce over them. Repeat with remaining avocado slices until each plate has 4 slices stacked on them. Top each plate with some warm tomato sauce and drizzle remaining yogurt sauce over the tomato sauce. Garnish with a sprig of fresh basil and serve warm. Makes 2 servings.



SPECIALS IN EFFECT NOV. 29 - DEC. 5, 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
MON TO SAT: 8AM-7PM SUN: 8AM-6PM