



Mini Sweet Peppers
Product of Mexico

SUPER DEAL!

\$2.99
/454g



\$1.99
/ea

Zucchini
Product of Mexico

\$1.49
/lb

Pink Lady Apples
Product of USA

\$1.29
/lb

Broccoli
Product of USA

Cluster Tomatoes
Product of Canada

\$2.49
/lb

Clementines
Product of Morocco

\$1.99
/lb

Lychee
Product of Madagascar

\$2.99
/lb

BUTCHER & SEAFOOD

Boneless
Eye of Round Roast

\$5.99
/lb
\$13.21/kg



\$3.99
/lb
\$8.80/kg

Breaded Pork
Loin Schnitzel

Basa Fillets

\$5.99
/lb
\$13.21/kg

\$9.99
/lb
\$22.02/kg

Fresh Tilapia
Fillets

PREVIOUSLY
FROZEN

GROCERY & DELI

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 Tbsp olive oil, then season with salt and pepper. Bake in preheated oven for 15 minutes.

Meanwhile heat 1 Tbsp 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.



Fontaine Santé
Hummus

\$5.49
/454g



Ammerlander
Swiss Cheese

\$2.49
/100g



Lactantia
Cream Cheese
Selected Varieties

\$2.99
/227-250g



Betty
Homestyle Bread
White or Whole Wheat

\$2.99
/600g



SPECIALS IN EFFECT FEB. 21 - FEB. 27, 2024

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

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