



Spanish Onions

Product of USA

SUPER DEAL!

79¢
/lb



Hothouse Tomatoes

Product of Canada

\$1.79
/lb



CHECK IT OUT!
MAKE IT TONIGHT!
RECIPE BELOW
produce depot.ca



Bartlett Pears

Product of Argentina

\$1.69
/lb



Ontario Strawberries

Product of Canada

2/\$5
340g



Zucchini

Product of Mexico

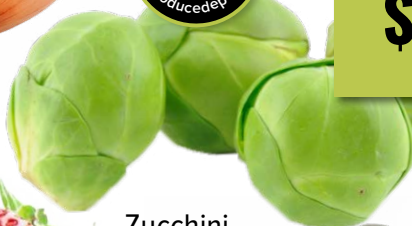
\$1.49
/lb



Brussel Sprouts

Product of Mexico

\$1.69
/lb



\$3.99
/pint

Blueberries
Product of USA

BUTCHER & SEAFOOD

Boneless Sirloin Tip Steak or Roast

\$6.99
/lb
\$15.41/kg



\$3.99
/lb
\$8.80/kg

Breaded Pork Loin Schnitzel

Wild Caught Tuna Loin Steaks

\$16.99
/lb
\$37.46/kg



\$8.99
/lb
\$19.82/kg

Wild Caught Lake Trout Fillets
Product of Canada

PREVIOUSLY FROZEN

GROCERY & DELI

WHAT'S FOR DINNER?



Enjoy the recipe online!

Mediterranean Brussels Sprouts

Ingredients

- 4 cups brussels sprouts, *cleaned and washed*
- 1 cup baby carrots
- ½ cup sweet red pepper, *diced*
- 1 cup walnut halves or almond halves
- 6 to 8 sundried tomatoes
- ¼ cup fresh Italian flat leaf parsley, *washed and chopped*
- 4 tbsp of extra virgin olive oil
- 2 tbsp of extra virgin olive oil
- 2 cloves garlic
- Sea salt and freshly ground black pepper to taste

Instructions

In a medium pot, bring water to boil. Wash the brussels sprouts and baby carrots well. Cut the sprouts and carrots in half. Add the brussels sprouts and carrots to the boiling water and cook just until fork-tender, drain and set aside. In a small bowl, drizzle 2 tablespoons of the olive oil over the sundried tomatoes to soften them. Crush the garlic cloves in a garlic press and set aside. In a big saucepan, sauté the walnut halves in the remaining olive oil until fragrant. Then add the crushed garlic and diced red pepper and continue to sauté until the garlic is creamy. Chop softened tomatoes into bite-size pieces and add, together with olive oil, to saucepan. Add the parsley, steamed brussels sprouts and carrots and toss well to combine. Season with sea salt and freshly ground black pepper. Makes about 6 servings.



Mastro Oven Roasted Rosemary or Tuscan Style Ham **\$2.29**
/100g



Edam Semi-Hard Cheese **\$2.29**
/100g



Betty Super Moist Bread **\$2.69**
White or Whole Wheat /675g



Beatrice Sour Cream **\$2.79**
Assorted Varieties /500ml