

Dish

April 2019

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happy
EASTER!

See page 2 for this Blueberry and Mustard
Glazed Ham and look for other great
recipes throughout this issue
of Dish!

.7 oz.
 4th & Heart
 Madagascar Vanilla Bean Ghee Butter... **2.49**

.7 oz.
 4th & Heart Original Ghee Butter..... **1.69**

5 fl. oz.
 4th & Heart Ghee Oil Spray **9.79**

9 oz.
 4th & Heart
 Garlic or Original Ghee Butter..... **10.99**



Selected Varieties; 6.3 oz.
 Enjoy Life
 Ricemilk Crunch
 Chocolate Minis
7.49 **GLUTEN FREE**



Selected Varieties; .6 to 1.2 oz.
 Knorr
 Gravy Mix
1.49



Selected Varieties; 12 fl. oz.
 Brianna's
 Home Style
 Dressing
3.29



Selected Varieties; 32 fl. oz.
 Kitchen Basics
 Organic Stock
4.29



Selected Varieties; 8.5 to 9 oz.
 Crosse
 & Blackwell
 Chutney
3.99



Selected Varieties; 12 oz.
 Crosse
 & Blackwell
 Seafood Sauce
2.49



Selected Varieties; 16 fl. oz.
 Holland House
 Cooking Wine
3.49



Selected Varieties; 6 fl. oz.
 Frontera
 Marinade
2.29





All items priced with VIC Savings Card



Selected Varieties; .6 to 2.7 oz.

Morton & Bassett Spices or Seasonings.....**6.99**



.14 or 2.7 oz.

Morton & Bassett Bay Leaves or Ground Cinnamon.....**7.99**

Blueberry and Mustard Glazed Ham

- 1/2 jar Bonne Maman Wild Blueberry Preserves
- 1/2 jar Maille Original Whole Grain Mustard
- 1/4 cup Gerolsteiner Sparkling Apple Drink
- 8 lb. fully cooked, spiral sliced ham

Prepare glaze by mixing together blueberry preserves, whole grain mustard and apple drink together. Brush mixture on top of the ham. Place ham in oven and cook according to directions, basting with glaze every 20 minutes. Once ham is done, place on a large serving platter and garnish.

Selected Varieties; 13 oz.

Bonne Maman Preserves

4.79

Selected Varieties; 7.5 to 8 oz.

Maille Mustard

3.69

25.3 fl. oz.

Gerolsteiner Sparkling Apple Drink

1.79



Are you ready for the FINALS?



Selected Varieties; 5 to 5.25 oz.
Old London Melba
Toasts or Snacks

2.99



Selected Varieties; 16.9 fl. oz.

Fever-Tree
Beverages

2.99

Selected Varieties; 4 oz.
Joyfuls
Chocolate Treats

2/\$7



Selected Varieties; 3.5 oz.
Barnana
Chewy Organic
Banana Bites

3.99



Selected Varieties; 4.76 to 8.8 oz.

Dare
Crackers

2/\$5



Selected Varieties; 7 oz.

Bhuja
Snacks

2/\$6



Selected Varieties; 4.2 oz.

Made in Nature
Figgy Pops
Super Snacks

5.29



Selected Varieties; 2.7 to 3.4 oz.

Bare Fruit
Dried Fruit Chips

4.29



Spinach Avocado Dip

- 2 avocados
- 8 oz. spinach
- 1 garlic clove
- 2 Tbsp. lemon juice
- 1 tsp. cumin
- 1 cup tomatoes
- Old London Melba Toasts or Snacks
- salt and pepper to taste

Add avocados, spinach, garlic, lemon juice and cumin to a blender or food processor. Pulse on high until all ingredients are incorporated. Season with salt and pepper. Mix in chopped tomatoes and serve with Old London® Melba Toasts or Snacks.

Courtesy of www.oldlondonfoods.com



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Selected Varieties; 9.5 to 9.7 oz.

Wasa
Crispbread
2.99



Selected Varieties; 15.7 to 16.7 oz.

Daiya
Deliciously Dairy-Free
Pizza
7.99



6/600 mL.

Eternal
Artesian Water
2/\$10



Selected Varieties; 5.3 oz.

Walkers
Shortbread Cookies
3.99



1 oz.

Tate's Bake Shop
Tiny Chocolate Chip
Cookies
4/\$5



7.05 oz.

Vicenzi
Ladyfingers
1.99



All items priced with VIC Savings Card

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better for cooking, better for you

5 fl. oz.
Thrive Culinary Algae Oil
Cooking Oil Spray **6.99**

16.9 fl. oz.
Thrive Culinary Algae Oil
Cooking Oil **11.99**



Selected Varieties; 1 lb.
Delverde
Pasta
2/\$4

Selected Varieties; 17.5 oz.
De Cecco
Gnocchi
3.49

Selected Varieties; 25 oz.
The Jersey Tomato Co.
Pasta Sauce
6.49

Selected Varieties; 25 fl. oz.
Paesana
Pasta Sauce
4.99

14 oz.
Nature's Earthly
Choice Organic
Italian Pearled Farro
5.29 

Selected Varieties; 25 oz.
Emeril's
Pasta Sauce
4.49

Selected Varieties; 7 fl. oz.
Saffron Road
Simmer Sauce
2.49



All items priced with VIC Savings Card





Mike's Hot Honey Chicken Wings

- 3 lbs. chicken wings
- 1/2 cup Mike's Hot Honey plus extra for drizzling
- 1/3 cup soy sauce
- 2 Tbsp. canola oil
- 2 tsp. salt
- 1 tsp. garlic powder
- 1 tsp. Worcestershire sauce

In a saucepan, combine honey, soy sauce, oil, salt, garlic powder, and Worcestershire sauce. Cook on low heat and stir until blended and heated through. Cool to room temperature. Marinate chicken wings in honey mixture for at least 4 hours. Drain and discard marinade. Place wings on a greased pan and bake, uncovered, at 375° for 30 minutes. Turn wings. Bake 20 to 25 minutes longer. Drizzle liberally with Mike's Hot Honey, toss and serve.

Courtesy of www.mikeshothoney.com

12 oz.
Mike's Hot Honey
Infused with Chilies

8.79



3.5 oz.
Crosse & Blackwell
Capers

4.29



13.5 fl. oz.
Maille
Cornichons

5.99





All items priced with VIC Savings Card

Selected Varieties; 24 oz.
Maple Grove Farms
Pancake or Waffle Mix

4.29



Selected Varieties; 10 oz.
Barney Butter
Almond Butter

8.99



Selected Varieties; 10 oz.
Dickinson's
Preserves or Curd

3.59



Selected Varieties; 5.3 oz.
Brown Cow
Cream Top Yogurt

79¢



Selected Varieties; 8.8 oz.
Illy
Ground Coffee

13.99



Selected Varieties; 10 ct.
Illy
K-Cup Coffee

10.99

10 oz.
Nature's Earthly Choice
Organic Milled Flax Seed

4.99



Selected Varieties; 14.5 to 17.9 oz.
Foodstirs
Baking Mix

3.99



2 fl. oz.
Madecasse
Madagascar
Vanilla Extract

11.49



3 ct.
Madecasse
Madagascar
Vanilla Beans

23.99



18 oz.
Bob's Red Mill
Muesli

4.29



Selected Varieties; 1.81 to 2.5 oz.
Bob's Red Mill
Gluten Free Oatmeal

2.29

GLUTEN FREE



24 oz.
Bob's Red Mill
Organic Steel Cut Oats

3.99



32 oz.
Bob's Red Mill
Organic Extra Thick
Rolled Oats

4.99

