In This Issue:
Recipe: Baked Ziti
Recipe: Garden Greek Orzo Salad
Recipe: Shawarma Crispy Roasted Chickpeas
Original Sangrita

1/4 cup fresh orange juice
1/4 cup fresh grapefruit juice
2 tablespoons fresh lime juice
20 pomegranate seeds
3 fresh cilantro
1/2 stalk celery
3 teaspoons smoked coarse sea salt or sal de gusano, divided
1 tablespoon Cholula Original Hot Sauce
ice

Place all ingredients except salt in blender container, with about 1 cup ice cubes. Puree until smooth. Strain twice though a fine mesh sieve, discarding any solids. Rim shot glasses with sea salt. Serve sangrita cold in rimmed shot glasses alongside your favorite tequila.

Cholula
Hot Sauce
Select Varieties
5 FL OZ
2/$7
<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
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<tr>
<td>Shaka</td>
<td>Tea, Select Varieties, 14 FL OZ</td>
<td>2/$4</td>
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<tr>
<td>Owen's Craft Mixers</td>
<td>Transfusion Mix, 4/8.5 FL OZ</td>
<td>$5.99</td>
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<tr>
<td>Master Of Mixes</td>
<td>Cocktail Mixer, Select Varieties, 59.2 FL OZ</td>
<td>$7.99</td>
</tr>
<tr>
<td>Goodpop</td>
<td>Frozen Pops, Select Varieties, 4/2.75 to 4/9 OZ</td>
<td>$4.99</td>
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4505
Chicharrones Fried Pork Rinds 2.25 OZ

Pipcorn
Cheese Balls Select Varieties 4.5 OZ

Spudy's
Sweet Potato Fries Select Varieties 4 OZ

Mi Nina
Corn Tortilla Chips Select Varieties 12 OZ

Moon Cheese
Moon Cheese Select Varieties 2 OZ "While Supplies Last"

Terra Chips
Vegetable Chips Select Varieties 5 to 6 OZ

Yee-Haw Pickle Company
Pickles Select Varieties 24 OZ

Weber
Grill Spray 6 OZ

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Maple Grove Farms
Fat Free Dressing
Select Varieties
8 FL OZ
2/$5

Wild Garden
Marinade
Select Varieties
6 OZ
2/$6

Lillie’s Q
Barbeque Sauce
Select Varieties
16 to 20 OZ
$5.99

Avocado Oil Dressing & Marinade
Select Varieties
8 FL OZ
$5.99

Mayo
Select varieties
8 to 12 FL OZ
$7.99

Organic Avocado
Coconut & Safflower Oil
16.9 FL OZ
$8.49

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- Corn or Rice Flour Select Varieties 22 to 24 OZ: $3.99

- Vegetable Protein 12 OZ: $4.49 gluten free
- Organic Steel Cut Oats 24 OZ: $4.99 organic
- Gluten Free Potato Starch 22 OZ: $4.99 gluten free
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- Soup Mix Select Varieties 26 to 29 OZ: $5.49
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- Steel Cut or Extra Thick Rolled Oats 24 to 32 OZ: $6.99
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Back-to-School is just around the corner & we have lunch covered

Barney Butter
Almond Butter Select Varieties 10 OZ
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Peanut Free Spread Creamy 17.6 OZ
$4.99

Miyoko's Creamery
Organic Vegan Butter Select Varieties 8 OZ
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Once Again
Peanut Butter Select Varieties 16 OZ
$6.99

Once Again
Almond Butter Creamy 16 OZ
$10.99

Strawberry PB&J Pillows
Recipe @ croftersorganic.com
Beetology
Organic Juice
Select Varieties
8.45 FL OZ
2/$5

High Key
Mini Cookies
Select Varieties
2 OZ
BOGO
Buy One Get One Free

Slate Milk
Shelf Stable Milk
Select Varieties
11 FL OZ
2/$4

Love Good Fats
Keto Bar
Select Varieties
1.38 OZ
3/$5

Giving
Organic Juice Boxes
Select Varieties
20.28 FL OZ
3/$5

Muddy Bites
Waffle Cone Snack
Select Varieties
2.33 OZ
“While Supplies Last”
$3.99

Sierte
Grain Free
Tortilla Chips
Sea Salt
6 CT
$8.49
Simple Mills
Cookies or Bars
Select Varieties
5.5 to 5.99 OZ
$4.99

Simple Mills
Crackers
Select Varieties
4.9 OZ
$6.49

Simple Mills
Pancake & Waffle Mix
Select Varieties
10 to 10.7 OZ
$7.99
Our Favorite Season is Pumpkin Season

Goodie Girl
Pumpkin Pie
Sandwich Cookies
10.6 OZ

$5.49

Bonne Maman Pumpkin Spice Spread Waffles

INGREDIENTS:
2 cups sifted all purpose flour
4 tsp. baking powder
1 tsp. salt
2 cups whole milk
4 eggs, separated
1 cup melted butter
⅛ cup Bonne Maman Pumpkin Spice Spread

DIRECTIONS:
Stir together dry ingredients in a medium sized bowl.
Stir together egg yolks, milk, melted butter, and pumpkin spread in a second bowl and gently stir into the dry mix.
Whip egg whites to stiff peaks and gently fold into the batter. Prepare waffles in a waffle maker.
Top with a dollop of Bonne Maman Pumpkin Spice Spread.

For more delicious recipes, visit
www.bonnemaman.us

Bonne Maman
Pumpkin Spice Spread
13 OZ

$4.99
Mr Lee's Noodles
Rice Noodle Cup
Select Varieties
2.08 to 2.31 OZ
2/$7

Cipriani New York
Pasta
Select Varieties
8.82 OZ
$6.99

Cipriani New York
Pesto
Al Basilico
4.59 OZ
$7.49

Daiya
Burrito
Select Varieties
5.6 OZ
$4.29

Daiya
Cheezy Mac
Select Varieties
10.6 to 10.8 OZ
$4.49

Daiya
Gluten-Free Pizza
Select Varieties
13.47 to 16.7 OZ
$8.49
Naked Crust Pizza
6 OZ
$7.99

Pizza
Select Varieties
10.82 to 12 OZ
$8.99

Gnocchi
12 OZ
$8.99

Not just making the first-ever almond flour pizza and pasta. Cappello’s is making them a thing. An uncompromisingly delicious grain-free thing.

Pasta
Select Varieties
8 to 9 OZ
$8.99
Shawarma Crispy Roasted Chickpeas

2 15.5 oz cans of Ziyad Brand Chickpeas
2 Tbsp Sultan Olive Oil
salt to taste
2 tsp shawarma spice
1 tsp sumac

Preheat to 400°F. Rinse the chickpeas under cold water and drain well. Pat the chickpeas very dry with a clean dishtowel or paper towels. Spread the chickpeas out in an even layer on a parchment lined baking sheet. Drizzle with olive oil and sprinkle with spices and salt. Toss gently until combined. Roast the chickpeas for 20 to 30 minutes, shaking the pan halfway through the roasting. Cook until crispy on the outside, and soft in the middle, 20 to 30 minutes. Enjoy warm out of the oven or chickpeas will gradually lose their crispiness as they cool. They become deliciously chewy when cooled. Oven roasted chickpeas make for a great snack, but you can toss them with your salads or sprinkle over soup.

www.ziyad.com
Garden Greek Orzo Salad

3 tablespoons sweet balsamic-style vinegar
1 tablespoon lemon juice
sea salt grinder
freshly ground black pepper
1/4 cup extra virgin olive oil

Salad:
1 (15.5-ounce) can chickpeas, drained
1/2 cup kalamata olives, chopped
1 large yellow bell pepper, cut into 1/2-inch pieces
2 large tomatoes, chopped
1 cucumber, quartered lengthwise then sliced
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh oregano
1 (1-pound) package DeLallo Orzo, cooked and cooled

To create dressing, combine vinegar, lemon juice, salt and pepper in a mixing bowl. Whisk together to incorporate. Introduce oil in a steady stream while whisking. Set aside. In a large serving bowl, combine chickpeas, olives, bell pepper, tomatoes, cucumbers and fresh herbs. Toss with cooled orzo. Add dressing and mix well to coat. Salt and pepper to taste.

www.delallo.com

Authentic Italian Foods Since 1950

Pasta
Select Varieties
16 OZ

2/$6

Pasta Sauce
Select Varieties
25.25 FL OZ

$5.99
YOU LOOK HUNGRY

BAKED ZITI

INGREDIENTS
- 34OZ CARBONE MARINARA, PLUS ADDITIONAL FOR SERVING
- 8OZ FRESHLY GRATED PARMESAN
- 2OZ ZITI
- 42OZ FRESH MOZZARELLA
- 2 TBSP EVOO TO GREASE PAN
- BASIL TO GARNISH

DIRECTIONS
- Preheat oven to 350° F.
- Finely chop mozzarella or process in batches in a food processor.
- Bring a large pot of water to a boil and season with salt to taste. Blanch the ziti for 1/2 the time stated on the box. Strain and toss in a bowl with a drizzle of EVOO. Over medium heat, combine 1.5 jars of Carbone Marinara with the grated parmesan cheese until fully blended; about 5 minutes. Remove from heat. Once cooled, add the pasta to the sauce mixture; mix evenly.
- Oil a 12"x10"x2" baking pan. Line the pan with parchment paper, and oil again. Lay half of the pasta mixture into the pan. Follow with half of the mozzarella, spread evenly over the pan. Add the remaining pasta mixture and pack tightly. Finish with the remaining mozzarella. Wrap the pan tightly in foil and bake for 25 minutes. Allow the pan to rest for 15 minutes before removing the foil. Finish quickly under the oven broiler to the desired color. Serve with additional heated sauce and garnish with basil.

SERVES: FOUR

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