



3 DAY SALE!

FEBRUARY 28 - MARCH 2



\$8.88

COASTAL SEAFOOD COOKED SHRIMP

Peeled & Deveined, 16/20 ct.
Farm Raised - Indonesia, 16 oz.
SAVE \$4.11



\$6.99 LB.

CREEKSTONE FARMS USDA CHOICE BLACK ANGUS BEEF BONELESS TOP SIRLOIN STEAK **SAVE \$4.00 LB.**

\$1.99

SIMPLY JUICE 52 oz. All Varieties Excluding Orange Juice **SAVE \$1.00**

\$6.99 LB.

SAHLEN'S TURKEY & HAM

DIETZ & WATSON CHEDDAR CHEESE Sharp Cheddar, Buffalo, Garlic, Horseradish, Hot Pepper **SAVE \$3.00 LB.**



\$3.88

BUSCH'S K-CUPS OR CLASSIC COFFEE 12 ct, 10-12 oz. - Limit 3 **SAVE \$3.11**



\$5.00

BUSCH'S BAKEHOUSE CHOCOLATE DIPPED PEANUT BUTTER COOKIES 9 ct. **SAVE \$1.99**

\$11.99

FRESH TULIPS 20 Stem **SAVE \$7.00**



2/\$4

NABISCO CHIPS AHOY! COOKIES 8.1-13 oz. Must buy 2, limit 2 **SAVE \$4.38**



.77¢

STARKIST CHUNK LIGHT TUNA 5 oz. - Limit 6 **SAVE .68¢**

\$2.88

DEAN'S COUNTRY FRESH ICE CREAM 48 oz. - Limit 3 **SAVE \$2.61**



CHICKEN AND BLUEBERRY SALAD WITH LEMON POPPY SEED DRESSING

PREP TIME	COOK TIME	TOTAL TIME	SERVES
20 MINUTES	10 MINUTES	30 MINUTES	4

INGREDIENTS:

- 1/2 CUP SLICED ALMONDS
- 1/2 CUP POPPY SEED DRESSING (WE RECOMMEND BRIANNAS RICH POPPY SEED DRESSING)
- 1 1/2 TABLESPOONS FRESH LEMON JUICE
- 1 TEASPOON LEMON ZEST
- 1.25 LB. BONELESS SKINLESS CHICKEN BREAST
- 3 ROMAINE HEARTS
- 1 MEDIUM AVOCADO, PEELED, PITTED & DICED
- 1/2 SMALL RED ONION, THINLY SLICED
- 1 CUP FRESH BLUEBERRIES

DIRECTIONS:

1. HEAT OVEN TO BAKE CHICKEN BREAST, SEASON, AND THEN COOK UNTIL INTERNAL TEMPERATURE REACHED 165°. IN LARGE SKILLET, COOK ALMONDS OVER MEDIUM HEAT 5 MINUTES OR UNTIL LIGHTLY BROWNED AND FRAGRANT, STIRRING FREQUENTLY; TRANSFER TO PLATE TO COOL.
2. IN MEDIUM BOWL, STIR DRESSING, LEMON JUICE AND ZEST; COVER AND REFRIGERATE.
3. TRANSFER TO COOKED CHICKEN CUTTING BOARD AND SLICE.
4. DIVIDE ROMAINE, AVOCADO, ONION, BLUEBERRIES, ALMONDS AND CHICKEN OVER 4 PLATES; SERVE WITH DRESSING.

NUTRITION

APPROXIMATE NUTRITIONAL VALUES PER SERVING (1 SALAD):

430 CALORIES	632MG SODIUM
21G FAT	30G CARBOHYDRATES
4G SATURATED FAT	10G FIBER
83MG CHOLESTEROL	35G PROTEIN



SHOP THE RECIPE



\$2.99 FRESH BLUEBERRIES
1 pt.
SAVE \$2.00

\$1.99 FRESH ROMAINE HEARTS
3 ct.
SAVE \$3.00

