

# back to school values

**Maranatha Organic Almond Butter \$1889**  
 Reg. \$26.19 16 oz.  
 Roasted Creamy or Crunchy; Raw Creamy.



**Almond Butter \$539**  
 No Stir Reg. \$7.39 12 oz. Creamy or Crunchy; Honey Creamy.

**Raw Almond Butter \$889**  
 Unsalted Reg. \$12.29 16 oz.

**Roasted Almond Butter \$929**  
 Unsalted Creamy Reg. \$12.29 16 oz.

**Organic Almond Butter \$1929**  
 Crunchy Roasted Reg. \$26.19 16 oz.



**Pacific Foods Organic Soup \$319**  
 Reg. \$4.29-4.62 32 oz.  
 Curried Red Lentil, French Onion, or a great array of Original or Low Sodium Creamy Soups.

**Santa Cruz Organic Peanut Butter \$429**  
 Reg. \$5.49 16 oz.  
 Dark or Light: Crunchy or Creamy Roasted Peanut Butter.



**Santa Cruz Organic Chocolate Syrup \$369**  
 Reg. \$4.99 15.5 oz.  
 Original or Raspberry Chocolate.



**Monte Bene Natural Pasta Sauce \$439**  
 Reg. \$5.99 24 oz.  
 Original or Spicy Marinara; Tomato Basil.




**Muir Glen Organic Pasta Sauce \$309**  
 Reg. \$4.59 25.5 oz.  
 Cabernet Marinara, Chunky Style, Fat Free Roasted Garlic, Fire Roasted, Four Cheese, Garden Vegetable, Italian Herb, Portabello, or Tomato Basil. Selection may vary by store.



12694  
 12691  
 21639  
 90184

**Vermont Village Cannery Organic Apple Sauce 4-Pack \$259**  
 Reg. \$3.59 4/4 oz.  
 Unsweetened, Peach or Strawberry.

**Family Size Cinnamon \$339**  
 Reg. \$4.69 24 oz.

# Chef Mark's september recipes

**Curried Tilapia with Mango Salsa**

1 organic mango – peeled and diced  
 ¼ cup chopped organic red onion  
 1 chile pepper, minced  
 ½ cup organic cilantro leaves, chopped  
 2 Tbsp. organic lime juice  
 ½ tsp. sea salt

2 Tbsp. Spectrum Organic extra virgin olive oil, divided  
 1 Tbsp. Frontier curry powder  
 1 Tbsp. Frontier garlic powder  
 4 fresh tilapia fillets

**Mango Salsa:** Combine the mango, red onion, Serrano chile, cilantro, lime juice and sea salt in a glass bowl.

**Tilapia Rub:** Mix together 1 tablespoon of olive oil, curry powder and garlic powder in a small bowl. Rub this mixture onto both sides of the fish fillets. Heat the remaining 1 tablespoon olive oil in a large skillet over medium-high heat. Cook the fish for about 3 minutes on each side or until it flakes easily with a fork. Serve with the mango salsa.

**Date Nut Loaf Cake**

1 cup organic dates, pitted and chopped  
 1 cup water  
 ½ cup Horizon organic unsalted butter  
 1 cup Florida Crystal cane sugar

1 tsp. baking soda  
 1 ½ cups all-purpose flour  
 1 organic egg, beaten  
 1 tsp. Frontier vanilla extract  
 1 cup chopped walnuts

Preheat oven to 350° F. Grease and flour 9" x 5" loaf pan. In a saucepan over medium heat, bring dates and water to a boil. Stir in ½ cup butter and 1-cup cane sugar until melted. Remove from heat and stir in baking soda. Let cool for 10 minutes. Place date mixture into a large bowl. Blend in flour, eggs and vanilla. Stir in chopped walnuts. Pour batter into prepared pan. Bake in the preheated oven for 50 to 60 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool in a pan for 10 minutes, then turn out onto a wire rack and cool completely.

**(Third recipe coming on Wednesday from Chef Mark)**

**Natural Sea Chunk Light Yellowfin Tuna \$209**  
 Reg. \$2.79 6 oz.



**Sweet Leaf Sweet Leaf Sweetener \$339**  
 Reg. \$4.59 36 ct.

**\$609**  
 Reg. \$8.29 70 ct.

40581  
 40583

**Wholesome Sweeteners Organic Blue Agave Original or Raw \$419**  
 Reg. \$5.69 11.75 oz.

**\$589**  
 Reg. \$7.99 23.5 oz.



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**Seeds of Change Organic Rice & Grains Microwavable \$299**  
 Reg. \$3.99 8.5 oz.  
 Tigris: A Mixture of Seven Whole Grains; Rishikesh Whole Grain Brown Basmati Rice; Dharamsala Aromatic Indian Rice Blend; Uyuni Quinoa & Whole Grain Brown Rice. Selection may vary by store.



**Tasty Bite Exotic Rice \$209**  
 Reg. \$2.79 8.8 oz.  
 Basmati, Original or Garlic Brown, Ginger Lentil, Jasmine, Tandoori, Tehari Herb or Thai Lime.



**San-J Organic Shoyu \$279**  
 Reg. \$3.69 10 oz. Bronze Label.

**Organic Tamari \$339**  
 Reg. \$4.49 10 oz. Wheat Free, Gold Label.

**\$399**  
 Reg. \$5.29 10 oz. Wheat Free, Reduced Sodium, Platinum Label.



**Harvest Bay Organic Coconut Oil \$1029**  
 Reg. \$13.99 16 oz.



**Spectrum Naturals**



**Spectrum Naturals Organic Grill Sauce \$459**  
 Reg. \$6.19 12 oz.  
 Cajun BBQ, Cuban Mojito or Malay Asian.

**Organic Asian Stir Fry Oil \$549**  
 Reg. \$7.39 16 oz.

**Organic Coconut Oil Refined \$669**  
 Reg. \$9.29 14 oz.

**Organic Coconut Oil Unrefined \$819**  
 Reg. \$11.39 14 oz.

**Organic Olive Oil Extra Virgin Unrefined \$1419**  
 Reg. \$19.19 25.4 oz.

