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*Recipe  
INSIDE*



*Organic Produce · On Sale 1/25 - 1/31*



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D'ANJOU PEARS**  
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*Organic Produce* · On Sale 1/25 - 1/31





## TERIYAKI SHEET PAN TOFU

Makes 4 Servings

- 14 oz package firm or extra firm tofu
  - ½ cup mirin or dry white wine
  - ¼ cup coconut aminos, or tamari
  - 3 Tbsp honey or agave syrup
  - 1 Tbsp rice vinegar
  - ½ inch finger ginger, rough chopped (or ½ tsp ground ginger)
  - ½ tsp red pepper flakes (optional)
  - 2 tsp cornstarch
  - 1 Tbsp water
  - 3 carrots, peeled and cut into sticks
  - 2 broccoli crowns, cut into florets
  - 1 Tbsp olive oil
  - Salt and pepper, to taste
  - Hot cooked rice
1. Drain tofu and give it a quick rinse. Place a clean, folded kitchen towel on a plate. Put tofu on top of the towel, and place another clean, folded towel on top of the tofu. Place a small cutting board on top, and something heavy, such as a cast iron skillet or large cookbook on top of that. Allow to sit at least a half hour.
  2. Preheat the oven to 375°F. Line a rimmed baking sheet with a silicone mat or parchment paper.
  3. In a small bowl, whisk together cornstarch and water. Set aside. In a small saucepan, stir together mirin, aminos, honey, vinegar, garlic, ginger, and pepper flakes. Bring to a boil, and reduce heat to a simmer. Cook for 10 minutes. For a thicker sauce, whisk together cornstarch and water and whisk into the simmering sauce. Stir until thickened, remove from heat.
  4. After tofu is pressed, pat dry and score a diamond pattern with a sharp knife, cutting about ¾ of the way through the tofu. Dredge tofu in the sauce, coating all over, getting as much as you can in the cuts. Place tofu on the prepared baking sheet and bake for 15 minutes.
  5. Toss veggies in olive oil, and sprinkle with salt and pepper. Once tofu has baked for 15 minutes, flip it, and brush with more sauce. Add veggies to the sheet pan in a single layer. Return to the oven and bake for an additional 15 minutes, or until the veggies are crisp tender.
  6. Flip tofu again and brush with more sauce. Bake 5 minutes more. Serve tofu and vegetables with hot cooked rice.

## COLCANNON

Makes 4-6 Servings

- 1.5 lbs starchy potatoes (such as Russet or Yukon Gold), peeled and cut into chunks
  - 4 cloves garlic, peeled and smashed
  - 1 leek (.5 lb), white and light green parts thinly sliced, rinsed, and patted dry
  - ¼ cup butter or vegan butter
  - ½ head (.5 lb) green or savoy cabbage, thinly sliced
  - ½ bunch (.25 lb) kale
  - ½ cup whole milk, half-and-half, or unsweetened non-dairy milk of choice
  - Salt and pepper to taste
1. Cover the potatoes and garlic in salted water and bring to a boil. Reduce heat to a simmer and cook until tender, about 20 minutes. Drain the potatoes.
  2. While potatoes are boiling, melt butter in a large skillet over medium heat. Add leeks and cook, stirring regularly, until they have softened and turned translucent.
  3. Add cabbage and kale to the skillet and sprinkle with salt and pepper. Continue to stir regularly, until the greens are tender. Add milk and cook until just warm. Remove from heat.
  4. Pour the milk-cabbage mixture over the potatoes and mash thoroughly. Salt to taste.





# HOMEMADE PIZZA

Makes 2 (12-inch) Pizzas

- 3 cups unbleached white flour, plus more for kneading
- 2 sprigs fresh rosemary leaves, minced
- 1 pkt (2 ¼ tsp) active dry yeast
- 1 tsp kosher salt
- 2 Tbsp olive oil, plus more for brushing
- 1 cup warm water (114°F)
- 2 heads garlic
- 1 cup pizza sauce, or to taste
- 2 cups shredded mozzarella cheese
- 1 bunch fresh basil

1. Make the Dough: In a large mixing bowl, whisk together flour, rosemary, yeast, and kosher salt. Stir in olive oil and warm water. A shaggy dough will form. Turn dough out onto a floured surface. Knead for 3-4 minutes, until the dough becomes smooth and elastic. Add a little more flour to your hands and surface if it begins to stick. Oil your mixing bowl. Place dough back into the bowl, and brush with a little more oil. Cover bowl with plastic wrap or a clean kitchen towel. Allow to rise for 60-90 minutes, or until doubled in size in a warm, draft free area.
2. Roast the Garlic: While the dough is rising, preheat the oven to 400°F. Peel the papery outer layer off of 2 cloves are exposed. Brush exposed cloves with a little more olive oil. Wrap in foil, and bake in a shallow baking dish for 30-40 minutes. Once garlic is cool enough to handle, squeeze cloves from their skins, or remove with a small fork. Chop and set aside.
3. Make the Pizza: Preheat the oven to 475°F. Lightly oil a large rimmed baking sheet. Punch down the dough to remove the air bubbles. Divide in half. Using lightly floured hands, form one half into a 12-in circle. Carefully move it to your prepared sheet pan. If there are any thin spots or holes, pinch them together with your fingers. Flatten any extra thick spots as well. Brush your crust with more olive oil. Sprinkle on half the roasted garlic. Spoon on half of the pizza sauce, spreading it evenly. Leave a 1-inch border for the crust. Sprinkle on half of the cheese.
4. Bake pizza for 12-15 minutes, or until the crust is golden and cheese is bubbly. Sprinkle with torn fresh basil leaves. Serve hot Repeat steps 8-10 for the second pizza.



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LifeSourceNaturalFoods.com



SMART CHICKEN  
ORGANIC CHICKEN  
DRUMSTICKS

**\$3.99/lb**

Save \$1/lb



## CHICKEN CACCIATORE

Makes 4-6 Servings

- 1 ½ to 2 lbs bone in thighs or drumsticks
- Salt and pepper to taste
- Olive oil, for sauteing
- 1 yellow onion, chopped
- 4 cloves garlic, chopped
- ½ lb crimini mushrooms, sliced
- 2 red bell peppers, seeded and chopped
- 2 carrots, peeled and grated
- 1 (28 oz) can tomatoes, including juices
- 1 cup dry red wine (or broth)
- 1 cup chicken broth
- 1 cup garlic stuffed olives, rough chopped
- 1 Tbsp capers, chopped
- 1 Tbsp balsamic vinegar
- 1 tsp Italian seasoning
- ½ tsp dry thyme
- Hot, cooked pasta
- Fresh parsley, for serving
- Parmesan cheese

1. Preheat the oven to 350°F. Generously season the chicken with salt and pepper.
2. In a large oven safe dutch oven, heat the olive oil over medium high heat. Brown chicken for four minutes each side. Set aside.
3. In the same pot, add onion. Sweat for three minutes, or until softened. Add garlic and cook for an additional minute, or until fragrant. Add mushrooms, bell peppers, and carrots. Cook for another five minutes.
4. Add tomatoes, red wine, olives, capers, balsamic vinegar, Italian seasoning, and thyme. Stir, and nestle in browned chicken pieces. Bring to a low boil and cover. Place in the preheated oven and cook for one hour. Uncover and cook for an additional half hour.
5. Serve over cooked pasta with fresh parsley and Parmesan.

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# SERVED UP

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BEYOND MEAT  
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## ONE POT PLANT-BURGER PASTA

Makes 4-6 Servings

- 16 oz Beyond Beef Plant-Based Ground, Thawed
  - 1/2 tsp smoked paprika
  - 1/2 tsp garlic powder
  - 1/2 tsp onion powder
  - Salt and pepper, to taste
  - 1 Tbsp olive oil
  - 2 yellow onions, chopped
  - 4 cloves garlic, grated
  - 8 oz crimini mushrooms, sliced
  - 2 Tbsp flour (all purpose wheat or gluten free)
  - 2 Tbsp tomato paste
  - 2 Tbsp Pickapeppa sauce (or vegan worcestershire sauce)
  - 1 Tbsp white miso (or tamari)
  - 1/2 cup vegan dry white wine
  - 3 cups mushroom broth (or vegetable broth)
  - 6 oz shell pasta (or your favorite wheat or gluten free pasta)
  - 1 Tbsp white balsamic vinegar
1. Heat a 6-quart dutch oven over medium high heat. Add plant-based grounds, smoked paprika, garlic powder, onion powder, salt, and pepper to taste. Cook for 5-8 minutes, stirring often and breaking up the grounds with a wooden spoon. Remove from the pot and set aside.
  2. Add olive oil and onions to the hot pan along with a pinch of salt. Sweat the onions, and cook until golden brown, about 8 minutes. Stir occasionally. Add the garlic and cook for another minute, or until fragrant. Add the mushrooms, cooking while stirring occasionally for 8 minutes, or until soft.
  3. Sprinkle the flour over the vegetables and mix well. Continue cooking for 2-3 minutes. Stir in tomato paste, Pickapeppa sauce, miso, and wine. Add broth and bring to a boil.
  4. Reduce heat to medium and mix in shell pasta and fresh thyme. Cover and cook until tender, about 8-10 minutes (or according to package directions.)
  5. Stir in vinegar, taste and adjust seasonings. Serve hot.



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Founder, Mark Sisson started Primal Kitchen with a simple mission: to change the way the world eats.

Our life and our overall wellness are defined by the thousands of choices we make for ourselves and for our families every day, and choosing real food and investing in your health can lead to a more empowered you. Primal Kitchen products are made with high-quality ingredients that make mealtime easy and delicious, so you can get the most out of life.

Primal Kitchen does thorough testing on all of our products for purity, quality and flavor. We're committed to sourcing and selecting high-quality ingredients, reducing single use plastics and supporting local and national organizations that fight food insecurity to create a better future for people and the planet.

We source our Collagen from ranches in South America. The cows are grass fed for most of their lives and traditionally raised on pasture. Each serving of Primal Kitchen Collagen gives you 10 grams of 1 & 3 Collagen, 0 grams of sugar, and is sweetened with Monk Fruit (not Stevia). All are Certified Keto and Paleo Friendly.



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**UNFLAVORED  
COLLAGEN  
PEPTIDES**

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19.2 oz  
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## PALEO FRIENDLY MEATLOAF

- 1 Tbsp olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 2 lbs grass fed ground beef, 80% lean
- 1 cup Simple Mills almond flour crackers, crushed into crumbs (or almond flour)
- 2 eggs
- ½ cup Primal Kitchen Ketchup
- 1 Tbsp horseradish
- 2 tsp smoked paprika
- 2 tsp Italian seasoning
- 1 tsp salt
- 1 tsp pepper
- ½ tsp cayenne (optional)

1. Preheat the oven to 350°F.
2. In a medium skillet, heat olive oil over medium heat. Sauté onion until translucent. Add garlic, cook until fragrant.
3. In a large mixing bowl, combine all ingredients with your hands until completely mixed. Form into a loaf, place in a baking dish.
4. Bake meatloaf about 1 hour, or until internal temperature reaches 165°F. Allow to rest at least 10 minutes before slicing.





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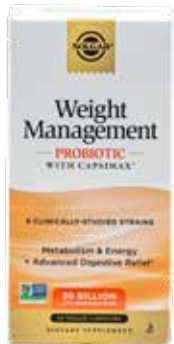
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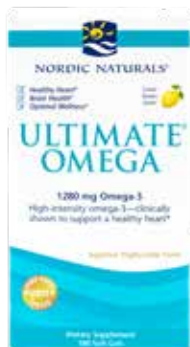
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Nordic Naturals was born out of a pursuit of optimal health by what science makes possible. Today, Nordic Naturals continues their commitment to optimal health with a growing selection of expertly formulated products for every body, including award-winning omega-3s, vegetarian probiotics, nutritious gummies and vitamins, and more. As they pursue new innovations in nutrition, their commitment to supporting optimal health through science is steadfast. Because when your goal is a healthy world, every detail matters.

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