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Club Price



Club Price



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**AUGUST 8496789** 

Prices on this page are effective Wednesday, August 3 thru Tuesday, August 9, 2011. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

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recipes from allrecipes.com

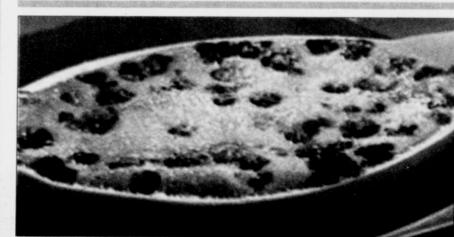
## Shish Kabob

#### Ingredients:

- 12 (10 inch) wooden skewers
- 1/2 pint cherry tomatoes
- 24 pearl onions
- 1/2 cup olive oil
- 1 pound fettuccine
- 1/4 teaspoon garlic powder
- 2 tablespoons softened butter
- 1 green bell pepper, cut into large chunks
- 1 pound peeled and deveined shrimp
- 1 small zucchini, sliced 1/4-inch thick
- 1/2 pound skinless, boneless chicken breast cut into cubes
- 1 pound beef steak, cut into cubes
- 1/2 pound large fresh mushrooms, halved
- 1/4 teaspoon garlic powder, or to taste
- salt and ground black pepper to taste

#### **Directions:**

- 1. Soak the skewers in water for 1 hour.
- 2. Onto each skewer, alternately thread green bell pepper chunks, shrimp, zucchini slices, chicken, cherry tomatoes, steak, onion, mushroom; repeat until skewer is full. Drizzle olive oil over the prepared skewers; season with 1/4 teaspoon garlic powder, salt, and black pepper. Allow to marinate in refrigerator at least 3 hours, turning every 45 minutes.
- 3. Preheat outdoor grill for medium-high heat; lightly oil the grate.
- 4. Bring a pot of lightly salted water to a rolling boil. Cook the fettuccini in the boiling water, stirring occasionally, until cooked through yet firm to the bite, about 8 minutes; drain. Toss the hot pasta in a large bowl with the softened butter and 1/4 teaspoon garlic powder.
- 5. While the pasta boils, cook the skewers on the preheated grill, turning frequently until nicely browned on all sides, the shrimp are pink and opaque, and the meat is no longer pink in the center, 10 to 15 minutes. Push the cooked meat and vegetables off the skewer onto the tossed pasta.



## Mixed Berry-Almond Gratin

How simple and delicious are berries topped with a rich custard and baked into a crusty dessert.

#### Ingredients:

- · Pinch of salt • 1 large egg
- 3 cups mixed berries, such as raspberries,
- blackberries and blueberries
- 1/3 cup slivered almonds, (1 1/4 ounces)
- 1/2 cup granulated sugar
- 2 tablespoons all-purpose flour
- 1/3 cup firm silken low-fat tofu
- 1 tablespoon butter, softened
- 1/4 teaspoon pure almond extract
- · Confectioners' sugar, for dusting

### **Directions:**

- 1. Preheat oven to 400°F. Coat a 1-quart gratin dish or a 9inch pie pan with cooking spray.
- 2. Spread almonds in a shallow baking pan and bake until light golden and fragrant, 4 to 6 minutes. Let cool.
- 3. Place sugar (or Splenda), flour, salt and almonds in a food processor; process until finely ground. Add egg, tofu, butter and almond extract; process until smooth.
- 4. Spread berries evenly in the prepared gratin dish. Scrape the almond mixture over the top, spreading evenly.
- 5. Bake the gratin until light golden and set, 40 to 50 minutes. Let cool for at least 20 minutes. Dust with confectioners' sugar and serve warm.