JULY 10 WED 11 THUR 12 FRI 13 SAT 14 SUN 15 MON 16 TUES
(UNLESS OTHERWISE NOTED)

Prices on this page are effective **Wednesday, July 10 thru Tuesday, July 16, 2013.** (UNLESS OTHERWISE NOTED). ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

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Food

Beets Al Fresco

Beef & Horseradish Wraps

Makes 4 servings
Preparation Time: 30 minutes

1 jar (16 ounces) sliced pickled beets
1/2 cup shredded carrots
1 tablespoon prepared horseradish
1/2 cup spreadable cheese
2 large soft flour tortillas, 10 to 12" diameter
10 green onions (green part only)
10 thin slices deli roast beef

Drain beets; chop. Discard beet liquid. In medium bowl, combine beets, carrots and horseradish.

Spread 1/4 cup cheese evenly over each tortilla, leaving 1-inch border. Arrange 5 green onions (do not chop) on each; press lightly into cheese. Place 5 slices beef on each tortilla covering green onions, then sprinkle beet mixture evenly over beef.

Roll up in parallel direction of the green onions. Wrap each roll tightly in plastic wrap. Refrigerate up to 4 hours.

To serve, remove plastic wrap; cut each tortilla into 2.

Herbed Eggplant & Beet Dip

Makes 8 servings (approx. 1/4 cup each)
Preparation Time: 30 minutes
Cook Time: 15 minutes

1 jar (16 ounces) sliced pickled beets drained
2 tablespoons olive or canola oil
1 eggplant (about 1 pound), cut into 1-inch pieces
1 cup chopped onion
3 cloves garlic, sliced
Salt
Coarse ground black pepper
1/2 cup plain nonfat yogurt
1/4 cup thinly sliced fresh basil
1 to 2 teaspoons chopped fresh thyme leaves
Pita chips, fresh vegetables

Coarsely chop beets.

In large nonstick skillet heat oil over medium heat until hot. Add eggplant, onion and garlic; cook 15 minutes or until vegetables are tender, stirring frequently. Add water, 1 tablespoon at a time, if mixture seems too dry or begins to stick. Salt and pepper, as desired.

Place eggplant mixture in bowl of food processor; process until mixture is chopped and combined. Measure out 1/2 cup chopped beets; set aside. Add remaining chopped beets to eggplant mixture. Process until dip is desired consistency.

Transfer dip to serving bowl. Stir in yogurt, if desired. Stir in herbs and reserved 1/2 cup chopped beets just before serving. Serve with pita chips and vegetables for dipping. If not served immediately, cover and refrigerate up to 6 hours. Allow to stand about 15 minutes before serving if chilled.

Smoked Salmon Beet Wraps

Makes 4 servings
Preparation Time: 30 minutes

1 jar (16 ounces) sliced pickled beets
2 tablespoons finely chopped red onion
1 to 2 tablespoons capers
1 to 2 teaspoons lemon zest
1/2 cup spreadable chive cream cheese
2 large soft flour tortillas, 10 to 12" diameter
8 slices smoked salmon
1/2 cup baby spinach leaves

Drain beets; chop. Discard beet liquid. In medium bowl, combine beets, onion, capers and lemon zest.

Spread 1/4 cup cream cheese evenly over each tortilla, leaving 1-inch border. Place 4 salmon slices over cream cheese; press lightly. Top each with spinach. Sprinkle beet mixture evenly over spinach.

Roll up. Wrap each roll tightly in plastic wrap. Refrigerate up to 4 hours.

To serve, remove plastic wrap; cut each tortilla into 2.

For more delicious recipes visit www.AuntNellies.com. Additional ideas for salads can be found at www.ReadSalads.com.