

Weekly Sales

10/13 - 10/20 for everyone



\$1.99
CRANBERRIES
FROM WISCONSIN



\$3.99
BRUSSELS SPROUTS
SAVE \$1.00 EACH



\$3.99
FUJI APPLE BAGS, 3 LBS
SAVE \$1.00 EACH



25% OFF
NUESTRO QUESO
QUESO FRESCO
SAVE \$1.37 EACH



43¢/OZ
FRONTIER
KORINTJE CINNAMON
SAVE 10¢/OZ



20% OFF
PLAINVILLE FARMS, OVEN
ROASTED CHICKEN BREAST
SAVE \$1.49 EACH



25% OFF
MT VIKOS, SHEEP &
GOAT'S MILK FETA
SAVE \$1.67 PER LB



\$8.69
KING ARTHUR
ALL PURPOSE & BREAD FLOUR
SAVE \$3.00 EACH



\$4.69
ARROWHEAD MILLS, BUCKWHEAT
& OAT BRAN WAFFLE MIX
SAVE \$1.00 EACH



\$4.39
BOB'S RED MILL
ACTIVE DRY YEAST
SAVE \$1.00 EACH

Open 7:30am-9:00pm daily 300 S. Broadway Ave, Urbana, IL (217)352-3347

Weekly Sales

10/13 - 10/20 *for everyone*



\$6.99
SIMPLE MILLS, GLUTEN FREE
ALMOND FLOUR BREAD MIX
SAVE \$2.00 EACH



\$5.99
PURELY ELIZABETH
PANCAKE MIX VARIETIES
SAVE \$2.00 EACH



\$4.99
RUSSET BAGS, 5LBS
SAVE \$1.00 EACH



\$3.99
YELLOW ONION BAGS, 3LB
SAVE \$1.00 EACH



\$1.69
RED ONIONS
SAVE 70¢ EACH



20% OFF
BLUE HILL BAY, SCOTTISH
CURED SMOKED SALMON
SAVE \$2.00 EACH



20% OFF
APPLEGATE NATURALS
HERB TURKEY BREAST
SAVE \$1.18 EACH



20% OFF
SHELTON'S
GROUND TURKEY
SAVE \$1.68 EACH



20% OFF
HENRY AND LISA, WILD
ALASKAN SALMON BURGERS
SAVE \$1.90 EACH



25% OFF
MITICA
DRUNKEN GOAT
SAVE \$4.63 PER LB



\$2.39
LILY OF THE DESERT
ALOE VERA INNER FILLET
SAVE \$2.40 EACH



\$8.59
NATURAL FACTORS
ALPHA-LIPOIC ACID
SAVE \$2.00 EACH

Weekly Sales Recipes

COMMON GROUND
FOOD CO-OPERATIVE

Shaved Brussels Sprouts & Cranberry Salad



INGREDIENTS

- 1 pound brussels sprouts **SALE**
- 1/3 cup toasted walnuts, chopped
- 1/3 cup fresh cranberries, chopped **SALE**
- 1/4 cup red onion, sliced **SALE**
- 1 Fuji apple, thinly sliced **SALE**
- 1/2 cup MT Vikos feta, crumbled **SALE**

Dressing:

- 2 tablespoons olive oil
- 3 tablespoons apple cider vinegar
- 2 tablespoons maple syrup
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh lemon juice
- 2 cloves garlic, minced
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Save
\$4.14!

DIRECTIONS

- 1) Wash and trim the brussels sprouts, then slice into very thin strips. Place in a large salad bowl and add walnuts, cranberries, red onion, and apple.
- 2) Add all dressing ingredients to a mason jar and shake until well combined.
- 3) Add dressing to salad bowl and toss to combine. Divide into bowls and top with MT Vikos feta. Serve and enjoy!

COMMON GROUND
FOOD CO-OPERATIVE

Grilled Cauliflower & Chicken Pizza



INGREDIENTS

- 1 box Simple Mills pizza dough mix **SALE**
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1 1/2 cups pizza sauce, homemade or store bought
- 1 head cauliflower, chopped into small florets **SALE**
- 1 tablespoon olive oil
- 1 package Plainville Farms chicken breast, sliced **SALE**
- 1/2 red onion, thinly sliced **SALE**
- 8 ounces Belgioiso mozzarella cheese, sliced **SALE**
- Fresh cilantro leaves, chopped

Save
\$6.93

DIRECTIONS

To make the dough:

- 1) Preheat oven to 350 degrees. Mix the apple cider vinegar, olive oil, and 1/3 cup water together. Add the pizza mix, and stir well until dough is formed. Dough should be soft and slightly sticky.
- 2) Shape dough into a large ball. Roll out dough onto a large baking sheet greased with olive oil. Bake for 15 minutes until crust is slightly golden on the surface.

To make the cauliflower:

- 1) Increase oven to 400 degrees. Line a sheet pan with parchment paper. Add cauliflower and olive oil, and season generously with salt and pepper. Roast for 30-45 minutes, stirring halfway, until tender and browning.

To assemble pizza:

- 1) Increase oven to 425 degrees.
- 2) Spread sauce in a thin layer over the crust. Add the cauliflower, sliced chicken breast and red onion. Add mozzarella slices evenly. Bake pizza for 20 minutes until nice and crisp. Top with cilantro & serve!