

HAPPY HOLIDAYS



**LOCAL CHRISTMAS
TREES &
WREATHS
NOW AVAILABLE!**

WHILE SUPPLIES LAST

Jake's Quechee Market • 7161 Woodstock Rd. • Quechee, VT 05059 • 1-802-291-9900 • www.jakesquecheemarket.com



OPEN EVERY DAY 7:00AM-8:00PM

SEAFOOD

SEA BEST

1lb. Pkg. 41-50 ct. Frozen Tail-On, Cooked & Peeled

SHRIMP

\$8.49



FRESH PRODUCE



GREEN CABBAGE

Florida FRESH **69¢** /lb



RED CABBAGE

Florida FRESH **89¢** /lb



GREEN GRAPES

California SEEDLESS..... **\$2.79** /lb



CUCUMBERS

Greenhouse Grown SEEDLESS..... **\$1.69** /ea



ZUCCHINI SQUASH

Florida DELICIOUS..... **\$1.29** /lb

FRESH MEAT & PACKAGED



SIRLOIN TIPS

USDA Choice Certified Angus Beef® BONELESS **\$6.99** /lb



CHICKEN DINNER SAUSAGE

12 oz. Pkg. Selected AL FRESCO **\$3.99**



BROWN 'N SERVE SAUSAGE

6.4 oz. Pkg. Selected BANQUET **\$1.49**



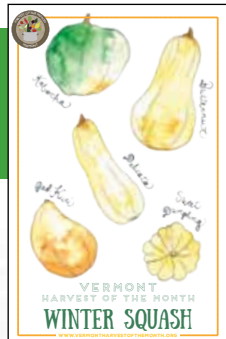
CHICKEN THIGHS

Fresh, Boneless & Skinless FAMILY PACK..... **\$1.69** /lb

EFFECTIVE 2 WEEKS • **FRI. DEC. 6, 2019 - THURS. DEC. 19, 2019** • WHILE SUPPLIES LAST

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FEATURED RECIPE



SPAGHETTI SQUASH & MEATBALLS



Spaghetti Squash & Meatballs

ACTIVE: 45 MIN TOTAL: 45 MIN

- | | |
|------------------------------------------------|---------------------------------------------|
| 1 3-lb. spaghetti squash | ½ tsp. onion powder |
| 2 Tbsp. water | ½ tsp. salt, divided |
| 2 Tbsp. extra-virgin olive oil, divided | ½ tsp. ground pepper |
| ½ cup chopped parsley, divided | 1 lb. 93%-lean ground turkey |
| ½ cup finely shredded Parmesan cheese, divided | 4 large cloves garlic, minced |
| 1¼ tsp. Italian seasoning, divided | 1 28-oz. can no-salt-added crushed tomatoes |
| | ¼-½ tsp. crushed red pepper |

- Halve squash lengthwise and scoop out the seeds. Place facedown in a microwave-safe dish; add water. Microwave, uncovered, on High until the flesh can be easily scraped with a fork, 10 to 15 minutes.
 - Heat 1 tablespoon oil in a large skillet over medium-high heat. Scrape the squash flesh into the skillet and cook, stirring occasionally, until the moisture is evaporated and the squash is beginning to brown, 5 to 10 minutes. Stir in ¼ cup parsley. Remove from heat, cover and let stand.
 - Meanwhile, combine the remaining ¼ cup parsley, ¼ cup Parmesan, ½ teaspoon Italian seasoning, onion powder, ¼ teaspoon salt and pepper in a medium bowl. Add turkey; gently mix to combine (do not overmix). Using about 2 tablespoons each, form into 12 meatballs.
 - Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the meatballs, reduce heat to medium and cook until browned all over, 4 to 6 minutes. Push the meatballs to the side of the pan, add garlic and cook, stirring, for 1 minute. Add tomatoes, crushed red pepper to taste, the remaining ¾ teaspoon Italian seasoning and ¼ teaspoon salt; stir to coat the meatballs. Bring to a simmer, cover and cook, stirring occasionally, until the meatballs are cooked through, 10 to 12 minutes more.
 - Serve the meatballs over the squash with the remaining ¼ cup Parmesan.
- SERVES 4:** ¾ CUP SQUASH, ¾ CUP SAUCE & 3 MEATBALLS EACH
 Calories 409, Fat 18g (sat 5g), Cholesterol 74mg, Carbs 31g, Total sugars 14g (added 0g), Protein 32g, Fiber 8g, Sodium 581mg, Potassium 1,233mg.

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Harvest of the Month is a farm-to-school campaign that promotes the use of local, seasonal foods. Jake's Quechee Market has taken the pledge to celebrate local produce both inside and outside our store. We are collaborating with local farms to offer you the freshest and most seasonally available local produce. You'll see one item featured both in the produce section as well as in our prepared foods department. To learn more: <http://www.vermonthharvestofthemonth.org/>

SPECIALTY • GROCERY • PET • HOME • DAIRY • FROZEN



FOOD CLUB
 11.5-12 oz. Milk or Semi-Sweet
CHOCOLATE BAKING CHIPS.....\$1.79

CARDINI'S
 12 oz. Original
CAESAR DRESSING.....\$2.99

BETTER THAN BOUILLON
 8 oz. Selected
COOKING BASE.....\$3.99

TORANI
 16.5 oz. Caramel or
DARK CHOCOLATE SAUCE.....\$4.99

ARIZONA
 12 Pack, 11.5 oz. Cans
GREEN ICED TEA.....\$3.99

FOOD CLUB
 15 oz. Can
PUMPKIN.....99¢

FOOD CLUB
 1.2 oz. 4 Pack
FOOD COLOR KIT.....\$1.99

KING ARTHUR
 24 oz. Box
GLUTEN FREE FLOUR.....\$5.79

DIAMOND OF CALIFORNIA
 8 oz. Vispack
CHOPPED WALNUTS.....\$3.99

KRAFT
 8 oz. Grated
PARMESAN CHEESE.....\$3.99



NABISCO
 9-16 oz. Oyster Crackers or Original
PREMIUM SALTINES.....2/\$5

NEWMAN'S OWN
 24 oz. Marinara or Sockarooni
PASTA SAUCE.....\$2.29 Excludes Organics

NEWMAN'S OWN
 16 oz. Selected
DRESSINGS.....\$2.99

NEWMAN'S OWN
 16 oz. Selected
SALSA.....2/\$5 Excludes Con Queso & Organics

AUNT JEMIMA
 32 oz. Buttermilk Complete
PANCAKE MIX.....\$2.49

FOOD CLUB
 8.5 oz. Can
WHOLE CASHEWS.....\$4.79

BLUE DIAMOND
 6 oz. Natural or Roasted Light Salt
ALMONDS.....2/\$6

NEWMAN'S OWN
 9.6 oz. Selected
MICROWAVE POPCORN.....\$1.99

ARM & HAMMER
 14 lb. Unscented
SUPER SCOOP CAT LITTER.....\$6.49

HUGGIES
 18 ct. 4T or 25 ct. 2T
PULL-UPS.....\$9.99



CHOBANI
 5.3 oz. Selected
GREEK YOGURT.....5/\$5

KLEENEX
 70 ct. Upright
EXPRESSIONS FACIAL TISSUES...\$1.99

SIMPLY DONE
 2 Rolls, Select-A-Size
PAPER TOWELS.....\$2.49 Compares to Sparkle

KLEENEX VIVA
 97 ct. Big Roll, White
PAPER TOWELS.....\$1.79

SIMPLY DONE
 15 ct. 13 Gallon, Tall Kitchen
TRASH BAGS.....2/\$3 Compares to Glad

LAND O LAKES
 8 oz. with Oil
SPREADABLE BUTTER.....\$1.99

DAISY
 8 oz. Original
SOUR CREAM.....\$1.29

BARBER FOODS
 10 oz. Broccoli & Cheese or Cordon Bleu
STUFFED CHICKEN BREASTS.....2/\$7

NEWMAN'S OWN
 15.1-16 oz. Selected
PIZZA.....\$5.99

MAMA ROSA'S
 17 oz. 5 Inch
PEPPERONI PIZZA.....\$2.99

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