



Tuesday, February 8, 2022

5



EV ORD	FRESH BUNCH COLLARDS WOW	BROCCOLI CROWNS		8 PER BAG CALIFORNIA NAVELS	8 PER PACK GOLDEN DELICIOUS OR SWEET RED DELICIOUS APPLES	
NO	2/\$400	\$1 49	\$ 1 25	\$ 4 29	\$ 3 50	
	Grocery Specials					
E TRANSFERS	KRAFT CR	48 OZ ISCO TABLE IL \$7	ORD GULF PACIFIC	38 OZHEINZKETCHUPWOWYOWSG	ASST. FLAVORS 12 PK/12 OZ FAYGO SOFT DRINKS WOW SI 2 Y	
UNION WIE	64 OZ ASSORTED VARIETIES OCEAN SPRAY CRANBERRY JUICI 200 FT ROLL SIMPLY DONE ALUMINUM FOIL 25 CT SIMPLY DONE FOAM TRAYS 16 LB BAG MIXED OR PAWS COMPLETE CAT FOOD	• εA. \$549 \$600 2 _{FOR} \$6 \$2FT εA. \$1050 \$500 EA. \$1050 \$500	EA. ASSORTED FLAVORS SU SPAGHETTI SAUCE EA SSORTED VARIETIES D CLUB FRUIT CUPS EA ER PAN PEANUT BUTTER EA D CLUB SALSA CONQUESO DIP	2 _{FOR} \$5 \$499 2\$5 B 02 ASSORTED FLAVORS KRAFT BBQ SAU 10 02 HEINZ 57 OR A-1 STEAK SAU 1445 02 ASSORTED MARKET	EA. T FOR AISE CE CE CE CE CE CE CE C	
VESTERN	40-45 CT TRASH OR SIMPLY DONE TALL KITCHEN BAGS 16 LB BAG PURE HARMONY BEEF/BROWN RICE DOG FOOI 12-16 OZ ASSORTED VARIETIES PLANTER'S PEANUTS 5.5 OZ ASSORTED FLAVORS PRINGLES 22-28 OZ ASSORTED FLAVORS GRILLIN' OR BUSH'S BAKED BEANS	ЕА. \$1500 9-14 02 2 FOR \$5 10-13 3 FOR 5 10-12 3 FOR 5 10-12 2 FOR 5 10-12	ASSORTED FLAVORS DD CLUB INSTANT OATMEAL z velveeta or IFT MAC & CHEESE JZ ASSORTED VARIETIES CHMAID COOKIES DZ LUCKY CHARMS, REESES PEANUT BUTTER PUFFS OF NAMON TOAST CRUNCH SOORTED FLAVORS DD CLUB MARINADES	2 FOR 3 18 OZ APPLE OR 2 FOR 16 OZ APPLE OR IGA GRAPE JELI 2 FOR 5 20 Z ASSORTED VARIET 5 FOR 5 34 OZ R 2 FOR 5 2 FOR 5 16 OZ APPLE OR 10 OZ APPLE OR 10 OZ ASSORTED VARIET 34 OZ 10 OZ ASSORTED ELAVORS 2 FOR 5	LY	
	38-39 OZ BLUE LAKE OR HANOVER CUT GREEN BEANS 10 OZ CAN VALLEY FRESH WHITE CHICKEN	2 FOR ^{\$} 4 FOO		2 _{FOR} \$4 IGA TEA BAGS	EA. \$1 69	
S K	48 CT ASSORTED VARIETIES ICE CREAM BARS OR \$ 99 5 LB BAG 5 99 16 0Z ASSORTED FLAVORS \$ 999					
	4-8 CT ASSORTED VARIETIES ICE CREAM BAR BLUE BUNNY MINI CONES 8 OZ ASSORTED VARIETIES GREEN GIANT SIMPLY STEAMERS	💻 😋 💻 32 0Z	RMS CRINKLE CUT POTATOES EA.	\$399 GORDO'S CH \$799 GALLON MILO'S FAMOUS		
	9-11 OZ ASSORTED VARIETIES LEAN CUISINE STOUFFERS ENTREES	OR 2FOR \$6 KR	SSORTED VARIETIES SHRED OR	2 FOR ^{\$6} FOOD CLUB FREN	CH ONION DIP EA. \$219	
EV	26-35 OZ ASSORTED VARIETIES			2 _{FOR} \$3 DAISY SOUR	_	
NOL	18 OZ ASSORTED VARIETIES TONY'S PIZZAS			\$399 32 OZ ASSORTED FLAVOF FOOD CLUB LOW	FAT YOGURT ZFOR "O	
2	🗧 NO CARD REQUIREDSAVE EVERYDAY AT GENERAL IGANO CARD REQUIREDSAVE EVERYDAY AT GENERAL IGA 🔗					



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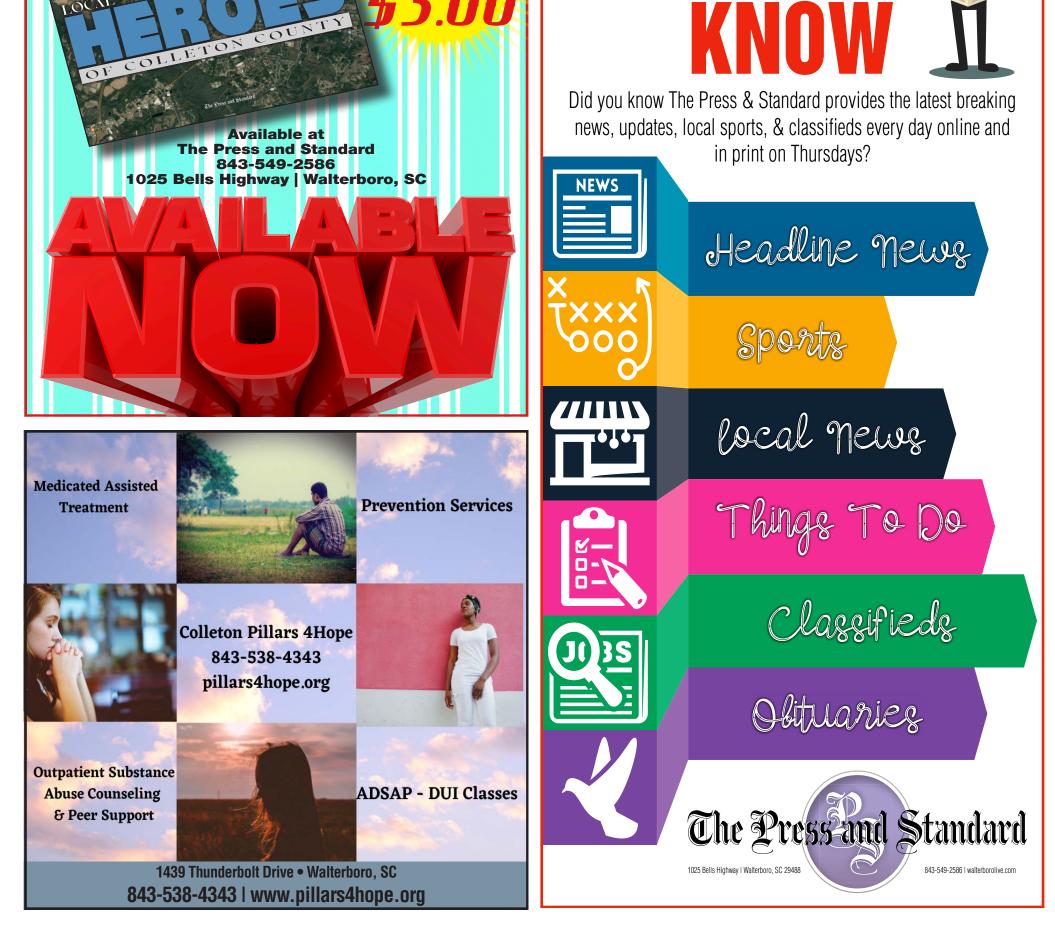
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Up Some Winter Fun

FAMILY FEATURES

he winter months provide many occasions to celebrate, and no celebration is complete without tasty treats. A perfect partner for a broad variety of flavors, popcorn is a versatile pantry staple that can be served plain or as a better-for-you addition to seasonal snacks.

With no artificial additives or preservatives, light and airy popcorn is naturally low in fat and calories, non-GMO and gluten free, making it a sensible option to satisfy cravings for something savory, sweet and just about every flavor in-between. Plus, whole-grain popcorn has energy-producing carbohydrates and fiber, which can help keep you satisfied longer.

As a way to honor one of America's oldest and most beloved snack foods, National Popcorn Day on Jan. 19 is a perfect opportunity to pop up a bowl to enjoy with loved ones or create whole-grain culinary masterpieces like fragrant and flavorful Jamaican Jerk Popcorn, which features hot pepper, spices and jerk butter to help you warm up from the inside out. Or consider another tasty snack option like Furikake Popcorn, a lighter recipe exploding with the flavors of sesame, nori and a Japanese spice blend.

You can combine favorite flavors for movie night with Cheesy Pepperoni Pizza Popcorn, which is perfect for settling in on a snowy winter's eve, and an option like Rocky Road Popcorn Clusters, featuring chocolate, marshmallows and nuts, are perfect for sharing with loved ones after an evening meal.

Find more fun, fluffy and flavorful recipes to celebrate everything winter has to offer at Popcorn.org.

Furikake Popcorn Yield: 2-3 servings

Furikake Seasoning:

- nori sheet, broken into pieces
- tablespoon toasted sesame seeds, divided
- 1/2 teaspoon salt
- 1/2 teaspoon granulated sugar

6 cups popped popcorn 2 tablespoons butter, melted

To make furikake seasoning: In spice grinder or using mortar and pestle, grind nori with 1/2 tablespoon sesame seeds until finely ground. Transfer to small bowl; stir in remaining sesame seeds, salt and sugar.

In large bowl, toss popcorn with butter and furikake seasoning until evenly coated.

Tips: Use store-bought furikake seasoning and season to taste.

To toast sesame seeds: In small dry skillet over medium heat, cook sesame seeds 2-3 minutes, or until lightly golden and fragrant. Let cool completely before using.



Furikake Popcorn



Jamaican Jerk Popcorn

Jamaican Jerk Popcorn Yield: 4-6 servings

- 1/4 cup butter 1 tablespoon minced, seeded scotch bonnet chili pepper
- teaspoon grated lime zest
- 1/2 teaspoon chili powder
- 1/2 teaspoon dried thyme
- 1/2 teaspoon ground allspice
- 1/2 teaspoon pepper
- 1/4 teaspoon ground ginger
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg

1/8 teaspoon onion powder 1/4 teaspoon salt 8 cups popped popcorn

In small saucepan, combine butter, chili pepper, lime zest, chili powder, thyme, allspice, pepper, ginger, garlic powder, cinnamon, cloves, nutmeg, onion powder and salt. Cook over low heat 3-5 minutes, or until butter melts and mixture is fragrant.

In large bowl, toss popcorn with spice mixture until evenly coated. **Tip:** Omit scotch bonnet pepper

and substitute 1/4 teaspoon cayenne pepper, if preferred.

1/4 cup nonfat Parmesan cheese

Yield: 6-8 servings (1 cup each)

- 2 teaspoons garlic powder 1/4 teaspoon dried oregano
- 1/4 teaspoon dried

Cheesy Pepperoni Pizza Popcorn

- marjoram leaves 1/4 teaspoon dried basil leaves
- 1/8 teaspoon dried sage black pepper, to taste 12 cupsair-popped popcorn 3/4 cup turkey pepperoni, cut into bite-size bits
- olive oil cooking spray

In small bowl, combine Parmesan cheese, garlic powder, oregano, marjoram, basil, sage and pepper; mix well.

In large bowl, combine popcorn and turkey pepperoni; spray lightly with olive oil cooking spray.

Sprinkle popcorn and pepperoni with cheese mixture; toss to coat evenly.



Cheesy Pepperoni Pizza Popcorn

Rocky Road Popcorn Clusters

Yield: 3 dozen



Rocky Road Popcorn Clusters

1 bag (6 ounces) semi-sweet chocolate chips 1 teaspoon vegetable oil 4 cups popped popcorn 1 1/2 cups miniature marshmallows 3/4 cup chopped walnuts In small microwavesafe bowl, heat chocolate chips in microwave on high 1 minute, until melted. Stir in vegetable oil. In large bowl, add popcorn, marshmallows and walnuts. Pour melted chocolate over mixture, tossing to coat. Drop mixture by

tablespoonful onto wax paper-lined jellyroll pan. Refrigerate until firm, about 2 hours, or overnight.