

Frozen Foods

CASCADIAN FARM

Organic Potatoes

Hash Browns, Country Style or Spud Puppies

Organic French Fries

Crinkle, Straight or Shoestring

\$2.79

16 oz. Sugg. Retail: \$3.99



MARIA & RICARDO'S

6" Tortillas

White Corn

\$1.49

12 ct. Sugg. Retail: \$1.99

Low Carb..... **\$1.99**

8 ct. Sugg. Retail: \$2.79



RISING MOON

Organic Pizza

4 Cheese, Grilled Veggie, Margherita or Pesto & Buffalo

\$5.69

11 oz. Sugg. Retail: \$7.99

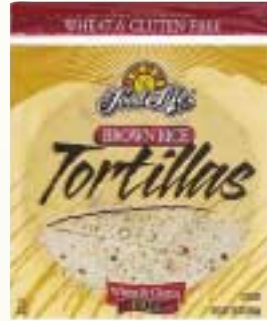


FOOD FOR LIFE

Brown Rice Tortillas

\$2.79

12 oz. Sugg. Retail: \$3.69



FOOD FOR LIFE

Organic Ezekiel 4:9 Sprouted Buns

Burger or Hot Dog

\$3.49

16 oz. Sugg. Retail: \$4.99



FOOD FOR LIFE

Organic English Muffins

7 Grain or Ezekiel 4:9 Sprouted

\$3.49

16 oz. Sugg. Retail: \$4.99

Ezekiel 4:9 Raisin or Genesis Sprouted..... **\$3.99**

16 oz. Sugg. Retail: \$5.59

Wheat/Gluten Free Brown Rice or Gluten Free Multi Seed... **\$4.39**

18 oz. Sugg. Retail: \$6.19



TUSCAN TOMATO PASTA

INGREDIENTS

- 1/2 cup chopped onion
- 2 cloves garlic,
- 1 tablespoon olive oil or vegetable oil
- 1 cup sliced fresh mushrooms
- 1 can (28 oz) whole tomatoes,
- 1/2 cup shredded carrot
- 2 tablespoons red wine vinegar
- 1 tablespoon dried basil leaves
- 1 cup Morningstar Farms® Meal Starters™ Chik'n Strips
- 8 ounces spaghetti or fettuccine
- 2 tablespoons shaved Parmesan cheese

DIRECTIONS

1. In large saucepan cook onion and garlic in hot oil until tender. Add mushrooms. Cook and stir for 1 to 2 minutes or until tender.
2. Stir in undrained tomatoes, carrot, vinegar and basil. Bring to boil. Reduce heat. Simmer, uncovered, for 10 to 15 minutes or until desired thickness. Stir in Chik'n Strips. Cook and stir for 1 to 2 minutes or until heated through.
3. Meanwhile, cook pasta according to package directions. Drain. Toss tomato mixture with pasta. Sprinkle with cheese.



FROZEN TREATS



SO DELICIOUS

Non-Dairy Novelties

\$3.69

Vanilla Multi Sandwich, Minis Neapolitan Sandwich or Minis Chocolate Vanilla

4-8 pack Sugg. Retail: \$5.19

Organic Coconut Fudge or

Minis Cocoa Almond w/Coconut Milk..... **\$3.59**

4-6 pack Sugg. Retail: \$5.19

LUNA & LARRY'S

Organic Coconut Bliss

All Varieties

\$4.79

1 pint Sugg. Retail: \$6.59



RICE DREAM

Organic Rice Dream

All Varieties

\$3.19

1 pint Sugg. Retail: \$4.39



RICE DREAM

Novelty Bar

Carob Coated Vanilla, Nut & Chocolate Coated Chocolate or Nut & Chocolate Coated Vanilla or Chocolate Pie

\$1.19

3.2-3.7 oz. Sugg. Retail: \$1.49-\$1.59 ea.

Vanilla Rice Dream Bites..... **\$3.59**

6.6 oz. Sugg. Retail: \$4.99



STONYFIELD FARM

Organic Ice Cream

All Varieties

\$3.19

16 oz. Sugg. Retail: \$4.49



STONYFIELD FARM

Organic Frozen Yogurt

All Varieties

\$3.19

16 oz. Sugg. Retail: \$4.49



MORNINGSTAR FARMS

Meatless Alternatives

Grillers Chik'n, Organic Breakfast Patties, Hickory BBQ Riblets or Chik'n Strips Meal Starter

8-10 oz. Sugg. Retail: \$5.79-\$5.99

\$4.19



HENRY & LISA

Wild Alaskan Salmon Burgers.....

\$5.89

12.8 oz. Sugg. Retail: \$8.29

Check for our Monthly Specials at www.westerlynaturalmarket.com