

November 6 - December 3, 2024

 Harris Teeter

# Discovery

*Inspiring your Culinary Journey*



## Holiday Entertaining

### What's Inside:

- Organic Produce Savings
- Holiday Leftover Solutions
- Order Ahead Holiday Dinners
- Kids' Activity Page



# Discover What's Happening

## Celebrate Holiday Traditions

We have whatever you need to make the holiday delicious!



Get holiday  
recipe  
ideas here.



## Friendsgiving Cheer

Host a Potluck and celebrate new traditions by having each friend bring their favorite dish. Check out this tasty recipe, perfect for your friendly get-together.



## Turkey Bacon Ranch Sliders



- 12 slider buns or dinner rolls
- 1/3 cup ranch dressing
- 12 slices bacon, cooked
- 2 cups cooked turkey
- 1 1/2 cups cheddar cheese, shredded
- 2 tablespoons butter, melted
- 1 clove garlic, minced
- 1 teaspoon parsley, finely chopped
- 1/2 teaspoon sesame seeds

### Directions:

Step 1: Preheat the oven to 350° F.

Step 2: Place the bottom half of the slider buns in a 13"x9" baking dish. Spread ranch dressing evenly over the buns. Top with bacon, turkey and cheese. Cover with the top buns.

Step 3: In a small bowl, mix together butter, garlic, parsley and sesame seeds. Brush over the top of the slider buns. Cover pan with foil. Bake for 20-25 minutes until everything is warm and the cheese is melted.

Step 4: Serve immediately.

Step 5: Refrigerate any leftovers for up to 3 days in an airtight container.





# Discover Inspiration

## Fully Cooked Holiday Dinners

Ready to heat and enjoy!



View our Full Selection of Dinners, Platters and Desserts Online and Order Ahead

Scan the QR code



### Traditional Turkey Dinner

9-12 lbs. Fully Cooked Butterball Turkey<sup>®</sup>  
 16 oz. Whole Cranberry Orange Sauce  
 16 oz. Turkey Gravy  
 32 oz. Herbed Cornbread Stuffing  
 24 oz. Yukon Gold Mashed Potatoes  
 32 oz. Green Bean Casserole  
 20 oz. Roasted Fall Vegetables

serves 6 - 8

**\$69.99** with VIC card   
 \$79.99 regular retail



### Spiral Ham Dinner

7-9 lbs. HT Spiral Sliced Ham  
 16 oz. Whole Cranberry Orange Sauce  
 32 oz. Sweet Potato Casserole  
 24 oz. Macaroni & Cheese  
 32 oz. Green Bean Casserole  
 20 oz. Roasted Fall Vegetables

serves 6 - 8

**\$69.99** with VIC card   
 \$79.99 regular retail



### Prime Rib Dinner

4 lb. Boneless Prime Rib  
 16 oz. Mushroom Herb Sauce  
 24 oz. Yukon Gold Mashed Potatoes  
 32 oz. Green Bean Casserole  
 20 oz. Roasted Fall Vegetables

serves 6 - 8

**\$89.99** with VIC card   
 \$99.99 regular retail

BE SURE TO CHECK OUT WHAT'S NEW



These whole, sweet sun-dried raisins are dusted in fair trade cocoa and caramel with a touch of sea salt.



Cook what you crave with Taco Bell Craving Kits. Just add protein and your own fresh ingredients!



OWN THE HOLIDAY SEASON Limited Edition Winter Spiced Cranberry



Introducing Oatly Oatmilk Vanilla and Caramel creamers; sweet, balanced and delicious



Trust Dole® for the Holidays!

BOLD flavors. Spicy, Sweet, Savory.



Complementary nut type combinations with premium cashews.



NEW Gummy Form. Not Chalky. Just Tasty. Smooth Berry Flavored.



Latin-inspired, familia-style meals that are ready in minutes. New in the freezer aisle!



Muscle Milk Plant Protein Shake with 25 grams of Protein and 9 Essential Amino Acids with Vitamin B12 & Iron



Zero grams added sugar, 100% delicious!

# Discover Fresh and Organic

Prices good November 6 - December 3, 2024.



3 lb. bag  
Simple Truth Organic  
Red, Gold, Russet or  
Sweet Potatoes  
**4.99**  
each



Select Varieties .5 oz.  
Simple Truth Organic  
Herbs  
**2 for \$4**



5 oz.  
Simple Truth Organic  
Roasting or Poultry  
Herb Blends  
**2 for \$4**



2 lb. bag  
Simple Truth Organic  
Red and Yellow  
Onions  
**3.99**  
each



Organic  
Envy  
Apples  
**2.99**  
per lb.



1 lb. bag  
Simple Truth Organic  
Whole Carrots  
**2 for \$3**



3 oz. pkg.  
Simple Truth Organic  
Basil  
**4.99**  
each



24 oz.  
Simple Truth Organic  
Red or Yukon Gold  
Creamer Potatoes  
**3.99**  
each



3 ct.  
Simple Truth Organic  
Garlic  
**2 for \$5**



Farmers Market  
Organic Kale  
**2 for \$5**



10 oz.  
Organic  
Shredded Carrots  
**2.99**  
each



Taylor Farms Organic  
Chopped Kits  
**4.29**  
each



2 lb. bag  
Simple Truth Organic  
Bartlett Pears  
**4.99**  
each



2 lb. bag  
Simple Truth Organic  
Gala Apples  
**4.99**  
each



2 lb. bag  
Simple Truth Organic  
Lemons  
**4.79**  
each



12 oz.  
Lenny Boy  
Kombuchas  
**2 for \$4**



7.4 oz.  
Simple Truth Organic  
Homestyle Waffles  
**3.49** VIC  
save at least 50c each with your VIC card



16 oz.  
Simple Truth Organic  
Coconut Flour  
**3.99** VIC  
save at least 80c each with your VIC card



8 oz.  
Simple Truth Organic  
Round Snack Crackers  
**3.49** VIC  
save at least 50c each with your VIC card



5 oz. Simple Truth Organic  
Sweetened  
Dried Cranberries  
**2.99** VIC  
save at least 80c each with your VIC card



32 oz.  
Simple Truth Organic  
Big Jug Syrup  
**16.49** VIC  
save at least \$1.50 each with your VIC card



21.6 oz.  
Simple Truth Plant Based  
Protein Powder  
**22.99** VIC  
save at least \$4.50 each with your VIC card



10.5 oz.  
Simple Truth Organic  
Cream of Mushroom  
**2 for \$4** VIC  
save at least 58c on 2 with your VIC card



32 oz.  
Simple Truth Organic  
Stock  
**2 for \$5** VIC  
save at least 98c on 2 with your VIC card



14.5 oz.  
Simple Truth Organic  
Canned Vegetables  
**3 for \$5** VIC  
save at least 96c on 3 with your VIC card



# Shopping Mindfully

The choices you feel good about right here... organic, natural, free from, responsibly sourced and more.

## Tropical Sweetness

Enjoy a burst of naturally sweet, tropical 100% pineapple juice\* with every sip. It is an excellent Source of Vitamin C with no added sugar.



\*100% Pineapple Juice Not from Concentrate with Added Vitamin C



**organic**  
16 oz.  
Verde Organic  
93% Lean Ground Beef  
**7.99**

save at least \$2.00 each with your VIC card



**organic**  
per lb.  
Smart Organic  
Chicken Drumsticks  
**2.99**

save big with your VIC card



**organic**  
14.5 oz.  
Simple Truth Organic  
Cage Free Mayonnaise  
**3.99**

save at least 70c each with your VIC card



**organic**  
8 oz.  
Better Than Bouillon  
Organic Bases  
**6.49**

save at least \$1.00 each with your VIC card



**organic**  
16 oz.  
Bob's Red Mill Organic  
Brown Flaxseed Meal  
**5.99**

save at least \$1.00 each with your VIC card



**organic**  
16 oz.  
Bob's Red Mill Organic  
Coconut Flour  
**5.99**

save at least \$1.00 each with your VIC card



**organic**  
32 oz.  
Kitchen Basics  
Organic Stock  
**2 for \$8**

save at least \$2.58 on 2 with your VIC card



**organic**  
2.2 oz.  
Kate's  
Real Foods Bars  
**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card



**organic**  
1 lb.  
Lundberg Organic  
Tri-Color Quinoa  
**8.99**

save at least \$1.00 each with your VIC card



**organic**  
5.5 oz.  
Lundberg Organic  
Risotto or  
Cilantro Lime Rice  
**3.99**

save at least 70c each with your VIC card



**organic**  
2 lb.  
Lundberg Organic  
Rice  
**9.49**

save at least \$1.50 each with your VIC card



**organic**  
8-12 oz.  
Miyoko's Organic  
Vegan Butter  
**4.99**

save at least \$2.00 each with your VIC card



**organic**  
34 oz.  
Terra Delyssa Organic  
Extra Virgin Olive Oil  
**21.99**

save at least \$4.00 each with your VIC card

## Shopping Made Easier

The items you want have attribute icons displayed on the tag

**NON GMO**  
030030684 76890  
03 033201 0.536  
03 0002 PER OZ  
**4.29**  
111 DEL GF WF GINGER SNAPS  
**\$2.99**  
PRICE GOOD THRU 06/27/23  
SAVINGS WITH YOUR VIC CARD **\$1.98**

12-14 oz.  
Reese  
Artichoke Hearts

**2 for \$6**

save at least \$3.58 on 2 with your VIC card



16 oz.  
Sunbutter  
Spreads

**6.49**

save at least \$2.50 each with your VIC card



12 oz.  
Gluten Free  
Brianna's  
Salad Dressing

**2 for \$8**

save at least \$1.98 on 2 with your VIC card



1.2 oz.  
Gluten Free  
Knorr's  
Gravy Mixes

**5 for \$5**

save BIG with your VIC card



# Ask the Pharmacist

**What strategies do you recommend for preventing colds, flu, and other common respiratory infections, especially during cold and flu season?**



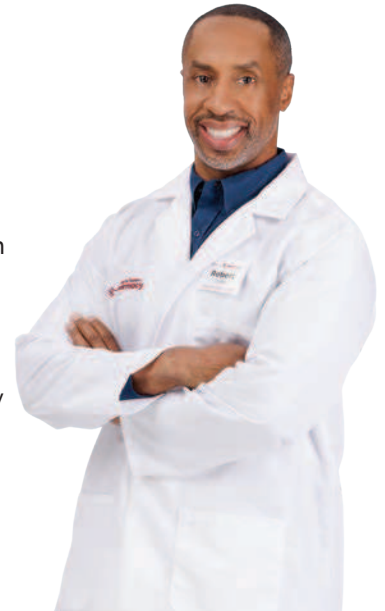
As flu season approaches, it's important to consider what steps we can take to try and keep ourselves healthy. An important preventative measure is immunizations. **Patients can receive their annual flu vaccines at any Harris Teeter Pharmacy location!**

Hand hygiene is a simple and easy preventative tool to ward off illness. When you find yourself in areas that may expose you to sick individuals, you can take preventative action against respiratory infections by wearing a mask in public places.

Your diet can also play a role in how your immune system functions. While there is no direct correlation between a person's health and a specific food they eat, the consumption of a healthy diet will help to keep your immune system strong. It's also important to maintain a healthy diet with adequate nutrition as it will supply your body with vitamins that aid in preventing illnesses such as selenium, iron, copper, folic acid, and vitamins A, B6, C, D, and E.

One piece that often goes overlooked is how important sleep is. It is recommended that adults aim for 7-9 hours of sleep nightly.

Harris Teeter  
**health and wellness**



## SHOP NOW

# for FSA and HSA products



VIEW LIST OF ELIGIBLE ITEMS



Please check with your plan administrator to verify that FSA/HSA eligible items are reimbursable.



### CARE *meets* CONVENIENCE

Take care of your  Health & Wellness with these essential remedies

## Natural Energy

A fizzy, citrus-y burst of essential nutrients including Vitamin C and B vitamins, to help make it a super day.



## Powerful Pain Relief

The #1 doctor-recommended brand for pain relief and fever reduction to help you get back to the things you love.



## Potent Superfood

Supports gut health, digestion, and immunity with a rich and earthy flavor.





# New Traditions



## World Flavors Festival Asian inspired

### One Pan Sticky Asian Meatballs

#### Ingredients:

##### *for the meatballs:*

- 1 1/2 pounds ground pork
- 6 spring onions, finely sliced
- 3 cloves garlic, finely minced
- 1 tablespoon Simple Truth™ Tamari Sauce
- 1 teaspoon white pepper
- 1 teaspoon Private Selection™ Five Spice Powder
- Canola oil, for frying

##### *for the greens:*

- 1 bok choy, trimmed and sliced
- 8 spring onions, sliced into 1" pieces on the diagonal
- 1 1/2 cups sugar snap peas, trimmed

##### *for the sauce:*

- 1/3 cup Low Sodium Soy Sauce
- 1/3 cup Rice Wine Vinegar
- 3 tablespoons Sesame Oil
- 1 teaspoon Cornstarch
- 1 teaspoon white pepper
- 1 tablespoon Sriracha Sauce
- 3 cloves garlic, finely minced
- 2" piece ginger, finely minced
- 3 tablespoons Dark Brown Sugar

##### *to serve:*

- Simple Truth™ Sesame Seeds
- Cilantro leaves, picked
- Simple Truth™ Jasmine Rice, cooked



#### Directions:

1. Whisk all the sauce ingredients together in a bowl and set aside.
2. Place all the ingredients for the meatballs in a bowl and thoroughly combine. Take small pieces of the meat mix and roll into meatballs and set aside on a plate.
3. Place a large, high-sided pan over a medium-high heat and add 1-2 tablespoons of sunflower oil. Fry the meatballs until browned on all sides. Then add the sauce to the pan and continue to cook for 3-5 minutes, until the liquid is reduced and starts to become sticky. Stir regularly to coat the meatballs.
4. Add the bok choy, spring onions and sugar snap peas to the pan and toss gently to coat in the sauce. Cover with a lid and cook for a further 3-4 minutes, until the veggies are just tender.
5. Serve the whole pan straight to the table, sprinkle with sesame seeds, cilantro leaves and bowls of rice.

### Taste Adventure

Create showstopping dishes, that are simple enough to prepare every day. Blue Dragon Thai Sweet Chili Sauce is made with high-quality ingredients and is perfect as a dip or marinade.



### Savory Snack

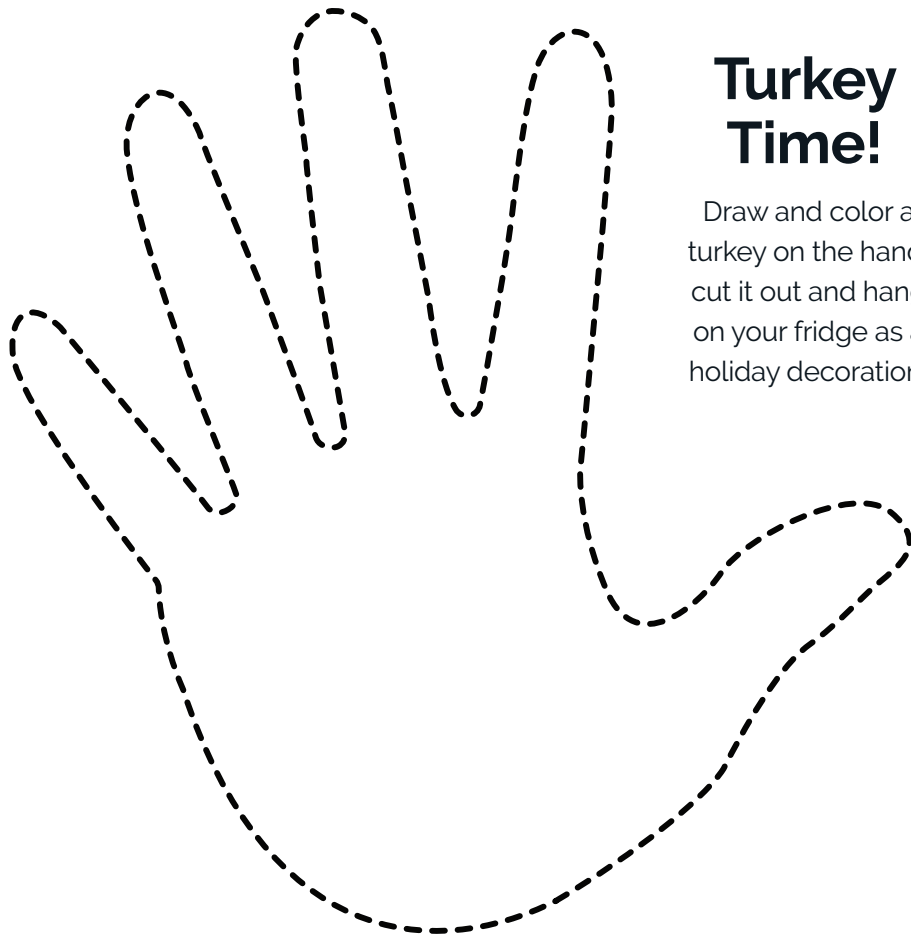
These pork and vegetable wontons make a satisfying snack or quick dish whenever you crave Asian flavors. Enjoy crispy when pan-fried or silky when steamed or boiled.





**Harris Teeter**  
YOUR NEIGHBORHOOD MARKET

# Discover Fun!



## Turkey Time!

Draw and color a turkey on the hand, cut it out and hang on your fridge as a holiday decoration!



♥ give change, create change

**Harris Teeter**

# ROUND UP

Round up your total to the nearest dollar.

**100%**  
OF YOUR DONATION  
WILL BENEFIT YOUR  
LOCAL FOOD BANK.

**HARRIS TEETER HARVEST FEAST**



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View Weekly Specials | Refill Prescriptions



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\*Terms & conditions apply.



Register for personalized e-mails, unique savings and access to digital coupons.

**SAVE \$100's** every month when you join

Join **HT Plus** and get ready for an easier way to SAVE

**2X** **FUEL POINTS** on all eligible orders.

**FREE** delivery\*

Exclusive access to over **\$100** in savings

\*Restrictions apply. Visit [harristeeter.com/htplus](http://harristeeter.com/htplus) for details.