

### Stuffed Artichokes Recipe

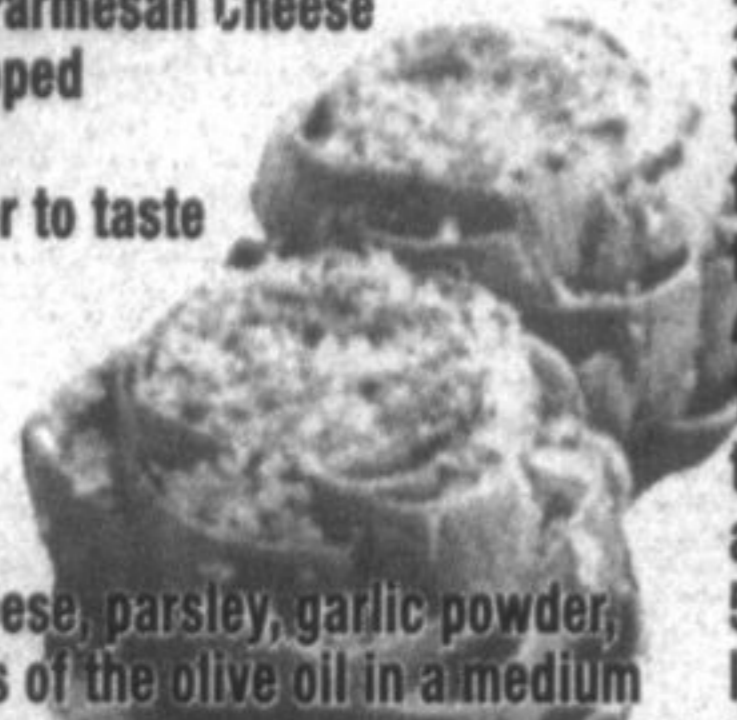
**INGREDIENTS:**

- 1 cup bread crumbs
- 1/2 cup grated Romano or Parmesan Cheese
- 2 tablespoons parsley, chopped
- 1/4 teaspoon garlic powder
- salt & freshly ground pepper to taste
- 6 tablespoons olive oil
- 4 artichokes
- 2 cloves of garlic, sliced

**DIRECTIONS:**

1. Combine bread crumbs, cheese, parsley, garlic powder, salt, pepper, and 2 tablespoons of the olive oil in a medium bowl. Mix together well.  
2. Cut stems off artichokes, flush with bottom. Cut pointy

leaves off the top of the artichokes. Spread leaves of each artichoke open, wash and drain and push stuffing in between them.  
3. In a pot just large enough to fit the artichokes, add the sliced garlic cloves, 2 tablespoons of the olive oil and the artichokes standing upright. Drizzle the remaining 2 tablespoons of olive oil over the top of the artichokes.  
4. Turn heat on to medium and cook until sizzling about 1-2 minutes. Add water to reach half way up the sides of the artichokes. Careful not to pour the water on top of the artichokes.  
5. Cover and cook until the artichokes are tender and a leaf is easily pulled out, about 45 minutes. If liquid is evaporating too quickly add a little more water.  
6. Transfer to a serving platter, drizzle a little of the liquid from the pot over the artichokes and serve.



# The GARDEN BASKET

Putting Quality & Freshness in Prices in effect Thursday, April 24, until

## Quality fresh Produce

"The Mexican Heat Makes them Juicy & Sweet!"

**Large Haden Mangoes** **SAVE \$1.00**  
4/3<sup>00</sup> Or .99 Each

**Ontario Greenhouse Grown Large Seedless English Cucumbers** **1/2 PRICE**  
4/3<sup>00</sup> Or .99 Each

"Fresh from the Tropics!"

**Super Sweet Golden Ripe Pineapples** **SAVE \$1.00**  
2<sup>98</sup> Each

**Product of USA or (Mex) Super Sweet Seedless Fresh Cut Watermelon** **SAVE .50/LB**  
.78 lb 1.72kg

**Aged for 21 Days, Cut from Canada AA or USDA Select Beef Strip Loin Grilling Steaks** **SAVE \$5.00/LB**

**AGED FOR 21 DAYS**

**6<sup>98</sup>** lb 15.39kg **Great on the GRILL!**

**In Store Made Extra Lean Pork Sausages** **SAVE \$2.00/LB**

**2<sup>48</sup>** lb 5.47kg **Great on the GRILL!**

**California Sweet Fresh Bunch Carrots** **SAVE .30**  
.98 Bunch

**South American Sweet 'N Juicy Bosc Pears** **SAVE .50/LB**  
.98 lb 2.16kg

**California Tender 'N Fresh Artichokes** **1/2 PRICE**  
.98 lb 2.16kg

**Product of USA California Crisp Celery Stalks** **SAVE .50**  
.98

**Florida Fresh Extra Large Field Tomatoes** **SAVE .50/LB**  
.98 lb 2.16kg

**Ontario Greenhouse Grown Mini English Pickles** **1/2 PRICE**  
.98 lb 2.16kg

**Fresh Pork Sirloin Chops**

**2<sup>48</sup>** lb 5.47kg **Great on the GRILL!**

**SAVE \$2.00/LB**

## The Butcher Shop

**Maple Leaf, Fully Cooked Grilled Chicken Breast Strips** **SAVE \$3.50**  
**6<sup>48</sup>** 400g Pkg **GREAT IN SALADS**

**Fresh, Ontario Whole Baby Lambs** **SAVE \$1.00/LB**  
**5<sup>98</sup>** lb 13.18kg **Great on the GRILL!**

**Organic Quinoa Grain** **SAVE \$1.00/LB**  
(High in Protein, Easy to Digest & Gluten Free)  
**2<sup>98</sup>** lb 6.57kg

**100% Pure, All Natural (Not from Concentrate) Pomegranate Juice** **SAVE \$2.00**  
**3<sup>98</sup>** 1L Glass Bottle

**The Flower Garden Ontario Greenhouse Grown 3 Bloom, 6" Pot Beautiful Fragrance Hyacinths** **SAVE \$5.00**  
**2/000** or **4<sup>98</sup>** Each (A variety of colours)

## The Delicatessen

**Shopsy's Original Recipe All Beef Wieners** **1/2 PRICE**  
**1<sup>98</sup>** 450g

**Schneiders 1890 Herb Turkey Breast**  
**1<sup>88</sup>** /100g

**Canadian Double Cream Brie Cheese**  
**1<sup>88</sup>** /100g

**Siena Porchetta Hot or Mild**  
**1<sup>68</sup>** /100g

**Baguette Co. In Store Baked Artisan French Baguette**  
**2<sup>48</sup>** Ea