VIVIEN'S

east coast market

RECIPE BOOK

french toast

INGREDIENTS

4 eggs
2/3 cup milk
2 tsp of cinnamon
8 thick slices of bread
Butter
Maple syrup

PREP TIME 5 min

TOTAL TIME 15 min

RECIPE SERVES 4

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.

BREAKFAST

A delicious and well rounded breakfast to fuel your day. Can be eaten for any meal of the day!

pasta salad

PREP TIME 10 min

TOTAL TIME 30 min

RECIPE SERVES 4

INGREDIENTS

3 cups whole grain pasta
1 pint grape tomatoes
1 yellow bell pepper
1 cup baby corns
1 cup chopped green onion
1/2 cup black olives
Italian Dressing

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

LUNCH

A fun and easy lunch to prepare on a warm day. This is the perfect mixture of carbs and veggies to keep your day going strong!

Food V1.0.1 (July 23, 2013 6:04 PM), Page 3, Record 1

hummus dip

INGREDIENTS

1 can chickpeas
4 tbs lemon juice
2 tbs tahini
2 cloves garlic, crushed
1/2 tsp salt
2 tbs olive oil

PREP TIME 10 min

TOTAL TIME 10 min

RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.

SNACK

A yummy, low carb afternoon snack.
Serve with carrot and celery sticks.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 4, Record 1

garlic and tomato baked chicken

PREP TIME 05 min

TOTAL TIME 60 min

RECIPE SERVES 4

INGREDIENTS

1 1/2 lb chicken
1 cup cherry tomatoes
4 cloves of garlic, chopped
olive oil
salt & pepper

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

DINNER

A simple delicious dinner that everyone will love. Serve with mashed potatoes or steamed veggies.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 5, Record 1

WHAT'S IN SEASON NEAR YOU

BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VIRGINIA FOR THE SPRING!

- Asparagus
- Blueberries
- Cucumbers
- Spinach
- Strawberries

Food V1.0.1 (July 23, 2013 6:04 PM), Page 6, Record 1

SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS.
REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS

SAVE $0.55
east coast
organic apples

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.59
east coast
bell peppers

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blackberries

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.55
east coast
organic carrots

Expires 03/14/13

offer valid at any east coast market location

2 FOR $1.00
east coast
organic cucumbers

Expires 03/14/13

offer valid at any east coast market location

SAVE $1.00
east coast
cooked edamame

Expires 03/14/13

offer valid at any east coast market location

2 FOR 1
east coast
bananas

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blueberries

Expires 03/14/13

offer valid at any east coast market location

2 FOR $1.00
east coast
green onions

Expires 03/14/13

offer valid at any east coast market location

Food V1.0.1 (July 23, 2013 6:04 PM), Page 7, Record 1

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east coast market

433 Palmview Rd
Richmond, NC 23220

PAID POSTAGE

Vivien Lara
7951 47th Ave
Virginia Beach, VA 10711

Hey Vivien,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market

east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- ☐ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast
market

433 Palmview Rd
Richmond, NC 23220

PAID
POSTAGE

Vivien Lara
7951 47th Ave
Virginia Beach, VA 10711

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LEANDRA'S

east coast market

RECIPE BOOK

spinach and cheese omelet

INGREDIENTS

2 large egg whites
1 cup chopped spinach
1/2 cup chopped bell peppers
1/2 cup mushrooms
1/3 cup chopped tomatoes

PREP TIME 5 min

TOTAL TIME 10 min

RECIPE SERVES 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.

BREAKFAST

Kickstart your morning with a well balanced, protein packed breakfast that will keep you feeling full, focused and energized!

blt salad

PREP TIME 25 min

TOTAL TIME 25 min

RECIPE SERVES 4

INGREDIENTS

4 tomatoes
3 tbs low-fat mayonnaise
2 tbs chives
2 tsp white vinegar
ground black pepper
5 cups romaine lettuce
3 slices bacon

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together.
Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

LUNCH

Here's the salad version of America's favorite sandwich. At only 150 calories per serving, your taste buds will be thanking you.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 3, Record 2

fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped
3/4 cup water
1/4 cup white sugar
1/2 tsp ground cinnamon

PREP TIME 10 min

TOTAL TIME 30 min

RECIPE SERVES 4

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.

SNACK

Better than your grandma's applesauce!

Perfect for anytime you need a quick pick-me-up.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 4, Record 2

smoky corn and black bean pizza

PREP TIME 30 min

TOTAL TIME 30 min

RECIPE SERVES 6

INGREDIENTS

1 plum tomato, diced
1 cup black beans
1 cup fresh corn
2 tbs cornmeal
1 pound pizza dough
1/3 cup barbecue sauce
1 cup shredded mozzarella

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal on grill and bake dough. Flip. Add bbq sauce, tomato mixture, and cheese. Grill until cheese is melted.

DINNER

This delicious dinner is only 316 calories. Serve with avocado or a garden salad to make a full meal.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 5, Record 2

WHAT'S IN SEASON NEAR YOU

BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN CONNECTICUT FOR THE FALL!

- Apples
- Carrots
- Garlic
- Pears
- Potatoes

Food V1.0.1 (July 23, 2013 6:04 PM), Page 6, Record 2

SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS.
REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS

SAVE $0.55
east coast
organic apples

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.59
east coast
bell peppers

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blackberries

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.55
east coast
organic carrots

Expires 03/14/13

offer valid at any east coast market location

2 FOR $1.00
east coast
organic cucumbers

Expires 03/14/13

offer valid at any east coast market location

SAVE $1.00
east coast
cooked edamame

Expires 03/14/13

offer valid at any east coast market location

2 FOR 1
east coast
bananas

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blueberries

Expires 03/14/13

offer valid at any east coast market location

2 FOR $1.00
east coast
green onions

Expires 03/14/13

offer valid at any east coast market location

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east coast
market

444 Shiver St
Portland, ME 04019

PAID
POSTAGE

Leandra Gilbert
3994 Bay Avenue
Waterbury, CT 61622

Hey Leandra,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market

east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- ☐ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast
market

444 Shiver St
Portland, ME 04019

PAID
POSTAGE

Leandra Gilbert
3994 Bay Avenue
Waterbury, CT 61622

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STEWART'S

west coast market

RECIPE BOOK

french toast

INGREDIENTS

4 eggs
2/3 cup milk
2 tsp of cinnamon
8 thick slices of bread
Butter
Maple syrup

PREP TIME 5 min

TOTAL TIME 15 min

RECIPE SERVES 4

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.

BREAKFAST

A delicious and well rounded breakfast to fuel your day. Can be eaten for any meal of the day!

Food V1.0.1 (July 23, 2013 6:04 PM), Page 2, Record 3

blt salad

PREP TIME 25 min

TOTAL TIME 25 min

RECIPE SERVES 4

INGREDIENTS

4 tomatoes
3 tbs low-fat mayonnaise
2 tbs chives
2 tsp white vinegar
ground black pepper
5 cups romaine lettuce
3 slices bacon

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together.
Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

LUNCH

Here's the salad version of America's favorite sandwich. At only 150 calories per serving, your taste buds will be thanking you.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 3, Record 3

hummus dip

INGREDIENTS

1 can chickpeas
4 tbs lemon juice
2 tbs tahini
2 cloves garlic, crushed
1/2 tsp salt
2 tbs olive oil

PREP TIME 10 min

TOTAL TIME 10 min

RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.

SNACK

A yummy, low carb afternoon snack.
Serve with carrot and celery sticks.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 4, Record 3

pan seared salmon

PREP TIME 5 min

TOTAL TIME 60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil
4 salmon fillets
kosher salt and black pepper
1 orange
2 small beefsteak tomatoes
1/2 cup cilantro sprigs
1/4 cup pitted green olives

INSTRUCTIONS

Heat the oil in a large skillet. Season the salmon with salt and pepper. Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the orange into segments. In a large bowl, combine the segments with the tomatoes, cilantro, olives, remaining oil, salt, and pepper.

DINNER

Salmon is rich in fatty acids and proteins, which give your body the nutrients that it needs.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 5, Record 3

WHAT'S IN SEASON NEAR YOU

BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN CALIFORNIA FOR THE FALL!

- Apples
- Broccoli
- Brussel sprouts
- Peppers
- Pomegranates

Food V1.0.1 (July 23, 2013 6:04 PM), Page 6, Record 3

SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS.
REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS

SAVE $0.55
east coast
organic apples

Expires 03/14/13

offer valid at any west coast market location

SAVE $0.59
east coast
bell peppers

Expires 03/14/13

offer valid at any west coast market location

2 FOR $5.00
east coast
blackberries

Expires 03/14/13

offer valid at any west coast market location

SAVE $0.55
east coast
organic carrots

Expires 03/14/13

offer valid at any west coast market location

2 FOR $1.00
east coast
organic cucumbers

Expires 03/14/13

offer valid at any west coast market location

SAVE $1.00
east coast
cooked edamame

Expires 03/14/13

offer valid at any west coast market location

2 FOR 1
east coast
bananas

Expires 03/14/13

offer valid at any west coast market location

2 FOR $5.00
east coast
blueberries

Expires 03/14/13

offer valid at any west coast market location

2 FOR $1.00
east coast
green onions

Expires 03/14/13

offer valid at any west coast market location

Food V1.0.1 (July 23, 2013 6:04 PM), Page 7, Record 3

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west coast
market

226 Apple St.
Los Angeles, CA 90210

PAID
POSTAGE

Stewart Weiss
225 Taaffe Road
San Jose, CA 36448

Hey Stewart,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market

west coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- ☐ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast
market

226 Apple St.
Los Angeles, CA 90210

PAID
POSTAGE

Stewart Weiss
225 Taaffe Road
San Jose, CA 36448

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DARRYL'S

east coast market

RECIPE BOOK

spinach and cheese omelet

INGREDIENTS

2 large egg whites
1 cup chopped spinach
1/2 cup chopped bell peppers
1/2 cup mushrooms
1/3 cup chopped tomatoes

PREP TIME 5 min

TOTAL TIME 10 min

RECIPE SERVES 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.

BREAKFAST

Kickstart your morning with a well balanced, protein packed breakfast that will keep you feeling full, focused and energized!

Food V1.0.1 (July 23, 2013 6:04 PM), Page 2, Record 4

blt salad

PREP TIME 25 min

TOTAL TIME 25 min

RECIPE SERVES 4

INGREDIENTS

4 tomatoes
3 tbs low-fat mayonnaise
2 tbs chives
2 tsp white vinegar
ground black pepper
5 cups romaine lettuce
3 slices bacon

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together.
Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

LUNCH

Here's the salad version of America's favorite sandwich. At only 150 calories per serving, your taste buds will be thanking you.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 3, Record 4

fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped
3/4 cup water
1/4 cup white sugar
1/2 tsp ground cinnamon

PREP TIME 10 min

TOTAL TIME 30 min

RECIPE SERVES 4

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.

SNACK

Better than your grandma's applesauce!

Perfect for anytime you need a quick pick-me-up.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 4, Record 4

smoky corn and black bean pizza

PREP TIME 30 min

TOTAL TIME 30 min

RECIPE SERVES 6

INGREDIENTS

1 plum tomato, diced
1 cup black beans
1 cup fresh corn
2 tbs cornmeal
1 pound pizza dough
1/3 cup barbecue sauce
1 cup shredded mozzarella

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal on grill and bake dough. Flip. Add bbq sauce, tomato mixture, and cheese. Grill until cheese is melted.

DINNER

This delicious dinner is only 316 calories. Serve with avocado or a garden salad to make a full meal.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 5, Record 4

WHAT'S IN SEASON NEAR YOU

BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN CONNECTICUT FOR THE FALL!

- Apples
- Carrots
- Garlic
- Pears
- Potatoes

Food V1.0.1 (July 23, 2013 6:04 PM), Page 6, Record 4

SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS.
REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS

SAVE $0.55
east coast
organic apples

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.59
east coast
bell peppers

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blackberries

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.55
east coast
organic carrots

Expires 03/14/13

offer valid at any east coast market location

2 FOR $1.00
east coast
organic cucumbers

Expires 03/14/13

offer valid at any east coast market location

SAVE $1.00
east coast
cooked edamame

Expires 03/14/13

offer valid at any east coast market location

2 FOR 1
east coast
bananas

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blueberries

Expires 03/14/13

offer valid at any east coast market location

2 FOR $1.00
east coast
green onions

Expires 03/14/13

offer valid at any east coast market location

Food V1.0.1 (July 23, 2013 6:04 PM), Page 7, Record 4

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east coast
market

444 Shiver St
Portland, ME 04019

PAID
POSTAGE

Darryl Salazar
P.O. Box 625
Hartford, CT 85105

Hey Darryl,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market

east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- ☐ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast
market

444 Shiver St
Portland, ME 04019

PAID
POSTAGE

Darryl Salazar
P.O. Box 625
Hartford, CT 85105

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CAIRO'S

east coast market

RECIPE BOOK

delicious gluten free pancakes

INGREDIENTS

1 cup rice flour
3 tbs tapioca flour
4 tbs dry buttermilk powder
1 packet sugar substitute
1 1/2 tsp baking powder
2 eggs
3 tbs canola oil

PREP TIME 10 min

TOTAL TIME 20 min

RECIPE SERVES 4

INSTRUCTIONS

In a bowl, sift together the rice flour, tapioca flour, dry buttermilk powder, sugar substitute, and baking powder. Stir in eggs, water, and oil until. Cook pancakes.

BREAKFAST

Makes fluffy pancakes with a consistency and taste comparable to those made with wheat flour.

vietnamese rice noodle salad

PREP TIME 15 min

TOTAL TIME 15 min

RECIPE SERVES 4

INGREDIENTS

5 cloves garlic
3 tbs sugar
1/4 cup fresh lime juice
1 package dried rice noodles
1 cucumber
2 carrots
1/4 cup fresh mint

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

LUNCH

Great for a hot day where you can just sit back, relax, and not have much to prepare!

Food V1.0.1 (July 23, 2013 6:04 PM), Page 3, Record 5

fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped
3/4 cup water
1/4 cup white sugar
1/2 tsp ground cinnamon

PREP TIME 10 min

TOTAL TIME 30 min

RECIPE SERVES 4

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.

SNACK

Better than your grandma's applesauce!

Perfect for anytime you need a quick pick-me-up.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 4, Record 5

spaghetti squash and meatballs

PREP TIME 20 min

TOTAL TIME 60 min

RECIPE SERVES 4

INGREDIENTS

2 whole spaghetti squash
olive oil
salt & pepper
1-½ lbs meatballs
4 cups spaghetti sauce
1 cup mozzarella cheese, shredded

INSTRUCTIONS

Preheat oven to 375°. Place the squash halves on a baking sheet. Drizzle the the squash with olive oil, then season with salt and pepper. Turn cut side down and bake 30-40 minutes. Remove from the oven.

Place meatballs and sauce over top of the squash. Sprinkle with mozzarella cheese. Return the pan to the oven and bake about 10 minutes.

DINNER

A gluten-free alternative to the traditional spaghetti and meatballs, but just as tasty!

Food V1.0.1 (July 23, 2013 6:04 PM), Page 5, Record 5

WHAT'S IN SEASON NEAR YOU

BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VERMONT FOR THE SPRING!

- Artichokes
- Asparagus
- Rhubarb
- Cherries
- Peas

Food V1.0.1 (July 23, 2013 6:04 PM), Page 6, Record 5

SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS.
REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS

SAVE $0.55
east coast
organic apples

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.59
east coast
bell peppers

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blackberries

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.55
east coast
organic carrots

Expires 03/14/13

offer valid at any east coast market location

2 FOR $1.00
east coast
organic cucumbers

Expires 03/14/13

offer valid at any east coast market location

SAVE $1.00
east coast
cooked edamame

Expires 03/14/13

offer valid at any east coast market location

2 FOR 1
east coast
bananas

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blueberries

Expires 03/14/13

offer valid at any east coast market location

2 FOR $1.00
east coast
green onions

Expires 03/14/13

offer valid at any east coast market location

Food V1.0.1 (July 23, 2013 6:04 PM), Page 7, Record 5

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east coast
market

3847 Maple Way
Burlington, VT 05401

PAID
POSTAGE

Cairo Cotton
1885 Stanton Avenue Ap #416
South Burlington, VT 12915

Hey Cairo,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market

east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- ☐ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast
market

3847 Maple Way
Burlington, VT 05401

PAID
POSTAGE

Cairo Cotton
1885 Stanton Avenue Ap #416
South Burlington, VT 12915

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EVELYN'S

east coast market

RECIPE BOOK

spinach and cheese omelet

INGREDIENTS

2 large egg whites
1 cup chopped spinach
1/2 cup chopped bell peppers
1/2 cup mushrooms
1/3 cup chopped tomatoes

PREP TIME 5 min

TOTAL TIME 10 min

RECIPE SERVES 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.

BREAKFAST

Kickstart your morning with a well balanced, protein packed breakfast that will keep you feeling full, focused and energized!

Food V1.0.1 (July 23, 2013 6:04 PM), Page 2, Record 6

edamame energy bowl

PREP TIME 35 min

TOTAL TIME 35 min

RECIPE SERVES 4

INGREDIENTS

1 package frozen edamame
1 cup red quinoa, cooked
2 celery ribs, sliced
1/2 cup shredded carrots
1 avocado, sliced
1/3 cup sliced almonds
Italian dressing

INSTRUCTIONS

Prepare edamame and quinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.

LUNCH

Power through lunch with an edamame energy bowl. Edamame, quinoa, and almonds provide protein while avocado gives you the healthy fat you need to get through your day!

Food V1.0.1 (July 23, 2013 6:04 PM), Page 3, Record 6

hummus dip

INGREDIENTS

1 can chickpeas
4 tbs lemon juice
2 tbs tahini
2 cloves garlic, crushed
1/2 tsp salt
2 tbs olive oil

PREP TIME 10 min

TOTAL TIME 10 min

RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.

SNACK

A yummy, low carb afternoon snack.
Serve with carrot and celery sticks.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 4, Record 6

garlic and tomato baked chicken

PREP TIME 05 min

TOTAL TIME 60 min

RECIPE SERVES 4

INGREDIENTS

1 1/2 lb chicken
1 cup cherry tomatoes
4 cloves of garlic, chopped
olive oil
salt & pepper

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

DINNER

A simple delicious dinner that everyone will love. Serve with mashed potatoes or steamed veggies.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 5, Record 6

WHAT'S IN SEASON NEAR YOU

BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MARYLAND FOR THE SUMMER!

- Blackberries
- Cantaloupe
- Eggplant
- Tomatoes
- Watermelon

Food V1.0.1 (July 23, 2013 6:04 PM), Page 6, Record 6

SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS.
REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS

SAVE $0.55
east coast
organic apples

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.59
east coast
bell peppers

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blackberries

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.55
east coast
organic carrots

Expires 03/14/13

offer valid at any east coast market location

2 FOR $1.00
east coast
organic cucumbers

Expires 03/14/13

offer valid at any east coast market location

SAVE $1.00
east coast
cooked edamame

Expires 03/14/13

offer valid at any east coast market location

2 FOR 1
east coast
bananas

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blueberries

Expires 03/14/13

offer valid at any east coast market location

2 FOR $1.00
east coast
green onions

Expires 03/14/13

offer valid at any east coast market location

Food V1.0.1 (July 23, 2013 6:04 PM), Page 7, Record 6

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east coast
market

3847 Lincoln Way
Baltimore, MD 21201

PAID
POSTAGE

Evelyn Bolton
3324 Clarendon Street
Columbia, MD 29123

Hey Evelyn,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market

east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- ☐ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast
market

3847 Lincoln Way
Baltimore, MD 21201

PAID
POSTAGE

Evelyn Bolton
3324 Clarendon Street
Columbia, MD 29123

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BELL'S

east coast market

RECIPE BOOK

french toast

INGREDIENTS

4 eggs
2/3 cup milk
2 tsp of cinnamon
8 thick slices of bread
Butter
Maple syrup

PREP TIME 5 min

TOTAL TIME 15 min

RECIPE SERVES 4

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.

BREAKFAST

A delicious and well rounded breakfast to fuel your day. Can be eaten for any meal of the day!

Food V1.0.1 (July 23, 2013 6:04 PM), Page 2, Record 7

pasta salad

PREP TIME 10 min

TOTAL TIME 30 min

RECIPE SERVES 4

INGREDIENTS

3 cups whole grain pasta
1 pint grape tomatoes
1 yellow bell pepper
1 cup baby corns
1 cup chopped green onion
1/2 cup black olives
Italian Dressing

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

LUNCH

A fun and easy lunch to prepare on a warm day. This is the perfect mixture of carbs and veggies to keep your day going strong!

Food V1.0.1 (July 23, 2013 6:04 PM), Page 3, Record 7

hummus dip

INGREDIENTS

1 can chickpeas
4 tbs lemon juice
2 tbs tahini
2 cloves garlic, crushed
1/2 tsp salt
2 tbs olive oil

PREP TIME 10 min

TOTAL TIME 10 min

RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.

SNACK

A yummy, low carb afternoon snack.
Serve with carrot and celery sticks.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 4, Record 7

garlic and tomato baked chicken

PREP TIME 05 min

TOTAL TIME 60 min

RECIPE SERVES 4

INGREDIENTS

1 1/2 lb chicken
1 cup cherry tomatoes
4 cloves of garlic, chopped
olive oil
salt & pepper

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

DINNER

A simple delicious dinner that everyone will love. Serve with mashed potatoes or steamed veggies.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 5, Record 7

WHAT'S IN SEASON NEAR YOU

BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN RHODE ISLAND FOR THE SUMMER!

- Beets
- Corn
- Cucumbers
- Peppers
- Rhubarb

Food V1.0.1 (July 23, 2013 6:04 PM), Page 6, Record 7

SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS.
REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS

SAVE $0.55
east coast
organic apples

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.59
east coast
bell peppers

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blackberries

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.55
east coast
organic carrots

Expires 03/14/13

offer valid at any east coast market location

2 FOR $1.00
east coast
organic cucumbers

Expires 03/14/13

offer valid at any east coast market location

SAVE $1.00
east coast
cooked edamame

Expires 03/14/13

offer valid at any east coast market location

2 FOR 1
east coast
bananas

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blueberries

Expires 03/14/13

offer valid at any east coast market location

2 FOR $1.00
east coast
green onions

Expires 03/14/13

offer valid at any east coast market location

Food V1.0.1 (July 23, 2013 6:04 PM), Page 7, Record 7

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east coast
market

13 Snowy Circle
Providence, RI 02801

PAID
POSTAGE

Bell Lyons
P.O. Box 332
Warwick, RI 90847

Hey Bell,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market

east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- ☐ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast
market

13 Snowy Circle
Providence, RI 02801

PAID
POSTAGE

Bell Lyons
P.O. Box 332
Warwick, RI 90847

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URIELLE'S

west coast market

RECIPE BOOK

french toast

INGREDIENTS

4 eggs
2/3 cup milk
2 tsp of cinnamon
8 thick slices of bread
Butter
Maple syrup

PREP TIME 5 min

TOTAL TIME 15 min

RECIPE SERVES 4

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.

BREAKFAST

A delicious and well rounded breakfast to fuel your day. Can be eaten for any meal of the day!

Food V1.0.1 (July 23, 2013 6:04 PM), Page 2, Record 8

blt salad

PREP TIME 25 min

TOTAL TIME 25 min

RECIPE SERVES 4

INGREDIENTS

4 tomatoes
3 tbs low-fat mayonnaise
2 tbs chives
2 tsp white vinegar
ground black pepper
5 cups romaine lettuce
3 slices bacon

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together.
Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

LUNCH

Here's the salad version of America's favorite sandwich. At only 150 calories per serving, your taste buds will be thanking you.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 3, Record 8

hummus dip

INGREDIENTS

1 can chickpeas
4 tbs lemon juice
2 tbs tahini
2 cloves garlic, crushed
1/2 tsp salt
2 tbs olive oil

PREP TIME 10 min

TOTAL TIME 10 min

RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.

SNACK

A yummy, low carb afternoon snack.
Serve with carrot and celery sticks.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 4, Record 8

pan seared salmon

PREP TIME 5 min

TOTAL TIME 60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil
4 salmon fillets
kosher salt and black pepper
1 orange
2 small beefsteak tomatoes
1/2 cup cilantro sprigs
1/4 cup pitted green olives

INSTRUCTIONS

Heat the oil in a large skillet. Season the salmon with salt and pepper. Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the orange into segments. In a large bowl, combine the segments with the tomatoes, cilantro, olives, remaining oil, salt, and pepper.

DINNER

Salmon is rich in fatty acids and proteins, which give your body the nutrients that it needs.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 5, Record 8

WHAT'S IN SEASON NEAR YOU

BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN CALIFORNIA FOR THE SPRING!

- Artichokes
- Asparagus
- Peaches
- Plums
- Strawberries

Food V1.0.1 (July 23, 2013 6:04 PM), Page 6, Record 8

SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS.
REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS

SAVE $0.55
east coast
organic apples

Expires 03/14/13

offer valid at any west coast market location

SAVE $0.59
east coast
bell peppers

Expires 03/14/13

offer valid at any west coast market location

2 FOR $5.00
east coast
blackberries

Expires 03/14/13

offer valid at any west coast market location

SAVE $0.55
east coast
organic carrots

Expires 03/14/13

offer valid at any west coast market location

2 FOR $1.00
east coast
organic cucumbers

Expires 03/14/13

offer valid at any west coast market location

SAVE $1.00
east coast
cooked edamame

Expires 03/14/13

offer valid at any west coast market location

2 FOR 1
east coast
bananas

Expires 03/14/13

offer valid at any west coast market location

2 FOR $5.00
east coast
blueberries

Expires 03/14/13

offer valid at any west coast market location

2 FOR $1.00
east coast
green onions

Expires 03/14/13

offer valid at any west coast market location

Food V1.0.1 (July 23, 2013 6:04 PM), Page 7, Record 8

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west coast
market

226 Apple St.
Los Angeles, CA 90210

PAID
POSTAGE

Urielle Dillon
7963 Vista St.
San Francisco, CA 94036

Hey Urielle,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market

west coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- ☐ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast
market

226 Apple St.
Los Angeles, CA 90210

PAID
POSTAGE

Urielle Dillon
7963 Vista St.
San Francisco, CA 94036

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SCARLET'S

east coast market

RECIPE BOOK

spinach and cheese omelet

INGREDIENTS

2 large egg whites
1 cup chopped spinach
1/2 cup chopped bell peppers
1/2 cup mushrooms
1/3 cup chopped tomatoes

PREP TIME 5 min

TOTAL TIME 10 min

RECIPE SERVES 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.

BREAKFAST

Kickstart your morning with a well balanced, protein packed breakfast that will keep you feeling full, focused and energized!

Food V1.0.1 (July 23, 2013 6:04 PM), Page 2, Record 9

edamame energy bowl

PREP TIME 35 min

TOTAL TIME 35 min

RECIPE SERVES 4

INGREDIENTS

1 package frozen edamame
1 cup red quinoa, cooked
2 celery ribs, sliced
1/2 cup shredded carrots
1 avocado, sliced
1/3 cup sliced almonds
Italian dressing

INSTRUCTIONS

Prepare edamame and quinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.

LUNCH

Power through lunch with an edamame energy bowl. Edamame, quinoa, and almonds provide protein while avocado gives you the healthy fat you need to get through your day!

Food V1.0.1 (July 23, 2013 6:04 PM), Page 3, Record 9

hummus dip

INGREDIENTS

1 can chickpeas
4 tbs lemon juice
2 tbs tahini
2 cloves garlic, crushed
1/2 tsp salt
2 tbs olive oil

PREP TIME 10 min

TOTAL TIME 10 min

RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.

SNACK

A yummy, low carb afternoon snack.
Serve with carrot and celery sticks.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 4, Record 9

garlic and tomato baked chicken

PREP TIME 05 min

TOTAL TIME 60 min

RECIPE SERVES 4

INGREDIENTS

1 1/2 lb chicken
1 cup cherry tomatoes
4 cloves of garlic, chopped
olive oil
salt & pepper

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

DINNER

A simple delicious dinner that everyone will love. Serve with mashed potatoes or steamed veggies.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 5, Record 9

WHAT'S IN SEASON NEAR YOU

BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VIRGINIA FOR THE WINTER!

Spinach

Food V1.0.1 (July 23, 2013 6:04 PM), Page 6, Record 9

SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS.
REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS

SAVE $0.55
east coast
organic apples

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.59
east coast
bell peppers

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blackberries

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.55
east coast
organic carrots

Expires 03/14/13

offer valid at any east coast market location

2 FOR $1.00
east coast
organic cucumbers

Expires 03/14/13

offer valid at any east coast market location

SAVE $1.00
east coast
cooked edamame

Expires 03/14/13

offer valid at any east coast market location

2 FOR 1
east coast
bananas

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blueberries

Expires 03/14/13

offer valid at any east coast market location

2 FOR $1.00
east coast
green onions

Expires 03/14/13

offer valid at any east coast market location

Food V1.0.1 (July 23, 2013 6:04 PM), Page 7, Record 9

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California Polytechnic State University, San Luis Obispo

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east coast
market

433 Palmview Rd
Richmond, NC 23220

PAID
POSTAGE

Scarlet Mitchell
P.O. Box 113
Virginia Beach, VA 32416

Hey Scarlet,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market

east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- ☐ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast
market

433 Palmview Rd
Richmond, NC 23220

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ABRAHAM'S

east coast market

RECIPE BOOK

delicious dairy free pancakes

INGREDIENTS

1 cup all-purpose flour
3 tbs sugar
2 tsp baking powder
1/2 tsp salt
1 cup almond milk
1 large egg

PREP TIME 10 min

TOTAL TIME 20 min

RECIPE SERVES 4

INSTRUCTIONS

Sift together the flour, sugar, baking powder and salt. Whisk together the almond milk, and egg until well combined. Add to the dry ingredients and mix until just combined. Cook pancakes.

BREAKFAST

Makes fluffy pancakes with a consistency and taste comparable to those made with milk.

vietnamese rice noodle salad

PREP TIME 15 min

TOTAL TIME 15 min

RECIPE SERVES 4

INGREDIENTS

5 cloves garlic
3 tbs sugar
1/4 cup fresh lime juice
1 package dried rice noodles
1 cucumber
2 carrots
1/4 cup fresh mint

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

LUNCH

Great for a hot day where you can just sit back, relax, and not have much to prepare!

Food V1.0.1 (July 23, 2013 6:04 PM), Page 3, Record 10

fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped
3/4 cup water
1/4 cup white sugar
1/2 tsp ground cinnamon

PREP TIME 10 min

TOTAL TIME 30 min

RECIPE SERVES 4

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.

SNACK

Better than your grandma's applesauce!

Perfect for anytime you need a quick pick-me-up.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 4, Recard 10

chicken tortilla soup

PREP TIME 0 min

TOTAL TIME 15 min

RECIPE SERVES 4

INGREDIENTS

1 can black beans, drained
1 can corn, drained
1 can chunk chicken
1 carton chicken broth
1 jar double roasted salsa

INSTRUCTIONS

Add all ingredients to a large pot. Bring to a boil and then simmer for 15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar cheese, sour cream and/or fresh avocado slices, if desired.

DINNER

A heartwarming and easy dinner!
Chicken soup really is good for the soul.

Food V1.0.1 (July 23, 2013 6:04 PM), Page 5, Record 10

WHAT'S IN SEASON NEAR YOU

BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN SOUTH CAROLINA FOR THE WINTER!

- Apples
- Lettuce
- Scallions
- Sweet potatoes

Food V1.0.1 (July 23, 2013 6:04 PM), Page 6, Record 10

SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS.
REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS

SAVE $0.55
east coast
organic apples

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.59
east coast
bell peppers

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blackberries

Expires 03/14/13

offer valid at any east coast market location

SAVE $0.55
east coast
organic carrots

Expires 03/14/13

offer valid at any east coast market location

2 FOR $1.00
east coast
organic cucumbers

Expires 03/14/13

offer valid at any east coast market location

SAVE $1.00
east coast
cooked edamame

Expires 03/14/13

offer valid at any east coast market location

2 FOR 1
east coast
bananas

Expires 03/14/13

offer valid at any east coast market location

2 FOR $5.00
east coast
blueberries

Expires 03/14/13

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2 FOR $1.00
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east coast
market

834 Sunshine Way
Charleston, SC 29407

PAID
POSTAGE

Abraham Crane
4977 5th Ave
Charleston, SC 4058

Hey Abraham,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market

east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- ☐ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

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