

ANNIVERSARY SALE

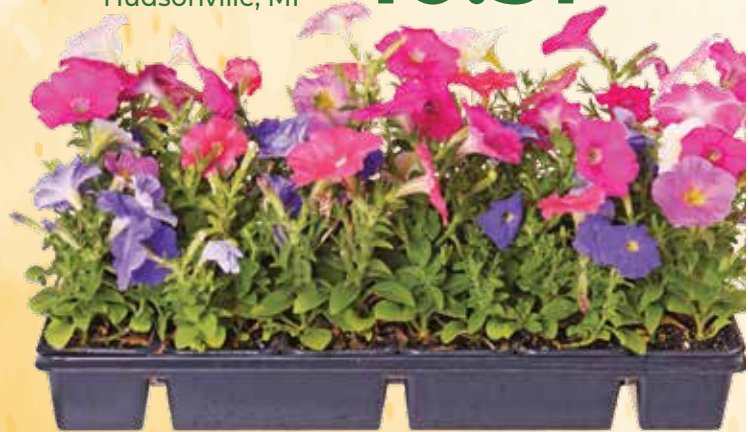
CELEBRATING 51 YEARS
MAY 15 - 17



Hudsonville, MI

Fresh - Brower Greenhouse
FLORAL FLATS
48 CT. | Limit 4

\$10.51



VERLASSO
FRESH ATLANTIC SALMON FILLETS
Sustainably Farmed
Patagonia, Chile

\$10.51 LB.

Busch's
CREAMY COLESLAW
Limit 2 LBS.

\$3.51 LB.



Busch's
CAGE FREE
LARGE EGGS
12 CT. | Limit 1

\$1.51



Dietz & Watson
OVEN CLASSIC
TURKEY
Sliced Fresh | Limit 2 LBS.

\$7.51 LB.



Spring Lake, MI

Busch's
CLASSIC COFFEE
10-12 OZ.
& K-CUPS
12 CT.

\$4.51



Busch's
SIGNATURE
PINEAPPLE CITRUS,
CHOCOLATE
RASPBERRY &
SALTED CARAMEL
CAKES
6 IN.

\$16.51



Comstock Park, MI

Bell's
TWO HEARTED
12/12 OZ.

\$15.51





Farm Fresh
**BONELESS SKINLESS
CHICKEN BREAST**
Big Deal Packs

\$2.51 LB.

Busch's
**SPARKLING
LEMONADE**
Imported from
France | 25.4 OZ.

\$3.51

Fresh
BLUEBERRIES
Pint

\$2.51



CHICKEN AND BLUEBERRY SALAD WITH LEMON POPPY SEED DRESSING

PREP TIME	COOK TIME	TOTAL TIME	SERVES
20 MINUTES	10 MINUTES	30 MINUTES	4



**SCAN TO SHOP
THIS RECIPE!**

DIRECTIONS

Prepare outdoor grill for direct grilling over medium-high heat. In large skillet, cook almonds over medium heat 5 minutes or until lightly browned and fragrant, stirring frequently; transfer to plate to cool.

In medium bowl, stir dressing, lemon juice and zest; cover and refrigerate.

Sprinkle chicken with seasoning and place on hot grill rack. Cover and cook 10 minutes or until internal temperature reaches 165°, turning once; transfer to cutting board and slice.

Divide romaine, avocado, onion, blueberries, almonds and chicken over 4 plates; serve with dressing.

NUTRITION

Approximate nutritional values per serving (1 salad): 430 Calories, 21g Fat (4g Saturated), 83mg Cholesterol, 632mg Sodium, 30g Carbohydrates, 10g Fiber, 35g Protein

INGREDIENTS

- ½ cup sliced almonds
- ½ cup poppy seed dressing
- 1 ½ Tbsp fresh lemon juice
- 1 Tbsp lemon zest
- 1 ¼ pounds boneless, skinless chicken breasts
- 2 tsp roasted garlic & herb seasoning
- 3 romaine hearts, chopped
- 1 medium avocado, peeled, pitted and diced
- ½ small red onion, thinly sliced
- 1 cup fresh blueberries

