



County Fair



JAN. 2018

THE FRESH TAKE

OUR MONTHLY NEWSLETTER

Open Mon-Fri 8a-9p, Sat & Sun 8a-8p

www.countyfairfoods.net



COUNTY FAIR'S FAMOUS GROUND CHUCK

\$3.39/lb.

GROUND FRESH DAILY!

FAST FACT

Cooking spinach actually increases its health benefits! Just half a cup of cooked spinach will give you thrice as much nutrition as one cup of raw spinach.



Everyone knows spinach nourishes your eyes and builds strong bones, but did you know spinach also aids in digestion and helps dry skin?

Ring in the New Year!



HELLO 2018!! To kick off the year, we are honoring our community with the start of a new program of giving back -- the Caring Cow! We will be collecting donations for local charities so be on the lookout for our Caring Cow in the front of the store.

We love our customers and our community!

Happy New Year!

The Baffes Family

2018

HAPPY NEW YEAR

FROM OUR COUNTYFAIR HOLIDAY KITCHEN

Cilantro Lime Shrimp with Zucchini Noodles



1 lb (450g) shrimp, shelled and deveined
2 + 1 tbsp. olive oil
4 cloves garlic, minced
1 pinch red pepper flakes (optional)
1/4 cup vegetable broth
1 tsp. honey

Juice of 1-1/2 lime
3 med. zucchini, spiralized or cut into noodles (NEW in our Produce Dept!)
Salt and fresh cracked pepper to taste
1 tsp. lime zest
2 tbsp. cilantro, chopped

DIRECTIONS

1. In a bowl, combine 2 tbsp. olive oil, garlic, red pepper flakes, 1 tbsp. cilantro, honey, lime juice and lime zest. Add uncooked shrimp and toss to mix well. Marinate for 15 to 20 minutes.
2. Heat 1 tbsp. olive oil in a pan over medium-high heat, add the drained shrimp, cook for two minutes, flip, and add the marinade. Cook for one more minute and set the shrimp aside.
3. In the same skillet add vegetable broth to deglaze and simmer for two minutes. Add the zucchini noodles and cook until just tender, about two minutes. Add the shrimp and toss, YUM!

Whether your New Year's resolution is to get more fit or to eat healthier, let County Fair's spectacular produce section help you succeed!

We have the best quality and largest selection of herbs, fruits and veggies to make your resolution a TASTY one!



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