



## Over \$150 in Savings!

Offers Good July 31 to Aug. 13, 2024

## BBQ Garlie Chili Shrimp

pg.42



'Ulu Hummus pg. 6 Seasoned Cooked Eggplant pg.36 **'Ulu Hummus** pg. 6



## Kassie Glimane KTA Downtown, Hilo Store Director

#### Aloha KTA 'ohana,

As summer winds down, many of us are preparing for the transition back to school. KTA Super Stores is stocked with all your needs, from school supplies to easy meal solutions. As your family's schedule fills up with early mornings, classes and extracurriculars, having a recipe that's quick to whip up can be a game changer. Here's one for a grilled chicken lettuce wrap that's a breeze to make.

Layer one whole wheat tortilla with shredded lettuce, sliced tomatoes, grilled chicken strips and shredded cheese. Drizzle your favorite dressing over the top, then roll it up and enjoy. This recipe is perfect for a quick lunch or weeknight dinner, while still being nutritious.

Visit our stores today to shop for snacks and ingredients, and remember, you're someone special at KTA since 1916.



#### Seasoned Cooked Eggplant pg. 36

BBQ Garlic Chili Shrimp pg. 42

## Coupons

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## **Featured Chef**



## **Grant Sato**

Chef Grant Sato has been teaching Culinary Arts at Kapiolani Community College since 1998. Specializing in Japanese, Thai and Korean cuisine, Chef Sato was the International winner of the 2015 Global Taste of Korea Competition. Chef Sato was also the Host and Co-Executive Producer of the local TV show, What's Cooking Hawai'i.



Sign up to receive our Coupon Book with Quick & 'Ono recipes and \$150 in savings at ktasuperstores.com/stay-in-touch or scan the code!

The recipes within are provided as suggestions only as part of our service to customers and are intended for use by persons having appropriate technical skill, at their own discretion and risk. KTA Super Stores cannot guarantee that favorable results will be obtained from their use, and assumes no obligation or liability and makes no warranties with respect to these recipes.





## 'Ulu Hummus

Created by Chef Grant Sato



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Visit ktasuperstores.com/recipes or scan the code for recipe videos and more!



## 'Ulu Hummus

2 cups cooked 'ulu, medium diced 4 cups chickpeas pg.5 ½ cup olive oil 4 cloves garlic ¼ cup tahini ¼ cup lemon juice1 tbsp. salt pg.82 tsp. ground cumincracked black pepper pg.8

Place the 'ulu in a food processor and puree. Add the chickpeas, olive oil, garlic, tahini, lemon juice, salt and ground cumin and continue to puree. To serve, drizzle with olive oil and sprinkle with black pepper. Enjoy!

#### Servings:

6 servings

Total Time: 15 minutes

#### **Pair With:**

Hahn SLH Chardonnay pg.62









Enjoy a bowl of cheesy deliciousness with Kraft's beloved blue box of mac & cheese. Hack your mac with bacon bits, or sprinkle them on salads, baked potatoes, nachos and more!







Shake up dinner with convenient Shake 'N Bake or Oven Fry Seasoned Coating Mixes and top it off with Heinz HomeStyle gravy. Yum!







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### www.stacyssnacks.com/recipes



# 🗦 PITA THINS 🗧

Strawberry Basil Dip



These tastefully crafted thins are made from real pita bread dough for a light & flaky crunch and flavorful snack.

Tzatziki









## Seasoned Cooked Eggplant

**Created by Chef Grant Sato** 



Visit ktasuperstores.com/recipes or scan the code for recipe videos and more!



### **Seasoned Cooked Eggplant**

1 cup salad oil pg.13

1 lb. long eggplant, partially peeled and cut into 1" thick rondelles

**3 cloves garlic, grated** 

1 tsp. fish sauce

1 tbsp. soy sauce or tsuyu pg.40

1 tbsp. honey 1 tbsp. kochujang sauce or red chili flakes 2 tbsp. sesame seed oil pg.37 1 tbsp. crushed sesame seeds ½ cup green onion, chopped

Place half of the oil in a sauté pan and turn the heat to the lowest temperature possible. Add in the eggplant and allow the eggplant to absorb all of the oil, flip them over, add in the remaining oil and cook them until soft to the touch.

While the eggplant is cooking, combine the garlic, fish sauce, soy sauce, honey, kochujang, sesame seed oil, crushed sesame seeds and green onion in a bowl and mix well. Place the cooked eggplant into the bowl with the sauce and mix well. Serve hot or at room temperature.

#### Servings:

6 servings

# **Total Time:** 20 minutes

### Pair With:

Jinro Chamisul Fresh Soju pg.62











# BBQ Garlic Chili Shrimp

Created by Chef Grant Sato



Visit ktasuperstores.com/recipes or scan the code for recipe videos and more!



## **BBQ Garlic Chili Shrimp**

24 shrimp, 21 to 25 ct. size pg.43 1 cup Italian dressing pg.15 1 cup American chili sauce 1⁄2 cup garlic, chopped 2 tbsp. honey pg.25 1 tbsp. oyster sauce pg.38,41 1 tbsp. Chinese garlic chili sauce pg.40

Split the back of the shrimp with scissors, remove the vein if any, and place in a zip top bag with the Italian dressing. Let it marinate for ten minutes. Take the shrimp out of the bag and skewer three pieces of shrimp on a water soaked bamboo skewer.

In a small bowl, place the chili sauce, garlic, honey, oyster sauce, Chinese garlic chili sauce and mix well. Place the shrimp on a barbecue grill and brush generously with the garlic chili sauce. Grill for one minute. Turn the shrimp over once, brush with more sauce and grill for another one to two minutes and enjoy!

Servings: 4 servings Total Time: 15 minutes Pair With: Louis Jadot Rośe pg.62





























Assorted 9Lives Cat Food 4 cans - 5.5 oz.



For Small Spaces Air Wick Stick Ups Air Fresheners 2 count





**699** Kills cold & flu viruses! Lysol Disinfecting

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**Kitchen** 

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Wet Wipes



ses!

Combat Max Killing Gel Savings!

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Clorox

10 count

S.O.S Steel

Wool Pads

gg

**Reusable Soap Filled** 



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Essential Everyday

Oval Bucket, Spray Bottle, Lint Roller or Clip On Dustpan 1 count

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Bell's Medium Ripe Olives	13
Best Foods Mayonnaise	
Big Island Delights Cookies or Party Mix	
Bob's Red Mill Homestyle Granola	23
Bush's Best Baked Beans	7
Capri Sun Juice Drinks	21
Cheetos, Fritos or Funyuns Chips	35
Chicken of the Sea Tuna	5
Del Monte Tomato Ketchup	13
Dynasty Jasmine Rice	
Essential Everyday Granulated Sugar	27
Family Brand Oil	37
Ghirardelli, Lindt, Chocolove or Adams & Brooks Candy	29
Halfday Iced Tea	
Hawaiian Host Island Macs	35
Hawaiian Mountain Fresh Water	17
Hawaiian Sun Natural Drinks	
Heinz Apple Cider Flavored Vinegar	
Heinz HomeStyle Gravy	
Hershey's Candies	
Hormel Chili with Beans	5
Hunt's Pasta Sauce	
Jell-O Gelatin Dessert Mix	
JFC Furikake Rice Seasoning	
Keebler Sandwich Crackers	
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Kraft Dressing or Vinaigrette	
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### **Perishables**

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Jon Donaire Cake	
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Meadow Gold Ice Cream or Sherbet	
Oscar Mayer Lunchables Uploaded	
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Redondo's Hawaiian Winners	
Tail-On White Shrimp	
Wang Salted Mackerel	

## **Health & Beauty**

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50 East Puainako Street Hilo, Hawai'i 96720 <u>www.k</u>tasuperstores.com

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PUAINAKO, HILO 5:30am to 10pm 50 East Puainako St......959-9111 Pharmacy.....959-8700

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KTA DELIVERY 9am to 8pm - in the Hilo area Order at delivery.ktasuperstores.com

Store hours are subject to change. Visit ktasuperstores.com/store-locator for current hours.



# Give the gift of Aloha TO SOMEONE SPECIAL!

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