



Over \$150 in Savings!

Offers Good June 25 to July 8, 2025

Summer Green Goddess Dressing _{pg.14}



Easy Salmon Sushi Bake pg.36

Grilled Sweet Chili Chicken Wings pg.42

Summer Green Goddess Dressing _{pg. 14}



Kelsey Walker KTA Waimea Store Director

Aloha KTA 'ohana, summer is a special time on Hawai'i Island—filled with backyard BBQs, beach outings and time-honored traditions like Obon, a Japanese custom honoring our ancestors. Whether you're planning a Fourth of July celebration or preparing mochi and flowers for a special space at home to honor loved ones, it's the season for spending meaningful time with the ones you love.

For a festive cookout, pick up local meats for the grill—like teriyaki beef, fresh island fish or juicy burgers—and pair with sides like mac salad, corn on the cob and watermelon. And for Obon, don't forget your favorite manju, incense and floral offerings to help you honor loved ones past.

How does your 'ohana celebrate summer? Stop by KTA to pick up all your seasonal favorites and share your celebrations with us on social media. And as always, mahalo for letting KTA be a part of your 'ohana since 1916.

Easy Salmon Sushi Bake pg. 36

Grilled Sweet Chili Chicken Wings pg. 42

Coupons

Grocery	4
Perishables	40
Health & Beauty	48
Household	52
Wines & Spirits	60
Coupon Index	63

Featured Chef



Ryan Covert

Ryan Covert is both the owner and head chef of Covert Affairs, which caters to locals and celebrities alike. His dynamic cooking style is a global celebration, focusing on Asia-Pacific, Mediterranean and Caribbean cuisines.



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.



Δ





6









AEIN

SWEET

relish

10

HEIN2

COMMON CONDIMENTS DONE UNCOMMONLY WELL.

EIN

STAR



Garlic Lemon Shrimp Kabobs

Heinz ketchup, mustard and relish offers the trusted, flavorful taste with the perfect ratio of ingredients to complement your favorite foods as a topping or dip. Make Heinz your go-to option for gatherings and everyday meals.

www.heinz.com/recipes







Summer Green Goddess Dressing

Created by Chef Ryan Covert



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



Summer Green Goddess Dressing

½ cup avocado oil 2 lemons, zested & juiced ½ cup sour cream ½ cup Japanese mayo 2 cloves garlic 1 oz. ranch dip mix 2 cups baby spinach, loosely packed 2 cups baby arugula, loosely packed 1 cup Italian parsley, loosely packed ½ cup basil, loosely packed

In a blender, combine the avocado oil, lemon zest and juice, sour cream, Japanese mayo, garlic and ranch dip mix. Blend until smooth, about one minute. Add the spinach, arugula, parsley and basil. With the blender off, press the greens down into the mixture, then pulse until the herbs are blended but still slightly coarse. Use this versatile dressing on salads, tossed with blanched green beans, as a base for pasta or grain salads, a marinade for chicken, pork or fish, or as a flavorful spread on sandwiches.

Servings:

3 cups

Total Time: 10 minutes

Pair With:

Kendall-Jackson Pinot Grigio pg.60















Taste the Island in every bite.

King's Hawaiian' Original Hawaiian Sweet Pretzel Buns - the perfect sweet & salty match for your favorite slider, pulled pork, burger or grilled chicken recipe.

These pretzel bites are ridiculously irresistible! Eat them right out of the container or dip in your favorite sauce.



Western Bacon Cheeseburger Sliders

f 🎔 🖸 🗈 🖗













Bake life sweeter with Betty Crocker.

Simply add oil, water and eggs to Betty Crocker mixes and bake for a quick and easy dessert. Once cooled, spread on your favorite ready to use Betty Crocker frosting for a sweet finish.



www.bettycrocker.com/recipes



Marbled Cheesecake Brownie Dessert

Honey Bun Cake

No matter the occasion, Betty Crocker has the perfect mix. Celebrate birthdays, graduations, anniversaries or those "just because" moments. There's always a good time for dessert!

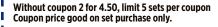
Firecracker Red, White & Blue Cake

Chocolate Toffee Cake Pops

💥 💿 🖻 🚺 🗸



























Easy Salmon Sushi Bake

Created by Chef Ryan Covert



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



Easy Salmon Sushi Bake

1.5 lbs. fresh salmon, cut into small cubes,
making 4 cups pg.401 tbsp. se
1 small or
1 pack Bu
2 cups priracha hot sauce, optional
2 cups sh
2 tbsp. minced garlic, divided pg.38
2 tbsp. oyster sauce, divided pg.39
1 tbsp. minced ginger pg.38
½ cup green onions, chopped
1 lemon, zested
1 tbsp. toasted sesame seeds1 tbsp. se
1 small or
1 pack Bu
2 cups sh
2 packag
rice or
1 seasoned
8.5" X 8.5

1 tbsp. sesame oil pg.38,39

1 small onion, small dice

1 pack Bunashimeji mushrooms

2 cups shelled edamame, defrosted & dry

2 packages - 7.4 oz. precooked sticky white rice or 2 cups cooked rice pg.37

1/4 cup furikake seasoning pg.39

unagi sauce pg.38

seasoned nori, for serving

8.5" X 8.5" baking dish

Preheat the oven to 450°F. In a bowl, mix the Japanese mayo, sriracha (if using), 1 tbsp. of garlic, 1 tbsp. of oyster sauce, ginger, green onions, lemon zest and sesame seeds. Add the diced salmon and mix well; set aside.

In a sauté pan over high heat, warm the sesame oil, then cook the onion, mushrooms and remaining garlic for two to three minutes until softened. Add the remaining oyster sauce and the edamame; cook for another minute, then remove from heat.

Microwave the rice according to package instructions, then press it evenly into an 8.5" x 8.5" baking dish. Sprinkle the rice with furikake, layer on the mushroom-edamame mixture, then top with the salmon mixture. Drizzle with unagi sauce to taste. Bake for 10 to 15 minutes, or until the salmon is cooked to your liking. Serve warm with seasoned nori on the side.

Servings:

4 servings

Total Time: 45 minutes

Pair With:

Maui Brewing Big Swell IPA pg.60











Grilled Sweet Chili Chicken Wings

Created by Chef Ryan Covert



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



Grilled Sweet Chili Chicken Wings

3 lbs. chicken wings pg.42
3 tbsp. garlic pg.38
3 tbsp. ginger pg.38
2 tbsp. green or red curry paste

5 oz. tempura sauce 12 oz. sweet chili sauce 2 tbsp. fish sauce 1 bunch cilantro

To make the marinade, blend the garlic, ginger, curry paste, tempura sauce, sweet chili sauce, fish sauce and cilantro until smooth. Place the chicken wings in a large bowl or pan and coat them evenly with half of the marinade. Cover and refrigerate for at least one hour, or ideally overnight for deeper flavor. Reserve the remaining marinade.

When ready to cook, preheat the grill to medium-high heat. Grill the wings for about 10 to 12 minutes, turning occasionally, until they develop a nice char and are partially cooked through. While grilling, preheat the oven to 400°F. Transfer the wings to an oven-safe dish, pour the remaining marinade over them, and bake for 20 to 25 minutes, or until the wings are fully cooked and caramelized. Serve hot with your favorite side dishes and optional fresh herb garnish.









































Grocery

Best Foods Mayonnaise	13
Betty Crocker Cake Mix	
Bush's Best Beans	7
Cadia Sandwich Cookies	31
Coca-Cola, Sprite or Dr. Pepper Soda	17
Coral Chunk Light Tuna	7
DaVinci Pasta	
Del Monte Fresh Cut Vegetables	7
Essential Everyday Ice Cream Cups	
Family Oil	
Ferrero or Ferrara Candy Singles	
Fisher Peanuts	
Glenwood Beef Jerky or Meat Sticks	
Hawaiian Sun Natural Drinks	
Heinz Apple Cider Flavored Vinegar	
Heinz Tomato Ketchup	
Hershey's Syrup, Baking Chips or Reese's Peanut Butter	
Hormel Spam	5
Hunt's Snack Pack	
J-Basket Crunchy Furikake Topper	
Jell-O Pudding & Pie Filling	
Kaimana Jerky Variety Pack	
King Arthur Baking Co. Flour	
King's Hawaiian Bread Rolls	
Kraft Shake 'N Bake or Oven Fry Mix	
Krusteaz Pancake or Waffle Mix	
Lee Kum Kee Oyster Sauce	
Libby's Vienna Sausage	
Lindsay Ripe Black Olives	
Love's Royal Hearth Bread	
Maseca Corn Masa Flour	
Mrs. Cubbison's Croutons	
Myojo Chukazanmai Japanese Style Noodles	25 /1
Ocean Spray Juice Drink	
Planters Cocktail Peanuts	
Post Cereal	
Real Coco Coconut Water	
Shirakiku Cooked Sticky Rice	
Shirakiku Cooked Sicky Rice Shirakiku Tomoshiraga Somen Noodles	
Simple Mills Crackers	
Stacy's Pita Chips	
Star Olive Oil	
Stash Tea	1/
Storck Werther's, Reisen, Coffee Rio, Jelly Belly Jelly Beans or Mamba Magic Sticks	71
Swanson Chicken Broth	
Wish-Bone Dressing	
Woodstock Organic Banana Water	
Yuban Ground Coffee	1/

Perishables

15
19
41
15
13
15
17
17
19
17

Health & Beauty

Alka-Seltzer Reliever	53
Band-Aid Bandages	51
Hawaiian Tropic Aloha Glow	51
Lipovitan Energy Drinks	53
Nasacort Nasal Spray or Allegra Allergy Relief	
Nutrex Supplements	51

Non-Foods

Ajax Ultra Dish Liquid	55
Energizer Max Alkaline Batteries	
Essential Everyday Pine Cleaner	57
Kingsford Charcoal Briguets	
Kingsford Charcoal Lighter	
Kleenex Facial Tissues	55
Lysol Disinfecting Wipes	57
Revnolds Wrap Aluminum Foil	
Tide Laundry Detergent	



50 East Puainako Street Hilo, Hawai'i 96720 www.ktasuperstores.com

DOWNTOWN, HILO

Mon-Sat 7am to 8pm, Sun 7am to 7pm 321 Keawe St......935-3751

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

WAIMEA

KTA EXPRESS, KEALAKEKUA

Mon-Sat 6am to 8pm, Sun 9am to 6pm 81-6602 Mamalahoa Hwy.......323-1916

KAILUA-KONA 6am to 9pm Kona Coast Shopping Center.... 329-1677

KTA DELIVERY 9am to 8pm - Pepe'ekeo to Hilo & Kea'au Order at delivery.ktasuperstores.com

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

