



**PRICES EFFECTIVE MAY 8<sup>TH</sup> THRU 14<sup>TH</sup>, 2017**

53060-0 (14 ct.) **\$20<sup>86</sup>**  
**FRESH BROCCOLI** .....

The market has finally settled to competitive levels. The supplies from all growing regions are plentiful. Quality is much improved with little yellowing and dehydration.

53045-1 (28 lb.) **\$80<sup>92</sup>**  
**WASHINGTON ASPARAGUS** .....

Washington state is starting slowly, rain and cool weather has slowed production. Most of the production in this region is staying local.

53220-0 (25 lb.) **\$13<sup>19</sup>**  
**JUMBO CARROTS** .....

Sizing and quality of jumbo carrots remains good.

58729-5 (8 each) **\$17<sup>52</sup>**  
**MINI SEEDLESS WATERMELON** .....

Personal seedless are available in limited supply, peaking on smaller sizes.

53503-9 (10/5 lb.) **\$21<sup>90</sup>**  
**CRUNCHY CARROTS** .....

Carrot supplies and quality continue to be very good.

53577-3 (25 lb.) **\$13<sup>79</sup>**  
**LARGE 5X5 TOMATOES** .....

After a brief 2 week up tick in the Western market, prices are back at mandated minimums. All markets are forecasted to be steady with plenty of fruit available until the Central Valley area can begin in early July.

**MARKET NEWS**

High pressure across California will bring near average temperatures and gusty winds to the region into next week. A strong high pressure system will keep Central and Northern Mexico dry with above average temperatures, strengthening into next week. A few scattered showers are possible in the Southeast as seasonal temperatures are expected over the next few week.



# CENTER OF THE PLATE SPECIALS



## Mother's Day SPECIALS

89324-8 (15.5 lb.)

**PIT  
HAM ..... \$2<sup>92</sup>  
lb.**

**\$1.09 PER 6 OZ. SERVING**

89331-3 (2/7 lb.)

**BONELESS  
SLICING HAM ..... \$2<sup>46</sup>  
lb.**

**\$.92 PER 6 OZ. SERVING**



92330-0 (4/5 lb.)

**SAUSAGE  
CHUBS ..... \$34<sup>15</sup>**

**\$.64 PER 6 OZ. SERVING**

## ASPARAGUS PESTO WITH GNOCCHI AND HAM

### Ingredients:

- 2 cups ham, cubed (URM Item # 89331-3)
- 12 ounces asparagus (URM Item # 53045-1)
- 3/4 cup fresh basil (URM Item # 53672-2)
- 1/2 cup grated Parmesan cheese (URM Item # 89744-7)
- 1/3 cup walnut pieces (URM Item # 25417-7)
- 1/4 cup olive oil (URM Item # 42473-9)
- 3 tablespoons water
- 1 tablespoon minced garlic (URM Item # 58064-7)
- 1/8 teaspoon ground black pepper (URM Item # 42616-3)
- 16 oz. potato gnocchi
- Non-stick cooking spray (URM Item # 43625-3)



### Directions:

Snap off and discard woody portions of asparagus. Cut into 1-inch pieces. Cook asparagus in a small amount of boiling water about 5 minutes or until tender. Drain and cool. *Pesto:* In a food processor or blender, combine asparagus, basil, cheese, walnuts, olive oil, water, garlic and pepper. Cover and process or blend until nearly smooth, scraping sides occasionally. Divide pesto into thirds. Transfer 2 portions to freezer containers. Freeze for up to 3 months. Set aside remaining portion. Prepare gnocchi according to package directions. Meanwhile, coat a skillet with non-stick cooking spray. Cook ham cubes in skillet until heated through. Stir remaining portion of the pesto into ham cubes; heat through. Drain gnocchi and toss with pesto-ham mixture.

*Recipe courtesy of [dailysmeats.seaboardfoods.com](http://dailysmeats.seaboardfoods.com).*