

# Sweetheart Celebration Scallops

Prep Time: 15 minutes  
Yield: 6-8 servings

## Ingredients:

- 3/4 cup Plugrá® European-Style Butter, unsalted, divided in 1/4 cups
- 1 pound sea scallops
- 8 ounces (about 3 cups) button mushrooms
- 1/4 cup flour
- 1 cup chicken broth
- 1 cup dry white wine
- 1 cup half and half
- 3 cups Monterey Jack cheese
- 2 cups Romano cheese, grated
- 1/4 teaspoon white pepper
- 3 cups artichoke hearts, drained, cut into bite-size pieces
- 1 1/2 cups breadcrumbs
- Paprika to taste

## Directions:

1. In large skillet, melt 1/4 cup Plugrá Butter. Add scallops; saute 2 minutes. With slotted spoon, transfer scallops to large bowl.
2. Add mushrooms to skillet and saute 3 minutes. Add to scallops. Add 1/4 cup Plugrá Butter to skillet; melt and whisk in flour. Cook 2 minutes.
3. Gradually stir in broth, wine and cream. Cook, stirring constantly until thickened.
4. Gradually stir in cheeses and pepper. Continue cooking until cheese is melted.
5. Gently fold in artichokes and mushroom/scallop mixture.
6. Spoon into a 2-1/2 quart baking dish. In bowl, combine 1/4 cup melted Plugrá Butter with bread crumbs. Spoon over scallop mixture, sprinkle with paprika. Bake at 350°F for 15 minutes.



**In This Issue:** • Breakfast in Bed • Super Bowl Facts • Chocolate for Cheap • Sweetheart Sensations!



## Satisfy that Sweet Tooth!

13.2 oz. Cream Puffs or  
14.8 oz. Mini Eclairs  
Delizza  
Desserts

**\$4.99**



Valuable Coupon Expires March 1st, 2011

Standard Size Assorted  
Hershey's Bars

**3 for \$1**



PLU  
9663

scandown  
TAW

Good only at participating Associated Food Stores. Limit 1 coupon per item(s) purchased. Limit 1 coupon per customer.

**February used to have 29 days and Julius Caesar added a 30th day every four years for Leap Year.**

**Breakfast, Lunch, Dinner, Snacks!**

*February*  
Salt Lake Version  
**2011**

# Just in Time for the Big Game!

## Colosimo's Sausage Spaghetti Sauce

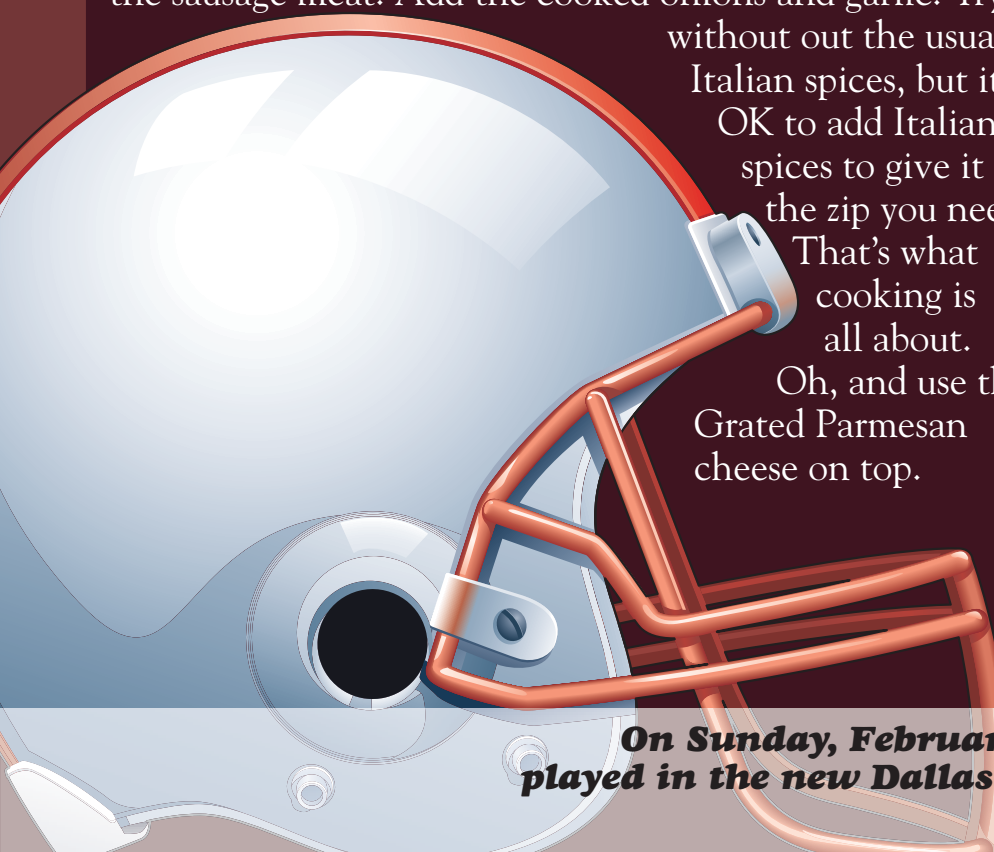
- Ingredients**  
 1 large Italian sweet sausage  
 1 large Italian hot and spicy sausage  
 1 yellow onion, chopped  
 2 cloves of garlic  
 2 cans of Tomato Sauce  
 Olive oil  
 Grated Parmesan cheese



16 oz. Asst.  
**Colosimo's Sausage**  
**\$3.49**

### The Sauce

Take the Italian sausage meat out of the sausage casings. Break up into pieces and mix the sweet and spicy sausage meats together. Brown the sausage meat in a large skillet on medium high or high heat with a little olive oil. Sauté the onions and garlic until the onions are translucent in a separate skillet. Add the tomato sauce to the skillet with the sausage meat. Add the cooked onions and garlic. Try it without out the usual Italian spices, but it's OK to add Italian spices to give it the zip you need. That's what cooking is all about. Oh, and use the Grated Parmesan cheese on top.



**On Sunday, February 6, 2011 Super Bowl 45 will be played in the new Dallas Cowboys Stadium in Arlington, TX.**

- 17 oz. Extra Light or Extra Virgin Bertolli Olive Oil ..... **\$5.99**
- 32 oz. Jar Libby's Sauerkraut ..... **\$1.59**
- 10 oz. Tub Carl Buddig Lunchmeats ..... **\$1.89**
- 6 oz. pkg. Original or Peppered Land O'Frost Canadian Bacon... **\$2.39**
- 9 oz. pkg. Ham or Turkey Farmland Variety Packs ..... **\$2.98**
- 6 oz. Assorted Cache Valley Naturals ..... **\$2.19**
- 16-16.5 oz. Asst. Western Family Cookie Dough ..... **\$1.89**
- 24 oz. Cup Lite or Traditional Miceli's Ricotta Cheese ..... **\$2.98**



# Let's Party!

Hormel 15 oz. Asst. Chili Master Chili



**2 for \$4**

16 oz. Asst. Sauces or El Pinto Salsa



**2 for \$7**

- 16 oz. Mild or Medium El Pinto Enchilada Sauce.. **2 for \$6**
- 19-24 oz. pkg. Crunchy Breaded Fillets, Battered Portions or Crunchy Sticks Western Family Fish ..... **\$4.29**



- 26 oz. Natural or Iodized Morton Sea Salt ..... **2 for \$3**
- 3 oz. Garlic Sea Salt Grinder, 5 oz. Sea Salt Grinder or 16 oz. Kosher Morton Salt ..... **2 for \$5**



**Super Bowl 44 in February 2010, between the Saints and the Colts, was the highest rated telecast ever at 106.5 million viewers. It barely edged out the finale of M\*A\*S\*H with 105.97 million viewers back in 1983.**

## Rise & Shine!

20 oz. Pancake or Hotcake  
Lehi Roller  
Mills Mix

2 for \$4



24.5 oz. Jar or 3 pk.  
6 oz. Diced Asst.

Libby's  
Fruit.....

2 for \$4



24 oz. Regular or Thick-Sliced  
Farmland  
Bacon .....

\$5.99



24 oz. Asst.  
Greek God  
Yogurt .....

\$3.29



8 oz. pkg. Asst.  
Cache Valley  
Cheese Chunks ....

\$2.39



14 oz. Turkey or 16 oz. Ham  
Farmland Ham  
or Turkey Cubes ...

\$3.98



## Breakfast in Bed (eHow.com)

There are few things in life more luxurious than having breakfast in bed. You don't have to go to a five-star hotel for a leisurely breakfast - you can have it right in your own home.

1. Buy a sturdy bed tray that doesn't tip over easily. Make sure it is large enough to hold several dishes and other items.
2. Shop for ingredients for your favorite breakfast ahead of time.
3. Purchase fresh flowers. It adds a nice touch.
4. Cancel all morning appointments. Turn off the phone. Make this a morning when you can relax at leisure.
5. Prepare some of the ingredients the night before. If possible, set your coffeemaker for 8:30 a.m. (or whenever you get up), so the scent of the fresh brew will wake you up. Set the tray with plates, silverware, cups, and so forth. Use linen napkins.
6. Make the bed with fresh sheets before you go to bed.
7. Get up in the morning and prepare your breakfast. Take your time.
8. Finish setting up the tray. Put the flowers on it. Add the food.
9. Arrange the pillows in bed before you get back in. Use several large ones to give your back support. You want to be comfortable as you eat.
10. Climb back into bed with your bed tray. Take care not to tip it as you get back into bed.
11. Savor your breakfast. Enjoy the food. Sip your coffee slowly. Have a second cup.
12. Catch up on your reading. Read the entire "New York Times." Read past issues of your magazines.
13. Plan to do this again sometime soon.

## Party & Paper Products

6 Double Rolls  
Quilted  
Northern

\$4.99



160 ct. White  
or 200 ct. Printed  
Dixie Napkins

2 for \$5



400 ct.  
Vanity Fair  
Napkins .....

\$5.99



14-54 ct. Asst. Plates,  
Bowls or Cups  
Vanity Fair or  
Dixie Products.....

2 for \$5



100 ct. 10 inch  
Dixie Ultra  
Plates .....

\$8.99



## Noodles, Noodles, Noodles!

12 oz. Medium, Wide or Extra Wide  
American Beauty  
Egg Noodles

2 for \$3



16 oz. Regular,  
Organic or Extra Light  
Pompeian  
Olive Oil

\$4.99



**The custom of giving and receiving cards with loved ones on Valentine's Day has been dated back to the 1400's.**

**President's Day falls on the 3rd Monday in February. This is the day Americans celebrate the birthdays of Abraham Lincoln (Feb. 12th) and George Washington (Feb. 22nd).**

# Clothing Catastrophy? Clean It Up!

45.4 oz. Liquid Asst.  
Sun Burst 2x  
Detergent

2 for \$4



All 100 oz. Liquid  
Ultra Regular or Free Clear  
2X Laundry  
Detergent

\$7.99



49 oz. Powder Asst.  
Sun  
Detergent

2 for \$5



64 oz. Liquid  
Fabric Softener Asst.  
Cuddle  
Soft 3x

2 for \$5



100 ct. Fabric  
Softener Sheets Asst.  
Cuddle Soft

2 for \$4



# Someone's In the Kitchen



Zyliss  
Lock-n-Lift  
Can Opener  
\$9.99



Zyliss White  
Silicone  
Spreader  
\$5.99



# Cool & Refreshing

64 oz. Asst.  
V8 Splash  
Juices ..... 2 for \$5



6 pk. 12 oz. Bottles  
Gatorade  
All-Stars ..... \$3.49



# Just For Baby

25.7 oz.  
Western Family  
Infant Formula . \$13.69



1 Liter Asst.  
Western Family  
Pediatric ..... \$3.29



23-36 ct. Asst.  
ShurSaving  
Diapers ..... \$5.99



.5-4 oz. Asst.  
Pedia Care  
Products ..... \$5.88



**Augustus, the Roman Emperor, took one day from February to add it to August, the month named after him, which gave August 31 days and dropped February to 28 days.**

**Every February 2nd is considered Ground Hog's Day where the ground hog comes out of its burrow and if it sees his shadow we will have 6 more weeks of winter.**