

coopTM deals

JAN 20 - FEB 2, 2016



2/\$4

**LATE JULY
ORGANIC**

Organic Snack Chips
5.5-6 oz., selected varieties



\$3.69

**GREEN
MOUNTAIN
GRINGO**

Salsa
16 oz., selected varieties



2/\$5

**CASCADIAN
FARM**

Organic Cereal
8.6-14.6 oz., selected varieties



2/\$5

R.W. KNUDSEN

Simply Nutritious Juice
32 oz., selected varieties

Featured Inside:

- Spice things up with a Mexican “inside out” burger
- Hot pepper jack—great ideas on how to enjoy it are inside
- Crispy corn cakes with herbs and ricotta are a great game day appetizer
- What’s your favorite chili? We’ve got a regional round-up for you



Mexican Inside-Out Burgers

Serves 4. Prep time: 30 minutes.

- 1 pound ground turkey
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- 1 tablespoon chopped cilantro
- Pinch each of salt and black pepper
- 4 slices Monterey Jack cheese
- 1 tablespoon vegetable oil
- 4 slices pepper jack cheese

In a bowl, mix the ground turkey with the chili powder, garlic powder, cumin, cilantro, salt and pepper. Divide the mixture into 8 patties. Crumble one slice of Monterey Jack into small pieces, then pile the cheese in the center of one patty. Place another burger patty on top and press gently but firmly around the edges to seal the cheese within the two patties, encasing the cheese completely. Repeat the process three more times until 4 cheese-stuffed burgers are ready to cook.

Heat the oil in an iron skillet over medium-high heat. Add the burgers and cook 4 to 5 minutes on each side, flipping gently to keep the burgers intact and the cheese inside. After flipping, place a slice of pepper jack cheese on each burger for the last minute of cooking.

Serving suggestion: Serve on whole wheat buns with your favorite condiments. Sweet pickles and a dab of mayonnaise are a nice contrast to the spicy cheese inside these hearty burgers.

Some items may not be available at all stores or on the same days.



\$3.99 **RUMIANO**
Organic Cheese
8 oz., selected varieties



\$3.99
BEYOND MEAT
Beyond Beef Crumbles
11 oz., selected varieties
other Beyond Meat products
also on sale



2/\$5
JOVIAL
Organic Tomatoes
18.3 oz., selected varieties



\$2.69
JOVIAL
Organic Brown Rice
Pasta
12 oz., selected varieties



\$11.99
SPECTRUM
Organic Mediterranean
Extra Virgin Olive Oil
33.8 oz.



\$1.69

BULK

Organic Green Lentils
per pound in bulk



\$7.99

MISO MASTER

Organic Miso
16 oz., selected varieties



\$2.39

LIGHTLIFE

Organic Tempeh
8 oz., selected varieties



3/\$5

CASCADIAN FARM

Organic Vegetables
10 oz., selected varieties



2/\$5

TASTY BITE

Indian Entrees
10 oz., selected varieties



\$7.99

NUTIVA

Organic Coconut Oil
14 oz.
other Nutiva products
also on sale



2/\$4

**ANNIE'S
HOMEGROWN**

Pizza Poppers
5 oz., selected varieties



\$2.69

PACIFIC

Organic Soup
17-17.6 oz., selected varieties



2/\$6

**RUDI'S ORGANIC
BAKERY**

Organic Bread
22 oz., selected varieties



\$3.39

**MEDITERRANEAN
ORGANICS**

Organic Olives
8.1-8.5 oz., selected varieties



Arepas, Pupusas, Gorditas

While these stuffed corn "sandwiches" from Venezuela, El Salvador and Mexico (respectively) are all deliciously different, there are some basic similarities between the three. They begin with a corn dough or batter made into a flavorful holder for a variety of fillings. A pupusa might contain fried pork belly, queso fresco and cooked beans, sealed between two circular corn cakes cooked on a griddle. Arepas also start with a griddle-cooked corn cake, slit down the middle and stuffed with cheese, meat, vegetables...whatever appeals. And gorditas are another variation on the savory, satisfying theme, starting with a fried corn cake, split and filled with barbacoa or pulled chicken and adorned with pickled cabbage slaw.



Corn Cakes with Avocado

Makes 12 cakes. Prep time: 45 minutes.

- 1 ½ cups corn kernels (frozen or canned)
- ¾ cup milk
- ½ cup ricotta cheese
- 2 cloves garlic, peeled and minced
- 2 tablespoons minced fresh herbs (basil, parsley, cilantro or chives all work well)
- 1 teaspoon smoked paprika
- ¾ cup all-purpose flour
- ¼ cup corn meal
- ½ teaspoon baking soda
- ½ teaspoon salt
- Black pepper to taste
- 1 to 2 tablespoons vegetable oil for cooking the corn cakes
- 1 avocado, peeled and sliced or diced

Thaw or drain corn kernels. In a large mixing bowl, blend together all of the ingredients except the vegetable oil and avocado.

Heat 1 tablespoon of oil in a large skillet over medium-high heat. Pour 2 to 3 tablespoons of batter into the hot skillet for each corn cake. Cook 3 or 4 cakes at a time, so as not to overcrowd the skillet. Cook the corn cakes for 2 to 3 minutes on each side, flipping when the edges become firm. Keep cooked corn cakes in an ovenproof dish in a warm oven until all the cakes have been made. Serve warm with avocado and your favorite prepared salsa.

Serving suggestion: A tray of warm corn cakes served with bowls of chopped avocado, lime wedges, sour cream and salsa makes a great Game Day snack. These are also a delicious side with pulled barbecued chicken or pork, or baked tofu with Southwestern spices.

Some items may not be available at all stores or on the same days.



\$14.99

BULK

Organic Almonds
per pound in bulk



\$2.39

**WAY BETTER
SNACKS**

Tortilla Chips
5.5 oz., selected varieties



2/\$4

BARBARA'S

Cheese Puffs
.5-7 oz., selected varieties



5/\$2

**STRETCH ISLAND
FRUIT CO.**

Fruit Leather
.5 oz., selected varieties
Fruit Strips and Chews also on sale



2/\$4

**FOOD SHOULD
TASTE GOOD**

Tortilla & Potato Chips
4.5-5.5 oz., selected varieties



2/\$6

**ANNIE'S
HOMEGROWN**
Organic Fruit Snacks
4 oz., selected varieties



\$2.99

CASCADIAN FARM
Organic Granola Bars
7.4 oz., selected varieties



5/\$5

JUSTIN'S
Almond Butter
Squeeze Pack
1.15 oz., selected varieties
other Justin's Nut Butter
also on sale



2/\$3

GIMME
Organic Seaweed Snacks
.35 oz., selected varieties
other Gimme Snacks
also on sale



2/\$5

DANG
Coconut Chips
2.82-3.17 oz.,
selected varieties



\$2.39

**ORGANIC
PRAIRIE**
Organic Mighty Bar
1 oz., selected varieties



2/\$6

**MARY'S GONE
CRACKERS**
Organic Pretzels
7.5 oz., selected varieties



2/\$5

KETTLE BRAND
Baked Potato Chips
4 oz., selected varieties



3/\$7

**ANGIE'S
BOOMCHICKAPOP**
4.8-6 oz., selected varieties

Avocado

Breakfast, lunch, snack or dinner, avocado can be a satisfying and colorful addition to most meals. Of course, you've probably heard of avocado toast—try mashing avocado, spread it on toast, top with a soft boiled egg and breakfast is served! Adding buttery avocado to earthy baby kale leaves tossed with roasted squash, dried cranberries and pepitas takes a wintry salad to another level. Or make a creamy dressing by puréeing avocado with plain yogurt, chopped scallions and a squeeze of lime juice. A heaping scoop of fresh guacamole on a salty, crisp tortilla chip might be even more rewarding than a team touchdown.



Hot Pepper Jack

This fresh, mild cheese is livened up with the addition of hot chili peppers. A slightly spicy potato soup is warming on chilly afternoons: combine celery, shallot, garlic, potatoes, red pepper flakes and shredded pepper jack in chicken broth, then top with cooked bacon and sliced scallions. Stuff a butterflied boneless chicken breast with spinach and pepper jack for a bit of extra heat. A basic béchamel sauce becomes the perfect cheesy nacho topping when you stir in grated cheddar and pepper jack cheeses. Drizzle it atop layers of tortilla chips, black beans, sliced radishes and chopped cilantro for a supreme snack.



\$8.99

EQUAL EXCHANGE

Organic Bulk Coffee
per pound in bulk
Decaf Coffee not on sale



\$1.99

BULK

Organic Brown Flaxseeds
per pound in bulk



4/\$5

FAGE

Total Yogurt
5.3-7 oz., selected varieties



\$3.99

ORGANIC VALLEY

Organic Grassmilk
Yogurt
24 oz., selected varieties



2/\$5

CASCADIAN FARM

Organic Fruit
8-10 oz., selected varieties



5/\$5

LIBERTE

Yogurt
6 oz., selected varieties



\$4.39

NANCY'S

Organic Plain Yogurt
32 oz., selected varieties



\$3.39

BOB'S RED MILL

Organic Flaxseed Meal
16 oz., selected varieties
other Flaxseed also on sale



\$2.39

CELESTIAL SEASONINGS

Tea
20 ct., selected varieties



\$3.39

NATURE'S PATH

Organic Cereal
10.6-14 oz., selected varieties

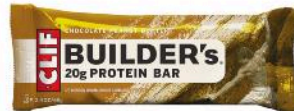


2/\$4

SVELTE

Organic Protein Shake

11-15.9 oz., selected varieties
4 packs \$6.69



4/\$5

CLIF

Builder's Protein Bar

2.4 oz., selected varieties



2/\$5

VEGA ONE

All-in-One Nutritional
Shake Drink Mix

1.4-1.6 oz., selected varieties



\$3.39

**TRADITIONAL
MEDICINALS**

Organic Tea

16 ct., selected varieties



\$8.99

**NUTRITION
NOW**

PB8 Acidophilus

60 ct., selected varieties



\$8.99

**SOURCE
NATURALS**

Wellness Formula

45 ct.
other Wellness Formula
products also on sale



\$6.99

HYLAND'S

4Kids Cold 'N Cough

4 oz.
other Hyland's 4 Kids Cold
products also on sale



\$8.99

RAINBOW LIGHT

Sunny Gummies Vitamin
D3 1,000 IU

50 ct.
other Rainbow Light products
also on sale

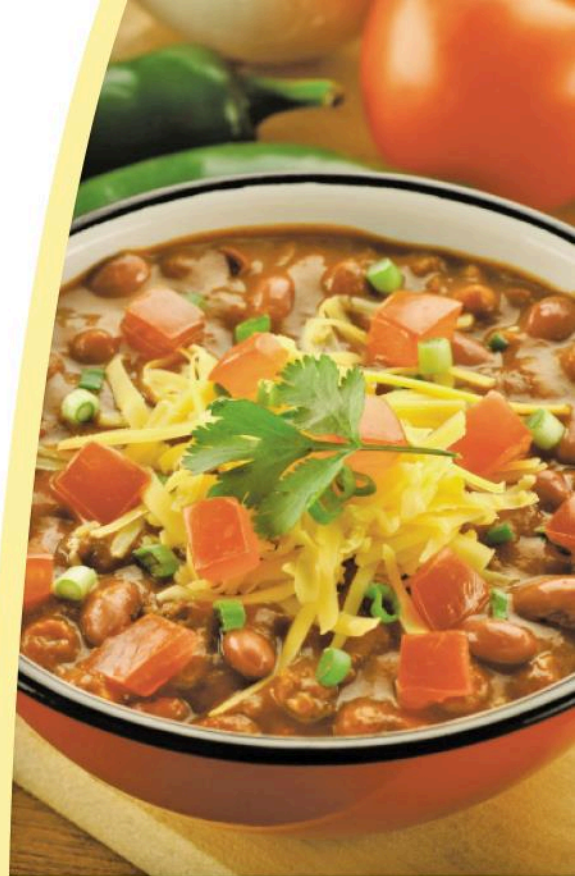


\$1.99

RICOLA

Cough Drops

19-24 ct., selected varieties



Know Your Chili

More than with most dishes, what we think of as "chili" probably has a lot to do with where we live. Here are some popular regional chili varieties to try!

- Texas chili: classic, spicy tomato-based all-beef chili that is sometimes served with a side of beans
- Cincinnati chili: add cinnamon, cloves, allspice, or chocolate and serve over spaghetti with optional toppings of cheese, onions, and beans
- Southwestern-style chili verde: green chilies, garlic, tomatillos and cubed pork make a rich, tangy chili
- Chicago-style chili: ground beef, kidney beans, tomatoes, onions and beer—perfect for topping a hotdog

Visit www.strongertogether.coop for more great Game Day ideas!



FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

ILLINOIS

Common Ground Food Co-op
300 S. Broadway Ave., Urbana
Neighborhood Co-op Grocery
1815 W. Main St., Carbondale

INDIANA

3 Rivers Natural Grocery
1612 Sherman Blvd., Fort Wayne
Bloomingfoods Market and Deli
614 E. 2nd St., Bloomington
3220 E. 3rd St., Bloomington
316 W. 6th St., Bloomington
Ivy Tech, 200 Daniels Way, Bloomington
Maple City Market
314 S. Main St., Goshen

IOWA

New Pioneer Co-op
3338 Center Point Rd N.E., Cedar Rapids
1101 2nd St., Coralville
22 S. Van Buren St., Iowa City
Oneota Community Co-op
312 W. Water St., Decorah
Wheatfield Cooperative
413 Northwestern Ave., Ames

KANSAS

The Merc Co-op
901 Iowa St., Lawrence

KENTUCKY

Good Foods Co-op
455-D Southland Dr., Lexington

MICHIGAN

East Lansing Food Co-op
4960 Northwind, East Lansing
Grain Train Natural Foods Market
220 E. Mitchell, Petoskey
Grain Train Neighborhood Market
104 S. Park St., Boyne City

GreenTree Cooperative Grocery
214 N. Franklin, Mt. Pleasant
Keweenaw Co-op Market & Deli
1035 Ethel Ave., Hancock

Marquette Food Co-op
502 W. Washington, Marquette
Oryana Natural Foods Market
260 E. 10th St., Traverse City

People's Food Co-op
216 N. 4th Ave., Ann Arbor
People's Food Co-op
507 Harrison St., Kalamazoo
Ypsilanti Food Co-op
312 N. River St., Ypsilanti

MINNESOTA

Bluff Country Co-op
121 W. 2nd St., Winona
City Center Market
122 N. Buchanan St., Cambridge

Cook County Whole Foods Co-op

20 E. First St., Grand Marais
Eastside Food Cooperative
2551 Central Ave. N.E., Minneapolis

Harmony Natural Foods Co-op
302 Irvine Ave. N.W., Bemidji

Harvest Moon Natural Foods
2380 W. Wayzata Blvd., Long Lake

Just Food Co-op
516 S. Water St., Northfield

Lakewinds Food Co-op
435 Pond Promenade, Chanhassen
17501 Minnetonka Blvd., Minnetonka
6420 Lyndale Ave. S., Richfield

Linden Hills Co-op
3815 Sunnyside Ave., Minneapolis

Mississippi Market
740 E. 7th St., Saint Paul
1500 W. 7th St., Saint Paul
622 Selby Ave., Saint Paul

Natural Harvest Food Co-op
505 3rd St. N., Virginia

People's Food Co-op - Rochester
519 1st Avenue S.W., Rochester

River Market Community Co-op
221 N. Main St., Stillwater

Seward Community Cooperative
317 E. 38th St., Minneapolis
2823 E. Franklin Ave., Minneapolis

St. Peter Food Co-op & Deli
228 W. Mulberry St., St. Peter

The Wedge Co-op
2105 Lyndale Ave. S., Minneapolis

Valley Natural Foods
13750 County Road 11, Burnsville

Whole Foods Co-op

610 E. 4th St., Duluth

NEBRASKA

Open Harvest Cooperative Grocery
1618 South St., Lincoln

OHIO

Phoenix Earth Food Co-op
1447 W. Sylvania Ave., Toledo

SOUTH DAKOTA

The Co-op Natural Foods
410 W. 18th St., Sioux Falls

WISCONSIN

Basics Cooperative
1711 Lodge Dr., Janesville

Chequamegon Food Co-op
700 Main St. W., Ashland

Menomonie Market Food Co-op
814 Main Street, Menomonie

Outpost Natural Foods Co-op
2826 S. Kinnickinnic Ave., Bayview

7590 Mequon Rd., Mequon
100 E. Capitol Dr., Milwaukee
7000 W. State St., Wauwatosa

People's Food Co-op - La Crosse
315 5th Ave. S., La Crosse

Viroqua Food Co-op
609 N. Main St., Viroqua

Willy Street Co-op
1221 Williamson St., Madison
6825 University Ave., Middleton



\$10.99

ALBA BOTANICA
Very Emollient Body
Lotion
32 oz., selected varieties



\$5.99

GIOVANNI
2Chic for Hair & Body
1.8-10.5 oz., selected varieties



\$3.99 **SPRY**
Toothpaste
4 oz., selected varieties



\$9.99

HERB PHARM
Relaxing Sleep Tonic
1 oz.
other 1 oz. Liquid Herbals
also on sale



2/\$3

WELLNESS
Cat Food
5.5 oz., selected varieties
other Cat Food also on sale



2/\$5
**SEVENTH
GENERATION**
Dish Liquid
25 oz., selected varieties

Stock up for great game day parties at the co-op!

coop™
stronger together

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