

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.



\$ | 4.99

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
5.5-7 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

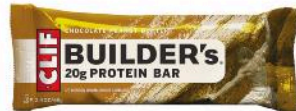
NATURE'S PATH

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



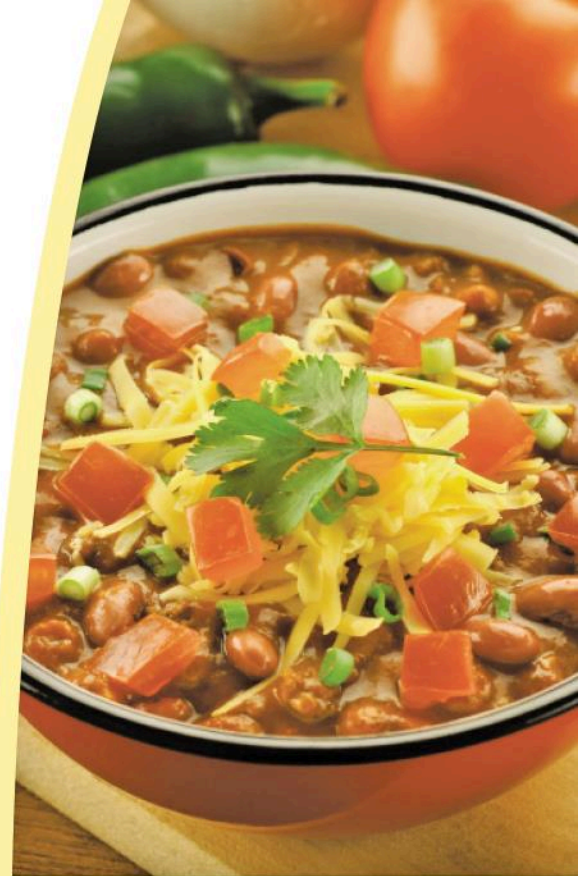
\$8.99

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:

CONNECTICUT

Willimantic Food Co-op
91 Valley Street, Willimantic

DELAWARE

Newark Natural Foods Co-op
230 East Main Street, Newark

FLORIDA

Ever'man Cooperative Grocery & Cafe
315 W. Garden Street, Pensacola

New Leaf Market Co-op
1235 Apalachee Parkway, Tallahassee

GEORGIA

Life Grocery & Cafe
1453 Roswell Road, Marietta

Sevananda Natural Foods Market
467 Moreland Avenue N.E., Atlanta

MAINE

Belfast Co-op
123 High Street, Belfast

Blue Hill Co-op Community Market
4 Ellsworth Road, Blue Hill

Rising Tide Community Market
323 Main Street, Damariscotta

MARYLAND

The Common Market
5728 Buckeystown Pike, Frederick

TPSS Co-op
201 Ethan Allen Avenue, Takoma Park

MASSACHUSETTS

Berkshire Co-op Market
42 Bridge Street, Great Barrington

Green Fields Market
144 Main Street, Greenfield

Harvest Co-op Market - Arboretum
3815 Washington Street, Jamaica Plain

Harvest Co-op Market - Cambridge
580 Mass Avenue, Cambridge

McCusker's Market
3 State Street, Shelburne Falls

River Valley Co-op
330 North King Street, Northampton

Wild Oats Market
320 Main Street, Williamstown

NEW HAMPSHIRE

Concord Food Co-op
24 South Main Street, Concord

Concord Food Co-op of New London
52 Newport Road, New London

Hanover Co-op Market
43 Lyme Road, Hanover

Hanover Co-op Food Store
45 South Park Street, Hanover

Littleton Food Co-op
43 Bethlehem Road, Littleton

Monadnock Food Co-op
34 Cypress Street, Keene

NEW YORK

Abundance Cooperative Market
62 Marshall Street, Rochester

Fiatbush Food Cooperative
1415 Cortelyou Road, Brooklyn

GreenStar Cooperative Market

701 West Buffalo Street, Ithaca
215 North Cayuga Street, Ithaca

Honest Weight Food Co-op
100 Watervliet Avenue, Albany

Hungry Hollow Co-op
841 Chestnut Ridge Road, Chestnut Ridge

Lexington Cooperative Market
807 Elmwood Avenue, Buffalo

Syracuse Real Food Co-op
618 Kensington Road, Syracuse

NORTH CAROLINA
Chatham Marketplace
480 Hillsboro Street, Pittsboro

Company Shops Market
268 E. Front Street, Burlington

Deep Roots Market
600 North Eugene Street, Greensboro

Durham Co-op Market
1111 W. Chapel Hill Street, Durham

French Broad Food Co-op
90 Biltmore Avenue, Asheville

Hendersonville Community Co-op
60 S. Charleston Lane, Hendersonville

Tidal Creek Cooperative Food Market
5329 Oleander Drive, Wilmington

Weaver Street Market
101 E. Weaver Street, Carrboro

716 Market Street, Chapel Hill
228 South Churton Street, Hillsborough

PENNSYLVANIA

East End Food Co-op
7516 Meade Street, Pittsburgh

Mariposa Food Co-op
4824 Baltimore Avenue, Philadelphia

Weavers Way Co-op Mt. Airy

559 Carpenter Lane, Philadelphia

Weavers Way Co-op Chestnut Hill
8424 Germantown Avenue, Philadelphia

Whole Foods Cooperative
1341 West 26th Street, Erie

TENNESSEE

Three Rivers Market
1100 N. Central Street, Knoxville

VERMONT

Brattleboro Food Co-op
2 Main Street, Brattleboro

City Market/Onion River Co-op
82 S. Winooski Avenue, Burlington

Co-op Food Store
209 Maple Street, White River Jct.

Hunger Mountain Co-op
623 Stone Cutters Way, Montpelier

Middlebury Natural Foods Co-op
9 Washington Street, Middlebury

Putney Food Co-op
8 Carol Brown Way, Putney

Springfield Food Co-op
335 River Street, Springfield

Upper Valley Food Co-op
193 N. Main Street, White River Jct.

VIRGINIA

Friendly City Food Co-op
150 East Wolfe Street, Harrisonburg

Roanoke Natural Foods Co-op
1319 Grandin Road S.W., Roanoke

1 Market Square S.E., Roanoke



\$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!

coopTM
stronger together

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