

coopTM deals

JAN 18 - JAN 31, 2017



2/\$4

**GARDEN OF
EATIN'**

Corn Tortilla Chips
7.5-8.1 oz., selected varieties



5/\$5

**MUIR GLEN
ORGANIC**

Tomatoes
14.5 oz., selected varieties



2/\$5

**CASCADIAN
FARM ORGANIC**

Cereal
10-14.5 oz., selected varieties



2/\$5

**SEVENTH
GENERATION**

Dish Liquid
25 oz., selected varieties

Featured Inside:

- One-dish combos: easy, flavorful bowl meals for breakfast, lunch or dinner
- Savory and sweet, a Turkey and Sweet Potato Chili recipe for any time of year
- Hosting or guesting, get great ideas for party bites and bevs at the co-op
- Winter sandwiches call for the perfect melty cheese companion, Gouda!



Turkey and Sweet Potato Chili

Serves 6. Prep time: 25 minutes active; 55 minutes total.

- 2 tablespoons canola oil
- ½ pound turkey sausage, casings removed
- 1 medium yellow onion, chopped
- 1 red bell pepper, seeded and chopped
- 3 sweet potatoes, chopped into small pieces
- 2 cloves garlic, minced
- 1 14.5-ounce can diced fire-roasted tomatoes, undrained
- 2 cups chicken broth
- 1 cup water
- 1 tablespoon chili powder
- 1 tablespoon cumin
- ½ teaspoon cayenne pepper
- ½ teaspoon salt
- 1 15-ounce can cannellini beans, drained and rinsed
- Additional salt and pepper to taste

Warm oil in a large pot over medium-high heat. Add sausage; break up any large chunks and sauté until no pink remains. Using a slotted spoon, transfer meat to a bowl; cover. Add onion, bell pepper and sweet potato to pot and cook, stirring occasionally, until softened, about 6 minutes. Add garlic and sauté for 1 minute. Return meat to pot.

Stir in tomatoes, broth, water, spices and salt. Bring to a boil, then reduce heat to medium-low and stir in beans. Cover and simmer until chili thickens slightly, about 30 minutes. Season with additional salt and pepper to taste.

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



2/\$7

BEYOND MEAT
Meat-Free Crumbles and Strips
9-11 oz., selected varieties



\$9.99

CALIFORNIA OLIVE RANCH
Everyday Olive Oil
25.4 oz.



2/\$6

ALEXIA
Frozen Potatoes
15-19 oz., selected varieties



2/\$4

CASCADIAN FARM ORGANIC
Frozen Vegetables
10 oz., selected varieties



3/\$5

WESTBRAE
Organic Beans
15 oz., selected varieties



3/\$5

NEAR EAST

Dinner Mix

5.2-10 oz., selected varieties



\$2.99

MONTEBELLO

Organic Pasta

16 oz., selected varieties



\$2.39

ANCIENT HARVEST

Organic Gluten-Free Pasta

8 oz., selected varieties



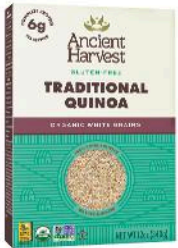
\$2.99

ANNIE'S NATURALS

Organic Dressing

8 oz., selected varieties

Non-organic Dressing also on sale



\$4.99

ANCIENT HARVEST

Organic Quinoa

12 oz., selected varieties



\$2.29

FIELD DAY

Organic Coconut Milk

13.5 oz., selected varieties



2/\$6

IMAGINE

Organic Soup

32 oz., selected varieties



\$3.69

DAIYA

Non-Dairy Shreds

8 oz., selected varieties

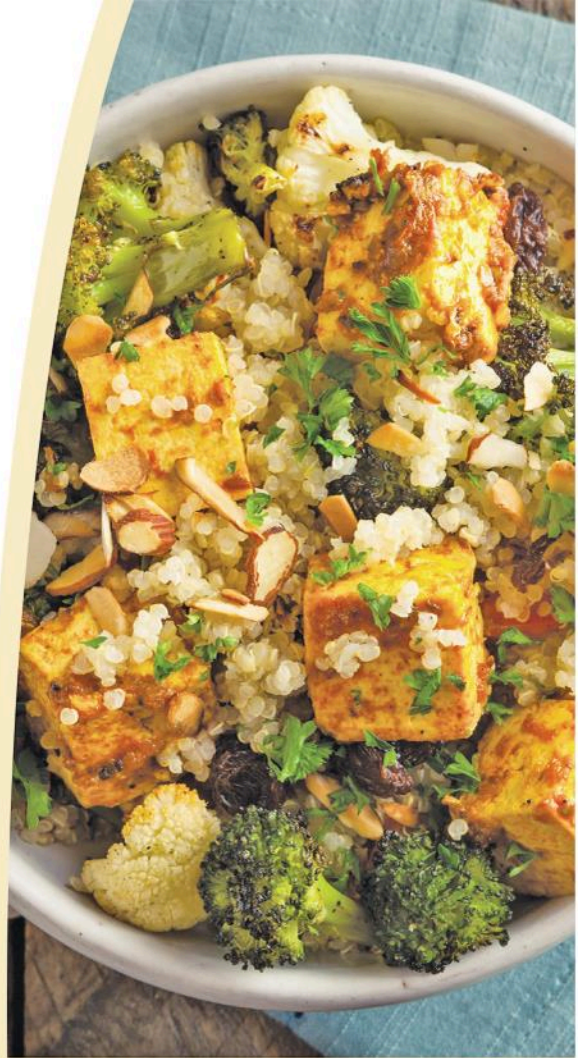


\$3.39

DAIYA

Cheezy Mac

10.6 oz., selected varieties



Super Bowl Meals

Whether you call it a goddess bowl, a Buddha bowl or something else, a one-dish combination of tasty ingredients is right on trend. Start with a base of cooked grains, noodles, rice or oats, and build yourself an amazing breakfast, lunch or dinner with layers of flavors in every spoon or forkful. Last night's leftover chicken or braised tofu becomes an exciting meal with the addition of cooked greens, crispy shredded carrots and a splash of hot sauce. Start your day right with a quinoa açai bowl, layered with sliced banana, fresh berries, yogurt and honey.



Avocado and Egg Brown Rice Bowl

Serves 2. Prep time: 15 minutes.

- 1 ½ cups leftover cooked brown rice
- 2 large eggs
- 2 teaspoons canola oil or butter
- 1 large avocado

Optional garnishes: Sliced pickled ginger, kimchi, toasted sesame seeds, sautéed greens or leftover cooked vegetables, shredded cheese, hot sauce

Reheat rice gently in a small pan with a few drops of water, or in the microwave. Divide the heated rice between two wide bowls. Heat a cast iron or nonstick sauté pan over medium heat for a minute, then add the oil or butter to the hot pan. Crack each egg, place in the pan, and reduce the heat to medium-low. Cover the pan and let cook for about 2 minutes, until the whites are set and the yolk is jiggly when you shake the pan gently.

While the eggs cook, cut the avocado in half lengthwise, and remove the pit. Use a paring knife to slice each avocado half in the shell, then scoop the slices out with a spoon. Fan half of the avocado slices over each bowl of rice, and place a cooked egg on each bowl. Serve with optional garnishes for a hearty breakfast or lunch.

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



\$8.99

COOMBS FAMILY FARMS

Organic Maple Syrup
12 oz., selected varieties



2/\$6

PEACE

Cereal
10-12 oz., selected varieties



\$3.39

ANNIE'S HOMEGROWN

Organic Cereal
10-10.8 oz., selected varieties



2/\$4

SO DELICIOUS

Organic Coconut Milk
32 oz., selected varieties



\$4.99

ORGANIC VALLEY

Organic Butter
16 oz., selected varieties



\$9.99

EQUAL EXCHANGE

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



\$3.69

WOODSTOCK

Organic Frozen Fruit
10 oz., selected varieties



2/\$5

R.W.KNUDSEN

Simply Nutritious Juice
32 oz., selected varieties



2/\$5

VAN'S

Gluten-Free Waffles
8-9 oz., selected varieties



4/\$5

CHOBANI

Greek Yogurt
5.3 oz., selected varieties



\$3.99

**ANNIE'S
HOMEGROWN**

Organic Yogurt
32 oz., selected varieties



4/\$5

STONYFIELD

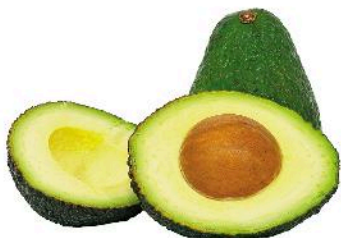
Organic Greek
Yogurt
5.3 oz., selected varieties



3/\$4

LIBERTE

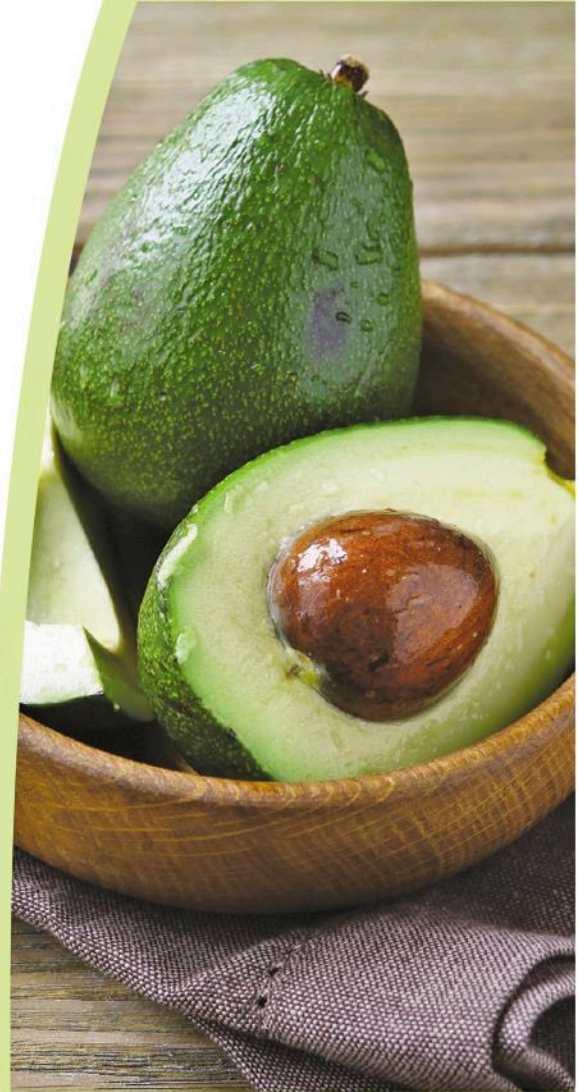
Organic Yogurt
5.5 oz., selected varieties



\$4.39

DREAM ULTIMATE

Almond Beverage
32 oz., selected varieties



Avocados

There is much to love about this nutritious, wholesome fruit. Sometimes referred to as a "butter pear," avocado makes a great substitute for many dairy products — even in ice cream and frosting. It can be used to replace egg or butter as a binding agent in baked goods, too. Slice one up for a delicious addition to sandwiches or salads, blend into smoothies or spread on warm toast and sprinkle with salt and pepper. Once you start thinking beyond guacamole, the versatile avocado will start appearing in recipes from breakfast to late-night snacking.



Fish Tacos with Grapefruit Salsa

Serves 4. Prep time: 30 minutes.

Salsa

- 2 medium grapefruit, peeled and segmented
- 2 tablespoons red onion, minced
- ½ cup red bell pepper, diced
- ¼ cup cucumber, peeled and cut in small dice
- 1 garlic clove, minced
- 2 teaspoons jalapeño pepper, seeded and minced
- 2 tablespoons fresh cilantro, chopped

- 1 teaspoon honey
- 2 tablespoons lime juice
- Pinch of salt

Tacos

- 8 corn tortillas
- 1 pound flaky white fish (such as tilapia or catfish)
- 1 tablespoon black peppercorns
- 1 bay leaf
- 2 cups shredded romaine lettuce

Carefully chop the grapefruit into chunks. In a mixing bowl, gently stir together all of the salsa ingredients. Let sit for 15 minutes before serving.

While the salsa sits, prepare the fish. Fill a wide skillet with an inch of water or vegetable broth and add the bay leaf and peppercorns. Bring it to a boil and gently add the fish fillets. Reduce heat to a gentle simmer, cover the pan and cook the fish through, about 10 minutes. Use a metal spatula to remove the cooked fish from the skillet and when cool enough to handle, break up the fish into small pieces and distribute it evenly among the tortillas. Top each tortilla with a heaping tablespoon of the grapefruit salsa and some shredded lettuce. Fold the tortilla over the fillings and enjoy.

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\$4.69

KINGDOM

Organic Cheese
6 oz., selected varieties



2/\$6

LATE JULY ORGANIC

Thin and Crispy Restaurant Style Chips
11 oz., selected varieties



\$2.99

MUIR GLEN ORGANIC

Salsa
16 oz., selected varieties



\$3.99

ORGANIC VALLEY

Organic Shredded Cheese
6 oz., selected varieties



2/\$4

FOOD SHOULD TASTE GOOD

Tortilla Chips
4.5-5.5 oz., selected varieties



\$2.99

BIONATURAE

Organic Fruit Spread
9 oz., selected varieties



5/\$5

JUSTIN'S

Almond Butter
Squeezer
1.15 oz., selected varieties



2/\$6

**ANNIE'S
HOMEGROWN**

Organic Fruit Snacks
4 oz., selected varieties



4/\$5

**EARTH'S BEST
ORGANIC**

Baby Food Puree
3.5-4.2 oz., selected varieties



\$3.99

YUM EARTH

Organic Pops
8.5 oz.
other YumEarth Candy
also on sale



\$2.99

FIELD DAY

Organic Applesauce
24 oz., selected varieties



\$2.99

**LUNDBERG
FAMILY FARMS**

Organic Rice Cakes
8.5-9 oz., selected varieties



\$4.99

NANCY'S

Organic Cottage Cheese
16 oz.
other Nancy's products
also on sale



2/\$5

**ANNIE'S
HOMEGROWN**

Cookie Bites
5.5 oz., selected varieties
other Cookies also on sale



Gouda

Holland knows it has a good thing going — more than half of the cheese it produces is creamy, sweet, perfectly balanced Gouda. Gouda cheese is named after a city in Holland, where cheesemakers from surrounding towns still come to have their cheese weighed, priced and sold. Older Goudas are saltier, more pungent and harder than younger ones. Baby Gouda, which is the mildest and creamiest, comes in very small rounds. An excellent melter, Gouda is a stellar choice for grilled cheese (especially with dark breads), burgers, omelets and casseroles. Use it to liven up a classic beer cheese soup or fondue.

coop™
stronger together



BYO: Build Your Own

Planning your menu for the big game doesn't have to be complicated. A "Build Your Own" buffet is the perfect way to accommodate a wide variety of dietary and taste preferences. Custom burgers and dogs are as simple as offering turkey, beef and veggie options with pick-your-own cheeses, toppings, condiments, wraps and buns. Other easy and crowd-pleasing mains include top your own baked potatoes, the ever-popular taco bar or a chili buffet (get Game Day recipes at www.strongertogether.coop). Top things off (ahem) with a sundae bar — including dairy/non-dairy treats, fruit, sauces, sprinkles, shredded coconut and toasted sunflower seeds. Every guest will leave with a full and happy belly.



\$6.39

AMY'S

Pizza

12-15 oz., selected varieties
other Amy's Pizza's
also on sale



2/\$5

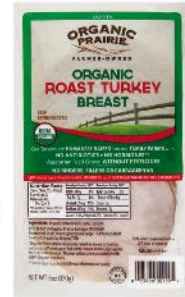
**ANNIE'S
HOMEGROWN**

Pizza Poppers
5 oz., selected varieties



\$8.99 **ORGANIC PRAIRIE**

Organic Summer Sausage
12 oz., selected varieties



\$5.99

ORGANIC PRAIRIE

Organic Sliced Deli Meat
6 oz., selected varieties



2/\$5

**BOULDER
CANYON**

Potato Chips

5.25-6.5 oz., selected varieties



\$3.39

LIGHTLIFE

Veggie Hot Dogs

12-13.5 oz., selected varieties



\$3.99

GLUTINO

Gluten-Free Pretzels

14.1 oz., selected varieties
other Glutino Snacks
also on sale



2/\$4

BARBARA'S

Cheese Puffs

5.5-7 oz., selected varieties



\$3.99

ZEVIA

Zero Calorie Soda
6 pack, selected varieties



\$3.69

**MARY'S GONE
CRACKERS**

Organic Crackers

5.5-6.5 oz., selected varieties



\$ 12.99

BULK

Organic Raw Almonds
per pound in bulk



\$ 1.89

BULK

Organic Flaxseed
per pound in bulk



\$ 1.89

BULK

Organic Green
Lentils
per pound in bulk



\$ 5.99

**MANITOBA
HARVEST**

Hemp Heart Seeds
8 oz.
other Manitoba Harvest
products also on sale



\$ 5.69

MISO MASTER

Organic Miso
16 oz., selected varieties
Select Organic Miso \$6.69



Feisty Five-Spice Chicken Wings

Prep time: 15 minutes active; 1 hour 30 minutes total.

- ¾ cup tamari
- ¼ cup seasoned rice wine vinegar
- 2 tablespoons sesame oil
- 2 tablespoons gochujang (Korean chili paste)
- 2 teaspoons minced garlic
- 1 tablespoon minced ginger
- 1 scallion, minced
- 2 teaspoons Chinese five-spice powder
- 2 pounds chicken wings, tips removed

Combine tamari, vinegar, oil, gochujang, garlic, ginger, scallion and spice powder in a blender and puree. Reserve ¼ cup of the marinade and refrigerate for later use. Place the wings in a large bowl or plastic zip lock bag and cover with remaining marinade. Marinate the wings in the refrigerator for at least 2 hours (or up to 24).

Heat oven to 450°F. Remove wings from the marinade, lay them on an oiled sheet pan, drizzle lightly with leftover marinade from the bag or bowl and roast for about 12 to 15 minutes. When finished, toss the still-warm wings with the additional reserved marinade.

Serving suggestion: These wings are best served either hot or at room temperature, garnished with finely sliced scallion and sesame seeds. Offer extra sauce or Sriracha glaze on the side.

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Flavorful Fan Favorites

Spice up some game day snacks! Add crumbled cooked-crisp bacon to guacamole, or try chipotle chili powder instead for a smoky, vegetarian dip. Warm up nuts or olives in the oven to heighten the flavor and aroma, and add your choice of savory herbs and spices. Cheese and crackers? Crostini topped with softened goat cheese or brie and jam are a gourmet twist on an otherwise standard snack. Even buffalo sauce isn't just for chicken wings anymore; swap for barbecue sauce on spicy meatballs or baked tofu bites, or swirl with Greek yogurt and ranch seasoning for a zesty dip.



\$3.39

VITACOCO
Coconut Water
33.8 oz., selected varieties



3/\$5

ESSENTIA
Electrolyte Enhanced Water
1.5 liter



2/\$4

ORGANIC PRAIRIE
Organic Mighty Bar
1 oz., selected varieties



\$3.39

LAKWOOD ORGANIC
Organic Juice
32 oz., selected varieties



2/\$4

PERFECT BAR
Fruit and Nut Bar
1.6-2.5 oz., selected varieties



3/\$4

GOMACRO
Thrive Bars
1.4 oz., selected varieties
Macro Bars on sale \$1.99



\$2.99

KIND
Healthy Grains Bars
5 ct., selected varieties



3/\$4

KIND
Fruit & Nut Bar
1.4-1.6 oz., selected varieties



\$3.99

SUJA
Organic Lemon Love Juice
16 oz.
other Suja Juice also on sale



\$29.99

VEGA ONE
All-in-One Nutritional Shake
14.6-16.3 oz., selected varieties



2/\$5 CELESTIAL SEASONINGS

Herbal Tea
20 ct., selected varieties



\$3.39

TRADITIONAL MEDICINALS

Organic Tea
16 ct., selected varieties



\$17.99 BOIRON
Oscillococcinum for
Flu Symptoms
12 ct.



\$9.99

HERB PHARM

Super Echinacea
Extract
1 oz.
other Herb Pharm Herbal
Extracts also on sale



\$14.99 NUTRITION NOW
PB8 Probiotic
120 ct., selected varieties
other Nutrition Now products
also on sale



\$17.99

OREGON'S WILD HARVEST

Milk Thistle
90 ct.
other Supplements also on sale



2/\$5 GOODBELLY
Organic Probiotic
Drink
32 oz., selected varieties



\$3.39

TEMPLE TURMERIC

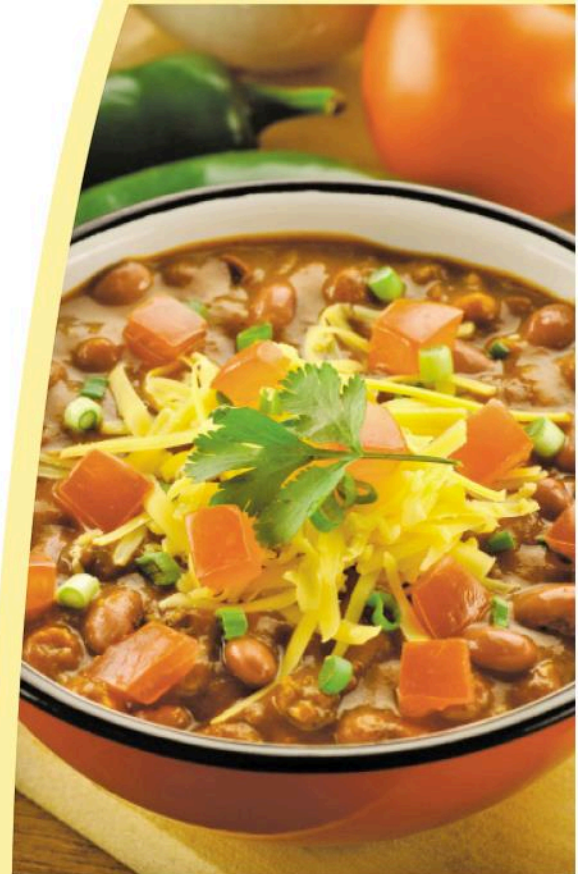
Turmeric Elixir
12 oz., selected varieties



\$29.99

NATURE'S PLUS

Source of Life Liquid
Multivitamin
30 oz
other Source of Life products
also on sale



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
Dill Pickle Food Co-op
3039 W. Fullerton, Chicago
Neighborhood Co-op Grocery
1815 W. Main St., Carbondale

INDIANA

3 Rivers Natural Grocery
1612 Sherman Blvd., Fort Wayne
Bloomingsfoods Market and Deli
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
104 S. Park St., Boyne City
220 E. Mitchell, Petoskey

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
PFC Natural Grocery & Deli
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 Co-op
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 - Denfeld
4426 Grand Ave., Duluth

Whole Foods Co-op - Hillside
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
2817 N. Sherman Ave., Madison
6825 University Ave., Middleton



\$7.99

ALAFFIA
Shampoo or Conditioner
8 oz., selected varieties



\$3.99

TOM'S OF MAINE
Toothpaste
4.2-5.5 oz., selected varieties



\$7.99

BIOKLEEN
Liquid Laundry
Detergent
64 oz., selected varieties
other Laundry products
also on sale



\$14.99

ANDALOU NATURALS
Night Repair Cream
1.7 oz.
other Facial Care products
also on sale



\$5.99

SPRY
Chewing Gum
100 ct., selected varieties



3/\$5

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

Big deals for the big game celebration!

coopTM
stronger together

MW0117BZ2,3