

# coop<sup>TM</sup> deals

JAN 1 - JAN 21, 2014



\$2.39

## ALEXIA

Sweet Potato Fries  
15 oz.  
other Alexia products  
also on sale



2/\$5

## ANNIE'S NATURALS

Dressing  
8 oz., selected varieties



\$1.99

## MUIR GLEN

Organic Soup  
14-14.5 oz., selected varieties



2/\$4

## FOOD SHOULD TASTE GOOD

Tortilla Chips  
5.5 oz., selected varieties

### Featured Inside:

- We've got an easy Korean vegetable bibimbap recipe for you to make
- Try our warming Brazilian-style seafood stew (also known as "moqueca")
- Chase away January's chill with some home-grown, power-packed sprouts
- Asian flavors are trending, like Tofu Pad Thai, the Fresh in the Deli feature



## Brazilian-Style Seafood Stew

Serves 6. Prep time: 15 minutes active; 45 minutes total.

- 1 ½ pounds salmon, cut into 2- to 3-inch pieces
- 3 cloves garlic, minced
- ¼ cup lime juice
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 tablespoons olive oil
- 1 cup yellow onion, diced in 1-inch pieces
- 1 cup red bell peppers, diced in 1-inch pieces
- ½ cup green onions, sliced thin
- 1 tablespoon paprika
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon ground cumin
- 2 cups canned diced tomatoes
- 1 14-oz. can coconut milk
- ¼ cup fresh cilantro, minced

In a large, non-reactive bowl, marinate the salmon in the minced garlic, lime juice, salt and pepper for 30 minutes to an hour in the refrigerator.

In a large stock pot or Dutch oven, heat 2 tablespoons olive oil over medium-high heat. Add yellow onions and cook for a few minutes until they begin to soften. Add bell peppers and cook another 2 minutes. Add green onions, paprika, chili flakes and cumin and sauté for 1 minute, then add tomatoes and cilantro and cook another 5 minutes, stirring occasionally.

Remove the salmon from the marinade (discard marinade), and place fish into the tomato sauce in the stock pot. Pour coconut milk over the top, bring everything to a simmer, cover and cook for 10-15 minutes. Stir gently, once or twice. Salmon should be just cooked and tender. Add salt to taste.

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



**2/\$4**

**CASCADIAN FARM**  
Organic Vegetables  
10 oz., selected varieties



**2/\$3**

**WESTBRAE**  
Organic Beans  
15 oz., selected varieties



**\$12.99**

**SPECTRUM NATURALS**  
Organic Extra Virgin Mediterranean Olive Oil  
33.8 oz.



**\$2.99**

**PACIFIC**  
Organic Soup  
32 oz., selected varieties



**\$1.69**

**NASOYA**  
Organic Tofu  
14 oz., selected varieties



3/\$7

**TASTY BITE**  
Indian Entrée  
10 oz., selected varieties



**\$2.39 JOVIAL**  
Organic Brown Rice Pasta  
12 oz., selected varieties



2/\$5

**HILARY'S**  
Veggie Burgers  
2 ct., selected varieties



3/\$5

**ANNIE'S  
HOMEGROWN**  
Pasta & Cheese Dinner  
6 oz., selected varieties



\$2.99

**MADHAVA**  
Organic Agave Nectar  
11.75 oz., selected varieties



\$5.49

**MANITOBA  
HARVEST**  
Hemp Seed Hearts  
8 oz.  
other Manitoba Harvest  
products also on sale



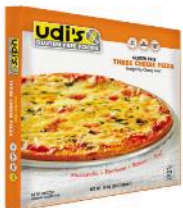
\$2.59

**GO VEGGIE!**  
Shredded Dairy-Free  
Cheese  
8 oz., selected varieties



\$3.39

**MEDITERRANEAN  
ORGANIC**  
Organic Olives  
8.4-8.5 oz., selected varieties



\$4.99

**UDI'S GLUTEN  
FREE**  
Pizza  
10-10.1 oz., selected varieties



2/\$7

**ORGANIC VALLEY**  
Organic Shredded Cheese  
6 oz., selected varieties



## coop kitchen

### Sprouts

In the Co+op Kitchen video series, you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food.

Check out our video on sprouting to learn all about power-packed and delicious sprouts! Dana Tomlin talks about the types of seeds and legumes you can use to grow your own. She also suggests ways to enjoy these tasty, nutrient-packed power houses. View the Co+op Kitchen series at [www.strongertogether.coop/coop-kitchen](http://www.strongertogether.coop/coop-kitchen). And be sure to check out the FREE Co+op Kitchen iPad® app for iOS6 on iTunes.

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## Quick Vegetable Bibimbap

Serves 6. Prep time: 25 minutes active; 35 minutes total.

- 1 cup uncooked medium-grain brown rice
  - 1 teaspoon sesame oil
  - 1 teaspoon vegetable oil
  - 1 cup carrots, cut into matchsticks
  - 2 cloves garlic, minced
  - 1 cup zucchini, cut into matchsticks
  - ¼ pound button mushrooms, thickly sliced
  - 6 ounces fresh spinach
  - 4 green onions, sliced
  - ½ pound baked or fried tofu, cut into 1- to 2-inch squares
  - 1 cup cucumber, cut into matchsticks
  - 2 ounces mung bean sprouts
  - Pinch of salt
  - Pinch of ground black pepper
  - 6 large eggs
- Sauce:
- ¼ cup Gochujang (Korean chili paste)
  - 2 teaspoons tamari
  - 1 tablespoon water
  - 1 teaspoon sesame oil
  - 1 teaspoon sugar
  - 1 teaspoon rice vinegar
  - ½ teaspoon sesame seeds

Start cooking the rice according to package directions. In a small bowl, mix together all sauce ingredients. Set aside.

In a wok or large skillet, heat the sesame and vegetable oil over medium-high heat. Add carrots and stir-fry for 2 minutes. Add garlic, zucchini, and mushrooms and stir-fry for another 2-3 minutes. Add spinach, and stir-fry just until it is wilted and tender, about a minute. Remove from heat and toss the vegetables with the tofu, cucumber, bean sprouts, and a pinch each of salt and pepper. Set aside vegetables, and fry 6 eggs over easy.

To serve, place a scoop of rice in each bowl, top with some stir-fried vegetables, place a cooked egg on top, and garnish with sliced green onions. Serve the sauce on the side for drizzling.

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



5/\$5

**CHOBANI**  
Greek Yogurt  
6 oz., selected varieties



\$2.99

**EARTH BALANCE**  
Organic Soy Milk  
64 oz., selected varieties



\$2.49

**GOLDEN TEMPLE**  
Bulk Granola  
per pound in bulk



\$6.69

**NATURE'S PATH**  
Organic Eco-Pak  
Cereal  
23-32 oz., selected varieties



2/\$6

**CASCADIAN FARM**  
Organic Fruit  
8-10 oz., selected varieties



**\$2.49**

**BULK**  
Organic Thompson  
Seedless Raisins  
per pound in bulk



**2/\$5**

**BROWN COW**  
Yogurt  
32 oz., selected varieties



**\$2.99**

**BULK**  
Organic Shelled  
Sunflower Seeds  
per pound in bulk



**2/\$5**

**FLAX USA**  
Flaxmilk  
32 oz., selected varieties



**\$1.39**

**BULK**  
Organic Rolled Oats  
per pound in bulk



**\$8.99**

**EQUAL  
EXCHANGE**  
Organic Bulk Coffee  
per pound in bulk  
Decaf Bulk Coffee not on sale



**2/\$6**

**BARBARA'S**  
Cereal  
12-14 oz., selected varieties



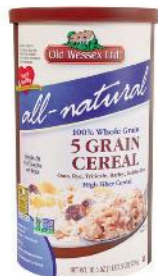
**4/\$3**

**STONYFIELD**  
Organic Yogurt  
6 oz., selected varieties



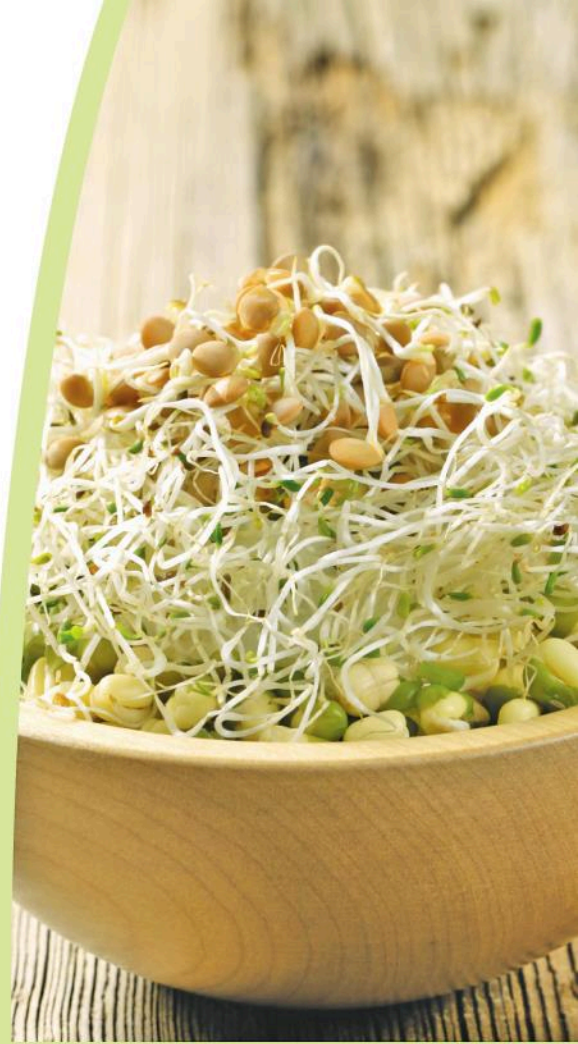
**\$2.99**

**SWEETLEAF**  
Stevia Sweetener  
35 ct.  
other Sweetleaf products  
also on sale



**\$2.19**

**OLD WESSEX**  
5 Grain Hot Cereal  
18.5 oz.  
other Old Wessex Hot Cereal  
also on sale



## Sprouts

Sprouts are that rare superfood that hits the sweet spot between flavor and nutrition. In addition to classic alfalfa sprouts, look for zesty radish, peppery broccoli or savory onion sprouts, as well as crisp and crunchy mung bean sprouts. It's hard to improve on the classic sandwich combo of turkey, avocado and sprouts, but how about radish sprouts, fresh goat cheese, and tomato on multigrain bread, or onion sprouts, cream cheese and cucumber on rye? Sprouts go beyond sandwiches, too. Use mild-flavored mung bean sprouts to garnish everything from stir-fries to soups. Learn more about sprouting with our Co+op Kitchen video with Dana Tomlin at [www.strongertogether.coop](http://www.strongertogether.coop).



# Fresh in the Deli

Co-op chefs from around the country share their favorite seasonal recipes with your local co-op for this regular feature.

## Tofu Pad Thai

A Thai-inspired rice noodle salad seasoned with spicy peanut sauce, fresh ginger, lime juice, fresh cilantro, mung bean sprouts and tofu.

save \$ **1.00**  
per pound



**\$3.99**

**BLUE SKY**  
Zero Calorie Soda  
6 pack, selected varieties



**\$2.99**

**KOZY SHACK**  
Pudding  
22 oz., selected varieties



**2/\$5**

**CLIF KID**  
Organic Zbars  
6 ct., selected varieties



**2/\$4**

**KETTLE**  
Bakes Potato Chips  
4 oz., selected varieties



**2/\$6**

**ANNIE'S  
HOMEGROWN**  
Snack Crackers  
7.5 oz., selected varieties



**\$3.69**

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



**2/\$4**

**BARBARA'S**  
Cheese Puffs  
5.5-7 oz., selected varieties



**\$2.69**

**DREW'S**  
Organic Salsa  
12 oz., selected varieties



**4/\$5**

**GIMME**  
Organic Seaweed  
Snacks  
.35-.7 oz., selected varieties



**2/\$5**

**MEDITERRANEAN  
SNACKS**  
Baked Lentil Chips  
4.5 oz., selected varieties



**\$20.99**

**NORDIC  
NATURALS**

**Omega-3 Fish Oil**  
60 ct.  
other Fish Oil products  
also on sale



**2/\$4**

**KEVITA**  
**Organic Probiotic Drink**  
15.2 oz., selected varieties



**\$5.99**

**SUJA**  
**Organic Fruit &  
Vegetable Juice**  
16 oz., selected varieties



**2/\$5**

**R.W. KNUDSEN**  
**Simply Nutritious Juice**  
32 oz., selected varieties



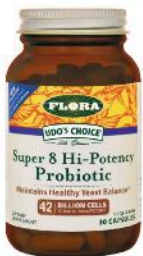
**\$2.69**

**VITACOCO**  
**Coconut Water**  
33.8 oz.



**\$4.99**

**NUTIVA**  
**Organic Chia Seeds**  
6 oz.  
other Nutiva products  
also on sale



**\$16.99**

**FLORA**  
**Super 8 Hi-Potency  
Probiotic**  
30 ct.  
other Flora Supplements  
also on sale



**\$1.19** **RAW  
REVOLUTION**

**Organic Energy Bar**  
1.8 oz., selected varieties



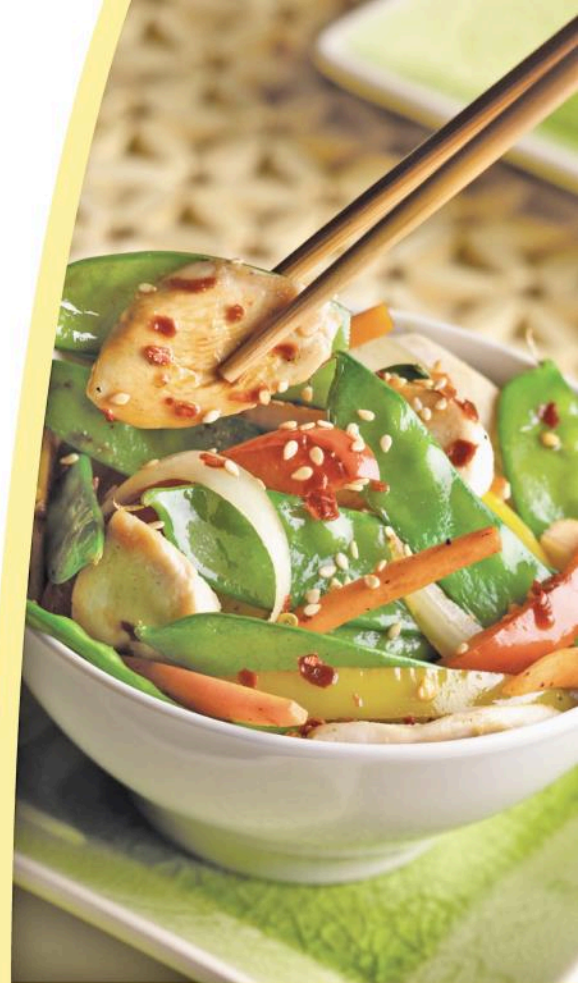
**\$6.99**

**NUTRITION NOW**  
**Rhino Gummy  
Multi-Vitamins**  
70 ct.  
other Nutrition Now Vitamins  
also on sale



**\$7.99**

**RAINBOW LIGHT**  
**Vitamin D 1,000 IU  
Sunny Gummies**  
50 ct.  
other Rainbow Light Vitamins  
also on sale



## Healthy Asian Flavors

The traditional diets of many Asian countries offer a good model for healthy eating. The Asian Food Pyramid offers basic guidelines for the types of food to select and with what frequency. You'll notice that it has a nice broad base for grains: choose brown rice, whole-grain noodles or other whole-grain foods. Then, fill up the majority of that pyramid with plants, plus a little bit of plant-based oil every day. Fish and shellfish are optional daily, eggs and poultry and sweets are recommended as once-a-week treats, while meat is a once-a-month event, placed at the tip of the triangle.

Read more at  
[www.strongertogether.coop](http://www.strongertogether.coop)  
and get great recipes, too!

# Together, Better Choices

...like a Co-op Membership that benefits our community.



Photo by Ben Sarle

Resolve to join your community-owned food co-op in the New Year!

Become an owner, enjoy Member benefits and support local farmers, food producers and community organizations, for only \$15 per year.



**\$9.99**

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



**\$3.99** **TOM'S OF MAINE**  
Toothpaste  
4.7-5.5 oz., selected varieties



**\$2.99**

**ECOVER**  
Delicate Wash  
32 oz.  
other Ecover Laundry products  
also on sale



**\$5.99**

**AVALON ORGANICS**  
Shampoo or  
Conditioner  
11 oz., selected varieties



**2/\$6**

**YOGI**  
Tea  
16 ct., selected varieties



**\$7.69** **SEVENTH GENERATION**

Bath Tissue  
12 ct.  
Unbleached Bath Tissue \$8.99

**Happy New Year from your local co-op!**

**coop**<sup>TM</sup>  
stronger together

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