

coopTM deals

DEC 31 - JAN 20, 2015



2/\$6

CASCADIAN FARM

Organic Fruit
8-10 oz, selected varieties



\$4.99

R.W. KNUDSEN

Just Cranberry Juice
32 oz.
other Just Juice also on sale



\$2.69

SO DELICIOUS
Organic Coconut Milk
64 oz., selected varieties



\$2.99

SANTA CRUZ ORGANIC

Organic Applesauce
Cups
6 ct., selected varieties

City Market
Onion River Co-op

Your Community-Owned Grocery Store

82 S. Winooski Ave., Burlington VT 05401

Open 7 a.m. - 11 p.m. every day • 802-861-9700 • www.citymarket.coop

We welcome EBT, CATScratch, Knight & CCCash Cards and manufacturers' coupons



Avgolemono

Serves 4. Prep time: 15 minutes active; 30 minutes total.

- 2 teaspoons olive oil
- 1 cup diced yellow onion
- 2 tablespoons minced garlic
- ½ cup uncooked long grain white rice
- 6 cups chicken broth
- 2 eggs, lightly beaten
- ½ cup fresh lemon juice
- 2 cups cooked, shredded chicken
- Salt and black pepper to taste
- 2 tablespoons minced parsley

In a large soup pot, heat the olive oil over medium-high heat and sauté the onion for 5 minutes. Add the garlic and cook another 1 to 2 minutes. Add the rice and stir well. Pour in the chicken broth, stir well and bring to a boil. Reduce the heat to simmer and cook 15 to 20 minutes or until rice is tender. Remove about a cup of broth from the pot, put in a small mixing bowl and slowly whisk in the beaten eggs. Once the broth and eggs are blended, slowly whisk the mixture into the rest of the simmering soup, stirring well. Add the lemon juice, cooked chicken and a pinch each of salt and black pepper. Remove from heat and taste for seasoning. Stir in the fresh parsley and serve hot.

Serving suggestion: Serve this rich, tangy chicken soup as an entrée with a small Greek salad or antipasti platter, fine cheeses and crusty bread. Baklava makes a sweet finish to the meal.

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



\$2.39 **ANCIENT HARVEST**
Organic Quinoa Pasta
8 oz., selected varieties



\$2.69
ANNIE'S NATURALS
Dressing
8 oz., selected varieties



\$12.99
SPECTRUM
Organic Mediterranean
Extra Virgin Olive Oil
33.8 oz.



\$3.99 **BEYOND MEAT**
Chicken-Free Strips
12 oz., selected varieties
9 oz. varieties on sale for \$3.69



\$2.19 **WOODSTOCK**
Organic Frozen Spinach
10 oz.
other Frozen Vegetables
also on sale



2/\$3

BACK TO NATURE

Organic Pasta & Cheese Dinner
6 oz., selected varieties



\$3.39

IMAGINE

Organic Soup
32 oz., selected varieties



\$3.39

DAIYA

Dairy-Free Cheese Style Shreds
8 oz., selected varieties



5/\$4

KOYO

Ramen
2.1 oz., selected varieties



\$3.69

SUNSHINE BURGER

Organic Veggie Burgers
3 ct., selected varieties



2/\$5

STACY'S

Pita Chips
8 oz., selected varieties



2/\$8

IZZE

Sparkling Fruit Juice Beverage
4 pack, selected varieties



\$2.99

ANNIE'S HOMEGROWN

Snack Crackers
6.75-7.5 oz., selected varieties



\$3.29

ALMOND DREAM

Non-Dairy Frozen Dessert
16 oz., selected varieties



2/\$6

YOGI

Organic Tea
16 ct., selected varieties



Global Soups

Winter is the perfect time for exploring the world of warming, flavorful soups and stews. Start with a hearty Indian or Nepali dal, made with quick-cooking lentils or split peas, for example; and continue on an Asian theme with Vietnamese pho or spicy, garlicky Japanese soba noodles with winter greens and beans. Cross the Pacific to sample Brazilian Moqueca Baiana – a rich seafood stew – or comforting chicken and quinoa soup from Peru. Another Latin American favorite is sopa de albondigas, with variations found from Patagonia northward to Mexico, and meatballs made from lamb, pork or beef studded with cooked rice.

Visit www.strongertogether.coop for more delicious ideas and soup recipes.



Hungarian Mushroom Soup

Serves 4. Prep time: 20 minutes active; 45 minutes total.

- 2 tablespoons olive oil
- 2 cups diced yellow onion
- 1 cup diced green bell peppers
- 2 tablespoons minced garlic
- 1 pound cremini mushrooms, sliced
- 1 ½ teaspoons smoked paprika
- 1 ½ teaspoons Hungarian paprika
- 1 ½ teaspoons dill
- 4 tablespoons all-purpose flour
- 4 cups vegetable broth
- Salt and black pepper to taste
- ½ cup sour cream
- 2 tablespoons lemon juice

Heat the oil in a large pot over medium heat. Add the onion and green peppers and sauté for 10 minutes until soft. Add the garlic and mushrooms and cook for another 5 minutes. Add the paprikas, dill and flour and stir for 1 to 2 minutes until flour is absorbed. Stir in the broth and bring to a simmer. Simmer the soup for 15 minutes and season with a pinch each of salt and black pepper. Remove from heat and slowly stir in the sour cream and lemon juice. Serve warm.

Serving suggestion: Earthy and hearty, this soup pairs well with roasted vegetables, meats, game and sausages and stands up to dishes with assertive flavors. Make it a one-pot meal by adding your favorite cooked protein or pasta.

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\$2.69

**LUNDBERG
FAMILY FARMS**
Organic Rice Cakes
8.5-10 oz., selected varieties



2/\$5

GARDEN OF EATIN'
Tortilla Chips
7.5-8.1 oz., selected varieties



\$2.99

FRONTERA
Salsa
16 oz., selected varieties



\$1.39

GO2
Coconut Water
17.5 oz., selected varieties



3/\$5

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



\$9.99

EQUAL EXCHANGE

Organic Coffee
per pound in bulk,
selected varieties
Decaf Coffee not on sale



\$3.39

BULK

Organic Thompson
Seedless Raisins
per pound in bulk



\$1.19

BULK

Organic Rolled Oats
per pound in bulk



\$3.39

HELIOS

Organic Greek Kefir
32 oz., selected varieties



2/\$3

SO DELICIOUS

Non-Dairy Yogurt
6 oz., selected varieties



4/\$5

CHOBANI

Greek Yogurt
5.3 oz., selected varieties



\$3.39

BARBARA'S

Cereal
12-14 oz., selected varieties



\$2.39

RICE DREAM

Enriched Non-Dairy
Rice Drink
32 oz., selected varieties



\$5.99

NATURE'S PATH

Organic Eco-Pac
Cereal
26.4-32 oz., selected varieties



\$2.39

ALEXIA

Organic Hash Browns
16 oz.
other Alexia products also on sale



Mushrooms

White button, cremini or portobello mushrooms are all delicious ways to add earthy flavor to your food, but did you know that it's not so much a question of variety as one of age that differentiates these mushrooms? White button mushrooms are the very same variety as cremini, just picked at an earlier stage, and portobellos are the most mature of the three. The flavor develops from delicate to bold as the mushrooms mature. All three of these – sliced and sautéed with yellow onions, then simmered in stock with herbs, cream and a splash of red wine – make a savory side or main dish atop hearty cooked grains or roasted chicken. The rich nutty flavor of grated Parmesan or Manchego cheese also complements cooked mushrooms.



Fresh cheeses

Many cultures produce varieties of fresh cheeses that accent regional cuisine. Fresh cheeses are unaged and have no rind. Here are some popular varieties to look for:

- Italy: creamy ricotta, rich mascarpone, and fresh mozzarella
- Mexico: queso blanco, queso fresco, and cotija are dry, crumbly cheeses. Panela and Oaxaca cheeses are similar to fresh mozzarella
- India and Pakistan: paneer is a firm fresh cheese often used in stewed greens (saag) and curries
- United Kingdom and United States: curds-and-whey style cheeses like cottage cheese and "pot cheese;" farmer's cheese is a pressed, firm variety
- Greek and Middle Eastern: salty feta, labneh (yogurt cheese), and firm, squeaky Halloumi
- France: Smooth fromage blanc and tangy crème fraîche, creamy goat chevre



\$6.69

MARANATHA
Organic Peanut Butter
16 oz., selected varieties



\$3.69

RUDI'S
Organic Sandwich Bread
20-24 oz., selected varieties
Some Bread varieties on sale for \$3.99



\$2.99

BIONATURAE
Organic Fruit Spread
9 oz., selected varieties



5/\$2

STRETCH ISLAND FRUIT CO.
Fruit Leather
.5 oz., selected varieties



2/\$5

R.W. KNUDSEN
Organic Juice Boxes
4 ct., selected varieties



\$3.69

ORGANIC VALLEY
Organic Lactose-Free Half & Half
32 oz.



4/\$5

KIND
Fruit & Nut Bar
1.4 oz., selected varieties



99¢

LARABAR
Nutritional Bar
1.6-1.8 oz., selected varieties



2/\$4

POPCHIPS
Popped Potato Chips
3.5 oz., selected varieties



\$2.99

BULK
Organic Shelled Sunflower Seeds
per pound in bulk



\$2.39

ORGAIN
Organic Nutritional
Shake
11 oz., selected varieties



\$2.39

KEVITA
Organic Probiotic
Drink
15.2 oz., selected varieties



\$28.99

VEGA ONE
All-in-One Nutritional
Shake
14.6-15.4 oz., special order
only



\$5.39

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



\$39.99

**NORDIC
NATURALS**
Ultimate Omega
120 ct.
other Ultimate Omega
products also on sale



\$6.99

RAINBOW LIGHT
Food Based Calcium
90 ct.
other Rainbow Light
Supplements also on sale



\$7.99

HYLAND'S 4 KIDS
Cold 'n Cough
4 oz., selected varieties



\$8.99

NUTRITION NOW
PB8 Acidophilus
60 ct., selected varieties
other Nutrition Now
Supplements also on sale



\$6.99

SPRY
Xylitol Gum
not available at City Market



\$11.99

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



Simple Ways to Stay Healthy

Flu season is upon us, but there are simple steps you can take to help make sure it doesn't get you down. Prevent flu symptoms and boost your immune system by eating more fresh foods and fewer refined sugars, exercising regularly and getting plenty of quality rest. Supplements like vitamin C and herbal remedies such as black elderberry can also help to strengthen your immune response.

One of the most effective preventative measures you can take is probably the easiest: washing your hands more frequently. Keep a pocket size hand sanitizer spray or gel in your pocket, purse, backpack or glove compartment for times when soap and water aren't readily available.

HAPPY NEW YEAR!

We look forward to seeing you in 2015!

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\$6.69

**SEVENTH
GENERATION**

Recycled Bath Tissue
12 ct.
other Bath Tissue products
also on sale



\$3.99

**SEVENTH
GENERATION**

Feminine Care Pads
14-24 oz., selected varieties



\$5.99

**AVALON
ORGANICS**

Shampoo or
Conditioner
11 oz., selected varieties

coop kitchen

See what's cooking at www.strongertogether.coop/coop-kitchen



\$8.99

**EARTH
FRIENDLY**

Ecos Liquid Laundry
Detergent
100 oz., selected varieties

Everyone welcome, every day!

coopTM
stronger together

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