

# CHANGE FOR CHANGE

Choose healthy foods and earn cash rewards!

**Special prices for fruits, vegetables, low-fat dairy, and whole grain items to keep your family healthy.**

Visit Super 1 Foods to see what healthy foods are discounted today!

305 West Kathleen, Coeur d'Alene, ID 83815

- Receive a \$1.00 reward when you purchase any of the healthy food items on special.
- Receive a \$5.00 reward when you purchase ALL 4 items.

*Rewards can be used towards a future purchase of Change for Change items at Super 1 Foods. Rewards are valid 14 days after purchase. Total store purchase must be at least \$25.00 to participate.*





Find Recipes, Tips, and More at [EatSmartIdaho.org](http://EatSmartIdaho.org)

## Crispy Cod Tacos with Watermelon Salsa

### INGREDIENTS:

- 1/3 Cup cornmeal
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1 pound cod fillets or other firm whitefish
- 2 Tablespoons extra virgin olive oil
- 16 corn tacos, street size
- 1/4 Cup fresh lime juice, plus 1 1/2 teaspoons lime zest
- 3 Cups finely chopped watermelon, seeded
- 1 cucumber, peeled and diced
- 1 mango, peeled and diced
- 1 small red onion, finely chopped
- 1/2 teaspoon garlic powder
- 1 teaspoon black pepper
- 1 jalapeño pepper, seeded and minced (optional)

*Makes 4 servings.*

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Let's get healthy together.





## ALWAYS WASH HANDS BEFORE PREPARING FOOD!

### Directions:

1. Wash lime, watermelon, cucumber, mango, onion, and jalapeño, if using, before cutting. Preheat the oven to 375 °F.
2. Cut the fish fillets into long strips and brush with the olive oil. In a shallow bowl, whisk together the cornmeal, cumin, chili powder, and 1/4 teaspoon pepper. Toss the fish, a few at a time, in the cornmeal mixture until well coated.
3. Transfer fish to a baking sheet. Bake for 15-20 minutes, until golden and an instant-read thermometer reads 145 °F.
4. To make the salsa, stir together the lime zest, lime juice, and 3/4 teaspoon pepper in a bowl. Add the watermelon, cucumber, mango, onion, and garlic powder, and toss gently.
5. Warm tortillas in the microwave or in a pan over medium heat. Evenly distribute the fish onto each tortilla, top with salsa, and enjoy!

