

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

20-Minute Burrito Bowls

INGREDIENTS:

- 1 Tablespoon extra virgin olive oil
- 2 Cups low-sodium chicken broth
- 1 pound boneless, skinless chicken breasts
cut into 1/4-inch strips
- 1 package low-sodium taco seasoning
- 1 package frozen corn (12 ounces)
- 1 can no-salt-added black beans (15 ounces)
- 1 Cup salsa
- 2 Cups baby spinach

Toppings:

- 1 container nonfat, plain Greek yogurt (6 ounces)
- 1 Cup grape tomatoes, diced
- 1 Cup sweet peppers, cut into spears
- 1/3 Cup low-fat shredded sharp cheddar cheese

Makes 4 servings.

This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.



Let's get healthy together.





ALWAYS WASH HANDS BEFORE PREPARING FOOD!

Directions:

1. Wash spinach, tomatoes, and peppers before using. Drain and rinse beans.
2. Add the oil and chicken to a large pot or skillet and cook on medium/high heat, turning once, until chicken begins to brown, 2 minutes per side.
3. Add salsa, frozen corn, black beans, and taco seasonings to the pan. Stir to combine and simmer for 10 minutes.
4. While chicken mixture is cooking, prepare tomatoes, sweet peppers, and yogurt in separate bowls.
5. Divide the spinach evenly into four bowls. Top with the chicken mixture and add toppings per each individual's preference. Enjoy!

Healthy Note: This recipe can be done in an instant pot! Add all ingredients, except the spinach. Set your instant pot on manual high for 17 minutes. Add your toppings and spinach. Enjoy!

