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.
Broccoli Bean Stir Fry

INGREDIENTS:
- 2 heads broccoli
- 1 can low-sodium white beans (15 ounces)
- 1 pint grape tomatoes
- 1/2 Cup shredded parmesan cheese
- 1 clove garlic, minced
- 1 Tablespoons extra virgin olive oil
- 1 Tablespoon red pepper flakes
- ground black pepper to taste

Makes 4 servings.
Directions:
1. Wash broccoli and cut into small, bite-sized pieces. Wash tomatoes.
2. Heat a wok or large skillet over medium heat. Add 1 Tablespoon oil and garlic, and sauté for 1 minute. Add broccoli and sauté 5 minutes more.
3. Drain and rinse beans, add to the skillet, and sauté for 2 minutes.
4. Add the remaining olive oil and grape tomatoes to the pan. Sprinkle with red pepper flakes and black pepper. Sauté one more minute.
5. Place stir fry into a serving dish and sprinkle with cheese. Enjoy!