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

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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.
Easy Stuffed Mini Peppers

INGREDIENTS:
- 16 sweet baby bell peppers
- 1 pound lean ground chicken
- 1 package low-sodium taco seasoning
- 1 can low-sodium corn kernels
- 1 medium red onion
- 1 lime, juiced
- Mexican-style cheese, shredded
- 1 bunch cilantro
- 1 teaspoon extra virgin olive oil

Makes 32 peppers.
Directions:
1. Wash peppers and cut in half lengthwise. Remove ribs and seeds by scraping with a small spoon. Peel and wash onion, and dice. Wash cilantro and dice into small pieces.
2. Heat oil in a medium skillet over medium-high heat. Add chicken and cook for 5-7 minutes, until browned or cooked through. Stir in taco seasoning midway through cooking.
3. Rinse corn in a colander to further reduce sodium. Stir in the corn and diced onion at the end of cooking the chicken, and warm through.
4. Add the juice of the entire lime to meat mixture. Stir in the cilantro.
5. With a small spoon, scoop meat mixture evenly into each pepper. Top with a small amount of shredded cheese. Enjoy!