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305 West Kathleen, Coeur d’Alene, ID 83815

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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.
Green Bean, Mushroom, & Chicken Skillet

INGREDIENTS:
- 4 boneless skinless chicken thighs, thinly sliced
- 1 pound green beans, trimmed and halved
- 1 package of mushrooms (10 ounces), sliced
- 2 Tablespoons extra virgin olive oil

CREAMY GARLIC SAUCE:
- 1/2 Cup low sodium chicken broth
- 1 Cup skim milk
- 1/2 Cup grated Parmesan cheese (grated)
- 6 cloves garlic minced
- 1 Tablespoon extra virgin olive oil
- 1 Tablespoon whole wheat flour
- salt and pepper, to taste

Makes 4 servings.

This material was funded by the USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income and can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office or call 1-800-221-5689 for Idaho’s toll-free number. The University of Idaho is an equal opportunity employer, provider, and educational institution.
Directions:
1. Wash, trim, and cut the green beans in half. Wash the mushrooms and slice.

2. In a large skillet, heat the 2 Tablespoons of olive oil over medium high heat. Add the chicken and cook until it reaches an internal temperature of 165°F (about 10 minutes). Remove the chicken from the pan and set aside. Place the mushrooms in the skillet and cook until tender. Remove and set aside.

3. Place the green beans in a pot of boiling water. Cook for 4-6 minutes or until they are slightly soft. Drain and set aside.

4. To make the sauce: Heat the remaining olive oil in the original pan over medium heat. Add garlic and cook until slightly browned. Slowly stir in the broth, milk, and cheese. Once combined, whisk in the flour until thickened.

5. Add the chicken, mushrooms, and beans to the sauce and mix. Season with salt and pepper, to taste. Enjoy!