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.
Lemon Chicken & Sweet Potatoes

INGREDIENTS:
- 4 medium sweet potatoes
- 1 lemon plus 1/2 Cup lemon juice
- 1/4 Cup extra virgin olive oil
- 2 cloves garlic, minced
- 1 Tablespoon dijon mustard
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 Cup low-sodium chicken broth
- 2 boneless, skinless chicken breasts

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. Preheat oven to 400°F. Wash sweet potatoes and lemon.
2. Wash and cut sweet potatoes into 1-inch cubes. Arrange in a deep baking pan.
3. In a small mixing bowl, combine lemon juice, olive oil, garlic, mustard, oregano, salt, pepper, and chicken broth. Whisk to combine.
4. Place chicken breasts on top of sweet potatoes in the pan. Pour the lemon mixture evenly over the top. Bake 55–60 minutes. After 30 minutes, arrange lemon slices over chicken and continue baking until chicken is cooked through.
5. Serve hot and enjoy!