

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

Lentil Sweet Potato Soup

INGREDIENTS:

- 1 Cup dry lentils
- 4 Cups low-sodium chicken broth, vegetable broth, or water
- 2 Cups sweet potatoes, peeled and chopped
- 1/2 Cup carrots, chopped
- 1 small onion, chopped
- 2 Tablespoons extra virgin olive oil
- 1 teaspoon cumin powder
- 1 teaspoon black pepper
- 3 garlic cloves, minced
- 2 handfuls of fresh kale, chopped

Makes 5-6 servings.



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Let's get healthy together.



ALWAYS WASH HANDS BEFORE PREPARING FOOD!

Directions:

1. Wash all vegetables before peeling and chopping. Rinse lentils in a colander and pick through for any stones.
2. In a heavy bottom saucepan, heat olive oil over medium heat. Add garlic and onion, and saute until onions become translucent. Add cumin and pepper, and stir to combine. Add carrots and lentils, and stir to combine.
3. Pour in the broth or water. Add the sweet potatoes and simmer over medium to low heat until lentils are soft and sweet potatoes can be pierced easily with a fork, about 40 minutes.
4. When lentils and sweet potatoes are tender, add the kale and continue cooking until it is wilted and tender, about 5-7 minutes.
5. Serve hot and enjoy!

