

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

Light Veggie & Sausage Tortellini

INGREDIENTS:

- 2 teaspoons extra virgin olive oil
- 1 onion
- 2 stalks celery
- 2 medium carrots
- 1 pound all-natural chicken Italian sausage
- 1 can low-sodium diced tomatoes (14.5 ounces)
- 1 package refrigerated cheese tortellini (9 ounces)
- 3 Cups baby spinach
- 1/3 Cup grated parmesan cheese
- 1/2 teaspoon red pepper flakes (optional)
- black pepper, to taste

Makes 4 servings.



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Let's get healthy together.



ALWAYS WASH HANDS BEFORE PREPARING FOOD!

Directions:

1. Wash onion and dice. Wash celery and thinly slice. Wash carrots, peel, and slice. Wash spinach and drain
2. Heat the olive oil in a large pot over medium heat. Add the onion, celery, and carrot, and cook for 4-5 minutes or until just softened. Season with pepper, to taste.
3. Add the sausage to the pot and cook for 5 minutes, using a spoon to break it into smaller pieces. Add the diced tomatoes and bring to a simmer.
4. Add the tortellini and cook for 5 minutes. Add the baby spinach and cook until spinach just begins to soften, about 30 seconds.
5. Season with pepper and red pepper flakes, to taste. Top with parmesan and enjoy!

