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.
Sausage and Vegetable Foil Packets

**INGREDIENTS:**
- 4 all-natural, low-fat turkey or chicken Italian sausages
- 1 pound green beans
- 8 mini peppers
- 1 small red onion
- 1 small yellow zucchini
- 2 Tablespoons extra virgin olive oil
- 10 cloves garlic, cut in half
- black pepper
- 1 lemon
- aluminum foil

*Makes 4 servings.*
Directions:
1. If grilling, preheat grill to medium-high heat. If baking, preheat oven to 425°. Wash all vegetables and lemon. Trim beans, roughly chop peppers and onion, and slice zucchini and lemon into rounds.
2. Combine all ingredients in a large bowl, except the lemon. Drizzle with oil and season with pepper. Toss to combine and evenly coat.
3. Lay out four 15-inch pieces of foil and divide the mixture equally, placing ingredients in the middle of each piece of foil. Put 1-2 lemon slices on top. Seal packet completely. Use another layer of foil, if needed.
4. If grilling, place the packets directly on the grill and cook for about 20 minutes, flipping half way through. If baking, place on a large baking sheet and cook for about 20 minutes. Check after 12 minutes to ensure vegetables don’t overcook. Sausages should be at an internal temperature of 165° when done. Unwrap and enjoy!

Note: Add crushed red pepper flakes for a spicy kick.