

# 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](http://EatSmartIdaho.org)



## Sheet Steak with Blistered Vegetables

### INGREDIENTS:

- 3 Tablespoons extra virgin olive oil
- 1 pound sirloin steak (4 pre-cut 4-ounce steaks)
- 2 Cups cauliflower, cut into small florets
- 3 Cups broccoli, cut into small florets
- 3 Cups Brussels sprouts, cut in half
- 1 red onion, cut into wedges
- 2 Tablespoons unsalted butter, softened
- 1/2 teaspoon fresh lemon zest
- 1 garlic clove, minced

*Makes 4 servings.*

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Let's get healthy together.



# ALWAYS WASH HANDS BEFORE PREPARING FOOD!

## Directions:

1. Wash cauliflower, broccoli, Brussels sprouts, onion, and lemon before cutting. Preheat oven to 400 °F.
2. Arrange onion on one end of a baking sheet, drizzle onion with 1 teaspoon of the oil, and sprinkle with pepper. Bake for 5 minutes.
3. Sprinkle steak with pepper and drizzle with 1 Tablespoon of oil. Toss cauliflower, broccoli, and Brussels sprouts with 2 tablespoons of oil and pepper. Arrange steak in the center of the baking sheet and add cauliflower, broccoli, and Brussels sprouts in a single layer around the steak. Bake at 400 °F for 8 minutes. Remove from oven.
4. Arrange the top oven rack 5 inches from broiler element. Preheat broiler to high. Broil 7 minutes or until steak and vegetables are slightly charred and a meat thermometer registers the steak at 145 °F. Remove steak from baking sheet and let stand at room temperature for 5 minutes before thinly slicing across the grain.
5. Stir together butter, lemon zest, garlic, and remaining oil. Spread mixture evenly over hot steak to melt as it rests. Serve with vegetables. Enjoy!

