Special prices for fruits, vegetables, low-fat dairy, and whole grain items to keep your family healthy.

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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.
Shrimp Tacos with Corn Salsa

INGREDIENTS:
1 Cup fresh corn kernels (about 2 ears)
1 teaspoon extra virgin olive oil
2 Tablespoons fresh cilantro
3 Tablespoons fresh lime juice, divided
1/4 teaspoon black pepper
1 diced peeled avocado
1 pound frozen medium shrimp, thawed in the refrigerator
2 teaspoons honey
1/4 Cup non-fat Greek yogurt
8 (6-inch) corn tortillas

Makes 4 servings.
Directions:
1. Wash corn, cilantro, and avocado. Chop cilantro, and peel and dice the avocado. Peel and devein the shrimp.
2. Heat half the oil in a skillet over medium-high heat. Add the corn and sauté for about 6 minutes or until lightly browned.
3. Remove corn from the skillet and place in a medium bowl along with the cilantro, 1 Tablespoon lime juice, pepper, and avocado. Gently toss.
4. In a medium bowl, combine the shrimp, 1 Tablespoon lime juice, and honey. Toss to coat. Heat the remaining oil in the same skillet and add the shrimp. Cook 2 minutes on each side or until done. Remove from heat.
5. Combine the yogurt and remaining 1 Tablespoon lime juice in a small bowl. Set aside.
6. Warm the tortillas in a dry skillet for 30 seconds per side. Top each with 1/4 Cup of the corn mixture, 3-4 shrimp, and 1 1/2 teaspoons of the yogurt mixture. Enjoy!