

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



Skillet Orange Chicken

INGREDIENTS:

- 2 boneless skinless chicken breasts, cut into 1-inch cubes
- 5 Tablespoons cornstarch
- 2 Tablespoons extra virgin olive oil
- 1 Tablespoon honey
- 1/2 Cup 100% orange juice
- 1/3 Cup low-sodium soy sauce
- 1 Tablespoon white vinegar
- 1 teaspoon garlic, minced
- 1 teaspoon ginger, minced
- 1/3 Cup low-sodium chicken broth
- 1 large orange, cut into thin medallions
- 1 bunch of green onions, chopped

Makes 4 servings.

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Let's get healthy together.



ALWAYS WASH HANDS BEFORE PREPARING FOOD!

Directions:

1. Wash ginger and green onions before cutting.
2. In a large bowl, combine the chicken pieces, 3 Tablespoons of cornstarch, and pepper. Stir to coat.
2. Heat the oil in a large pan or skillet over medium high heat, add chicken, and cook, turning chicken once, until browned, about 2 minutes per side.
3. As the chicken cooks, make the sauce. Whisk together the honey, orange juice, soy sauce, vinegar, garlic, ginger, broth, and 2 Tablespoons cornstarch.
4. Once chicken is browned, reduce heat to medium, and add the sauce. Cook and stir until sauce has thickened and chicken is cooked through, at least 165 °F on a meat thermometer, about 10 minutes.
5. Top with green onions and orange slices. Serve hot and enjoy!

