

# 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)

## Crunchy Sugar Snap Pea Quinoa Bowl

### INGREDIENTS:

- 1 Cup dry quinoa
- 2 Cups water
- 1 Cup sugar snap peas
- 1 Cup carrots, peeled and shredded
- 1 Cup tomatoes, chopped
- 1/4 Cup red onion, chopped
- 1/2 Cup low-sodium sunflower or pepita seeds
- 2 Tablespoons fresh lemon juice
- 1 Tablespoon honey
- 1/3 Cup extra virgin olive oil
- 1/4 teaspoon black pepper

*Makes 4 servings.*



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Let's get healthy together.



## ALWAYS WASH HANDS BEFORE PREPARING FOOD!

### Directions:

1. Wash peas, carrots, tomatoes, and onion. Peel and shred carrots. Chop tomatoes and onion.
2. Bring water and quinoa to a boil in a pot over medium high heat. Cover and reduce heat to low. Simmer until water is absorbed and quinoa is soft, 12-15 minutes.
3. Prepare vinaigrette: combine lemon juice, honey, olive oil, and pepper, and whisk with a fork until emulsified.
4. Combine the cooked quinoa, vegetables, and seeds in a bowl. Toss with the vinaigrette. Add pepper and lemon juice, to taste. Enjoy!

