

# 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)

## White Turkey Chili

### INGREDIENTS:

- 1 package ground turkey, 93% lean (16 ounces)
- 1 Tablespoon extra virgin olive oil
- 1 can no-salt-added black beans, drained and rinsed (15 ounces)
- 1 can no-salt-added white beans, drained (15 ounces)
- 1 medium onion
- 4 ears of corn, cut off the cob (substitute with 1 package frozen or 1 no-salt-added can)
- 1 can no-salt-added diced tomatoes with green chilies, in juice (10 ounces)
- 1 Cup low-sodium chicken broth
- 3 teaspoons chili powder, or to taste
- 3 teaspoons cumin powder
- 1 packet ranch dip or dressing mix (0.4 ounce)
- 1 package non-fat cream cheese (8 ounces)

*Makes 4 servings.*



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Let's get healthy together.



## ALWAYS WASH HANDS BEFORE PREPARING FOOD!

### Directions:

1. Shuck and wash corn before cutting. Wash onion and chop.
2. Combine the olive oil and ground turkey in a large pot over medium heat. Cook turkey until it is browned and broken apart.
3. Add both black and white beans to the pot with the chopped onion, corn, tomatoes with juice, and broth. Add the chili powder, cumin, and ranch packet. Stir to combine.
4. Cut cream cheese into 6 pieces and place on top of the chili. Cover and let simmer for 30 minutes and cream cheese has melted. Stir to evenly distribute. Serve hot and enjoy!

*Healthy Note: Consider topping with avocado and/or fresh cilantro, washed and chopped.*

