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.
Spinach Tofu Scramble

INGREDIENTS:
- 14 ounces extra firm tofu
- 1 Cup onion, chopped
- 1 Cup bell pepper, chopped (any color)
- 1 teaspoon extra virgin olive oil
- 10 ounces frozen no-salt-added chopped spinach, thawed and drained
- 1 teaspoon garlic powder or 4 garlic cloves, minced
- 1/2 teaspoon black pepper
- 1/4 Cup shredded cheddar cheese

Makes 5 servings.
Directions:
1. Wash onion and bell pepper before chopping.
2. Drain and press tofu between two clean towels or paper towels to remove extra liquid. Crumble and set aside.
3. In a skillet, heat oil over medium heat. Add onion and bell pepper and cook for 5 to 7 minutes, until tender. Add the spinach, garlic, pepper, and tofu. Cook, stirring constantly, until heated through.
4. Sprinkle cheese over the top. Serve hot and enjoy!

ALWAYS WASH HANDS BEFORE PREPARING FOOD!