

coopTM deals

MAY 21 - JUN 3, 2014



\$2.99

UDI'S

Gluten-Free

Hot Dog Buns

14.4 oz.

other Udi's products
also on sale



\$3.99

**GARDEN OF
EATIN'**

Tortilla Chips

16 oz., selected varieties



10/\$10

HONEST TEA

Organic Ready-to-
Drink Tea

16 oz., selected varieties



\$3.39

**ARROWHEAD
MILLS**

Pancake and
Waffle Mix

26 oz., selected varieties

Featured Inside:

- Get outside and grill a...pizza? Recipes and tips in this issue
- Mellow or sharp, cheddar cheese is this month's feature
- Ever wondered what makes spring mix so springy? Read more inside
- The co-op's ready for adventure – deals on everything you need for outdoor fun



Blackened Salmon with Mustard Seed Slaw

Serves 4. Prep time: 30 minutes.

- 1 tablespoon brown mustard seeds
- 4 cups shredded green cabbage
- ½ cup peeled and shredded carrot
- ½ cup green pepper, julienned
- 2 green onions, thinly sliced
- 1 mango, peeled, seeded and julienned
- 1 clove garlic, minced
- 1 tablespoon Dijon mustard
- 1 ½ teaspoons curry powder
- ¼ cup apple cider vinegar
- 2 tablespoons olive oil
- Pinch each of salt and ground black pepper
- 4 4- to 6-ounce salmon fillets
- 2 tablespoons Cajun spice mix
- 1 tablespoon vegetable oil

In a small sauté pan, lightly toast the mustard seeds over medium heat. In a large bowl, mix together the cabbage, carrot, green pepper, green onion, mango, garlic, mustard, mustard seeds, curry powder, vinegar and olive oil. Season to taste with salt and pepper and set aside.

Rub the flesh side of each salmon fillet evenly with blackening spice. Heat a large iron or heavy-bottomed skillet over medium-high heat. Lightly coat the skillet with vegetable oil. Place the salmon, skin side up, in the hot skillet and cook for 4-5 minutes until the seasonings form a crisp crust. Turn the salmon pieces over and cook another 2 minutes until salmon reaches desired doneness. Divide the slaw between four plates and top each with a serving of salmon.

Some items may not be available at all stores or on the same days.



\$1.79

BULK

Organic Red Split Lentils
per pound in bulk



3/\$5

WESTBRAE

Organic Beans
15 oz., selected varieties



\$1.69

FRONTERA

Cooking Sauce
8 oz., selected varieties



\$2.39

TANDOOR CHEF

Samosa
11 oz.
other Tandoor Chef products
also on sale



2/\$7

EVOL

Classic Meals
8-9 oz., selected varieties



\$4.99

VIRGIL'S

Soda
4 pack, selected varieties



\$3.99

STEVE'S

Ice Cream
16 oz., selected varieties



\$10.99

MARANATHA

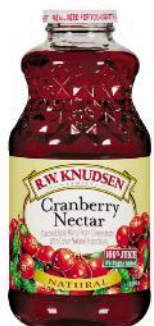
Raw Almond Butter
16 oz.
other Maranatha Almond Butter also on sale



\$1.69

WOODSTOCK

Frozen Greens
10 oz., selected varieties



2/\$5

R.W. KNUDSEN

Cranberry Nectar
32 oz.



\$2.99

**ANNIE'S
HOMEGROWN**

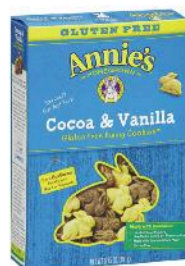
Deluxe Pasta & Cheese Dinner
9.3-11 oz., selected varieties



\$2.69

GREEN & BLACK'S

Organic Chocolate Bar
3.5 oz., selected varieties



2/\$6

**ANNIE'S
HOMEGROWN**

Cookies
6.75 oz., selected varieties



2/\$5

ANGIE'S

Kettle Corn
4.5-7 oz., selected varieties



\$2.69

HAIL MERRY

Miracle Tart
2.5-3 oz., selected varieties



coop kitchen

Blackening Salmon

When it comes to cooking at home, choosing the right ingredients and understanding basic kitchen skills can make the difference between a good meal and an amazing one. In the Co+op Kitchen video series, you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food.

Casey Wilcox demonstrates how to add spice to your cooking with an easy blackened salmon recipe at www.strongertogether.coop/food-lifestyle/cooking/blackening-salmon/. By using his simple technique, dinner is just ten minutes away.



Spring Greens Pizza

Serves 4. Prep time: 30 minutes.

- 3 tablespoons olive oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 tablespoons minced garlic
- 3 ounces fresh mozzarella, bocconcini size
- 1 cup plus 2 tablespoons balsamic vinegar
- 1 prepared pizza crust
- 1 15-ounce can crushed fire-roasted tomatoes
- 1 tablespoon vegetable oil
- ½ pound boneless, skinless chicken tenderloins or thighs
- 3 cups spring mix lettuce

Preheat oven to 400 degrees F.

In a small saucepan over medium heat, reduce 1 cup of balsamic vinegar to ¼ cup, stirring occasionally. Remove from heat and reserve. Meanwhile, combine the olive oil, basil, oregano and garlic in a small bowl. Let sit 10 minutes.

Brush pizza crust with half the olive oil mixture and bake according to package instructions. Slice the fresh mozzarella into thin slices and add to the remaining olive oil mixture. Toss to coat.

In a medium saucepan, heat 1 tablespoon of vegetable oil over medium-high heat. Add the chicken and brown 2 minutes on each side. Remove the chicken from the pan and reserve. Return the pan to the heat and deglaze with 1 tablespoon water and 2 tablespoons balsamic vinegar. Add the crushed tomatoes and bring to a simmer. Slice the cooked chicken crosswise into 1-inch pieces and add to the tomato mixture. Simmer until sauce has thickened, about 7 minutes.

Remove the pizza crust from the oven. Spread the sauce evenly over the crust and top with marinated mozzarella slices. Cut the pizza into four slices and top each with a handful of spring mix. Drizzle each slice with a tablespoon of the balsamic vinegar reduction and serve.
Some items may not be available at all stores or on the same days.



\$2.69

BIONATURAE

Organic Tomatoes
28.2 oz., selected varieties



\$1.99

BIONATURAE

Organic Pasta
16 oz., selected varieties



\$9.99

**NAPA VALLEY
NATURALS**

Organic Olive Oil
25.4 oz., selected varieties



2/\$5

DREW'S

Dressing
12 oz., selected varieties



2/\$5

FIELD DAY

Organic Pasta Sauce
26 oz., selected varieties



\$2.99

BARBARA'S

Cereal

12-14 oz., selected varieties
select Barbara's Cereal \$3.99



\$5.39

FAGE

Yogurt

35.3 oz., selected varieties



\$3.99

RICE DREAM

Enriched Rice Drink

64 oz., selected varieties



\$2.79

MOM'S BEST

Cereal

16-20 oz., selected varieties

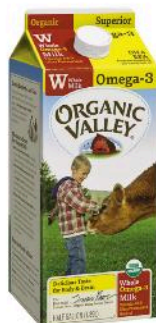


2/\$6

STONYFIELD

Organic Yogurt

32 oz., selected varieties



\$3.99

ORGANIC VALLEY

Organic Omega 3 Milk

64 oz., selected varieties



\$4.99

REDWOOD HILL FARM

Goat Kefir

32 oz., selected varieties



2/\$3

STONYFIELD

Organic Greek

Yogurt

5.3 oz., selected varieties



\$3.39

DAIYA

Dairy-Free Cream

Cheese Style Spread

8 oz., selected varieties



89¢

WALLABY

Organic Yogurt

6 oz., selected varieties



Spring mix

Spring mix, or mesclun, refers to a blend of young, small salad greens originally made popular in the Provence region of France. Mixes vary but commonly include lettuces, spinach, arugula, dandelion, frisée and radicchio. Grill seasonal asparagus and onions and serve on a bed of spring mix with a citrus-infused olive oil, or create a crisp salad of mesclun, radishes, shredded cheese, pumpkin seeds and a light vinegar dressing. For a more substantial meal, top spring mix with soft-boiled eggs and a miso-onion dressing, and serve on brown rice.

Visit www.strongertogether.coop for more ideas on how to enjoy spring's bounty.



Cheddar

It's no wonder cheddar is so popular. With flavors ranging from smooth and mild to bold and sharp, this cheese offers something for every palate. Cheddar originated in England, so it pairs well with beer. Grab an IPA or a stout, some apples or pears, sliced cheddar and hearty bread for a tasty picnic. Top a beautiful spring salad of arugula, radicchio or other peppery greens with shaved cheddar or try a cheddar-studded quiche with seasonal wild mushrooms. As grilling season arrives, top grass-fed hamburgers or veggie burgers with a thick slice or two of this versatile, delicious cheese.



\$4.99

BULK
Organic Sweetened
Cranberries
per pound in bulk



\$11.99

BULK
Organic Walnut
Halves and Pieces
per pound in bulk



\$8.99

**EQUAL
EXCHANGE**
Organic Coffee
per pound in bulk
Decaf Coffee not on sale



2/\$4

R.W. KNUDSEN
Recharge
32 oz., selected varieties



\$6.99

YERBA PRIMA
Psyllium Husks
12 oz., selected varieties



\$5.69

**SPECTRUM
ESSENTIALS**
Organic Ground
Flaxseed

14 oz.
other Flaxseed products
also on sale



\$19.99

FLORA
Floravital Iron + Herbs
8.5 oz.
other Floravital products
also on sale



\$17.99

NEW CHAPTER
Every Woman's One
Daily Multivitamin
24 ct.
other Women's Supplements
also on sale



\$27.99

RENEW LIFE
CleanseSmart
kit



\$4.39

**CASTOR &
POLLUX**
Organic Dog Cookies
12 oz., selected varieties



\$3.99

ZEVIA
Zero Calorie Soda
6 pack, selected varieties



\$2.19 **SESMARK**
Rice Thins
3.5-4.2 oz., selected varieties



2/\$4
KETTLE BRAND
Potato Chips
5 oz., selected varieties



\$2.69
WOODSTOCK
Organic Ketchup
20 oz.
other Organic Condiments
also on sale



\$2.19
NASOYA
Organic Sprouted
Firm Tofu
16 oz.
other Nasoya Tofu also on sale



\$3.39 **TOFURKY**
Meatless Sausages
12-14 oz., selected varieties



2/\$5
STACY'S
Pita Chips
8 oz., selected varieties



2/\$6
BACK TO NATURE
Crackers
4-8 oz., selected varieties



2/\$5
WAY BETTER
SNACKS
Tortilla Chips
5.5 oz., selected varieties



2/\$5
HILARY'S
Veggie Burgers
6.4 oz., selected varieties



Pizza on the Grill

If you've got a grill with a lid and a sense of culinary adventure, try making grilled pizzas! There are lots of simple how-tos available online, but here are some key tips to keep in mind:

- Start with a clean grill; any residue will char and lead to a smoky-flavored pizza
- Use a rimless baking sheet or pizza peel to slide the dough onto the grill, and use plenty of cornmeal or flour to keep the dough from sticking to the sheet
- Prep all the toppings in advance and have them ready to add once the crust is grilled

Visit www.strongertogether.coop for more grilling tips and recipes.



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or Gel
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other Traumeel products
also on sale



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**SEVENTH
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Dish Liquid
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Great tips for grilling at www.strongertogether.coop



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