

# coop<sup>TM</sup> deals

JAN 21 - FEB 3, 2015



2/\$7

**ZEVIA**

Zero Calorie Soda  
6 pack, selected varieties



\$4.99

**UDI'S**

Gluten-Free Pizza  
9.3-10.1 oz., selected  
varieties



3/\$5

**LATE JULY  
ORGANIC**

Organic Multigrain  
Chips  
5.5-6 oz., selected varieties



\$10.99

**BOIRON**

Oscilloccinum  
6 ct.

**City  
Market**  
Onion River Co-op

**Your Community-Owned Grocery Store**

82 S. Winooski Ave., Burlington VT 05401

Open 7 a.m. - 11 p.m. every day • 802-861-9700 • [www.citymarket.coop](http://www.citymarket.coop)

We welcome EBT, CAT\$cratch, Knight & CCCash Cards and manufacturers' coupons





## Savory Herb Cheese Bites

Makes approximately 15. Prep time: 20 minutes.

- 4 ounces cream cheese, softened
- 1 teaspoon minced garlic
- Pinch of salt
- 4 ounces Gruyere cheese, shredded
- 2 teaspoons minced fresh sage
- 1 teaspoon minced fresh rosemary
- ¼ cup finely-chopped walnuts
- 1 tablespoon minced parsley

In a food processor, blend the cream cheese, garlic and salt until smooth. Transfer cream cheese mixture to a bowl and stir in the Gruyere cheese, sage and rosemary until evenly distributed. Line a plate or pan with parchment paper. Roll the cheese mixture into 1-inch balls and set on the parchment paper. In a small bowl, combine the walnuts and parsley and stir until well mixed. Roll each ball in the mixture and return to plate or pan. Place the cheese balls in the refrigerator to firm. Serve with crackers or crostini.

Serving suggestion: These fun little bites are perfect for entertaining. Make cheese lollipops using thin pretzel sticks, serve cheese balls with water crackers or baguette slices, or try changing up the flavors. You'll find recipes for cranberry-blue cheese and jalapeño-cheddar cheese bites at [www.strongertogether.coop](http://www.strongertogether.coop).

Tip: You can make a variety of different combinations using the basic mixture of cream cheese and garlic. Start with 12 ounces of softened cream cheese blended with 2 cloves of garlic and a pinch of salt, then experiment with new and different flavors. Cranberry-blue cheese and jalapeño-cheddar are just two possibilities!

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



**2/\$4**

**FOOD SHOULD  
TASTE GOOD**

Tortilla Chips  
5.5 oz., selected varieties



**2/\$7**

**GREEN MOUNTAIN  
GRINGO**

Salsa  
16 oz., selected varieties



**\$2.69**

**BACK TO  
NATURE**

Crackers  
4-8 oz., selected varieties



**\$3.39**

**HOPE FOODS**

Organic Hummus  
8 oz., selected varieties



**\$3.39**

**AMY'S**

Single-Serve Light & Lean  
Cheese Pizza

5 oz.  
other Light & Lean products  
also on sale





**\$11.99**

**BULK**

Organic Almonds  
per pound in bulk



**\$3.69**

**EARTH BALANCE**

Organic Buttery Spread  
13 oz.  
other Non-Dairy Spreads  
also on sale



**\$3.19**

**LAKWOOD  
ORGANIC**

Organic Pomegranate  
Juice Blend  
32 oz., selected varieties



**2/\$5**

**HILARY'S EAT  
WELL**

Veggie Burgers  
6.4 oz., selected varieties



**2/\$4**

**KETTLE BRAND**

Potato Chips  
5 oz., selected varieties



**\$1.99**

**NATURAL SEA**

Yellowfin Tuna  
5 oz., selected varieties  
other Tuna varieties also on sale



**\$2.69**

**DOCTOR  
KRACKER**

Organic Crispbreads  
6-7 oz., selected varieties



**3/\$7**

**PIRATE BRANDS**

Snacks  
4-6 oz., selected varieties



**\$2.39**

**ANGIE'S**

Boomchickapop.  
4.8-6 oz., selected varieties



**\$3.69**

**ANNIE'S  
HOMEGROWN**

Organic Fruit Snacks  
4 oz., selected varieties



## Cooking with Beer

Craft-brewed beers, once a bit of a rarity, have been booming for the past several years – along with guides to pairing beers with cheeses and other foods. While beer and cheese have a natural affinity (think beer cheese soup!), there are so many other creative ways to cook with beer. It's a tasty and simple marinade; darker beers like stout or porter are great for marinating beef, and lighter ales and lagers for chicken. Beer batter is a classic light and crispy coating for fried veggies or fish fillets, of course. And for something a bit more unusual, add a scoop of vanilla ice cream or sorbet to a fruity lambic for a refreshing float!

Go to [www.strongertogether.coop](http://www.strongertogether.coop) to find recipes for broccoli cheese beer soup and beer-battered tempura.





## Chorizo and Avocado Salsa

Makes 6 servings. Prep time: 20 minutes.

- 6 ounces chorizo sausage, diced small
- 1 tablespoon minced garlic
- 1 jalapeño pepper, seeded and minced
- 1 tomato, diced
- 2 avocados, peeled and diced
- 1 cup corn kernels
- 1 tablespoon minced chipotle peppers in adobo sauce
- 1 lime, zest and juice
- Salt to taste

Sauté the diced chorizo in a skillet until lightly browned. Remove from the skillet and set on a paper towel to drain and cool.

In a mixing bowl, stir together the garlic, jalapeño, tomato, avocado, corn, chipotle peppers and lime zest and juice. Add the chorizo and salt to taste.

Serving suggestion: This salsa is delicious in a breakfast burrito or taco. For a party platter, cut 3 avocados in half and remove the pits. Use a tablespoon to remove some of the avocado flesh and create a well. Slice a small piece from the bottom of the avocado so it will sit flat without rocking. Spoon the salsa into the individual avocado halves and serve with tortilla chips and spoons.

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



**\$3.69**

**TOFURKY**

Italian Sausages

14 oz.

other Tofurky Sausages also on sale



**2/\$3**

**MUIR GLEN**

Organic Tomatoes

14.5 oz., selected varieties



**3/\$5**

**WESTBRAE**

Organic Beans

15 oz., selected varieties



**\$2.29**

**BULK**

Organic Navy Beans

per pound in bulk



**\$1.99**

**EVOL**

Burrito

6 oz., selected varieties





**\$2.39**

**HEALTH VALLEY**

Organic Soup  
14.5-15 oz., selected varieties



**\$3.69**

**NANCY'S**

Organic Cottage Cheese  
16 oz.



**4/\$7**

**ANNIE'S  
HOMEGROWN**

Pasta & Cheese Dinner  
6 oz., selected varieties  
Family Size Pasta & Cheese  
also on sale



**\$9.99**

**NAPA VALLEY  
NATURALS**

Organic Extra Virgin  
Olive Oil  
25.4 oz.  
other Oils & Vinegars also on sale



**\$2.69**

**GO VEGGIE!**

Dairy Free Parmesan  
Grated Topping  
4 oz.  
other Go Veggie! Dairy Free  
products also on sale



**\$2.69**

**JOVIAL**

Organic Brown Rice  
Pasta  
12 oz., selected varieties



**2/\$5**

**TASTY BITE**

Indian Entrees  
10 oz., selected varieties



**2/\$4**

**CASCADIAN  
FARM**

Organic Vegetables  
10 oz., selected varieties



**\$1.69**

**BULK**

Organic Green Laird  
Lentils  
per pound in bulk



**\$6.39**

**MISO MASTER**

Organic Miso  
16 oz., selected varieties

## Avocado

A combination of rich, buttery taste, healthy fats and a handful of other nutrients makes the avocado a strong contender for favorite fruit. And adding a squeeze of tangy lemon or lime brings a new dimension to its subtle flavor. Chop and combine cheerful green avocado, tangy pink grapefruit and crunchy jicama and top with mint or cilantro for a fruit salad that adds a tropical flair to your brunch. Diced avocado can add an unexpected creamy bite to hearty stock-based soups like chicken noodle. Of course, we'd be remiss not to mention the classic (and mouth-watering) deliciousness of a heaping serving of guacamole on a salty crisp corn chip.

Want more ? Visit  
[www.strongertogether.coop](http://www.strongertogether.coop) for  
delicious avocado recipes.







## Cream Cheese

Rich and tangy cream cheese is versatile enough to accompany almost anything, from a quick lunchtime sandwich to an elegant spread of holiday appetizers. Hearty rye bread lightens up with a smear of vegetable-flavored cream cheese and layers of cucumber, red pepper, radish, sprouts or sun-dried tomato. Spread crisp flatbreads with plain cream cheese and add a spoonful of hot pepper jam to amp up your afternoon snack. Lightly-toasted slices of baguette are dressed for a party with herbed cream cheese, torn arugula, roasted red peppers, a drizzle of olive oil and a sprinkle of sea salt and black pepper.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more information on food and great recipes!



**\$1.39**

**STONYFIELD**  
Organic Lowfat Petite  
Crème  
5.3 oz., selected varieties



**2/\$3**

**STONYFIELD**  
Organic Greek Yogurt  
5.3 oz., selected varieties



**\$2.99**

**CASCADIAN FARM**  
Organic Cereal  
9.2-14.6 oz., selected varieties  
Cascadian Farms Granola Bars  
also on sale



**\$3.39**

**SILK**  
Organic Soymilk  
64 oz., selected varieties



**\$2.99**

**KASHI**  
GoLean Cereal  
13.2-14 oz., selected varieties



**\$2.99**

**PACIFIC**  
Hemp Milk  
32 oz., selected varieties



**\$2.99**

**GOOD KARMA**  
Flax Milk  
64 oz., selected varieties



**\$3.39**

**BOB'S RED MILL**  
Organic Flaxseed Meal  
16 oz.  
other Flaxseed products  
also on sale

**\$2.49**

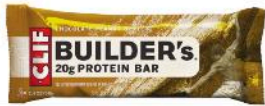
**GOLDEN TEMPLE**  
Granola  
per pound in bulk,  
selected varieties  
Select Granola \$3.29 per pound



**\$9.99**

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





4/\$5

**CLIF**  
Builder's Protein Bar  
2.4 oz., selected varieties



2/\$3

**WALLABY**  
Organic Greek Yogurt  
5.3 oz., selected varieties



\$2.99

**CLIF KID**  
Organic Zbars  
6 ct., selected varieties



\$5.99

**SPECTRUM**  
Organic Flaxseed Meal  
14 oz.  
other Flaxseed products  
also on sale



\$4.69

**NUMI**  
Organic Tea  
18 ct., selected varieties



\$35.99

**GARDEN OF LIFE**  
Raw Fit  
451 grams  
other Raw Fit products  
also on sale



\$3.99

**TRADITIONAL  
MEDICINALS**  
Organic Tea  
16 ct., selected varieties



\$17.99

**FLORA**  
Udo's Choice Super 8  
Hi-Potency Probiotic  
30 ct., special order only



2/\$5

**R.W. KNUDSEN**  
Simply Nutritious Juice  
32 oz., selected varieties



\$9.99

**HERB PHARM**  
Pharma Kava Extract  
1 oz., selected varieties



## Quick Party Tips

Some people love to plan a party...and some folks love to be spontaneous. If you like a little last-minute in your festive gatherings, check out all the options the co-op has to offer! In the beverage aisle, combine chilled sparkling water or ginger ale with your favorite fruit juice, like cherry or lime, and add a wheel of freshly-sliced citrus to the glass before serving. Fast snacks from the deli could include hummus, dips and spreads with an array of crackers and sliced breads, or baked flavored tofu served cubed on skewers, alternating with fresh veggies and pineapple chunks.

On Game Day or any day, stop by the co-op for great party options.





## Convenient Location and Great Selection

- Thousands of Vermont products
- Extensive beer & wine department
- Large variety of wellness products
- Hot and cold food bar
- Deli sandwiches
- Fresh local produce
- Artisan cheese
- Fresh cut meat
- Friendly staff

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**\$6.99**

#### AUBREY

Shampoo or  
Conditioner

11 oz., selected varieties



**\$9.99**

#### JASON

Body Wash

30 oz., selected varieties

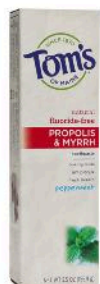


**\$2.99**

#### SEVENTH GENERATION

Dish Liquid

25 oz., selected varieties



**\$3.99**

#### TOM'S OF MAINE

Toothpaste

4.7-5.5 oz., selected varieties



**\$6.99**

#### NATURE'S GATE

Herbal Moisture Lotion

18 oz.  
other Body Lotions also on sale



**3/\$5**

#### WELLNESS

Cat Food

5.5 oz., selected varieties  
other Cat Food also on sale

**Gear up for Game Day at the co-op!**



NESE0115BZ1,2,3