co+op™ deals

JULY 20 - AUG 2, 2016

$9.99

NAPA VALLEY NATURALS
Organic Extra Virgin Olive Oil
25.4 oz.

3/$4

KIND
Fruit & Nut Bar
1.2-1.6 oz., selected varieties

3/$10

ZEVIA
Zero Calorie Soda
6 pack, selected varieties

2/$4

LATE JULY ORGANIC
Organic Multigrain Chips
6 oz., selected varieties

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

Cranberry Nectarine Chicken Salad

Serves 6. Prep time: 15 minutes active, 35 minutes total.

- 1 pound boneless, skinless chicken breasts
- 3 tablespoons olive oil, divided
- 1 garlic clove, peeled and minced
- Sea salt
- Black pepper
- 1 cup uncooked quinoa, rinsed thoroughly
- ⅓ cup dried cranberries
- 2 nectarines, pitted and diced
- ⅓ cup chopped walnuts
- 2 to 4 tablespoons chopped fresh herbs (parsley, basil, mint)
- 4 tablespoons red wine vinegar
- 4 ounces goat cheese, crumbled

Preheat the oven to 375° F. Toss the chicken breasts with 1 tablespoon olive oil, garlic, salt and pepper and place on a rimmed baking sheet. Bake in the oven for about 20 minutes until chicken is thoroughly cooked. Remove from the oven and allow to cool. When cooked chicken is cool to the touch, slice or dice into bite-sized pieces.

While the chicken is baking, place 2 cups of water in a saucepan and bring to a boil. Add quinoa, stir, and cook, uncovered for 15 minutes. Set aside to cool.

In a large mixing bowl, gently toss together the cooked quinoa with the cranberries, nectarines, nuts, herbs, olive oil and vinegar. Season with salt and pepper to taste. To serve, place a scoop of the quinoa salad on each plate, top with chicken and sprinkle with goat cheese.

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

$4.39

BRAGG
Dressing
12 oz., selected varieties

$1.99

MUIR GLEN
Organic Tomatoes
28 oz., selected varieties

$6.99

SPECTRUM
Organic Unrefined Coconut Oil
14 oz.
Organic Refined Coconut Oil also on sale

$2.99

BULK
Organic White Quinoa
per pound in bulk

$12.99

BULK
Organic Walnuts
per pound in bulk

2/$8

TOFURKY
Veggie Burgers
10.5 oz., selected varieties

2/$6

ALEXIA
Frozen Potatoes
20-28 oz., selected varieties

$1.69

WOODSTOCK
Frozen Vegetables
10 oz., selected varieties
other Woodstock Frozen Vegetables also on sale

2/$7

BOCA
Veggie Patties
10 oz., selected varieties

$3.39

DAIYA
Cheezy Mac
10.6 oz., selected varieties

2/$5

TASTY BITE
Indian Entrees
10 oz., selected varieties
other Tasty Bite products also on sale

$2.39

ANCIENT HARVEST
Organic Quinoa Pasta
8 oz., selected varieties

$3.69

NASOYA
Nayonaise Sandwich Spread
15 oz., selected varieties

$2.79

MUIR GLEN
Organic Pasta Sauce
25.5 oz., selected varieties

$8.99

BULK
Organic Pistachios
per pound in bulk

Fun Salad Toppings

Bring some zing to your summer salads with a few new ideas for toppings. For a protein boost, try cubes of seasoned baked tofu, fresh green edamame or spiced chickpeas, baked until they're crispy. In the summertime, there's no need to rely on dried fruit – fresh berries, sliced peaches or juicy chunks of melon are all delicious ways to add some sweetness to a savory salad. And don't forget the seeds! Pumpkin, hemp or sunflower seeds, either raw or lightly toasted, add a tasty crunch.

Mediterranean Cucumber Tomato Salad

Serves 4. Prep time: 15 minutes.

- 2 tablespoons olive oil
- 1 garlic clove, peeled and minced
- Juice of 1 lemon
- ¼ cup chopped fresh mint
- ¼ cup chopped fresh parsley
- ½ cup diced red onion
- 2 cups diced cucumber
- 2 cups diced tomatoes
- Salt and pepper to taste

In a large mixing bowl, gently toss together all of the ingredients. Add salt and pepper to taste. Let sit 10-15 minutes before serving to allow the flavors to meld.

Serving suggestion: This chopped salad is amenable to all sorts of variations. Add Kalamata olives, feta cheese, cubes of watermelon or cantaloupe, or just about any other seasonal diced veggies you like. Serve on a bed of fresh spinach or cooked leftover grains.

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

$3.39

KOZYSHACK
Pudding
22 oz., selected varieties

$4.69

JULIE'S ORGANIC
Organic Ice Cream Sandwiches
6 ct..
other Julie's Organic Novelties also on sale

$4.39

RICE DREAM
Organic Frozen Non-Dairy Dessert
32 oz., selected varieties

*Available by special order only

$3.99

TALENTI
Gelato
16 oz., selected varieties

$3.39

NATURE'S PATH
Organic Granola Bars
6.2-7.4 oz., selected varieties

$4.39

KINGDOM
Organic Cheddar Cheese
6 oz., selected varieties
*Available by special order only

$1.19

CHOBANI
Greek Yogurt
5.3 oz., selected varieties

$4.99

R.W. KNUDSEN
Just Juice
32 oz., selected varieties
Organic Just Cranberry or Pomegranate $6.99

$5.39

ILLY ISSIMO
Coffee Drink
4 pack, selected varieties
*Available by special order only

$2.39

DETOX WATER
Organic Detox Water
16 oz., selected varieties

2/$5

R.W. KNUDSEN
Organic Juice Boxes
4 ct., selected varieties

$1.99

MATCHA LOVE
Organic Ready-to-Drink Green Tea
16.9 oz., selected varieties

2/$6

VITA COCO
Coconut Water
33.8 oz., selected varieties

5/$5

SWEETLEAF
Organic Ready-to-Drink Tea
16 oz., selected varieties

Tomatoes

There are many thousands of varieties of tomatoes, from small to large, acidic to mild, and an array of colors—including red, yellow, orange, green, purple and brown. Not all tomatoes are round, either. You'll find heirlooms, in particular, in a bevy of shapes and colors, each with subtly different flavors and textures. During the peak of the growing season (July through September in most areas), choose vine-ripened tomatoes, since they'll have the best taste and the highest nutrient content. A vine-ripened tomato will smell delicious, too! Remember to store your tomatoes at room temperature for maximum flavor and juiciness.

Fresh Mozzarella

While milky fresh mozzarella cheese is very often served with sliced ripe tomatoes, there are plenty of other summer vegetables that are excellent partners: eggplant, roasted peppers, dark green spinach, grilled onions and mushrooms all benefit from the addition of some mildly-flavored fresh mozzarella. And a skewer of cubed melons and peaches, interspersed with small bocconcini-sized balls of cheese is a simple and memorable appetizer. Experiment with grilling a pizza, topped with slices of fresh mozzarella and finished with a handful of fresh basil – delicioso!

$2.99

FRONTERA
Salsa
16 oz., selected varieties

2/$5

GARDEN OF EATIN'
Tortilla Chips
7.5-8.1 oz., selected varieties

2/$4

LAKEWOOD ORGANIC
Organic Lemonade
32 oz., selected varieties

$2.99

GO RAW
Organic Sprouted Cookies
3 oz., selected varieties

3/$7

LUNDBERG FAMILY FARMS
Rice Chips
6 oz., selected varieties

$3.69

ALIVE & RADIANT
Kale Krunch
2.2 oz., selected varieties

$2.39

MAYA KAIMAL
Naan and Chickpea Chips
4.5-6 oz., selected varieties

2/$4

BOULDER CANYON
Potato Chips
5.25-6.5 oz., selected varieties

$2.99

DREW'S
Organic Salsa
12 oz., selected varieties

3/$7

WAY BETTER SNACKS
Tortilla Chips
5.5 oz., selected varieties

$9.99

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

$4.99

ORGANIC VALLEY
Organic Brown Eggs
dozen, selected varieties

*Not available at City Market

5/$5

LIBERTE
Yogurt
6 oz., selected varieties

$2.69

GOODBELLY
Organic Probiotic
Drink
32 oz., selected varieties

$5.99

ORGANIC VALLEY
Organic Butter
16 oz., selected varieties

$3.39

SILK
Cashewmilk
64 oz., selected varieties

$1.99

SAMBAZON
Organic Amazon
Energy
12 oz., selected varieties

$2.99

KASHI
GoLean Cereal
13.2-14 oz., selected varieties

$3.39

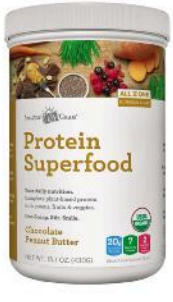
BARBARA'S
Cereal
12-14 oz., selected varieties

$5.99

BACH
Rescue Pastilles
50 gr., selected varieties
other Rescue Remedy
products also on sale

2/$4

GOMACRO
Organic Macrobar
2.1-2.5 oz., selected varieties



$19.99

AMAZING GRASS
Protein SuperFood
12-15.1 oz., selected varieties
other Amazing Grass products
also on sale

$16.99

MEGAFOOD
Magnesium
60 ct.
other MegaFood products
also on sale

$19.99

GARDEN OF LIFE
Organic Raw Meal
454-475 gr., selected varieties

SUMMERVALE!

Join us every Thursday in July and August at the Intervale for local food, music, tasting events and family activities. City Market is a proud local partner of the Intervale Center. For more information, visit www.intervale.org

3/$10

EVERYDAY SHEA

Hand Soap

12 oz., selected varieties

Alaffia products also on sale

2/$10

MINERAL FUSION

*Nail Polish available by special order only

other Mineral Fusion products also on sale

$4.99

LIGHT MOUNTAIN

Natural Hair Color

4 oz., selected varieties

*Available by special order only

$3.69

NATRACARE

Feminine Care Pads

10-14 ct., selected varieties

2/$6

SEVENTH GENERATION

Household Cleaners

26-32 oz., selected varieties

3/$5

WELLNESS

Cat Food

5.5 oz., selected varieties

other Wellness Cat Food also on sale

Fresh, delicious, local salad fixings: at the co-op now!

co+op™ stronger together

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