

coopTM deals

JAN 18 - JAN 31, 2017



2/\$4

**GARDEN OF
EATIN'**

Corn Tortilla Chips
7.5-8.1 oz., selected varieties



5/\$5

**MUIR GLEN
ORGANIC**

Tomatoes
14.5 oz., selected varieties



2/\$5

**CASCADIAN
FARM ORGANIC**

Cereal
10-14.5 oz., selected varieties



2/\$5

**SEVENTH
GENERATION**

Dish Liquid
25 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



Turkey and Sweet Potato Chili

Serves 6. Prep time: 25 minutes active; 55 minutes total.

- 2 tablespoons canola oil
- ½ pound turkey sausage, casings removed
- 1 medium yellow onion, chopped
- 1 red bell pepper, seeded and chopped
- 3 sweet potatoes, chopped into small pieces
- 2 cloves garlic, minced
- 1 14.5-ounce can diced fire-roasted tomatoes, undrained
- 2 cups chicken broth
- 1 cup water
- 1 tablespoon chili powder
- 1 tablespoon cumin
- ½ teaspoon cayenne pepper
- ½ teaspoon salt
- 1 15-ounce can cannellini beans, drained and rinsed
- Additional salt and pepper to taste

Warm oil in a large pot over medium-high heat. Add sausage; break up any large chunks and sauté until no pink remains. Using a slotted spoon, transfer meat to a bowl; cover. Add onion, bell pepper and sweet potato to pot and cook, stirring occasionally, until softened, about 6 minutes. Add garlic and sauté for 1 minute. Return meat to pot.

Stir in tomatoes, broth, water, spices and salt. Bring to a boil, then reduce heat to medium-low and stir in beans. Cover and simmer until chili thickens slightly, about 30 minutes. Season with additional salt and pepper to taste.

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



2/\$7

BEYOND MEAT
Meat-Free Crumbles
and Strips
9-11 oz., selected varieties



\$9.99

**CALIFORNIA
OLIVE RANCH**
Everyday Olive Oil
25.4 oz.



2/\$6

ALEXIA
Frozen Potatoes
15-19 oz., selected varieties



2/\$4

**CASCADIAN
FARM ORGANIC**
Frozen Vegetables
10 oz., selected varieties



3/\$5

WESTBRAE
Organic Beans
15 oz., selected varieties



3/\$5

NEAR EAST

Dinner Mix

5.2-10 oz., selected varieties



\$2.99

MONTEBELLO

Organic Pasta

16 oz., selected varieties



\$2.39

ANCIENT HARVEST

Organic Gluten-Free

Pasta

8 oz., selected varieties



\$2.99

**ANNIE'S
NATURALS**

Organic Dressing

8 oz., selected varieties

Non-organic Dressing also on sale



\$4.99

ANCIENT HARVEST

Organic Quinoa

12 oz., selected varieties



\$1.79

FIELD DAY

Organic Coconut Milk

13.5 oz., selected varieties



2/\$6

IMAGINE

Organic Soup

32 oz., selected varieties



\$3.69

DAIYA

Non-Dairy Shreds

8 oz., selected varieties

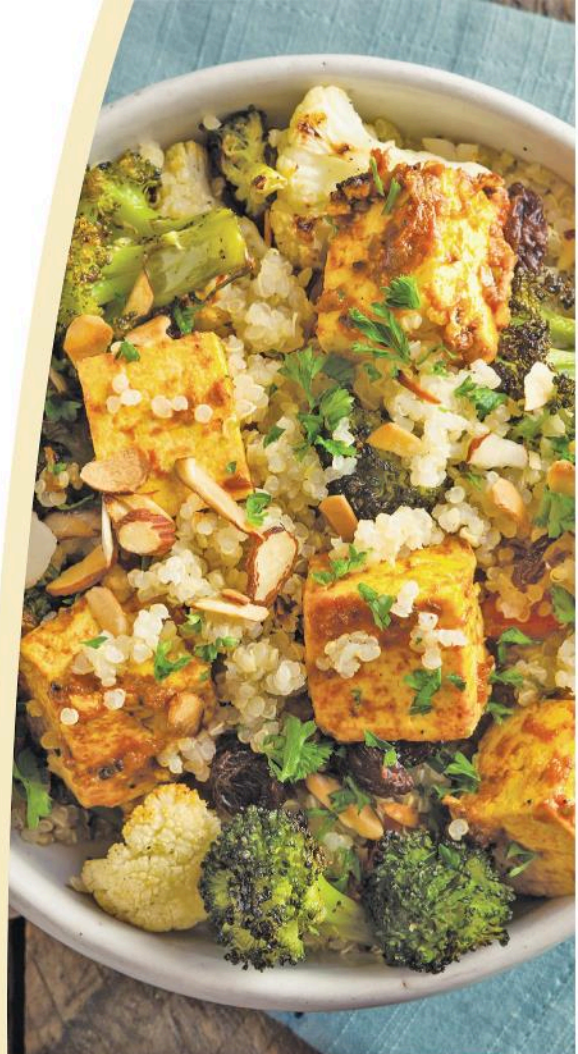


\$3.39

DAIYA

Cheezy Mac

10.6 oz., selected varieties



Super Bowl Meals

Whether you call it a goddess bowl, a Buddha bowl or something else, a one-dish combination of tasty ingredients is right on trend. Start with a base of cooked grains, noodles, rice or oats, and build yourself an amazing breakfast, lunch or dinner with layers of flavors in every spoon or forkful. Last night's leftover chicken or braised tofu becomes an exciting meal with the addition of cooked greens, crispy shredded carrots and a splash of hot sauce. Start your day right with a quinoa açai bowl, layered with sliced banana, fresh berries, yogurt and honey.



Avocado and Egg Brown Rice Bowl

Serves 2. Prep time: 15 minutes.

- 1 ½ cups leftover cooked brown rice
- 2 large eggs
- 2 teaspoons canola oil or butter
- 1 large avocado

Optional garnishes: Sliced pickled ginger, kimchi, toasted sesame seeds, sautéed greens or leftover cooked vegetables, shredded cheese, hot sauce

Reheat rice gently in a small pan with a few drops of water, or in the microwave. Divide the heated rice between two wide bowls. Heat a cast iron or nonstick sauté pan over medium heat for a minute, then add the oil or butter to the hot pan. Crack each egg, place in the pan, and reduce the heat to medium-low. Cover the pan and let cook for about 2 minutes, until the whites are set and the yolk is jiggly when you shake the pan gently.

While the eggs cook, cut the avocado in half lengthwise, and remove the pit. Use a paring knife to slice each avocado half in the shell, then scoop the slices out with a spoon. Fan half of the avocado slices over each bowl of rice, and place a cooked egg on each bowl. Serve with optional garnishes for a hearty breakfast or lunch.

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



\$7.99

HIGHLAND SUGARWORKS

Maple Syrup
12 oz., selected varieties



2/\$6

PEACE

Cereal
10-12 oz., selected varieties



\$3.39

ANNIE'S HOMEGROWN

Organic Cereal
10-10.8 oz., selected varieties



2/\$4

SO DELICIOUS

Organic Coconut Milk
32 oz., selected varieties



\$4.99

ORGANIC VALLEY

Organic Butter
16 oz., selected varieties



\$9.99

**EQUAL
EXCHANGE**

Organic Bulk Coffee
per pound in bulk
Bulk Decaf Bulk Coffee
not on sale



\$2.99

**LUNDBERG
FAMILY FARMS**

Organic Rice Cakes
8.5-9 oz., selected varieties



4/\$5

CHOBANI

Greek Yogurt
5.3 oz., selected varieties



\$3.69

WOODSTOCK

Organic Frozen Fruit
10 oz., selected varieties



2/\$5

VAN'S

Gluten-Free Waffles
8-9 oz., selected varieties



\$3.99

**ANNIE'S
HOMEGROWN**

Organic Yogurt
32 oz., selected varieties



4/\$5

STONYFIELD

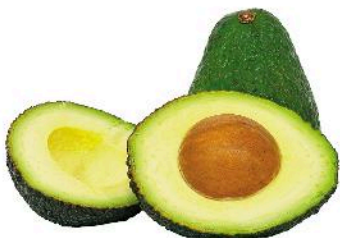
Organic Greek
Yogurt
5.3 oz., selected varieties



3/\$4

LIBERTE

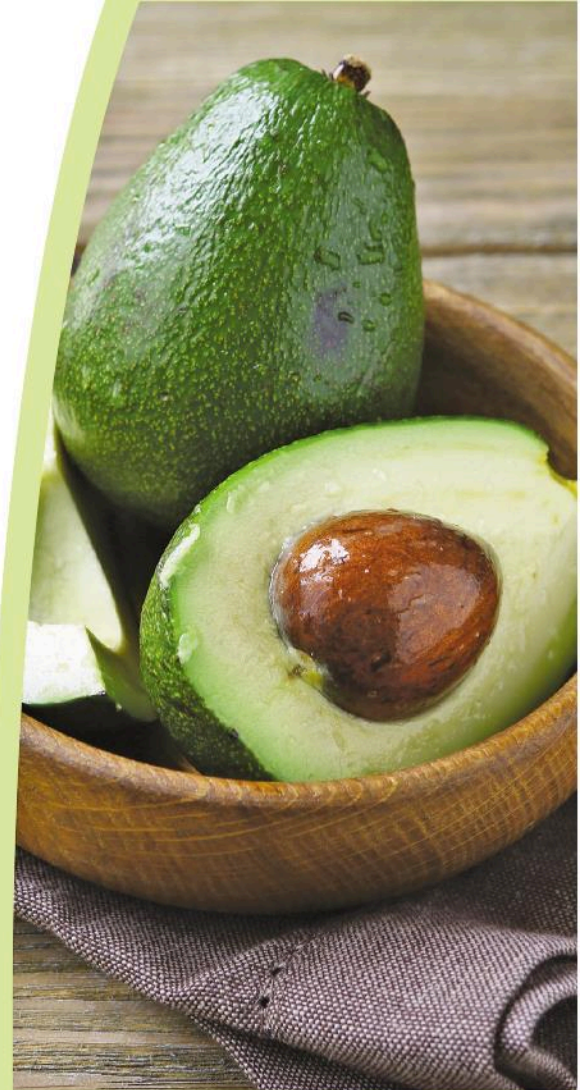
Organic Yogurt
5.5 oz., selected varieties



\$4.39

DREAM ULTIMATE

Almond Beverage
32 oz., selected varieties



Avocados

There is much to love about this nutritious, wholesome fruit. Sometimes referred to as a "butter pear," avocado makes a great substitute for many dairy products — even in ice cream and frosting. It can be used to replace egg or butter as a binding agent in baked goods, too. Slice one up for a delicious addition to sandwiches or salads, blend into smoothies or spread on warm toast and sprinkle with salt and pepper. Once you start thinking beyond guacamole, the versatile avocado will start appearing in recipes from breakfast to late-night snacking.



Fish Tacos with Grapefruit Salsa

Serves 4. Prep time: 30 minutes.

Salsa

- 2 medium grapefruit, peeled and segmented
- 2 tablespoons red onion, minced
- ½ cup red bell pepper, diced
- ¼ cup cucumber, peeled and cut in small dice
- 1 garlic clove, minced
- 2 teaspoons jalapeño pepper, seeded and minced
- 2 tablespoons fresh cilantro, chopped

- 1 teaspoon honey
- 2 tablespoons lime juice
- Pinch of salt

Tacos

- 8 corn tortillas
- 1 pound flaky white fish (such as tilapia or catfish)
- 1 tablespoon black peppercorns
- 1 bay leaf
- 2 cups shredded romaine lettuce

Carefully chop the grapefruit into chunks. In a mixing bowl, gently stir together all of the salsa ingredients. Let sit for 15 minutes before serving.

While the salsa sits, prepare the fish. Fill a wide skillet with an inch of water or vegetable broth and add the bay leaf and peppercorns. Bring it to a boil and gently add the fish fillets. Reduce heat to a gentle simmer, cover the pan and cook the fish through, about 10 minutes. Use a metal spatula to remove the cooked fish from the skillet and when cool enough to handle, break up the fish into small pieces and distribute it evenly among the tortillas. Top each tortilla with a heaping tablespoon of the grapefruit salsa and some shredded lettuce. Fold the tortilla over the fillings and enjoy.

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\$4.69

KINGDOM

Organic Cheese

6 oz., selected varieties

* Available by Special Order Only



2/\$5

LATE JULY ORGANIC

Thin and Crispy Restaurant Style Chips

11 oz., selected varieties



\$2.99

MUIR GLEN ORGANIC

Salsa

16 oz., selected varieties



\$3.99

ORGANIC VALLEY

Organic Shredded Cheese

6 oz., selected varieties



\$2.39

MARIA AND RICARDO'S

White Flour Tortillas

8 ct.

other Tortillas also on sale



\$2.99

BIONATURAE

Organic Fruit Spread
9 oz., selected varieties



5/\$5

JUSTIN'S

Almond Butter
Squeezer
1.15 oz., selected varieties



2/\$6

ANNIE'S

HOMEGROWN

Organic Fruit Snacks
4 oz., selected varieties



4/\$5

EARTH'S BEST
ORGANIC

Baby Food Puree
3.5-4.2 oz., selected varieties



\$3.99

YUM EARTH

Organic Pops
8.5 oz.
other YumEarth Candy
also on sale



\$2.39

FIELD DAY

Organic Applesauce
24 oz., selected varieties



2/\$4

FOOD SHOULD
TASTE GOOD

Tortilla Chips
4.5-5.5 oz., selected varieties



\$4.69

NANCY'S

Organic Cottage Cheese
16 oz.
other Nancy's products
also on sale



2/\$5

ANNIE'S
HOMEGROWN

Cookie Bites
5.5 oz., selected varieties
other Cookies also on sale



Gouda

Holland knows it has a good thing going — more than half of the cheese it produces is creamy, sweet, perfectly balanced Gouda. Gouda cheese is named after a city in Holland, where cheesemakers from surrounding towns still come to have their cheese weighed, priced and sold. Older Goudas are saltier, more pungent and harder than younger ones. Baby Gouda, which is the mildest and creamiest, comes in very small rounds. An excellent melter, Gouda is a stellar choice for grilled cheese (especially with dark breads), burgers, omelets and casseroles. Use it to liven up a classic beer cheese soup or fondue.





BYO: Build Your Own

Planning your menu for the big game doesn't have to be complicated. A "Build Your Own" buffet is the perfect way to accommodate a wide variety of dietary and taste preferences. Custom burgers and dogs are as simple as offering turkey, beef and veggie options with pick-your-own cheeses, toppings, condiments, wraps and buns. Other easy and crowd-pleasing mains include top your own baked potatoes, the ever-popular taco bar or a chili buffet (get Game Day recipes at www.strongertogether.coop). Top things off (ahem) with a sundae bar — including dairy/non-dairy treats, fruit, sauces, sprinkles, shredded coconut and toasted sunflower seeds. Every guest will leave with a full and happy belly.



\$6.39

AMY'S

Pizza

12-15 oz., selected varieties
other Amy's Pizza's
also on sale



2/\$5

**ANNIE'S
HOMEGROWN**

Pizza Poppers

5 oz., selected varieties



\$8.99

**ORGANIC
PRAIRIE**

Organic Summer
Sausage

* Available by Special Order
only



\$5.99

**ORGANIC
PRAIRIE**

Organic Sliced Deli
Meat

6 oz., selected varieties



2/\$5

**BOULDER
CANYON**

Potato Chips

5.25-6.5 oz., selected varieties



\$3.39

LIGHTLIFE

Veggie Hot Dogs

12-13.5 oz., selected varieties



\$3.99

GLUTINO

Gluten-Free Pretzels

14.1 oz., selected varieties



2/\$4

BARBARA'S

Cheese Puffs

5.5-7 oz., selected varieties



\$3.99

ZEVIA

Zero Calorie Soda

6 pack, selected varieties



\$3.69

**MARY'S GONE
CRACKERS**

Organic Crackers

5.5-6.5 oz., selected varieties



\$12.99

BULK

Organic Raw Almonds
per pound in bulk



\$1.89

BULK

Organic Flaxseed
per pound in bulk



\$1.89

BULK

Organic Green
Lentils
per pound in bulk



\$5.99

**MANITOBA
HARVEST**

Hemp Heart Seeds
8 oz.



\$5.69

MISO MASTER

Organic Miso
16 oz., selected varieties
Select Organic Miso \$6.69



Feisty Five-Spice Chicken Wings

Prep time: 15 minutes active; 1 hour 30 minutes total.

- ¾ cup tamari
- ¼ cup seasoned rice wine vinegar
- 2 tablespoons sesame oil
- 2 tablespoons gochujang (Korean chili paste)
- 2 teaspoons minced garlic
- 1 tablespoon minced ginger
- 1 scallion, minced
- 2 teaspoons Chinese five-spice powder
- 2 pounds chicken wings, tips removed

Combine tamari, vinegar, oil, gochujang, garlic, ginger, scallion and spice powder in a blender and puree. Reserve ¼ cup of the marinade and refrigerate for later use. Place the wings in a large bowl or plastic zip lock bag and cover with remaining marinade. Marinate the wings in the refrigerator for at least 2 hours (or up to 24).

Heat oven to 450°F. Remove wings from the marinade, lay them on an oiled sheet pan, drizzle lightly with leftover marinade from the bag or bowl and roast for about 12 to 15 minutes. When finished, toss the still-warm wings with the additional reserved marinade.

Serving suggestion: These wings are best served either hot or at room temperature, garnished with finely sliced scallion and sesame seeds. Offer extra sauce or Sriracha glaze on the side.

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Flavorful Fan Favorites

Spice up some game day snacks! Add crumbled cooked-crisp bacon to guacamole, or try chipotle chili powder instead for a smoky, vegetarian dip. Warm up nuts or olives in the oven to heighten the flavor and aroma, and add your choice of savory herbs and spices. Cheese and crackers? Crostini topped with softened goat cheese or brie and jam are a gourmet twist on an otherwise standard snack. Even buffalo sauce isn't just for chicken wings anymore; swap for barbecue sauce on spicy meatballs or baked tofu bites, or swirl with Greek yogurt and ranch seasoning for a zesty dip.



\$3.39

VITACOCO

Coconut Water

33.8 oz., selected varieties



2/\$5

R.W.KNUDSEN

Simply Nutritious Juice

32 oz., selected varieties



2/\$4

PERFECT BAR

Fruit and Nut Bar

1.6-2.5 oz., selected varieties



\$2.99

KIND

Healthy Grains Bars

5 ct., selected varieties



\$3.99

SUJA

Organic Master Cleanse Juice

16 oz.



\$3.39

LAKEWOOD ORGANIC

Organic Juice

32 oz., selected varieties



2/\$4

ORGANIC PRAIRIE

Organic Mighty Bar

1 oz., selected varieties



3/\$4

GOMACRO

Thrive Bars

1.4 oz., selected varieties

Macro Bars on sale \$1.99



3/\$4

KIND

Fruit & Nut Bar

1.4-1.6 oz., selected varieties



\$29.99

VEGA ONE

All-in-One Nutritional Shake

14.6-16.3 oz., selected varieties

* Available by Special Order only



2/\$5

CELESTIAL SEASONINGS

Herbal Tea
20 ct., selected varieties



\$3.39

TRADITIONAL MEDICINALS

Organic Tea
16 ct., selected varieties



\$17.99

BOIRON
Oscillococcinum for
Flu Symptoms
12 ct.



\$9.99

HERB PHARM
Super Echinacea
Extract
1 oz.



\$8.99

NUTRITION NOW

PB8 Probiotic
60 ct., selected varieties
other Nutrition Now products
also on sale



\$17.99

OREGON'S WILD HARVEST

Milk Thistle
90 ct.
* Not available at City Market



2/\$5

GOODBELLY
Organic Probiotic
Drink
32 oz., selected varieties



\$3.39

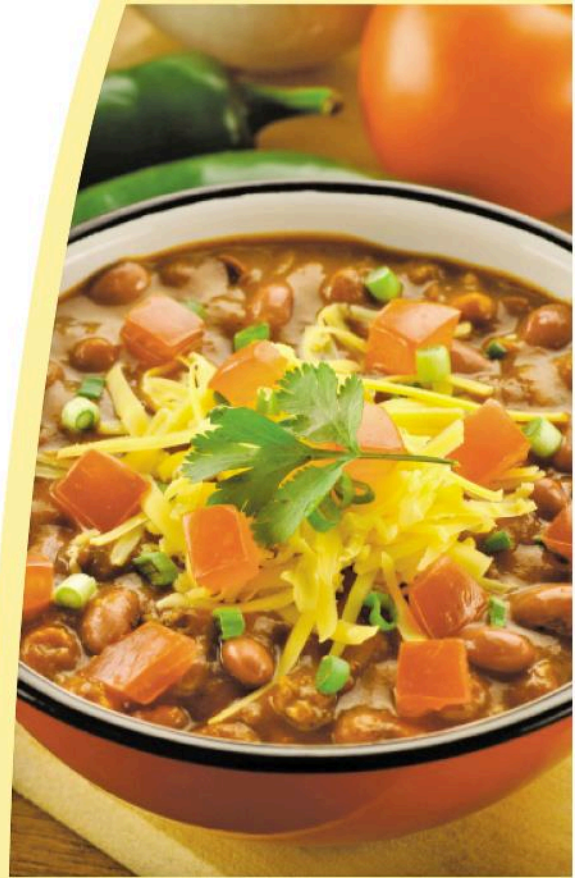
TEMPLE TURMERIC

Turmeric Elixir
12 oz., selected varieties



\$29.99

NATURE'S PLUS
Source of Life Liquid
Multivitamin
30 oz



Know Your Chili

More than with most dishes, what we think of as "chili" probably has a lot to do with where we live. Here are some popular regional chili varieties to try!

- Texas chili: classic, spicy tomato-based all-beef chili that is sometimes served with a side of beans
- Cincinnati chili: add cinnamon, cloves, allspice, or chocolate and serve over spaghetti with optional toppings of cheese, onions, and beans
- Southwestern-style chili verde: green chilies, garlic, tomatillos and cubed pork make a rich, tangy chili
- Chicago-style chili: ground beef, kidney beans, tomatoes, onions and beer—perfect for topping a hotdog

Visit www.strongertogether.coop for more great Game Day ideas!



We're committed to providing great food at great prices, all year long. That's why we've lowered the price on over a hundred items, including local and organic foods, to create a set of high-quality staples for every shopper. We're calling them *Co-op Basics*. Look for these items throughout the store and let us know what you think!

co-op value, every day

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\$7.99

ALAFFIA

Shampoo or Conditioner
8 oz., selected varieties



\$3.99

TOM'S OF MAINE

Toothpaste
4.2-5.5 oz., selected varieties



\$7.99

BIOKLEEN

Liquid Laundry
Detergent
64 oz., selected varieties



\$14.99

ANDALOU NATURALS

Night Cream
1.7 oz.
other Facial Care products
also on sale



\$5.99

SPRY

Chewing Gum
100 ct., selected varieties



3/\$5

WELLNESS

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

Big deals for the big game celebration!



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