

# coop<sup>TM</sup> deals

SEPT 2 - SEPT 15, 2015



2/\$6

**SUJA  
ESSENTIALS**

Organic Juice  
12 oz., selected varieties



\$2.79

**CASCADIAN  
FARM**

Organic Cereal  
8.6-14.6 oz., selected varieties



3/\$7

**ANNIE'S  
HOMEGROWN**

Organic Crackers  
6.5 oz., selected varieties



2/\$7

**BLUE SKY**

Organic Soda  
6 pack, selected varieties

## Featured Inside:

- Make dinner easy with our Chicken Tomatillo Casserole recipe
- Try a fruit-based special after-school snack: Apple Nachos!
- Fresh in the co-op deli this month: a tasty Brie & Apple Baguette
- Get ready for autumn at the co-op and save on your favorite products



## Chicken Tomatillo Casserole

Serves 6. Prep time: 15 minutes active; 45 minutes total.

- 1 teaspoon vegetable oil
- 1 ½ cups prepared tomatillo salsa
- 3 tablespoons sour cream
- 1 pound cooked chicken breast, shredded
- 2 tablespoons minced cilantro
- 1 ¼ cups shredded Mexican cheese blend, divided
- 12 9-inch corn tortillas

Preheat the oven to 375 degrees F. Lightly oil the bottom and sides of a 9 x 13 inch casserole dish.

In a small bowl, stir together the tomatillo salsa and sour cream until smooth. Set aside. In another small bowl, mix together the chicken, cilantro and half the cheese.

Place a spoonful of the chicken mixture into each of the corn tortillas, then roll up or fold the filled tortillas and place into the casserole dish to form a single layer. Evenly pour the tomatillo-sour cream sauce over the top of the tortillas and sprinkle with the remaining shredded cheese. Bake 25 to 30 minutes until tortillas are heated through and the sauce is bubbly. Serve warm.

Serving suggestion: Make a meal of this family favorite with traditional Mexican rice and beans, tortilla chips and guacamole. For an extra special version, add a half cup of finely chopped, cooked chipotle-seasoned sausage to the chicken mix. Can't find prepared tomatillo salsa? Substitute any salsa verde.

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



**\$2.39**

**BULK**

Organic Pinto Beans  
per pound in bulk



**3/\$5**

**NEAR EAST**

Couscous Dinner Mix  
5.4-6.1 oz., selected varieties  
other Dinner Mixes also on  
sale



**\$9.99**

**NAPA VALLEY  
NATURALS**

Organic Extra Virgin  
Olive Oil

25.4 oz.  
other Cooking Oils also on sale



**\$2.69**

**NEWMAN'S OWN**

Pasta Sauce

24 oz., selected varieties



**\$2.99**

**MONTEBELLO**

Organic Pasta

16 oz., selected varieties



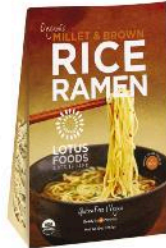
**\$4.69** **NATURAL SEA**  
Fish Sticks or Fish Fillets  
8 oz., selected varieties



**3/\$7** **AMY'S**  
Burrito  
6 oz., selected varieties  
Gluten-Free Burritos also on sale



**\$3.99**  
**ZEVIA**  
Zero Calorie Soda  
4 pack, selected varieties



**\$3.99**  
**LOTUS FOODS**  
Organic Multi-Pack Ramen  
10 oz., selected varieties  
Single Ramen products also on sale



**2/\$7**  
**ANNIE'S HOMEGROWN**  
Mini Pizza Bagels  
6.65 oz., selected varieties



**\$3.99**  
**GARDEN OF EATIN'**  
Tortilla Chips  
16 oz., selected varieties



**\$3.39**  
**VITA COCO**  
Coconut Water  
33.8 oz., selected varieties



**\$3.99**  
**WOODSTOCK**  
Organic Pickles  
24 oz., selected varieties  
Woodstock Condiments also on sale



**\$3.99**  
**UDI'S GLUTEN FREE**  
Frozen Entrée  
8 oz., selected varieties



**\$2.69**  
**MARY'S GONE CRACKERS**  
Organic Pretzels  
7.5 oz., selected varieties



## Tortillas

Many world cuisines have a beloved and seemingly ubiquitous flatbread that is nutritious, versatile and delicious. Tortillas, unleavened and made most often from corn or wheat, are among the most versatile and beloved – for good reasons. Tortillas serve as carriers (wrapped or rolled) for everything from breakfast eggs to apple slices drizzled with caramel sauce. Stacked, flat or folded, they can be the basis for delicious casseroles, wraps, even pizzas...there are so many ways to enjoy this humble staple. And they're available in many different varieties as well, including whole wheat, gluten-free and even Paleo.



## Apple Raspberry “Nachos”

Serves 4. Prep time: 20 minutes.

- 1 cup frozen or fresh raspberries
- 1 tablespoon maple syrup
- ½ cup chocolate chips
- 2 large Honeycrisp apples, halved, cored and sliced thin
- ¼ cup pecans, chopped
- 2 tablespoons shredded coconut
- 2 tablespoons plain or vanilla yogurt

In a small pot, simmer the raspberries and maple syrup for 5 to 10 minutes, stirring frequently. Remove the raspberry sauce from the heat and pour into a small container through a fine mesh strainer to remove the seeds. (Tip: Use the back of a heavy spoon to push the raspberry sauce through the strainer.) Set aside the finished sauce.

Melt the chocolate chips either in a double boiler or by microwaving for about 3 minutes on low, in a microwave-safe bowl.

To build the nachos, spread out or overlap the apple slices on a platter or large plate. Lightly drizzle the apple slices with the melted chocolate and raspberry sauce, sprinkle pecans and coconut over the top, and serve with yogurt as a dipping sauce.

Serving suggestion: Get creative with these kid-friendly dessert nachos! Toast the nuts and coconut, replace the nuts with granola or crushed graham crackers, drizzle the apples with honey or caramel sauce, top with ice cream, sprinkle with cinnamon. If you have extra raspberry sauce, swirl it into the yogurt dip.

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



**5/\$5**

**WALLABY ORGANIC**

Organic Lowfat Yogurt  
6 oz., selected varieties



**\$2.99**

**PEACE**

Cereal  
10-12 oz., selected varieties



**2/\$6**

**SANTA CRUZ ORGANIC**

Organic Juice  
32 oz., selected varieties



**\$3.69**

**ORGANIC VALLEY**

Organic Soy Beverage  
64 oz., selected varieties



**\$3.39**

**WILLAMETTE VALLEY**

Organic Granola  
per pound in bulk



**\$4.69**

**ARROWHEAD MILLS**

Organic Gluten-Free Pancake & Waffle Mix  
26 oz.  
other Pancake & Waffle Mixes also on sale



**4/\$3**

**BROWN COW**

Yogurt  
6 oz., selected varieties



**3/\$10**

**LAKWOOD ORGANIC**

Organic Pomegranate Blend Juice  
32 oz., selected varieties



**4/\$5**

**CHOBANI**

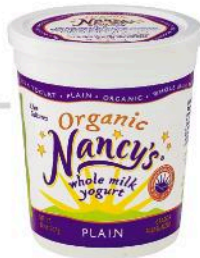
Greek Yogurt  
5.3 oz., selected varieties



**\$2.69**

**SYNERGY**

Organic Kombucha  
16 oz., selected varieties



**\$3.69**

**NANCY'S**

Organic Plain Yogurt  
32 oz., selected varieties



**\$1.19**

**BULK**

Organic Rolled Oats  
per pound in bulk



**\$5.99**

**REDWOOD HILL FARM**

Goat Kefir  
32 oz., selected varieties



**\$8.49**

**EQUAL EXCHANGE**

Organic Coffee  
per pound in bulk



**2/\$6**

**YOGI**

Tea  
16 ct., selected varieties



## Apples

Bursting with flavor in prime picking season, an abundance of apples are ready for any culinary event, from a savory breakfast or classic afternoon snack to a hearty dinner or sweet dessert. Try sautéing diced apples and onion with cooked squash and bacon; top with eggs for a tasty morning hash. Or cook apples and onion with minced fresh ginger and serve atop pork chops accompanied by wild rice cooked with apples, leeks, celery and thyme. Apples pair well with parsnips or butternut squash in seasonal soups, too. And a still-warm slice of apple pie is always a homerun!

Visit [www.strongertogether.coop](http://www.strongertogether.coop) to find these and more great apple recipes.



# Fresh in the Deli

Co-op chefs from around the country share their favorite seasonal recipes with your local co-op for this regular feature.

## Brie and Apple Baguette

*Thinly-sliced brie and apples with a touch of Dijon mustard and fresh spinach on crusty, old world bread makes for an outstanding sandwich.*

save **50¢** each



**\$3.69**

**RUDI'S**  
Organic Honey Sweet  
Whole Wheat Bread  
22 oz.  
other Rudi's products  
also on sale



**\$2.99**

**BIONATURAE**  
Organic Fruit Spread  
9 oz., selected varieties



**\$5.99**

**MARANATHA**  
Organic Peanut Butter  
16 oz., selected varieties  
Organic No Stir Peanut Butter  
\$5.69



**2/\$5**

**BACK TO NATURE**  
Crackers  
4-8.5 oz., selected varieties



**3/\$7**

**FOOD SHOULD TASTE GOOD**  
Tortilla Chips  
5.5 oz., selected varieties



**\$2.69**

**GOVEGGIE!**  
Dairy-Free Slices  
6.7 oz., selected varieties



**\$4.39**

**UDI'S GLUTEN FREE**  
Bread  
12 oz., selected varieties



**2/\$4**

**ANGIE'S**  
Boomchickapop  
Popcorn  
4 oz., selected varieties



**\$8.99**

**BULK**  
Organic Roasted and  
Salted Pistachios  
per pound in bulk



**2/\$4**

**KETTLE BRAND**  
Organic Potato Chips  
5 oz., selected varieties



**\$3.39** **NEWMAN'S OWN**  
Fig Newmans  
10 oz., selected varieties



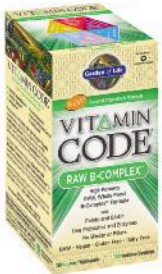
**4/\$5** **CLIF ORGANIC**  
Trail Mix Bar  
1.41 oz., selected varieties



**3/\$4** **LARABAR**  
Uber Bar  
1.42 oz., selected varieties  
ALT Bars also on sale



**\$3.39**  
**NATURE'S PATH**  
Organic Granola Bars  
6.2-7.4 oz., selected varieties



**\$16.99**  
**GARDEN OF LIFE**  
Vitamin Code Raw  
B-Complex  
60 ct.  
other Vitamin Code products  
also on sale



**\$5.99**  
**BACH**  
Rescue Pastilles  
1.17 oz., selected varieties  
other Rescue products  
also on sale



**\$16.99**  
**NEW CHAPTER**  
Every Woman  
Multivitamin  
24 ct.  
other Supplements  
also on sale



**\$17.99**  
**NORDIC NATURALS**  
Omega-3 Gummies  
60 ct.  
other Nordic Naturals products  
also on sale



**\$2.19**  
**WELLNESS**  
Dog Food  
12.5 oz., selected varieties  
other Wellness Dog Food  
products also on sale



**\$13.99**  
**HOST DEFENSE**  
MyCommunity  
30 ct.  
other Host Defense products  
also on sale



## Mac and Cheese: Five Ways

Looking for a quick weeknight meal solution? How about some easy variations on a family standby – good old macaroni and cheese! Whether you've got time to cook from scratch or need a little assist, these simple ideas put a new spin on a classic dish:

- Add sun-dried tomatoes, capers and soft goat cheese to cooked noodles
- Fold in chunks of roasted butternut squash and top with crumbled blue cheese
- Leftover veggies? Toss them in, and top with whole wheat breadcrumbs
- For a smoky southwestern variation, add your favorite salsa, crumbled bacon and chopped cilantro
- Blend cashews, water, lemon juice and nutritional yeast for a super-creamy non-dairy sauce

## FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

### ILLINOIS

**Common Ground Food Co-op**  
300 S. Broadway Ave., Urbana  
**Neighborhood Co-op Grocery**  
1815 W. Main St., Carbondale

### INDIANA

**3 Rivers Natural Grocery**  
1612 Sherman Blvd., Fort Wayne  
**Bloomingfoods Market and Deli**  
614 E. 2nd St., Bloomington  
3220 E. 3rd St., Bloomington  
316 W. 6th St., Bloomington  
Ivy Tech, 200 Daniels Way, Bloomington  
**Maple City Market**  
314 S. Main St., Goshen

### IOWA

**New Pioneer Co-op**  
3338 Center Point Rd N.E., Cedar Rapids  
1101 2nd St., Coralville  
22 S. Van Buren St., Iowa City  
**Oneota Community Co-op**  
312 W. Water St., Decorah  
**Wheatfield Cooperative**  
413 Northwestern Ave., Ames

### KANSAS

**The Merc**  
901 Iowa St., Lawrence

### KENTUCKY

**Good Foods Co-op**  
455-D Southland Dr., Lexington

### MICHIGAN

**East Lansing Food Co-op**  
4960 Northwind, East Lansing  
**Grain Train Natural Foods Market**  
220 E. Mitchell, Petoskey  
**Grain Train Neighborhood Market**  
104 S. Park St., Boyne City

**GreenTree Cooperative Grocery**  
214 N. Franklin, Mt. Pleasant  
**Keweenaw Co-op Natural Foods Market & Deli**  
1035 Ethel Ave., Hancock

**Marquette Food Co-op**  
502 W. Washington, Marquette  
**Oryana Natural Foods Market**  
260 E. 10th St., Traverse City

**People's Food Co-op**  
216 N. 4th Ave., Ann Arbor  
**People's Food Co-op**  
507 Harrison St., Kalamazoo

**Ypsilanti Food Co-op**  
312 N. River St., Ypsilanti

### MINNESOTA

**Bluff Country Co-op**  
121 W. 2nd St., Winona  
**City Center Market**  
122 N. Buchanan St., Cambridge

**Cook County Whole Foods Co-op**  
20 E. First St., Grand Marais

**Eastside Food Cooperative**  
2551 Central Ave. N.E., Minneapolis

**Harmony Natural Foods Co-op**  
302 Irvine Ave. N.W., Bemidji

**Harvest Moon Natural Foods**  
2380 W. Wayzata Blvd., Long Lake

**Just Food Co-op**  
516 S. Water St., Northfield

**Lakewinds Food Co-op**  
435 Pond Promenade, Chanhassen  
17501 Minnetonka Blvd., Minnetonka  
6420 Lyndale Ave. S., Richfield

**Linden Hills Co-op**  
3815 Sunnyside Ave., Minneapolis

**Mississippi Market**  
740 East 7th Street, Saint Paul  
1500 West 7th St., Saint Paul  
622 Selby Ave., Saint Paul

**Natural Harvest Food Co-op**  
505 3rd St. N., Virginia

**People's Food Co-op - Rochester**  
519 1st Avenue S.W., Rochester

**River Market Community Co-op**  
221 N. Main St., Stillwater

**Seward Community Cooperative**  
317 East 38th St., Minneapolis

**St. Peter Food Co-op & Deli**  
228 W. Mulberry St., St. Peter

**The Wedge Co-op**  
2105 Lyndale Ave. S., Minneapolis

**Valley Natural Foods**  
13750 County Road 11, Burnsville

**Whole Foods Co-op**  
610 E. 4th St., Duluth

### NEBRASKA

**Open Harvest Cooperative Grocery**  
1618 South St., Lincoln

### OHIO

**Phoenix Earth Food Co-op**  
1447 W. Sylvania Ave., Toledo

### SOUTH DAKOTA

**The Co-op Natural Foods**  
410 W. 18th St., Sioux Falls

### WISCONSIN

**Basics Cooperative**  
1711 Lodge Dr., Janesville

**Chequamegon Food Co-op**  
700 Main St. W., Ashland

**Menomonie Market Food Co-op**  
814 Main Street, Menomonie

**Outpost Natural Foods Cooperative**  
2826 S. Kinnickinnic Ave., Bayview

7590 Mequon Rd., Mequon  
100 E. Capitol Dr., Milwaukee

7000 W. State St., Wauwatosa

**People's Food Co-op - La Crosse**  
315 5th Ave. S., La Crosse

**Viroqua Food Co-op**  
609 N. Main St., Viroqua

**Willy Street Co-op**  
1221 Williamson St., Madison  
6825 University Ave., Middleton



**\$9.99**

**AURA CACIA**  
Organic Lavender  
Essential Oil

2.5 oz.  
other Organic Essential Oils  
also on sale



**\$9.99**

**NOURISH**  
Organic Argan Butter

5.2 oz.  
other Nourish products  
also on sale



**\$3.99 NATRACARE**

Tampons  
20 ct., Super or Regular,  
selected varieties  
other Natracare products  
also on sale



**3/\$7**

**EARTH FRIENDLY PRODUCTS**

Dishmate  
25 oz., selected varieties



**\$7.99 GREEN FOREST**

Bath Tissue  
12 pack



**\$3.99**

**DESERT ESSENCE**  
Tea Tree Toothpaste  
6.25 oz., selected varieties

Shop the co-op: easy meals for busy days!

**coop**<sup>TM</sup>  
stronger together

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