

FEBRUARY 2018



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SEE PAGE 2 FOR DETAILS

DEALS *of* *the* MONTH

Offers Valid JAN. 31-FEB. 28, 2018

SATISFACTION [GUARANTEED] IF YOU DON'T LIKE IT, BRING IT BACK.

CHECK OUT OUR FRESH NEW WEBSITE & MOBLIE APP!

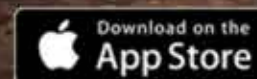
Tap into Sprouts—anytime, anywhere.

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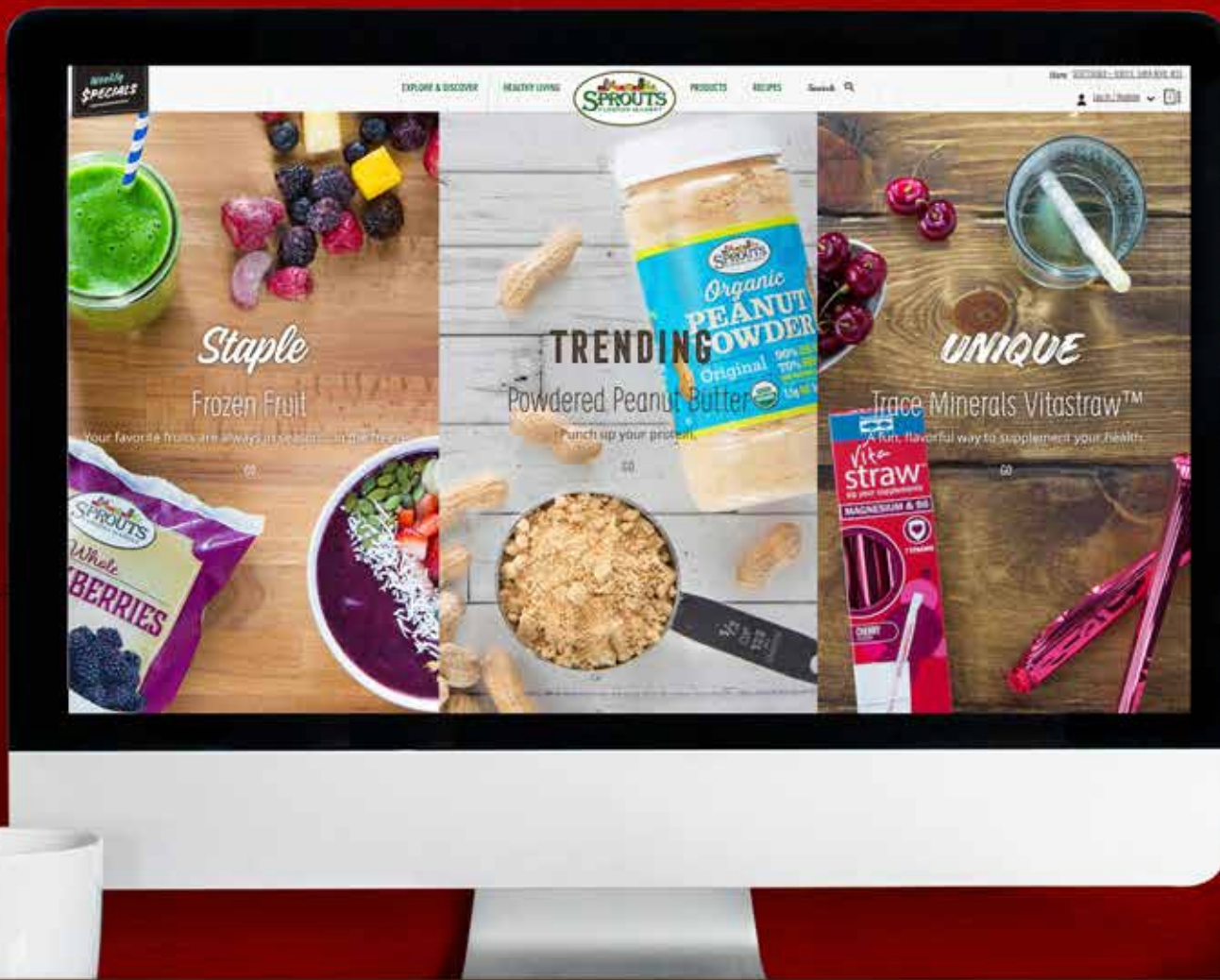
- ✓ Browse our robust product catalog and see what's on sale near you!
- ✓ Build easy, breezy shopping lists from recipes, product catalog and more!
- ✓ Experience the convenience of recipe cooking mode on the app.



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LET US GUIDE YOU THROUGH THE AISLES FOR WHAT'S *Staple*, TRENDING AND *UNIQUE* NOW AT SPROUTS.



GO TO [SPROUTS.COM](https://www.sprouts.com) TO GET INSPIRED TODAY!



Love abounds ... WHEN THERE'S FOOD AROUND!

Show your sweetie some love with a freshly prepared meal that the two of you can share. They won't ever know how easy it was to make. Come on, give 'em a pizza your heart this Valentine's Day!

FRENCH BREAD PIZZA

You'll Need:

- 1 can Tomato sauce
- 1 Tbsp. Olive oil
- 2 Garlic cloves, smashed
- ½ tsp. Oregano, dried
- ½ tsp. Basil, dried
- 1 pinch Red pepper flakes
- Salt and pepper to taste
- ½ lb. Fresh mozzarella, torn
- 24 Pepperoni, small slices
- 1 loaf French bread, split lengthwise

To Make:

1. Preheat oven to 400°F. In a small pan, heat olive oil and smashed garlic until garlic becomes fragrant. Add sauce, herbs, red pepper flakes, salt and pepper. Reduce heat to low, cover and simmer for 10 minutes. Remove garlic cloves and let cool.
2. Place halved French bread on a prepared baking sheet. Spoon sauce equally over each half. Top with torn mozzarella and pepperoni.
3. Bake 10–15 minutes, until bubbly and slightly golden. Cool and enjoy!



CAULIFLOWER & SQUASH PENNE

You'll Need:

- 1 ½ tsp. Olive oil
- 2 Garlic cloves, minced
- ½ tsp. Thyme, dried
- ¼ tsp. Red pepper flakes
- 2 cups Chicken broth
- 4 oz. Penne
- 1 cup Cauliflower florets, chopped
- 1 cup Butternut squash, chopped
- Salt and pepper, to taste
- 2 Tbsp. Romano cheese

To Make:

1. Heat oil in a medium saucepan over medium-high heat. Add garlic, thyme and crushed red pepper, and cook, stirring for 1 minute.
2. Add broth, penne, cauliflower and squash. Bring to a boil over high heat. Reduce heat to a simmer and cook, uncovered, until the pasta is tender and the liquid is thickened and greatly reduced, 10–15 minutes.
3. Remove from heat, stir in pepper and let stand for 5 minutes. Serve topped with cheese.



PROSCIUTTO-WRAPPED APPLE BITES

Recipe by Karman Meyer, RD, TheNutritionAdventure.com

You'll Need:

- 3-oz. pkg. Prosciutto, sliced
- 2 Honeycrisp apples
- 3.5 oz. Sprouts White Cheddar Cheese
- 1 cup Sprouts Arugula

To Make:

1. Separate prosciutto slices and cut lengthwise into 1-inch strips. Set aside.
2. Slice cheese into 1/2-inch pieces to fit on top of apple slices.
3. Once ready to assemble, slice apples into 1/2-inch thick slices.
4. Place two arugula leaves on top of apple slice, then a piece of cheese.
5. Wrap the prosciutto around the apple, bringing the two ends together on the opposite side of the toppings.
6. Place on a serving tray and serve immediately or keep in an airtight container in the refrigerator for up to 8 hours.
7. If refrigerating, set out on a tray for 15 minutes at room temperature before serving for best flavor.



Meet the
BRAND

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In 1984, Norwegian-born Joar Opheim moved to the United States and quickly discovered the pure, omega-rich cod liver oil he had relied on for great health could not be found. He set out on a mission to change the way people perceived fish oil and make the benefits of omega-3s available to a very wide audience. From there, Nordic Naturals was born.

Today, Joar still leads the company and is focused on nutrients to keep people healthy.



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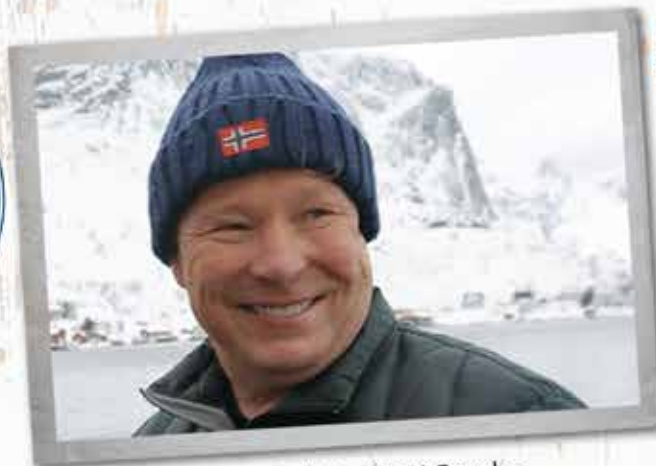
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-Joar Opheim, CEO & Founder

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ELEVATE LEAVE-IN CONDITIONER

You'll Need:

- 1 Tbsp. Aura Cacia Organic Argan Oil
- 1 Tbsp. Aura Cacia Jojoba Oil

- 4 drops Elevate Essential Oil Blend
- 2 oz. Aura Cacia amber glass mist bottle

To Make:

In bottle, combine all ingredients. Shake until well blended.

To Use:

Apply mixture to scalp and leave for several minutes. Shampoo and condition hair as normal. Store in fridge for up to one month.

Tip:

Substitute another Aura Cacia Hair Care Essential Oil Blend (Restore, Glisten or Enrich) in place of Elevate Blend.



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Flash fried tofu with onions and scallions, lightly coated with a Korean BBQ sauce that perfectly blends sweet, savory and spicy flavors.

⑤ Chipotle Beef with Spanish Rice

Boneless beef cooked to tender perfection in a creamy chipotle adobo with red peppers and onions.

② Chicken Pad Ka Prao with Jasmine Rice

Minced chicken, sautéed onion and Thai basil cooked with an array of flavors that include ginger, garlic, chiles and lime.

④ Jackfruit Fajita with Spanish Rice 

Jackfruit sautéed with onions and red and green bell peppers, topped with a jalapeño glaze.

⑥ Southwest Chicken with Spanish Rice

All white meat chicken and red peppers cooked in a creamy chipotle adobo.

Hungry for more?

Try these varieties, also available in-store!

Butter Chicken with Basmati Rice

Marinated all white meat chicken, tandoor-style baked and simmered to tender perfection in our fragrant tomato-cream sauce.

Chicken Kofta Masala with Basmati Rice

Medium-spiced chicken meatballs simmered in an aromatic tomato-cream gravy.

General Tso's Cauliflower with Jasmine Rice 

Lightly breaded, flash fried cauliflower coated with a sweet and spicy General Tso's sauce and sprinkled with green onion.

Poblano Chicken with Spanish Rice

All white meat chicken, cooked with poblano peppers, onions and a spritz of lime.



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Almond Meal

\$649
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Brownies, almost too easy.

You'll Need:

- ¾ cup Almond meal
- ⅔ cup Raw honey
- ½ cup Walnuts, chopped
- 5 Tbsp. Cocoa powder, unsweetened
- 2 Eggs
- ¼ cup Coconut oil
- 2 tsp. Vanilla extract

To Make:

1. Preheat oven to 325°F.
2. Grease one 8-inch pan and dust with almond meal.
3. Whisk all ingredients in a large bowl.
4. Pour into prepared pan and level with spatula.
5. Bake 20–25 minutes.



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CRISPY WALNUT COD WITH WALNUT TZATZIKI

WALNUT TZATZIKI

Recipe by Marisa Moore, RDN, marisamoore.com

You'll Need:

- ½ cup Plain Greek yogurt
- 2 Tbsp. California walnuts, chopped
- ¼ Cucumber, diced
- 1 Tbsp. Olive oil
- 1 Tbsp. Lemon juice
- 1 clove Garlic, minced
- ½ tsp. salt

To Make:

1. Combine all ingredients for the walnut tzatziki in a small bowl. Stir to blend. Set aside.

CRISPY WALNUT COD

Recipe by Marisa Moore, RDN, marisamoore.com

You'll Need:

- 1 lb. Cod fillet, cut into fours
- 2 Tbsp. Lemon juice
- 3 Tbsp. Olive oil, divided
- 1 cup California walnut halves
- 2 Tbsp. Lemon zest
- ¼ cup Parsley leaves, roughly chopped
- 2 Garlic cloves, minced
- ¼ tsp. Coarse salt
- ⅛ tsp. Black pepper

To Make:

1. Preheat the oven to 425°F.
2. Using a clean towel, gently press to remove water and pat the fish dry (this is especially important if you're using thawed fish which has more moisture). Drizzle fish fillets lightly with lemon juice and 1 tablespoon of olive oil, and set aside.
3. Pulse the walnuts, lemon zest, parsley, garlic, salt, pepper, and remaining olive oil in a blender until it's the consistency of coarse cornmeal. Firmly press the walnut mixture into the fish covering the top, sides, and bottom of each fillet.
4. Bake fish at 425°F for 15 minutes for thick fillets or 10 minutes for thin fillets.
5. Top with walnut tzatziki and enjoy!



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Walnuts contain the highest amount of alpha-linolenic acid, a vital plant-based omega-3 which may support heart health and cognitive functioning.

PASTA WITH CALIFORNIA WALNUT PESTO

You'll Need:

- 3 ½ cups California walnuts, toasted
- 4 cups Italian parsley leaves, packed
- 2 cups Parmesan, freshly grated
- 4 Garlic cloves
- 1 ½ cups Extra virgin olive oil
- Salt and pepper, to taste
- 16 oz. Linguine, prepared
- 1 ½ cups California walnuts, toasted and chopped

To Make:

1. Place half of the walnuts, parsley, cheese and garlic in food processor; process until finely chopped.
2. With motor running, slowly pour in half of the oil; purée until smooth. Transfer to bowl and repeat with remaining ingredients, making a total of 2 batches. Season with salt and pepper; set aside. (Makes approximately 4 cups).
3. Cook pasta in boiling, salted water, according to preparation instructions. Drain, reserving some of the cooking water. For each serving, toss 2 cups cooked pasta with ¼ cup Walnut Pesto adding some of the reserved cooking water as required to thin the pesto; toss well to coat evenly.
4. Transfer to warm pasta bowl; sprinkle with additional cheese and walnuts.



ROASTED CHICKEN WITH TOMATOES & WALNUTS

You'll Need:

- 3 Tbsp. Balsamic vinegar
- 2 Tbsp. Extra virgin olive oil
- 2 cups Cherry tomatoes
- ¾ tsp. Garlic salt, divided
- 4 sm. Chicken breasts, boneless and skinless
- 1 tsp. Italian herb seasoning blend, divided
- 1 cup Mozzarella cheese, shredded
- ½ cup California walnuts, toasted and chopped
- Fresh basil, chopped
- Olives, optional

To Make:

1. Preheat oven to 400°F. Line a baking sheet with foil. Place balsamic vinegar and oil on baking sheet, add tomatoes and toss to coat. Place to one side of the baking sheet and sprinkle with ¼ teaspoon garlic salt.
2. Season chicken with remaining garlic salt and Italian seasoning. Place on baking sheet next to tomatoes. Roast 30 minutes or until chicken is cooked through.
3. Top chicken with mozzarella and cook 5 minutes more to melt cheese. Serve chicken and tomatoes with sprinkled walnuts and olives, if desired.





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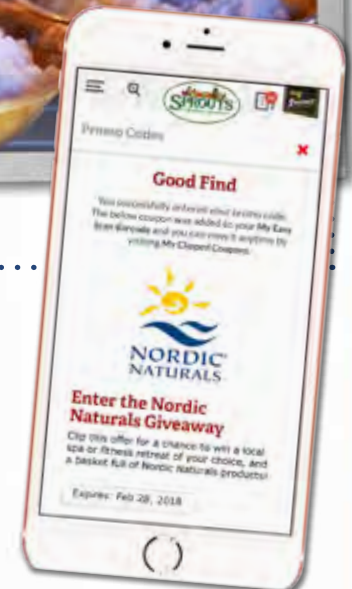


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