



**Get
Your
Greens!**

OUTPOST
CO-OP SINCE 1970

It's no secret that green and leafy vegetables are good for you. But while a side of steamed broccoli is nutritious, it lacks ... excitement.

Even salads, with their endless potential for variety, can begin to feel too familiar.

Liven things up! To enjoy more of those glorious greens, start by making small additions to your daily diet: Snack on crunchy cucumbers and snap peas, or add a pop of flavor with fresh herbs. Toss leafy greens into any soup, smoothie, stir-fry or curry. Hungry for more ideas? Give these simple, green-themed recipes a try.

Baby Kale Stir Fry

Serves: 2. Prep time: 15 minutes.

- 1 tablespoon tamari
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 tablespoon avocado oil
- 1 small carrot, sliced diagonally
- 1 5-ounce package baby kale

1. In a small bowl, stir the tamari, rice vinegar and honey; set aside.
2. Place a wok or large saute pan over medium-high heat for a couple of seconds, then drizzle in the oil.
3. Add the carrot slices and stir for 1 minute, then add the kale and stir. As the kale starts to wilt, after about 1 minute, drizzle in the tamari mixture and stir to coat. Cook until kale is softened, about 1 minute longer.
4. Serve hot.

Nutrient-dense dark leafy greens like kale, spinach and collards are an excellent source of vitamins A, C and K, minerals, antioxidants and fiber.



Great Green Goddess Salad

Serves: 4. Prep time: 20 minutes.

- 1 clove garlic
- 1 small anchovy (optional)
- ½ cup lightly packed fresh parsley
- 2 medium scallions, white and green parts separated
- ½ teaspoon dried tarragon
- ¼ cup plain Greek yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon white wine vinegar
- ½ teaspoon salt
- 2 tablespoons olive oil
- 5 ounces baby spinach, washed and dried
- 1 medium cucumber, peeled and sliced
- 1 medium avocado, sliced

1. For the dressing, in the food processor, combine the garlic, anchovy (if using), parsley and the white parts of the scallions. Process to mince very finely. Scrape down and process again. Add the tarragon, yogurt, mayonnaise, vinegar and salt and process until smooth. With the machine running, drizzle in the olive oil until well mixed. Transfer to a pouring cup or jar; keeps for 4 days, tightly covered, in the refrigerator.
2. For the salad, spread the spinach on a platter or four small dinner plates. Cover with cucumber and avocado, and drizzle with dressing, then chop and sprinkle the scallion greens over the salads. Serve immediately.



Mint Pesto Pea Soup

Serves: 6. Prep time: 30 minutes.

Soup

1 tablespoon olive oil
2 tablespoons butter
1 cup yellow onion, diced
2 cloves garlic, minced
4 cups vegetable broth
6 cups fresh or frozen peas
2 green onions, diced
2 tablespoons fresh mint, minced
¼ cup sour cream
Salt and black pepper to taste

Pesto

½ cup fresh parsley leaves
¼ cup fresh mint leaves
¼ cup pine nuts
1 lemon, zest and juice
2 ounces Parmesan cheese, shredded
2 tablespoons olive oil

1. Heat 1 tablespoon olive oil with the butter in a large stock pot over medium-high heat. Add the onions and sauté 5 to 10 minutes until onions are soft and translucent. Add half the minced garlic, and cook another minute, then add the vegetable broth and bring to a boil. Add the peas, return to a boil, and simmer for 1 to 2 minutes. Remove from heat, then stir in the green onions, mint, sour cream, and a pinch of salt and pepper. Puree the soup in a blender until smooth. Taste for salt and pepper.
2. To make the pesto, put the parsley, mint, remaining garlic, pine nuts and lemon zest and juice in a food processor and blend until smooth. Add the Parmesan cheese and blend. Slowly drizzle in the olive oil until blended well.
3. Top each bowl of soup with a large spoonful of pesto, and serve warm or chilled.

This vibrant, refreshing soup can be served warm or chilled. Spread any extra pesto on toasted baguette slices or whole-wheat pita wedges, then top with a sprinkle of feta cheese.



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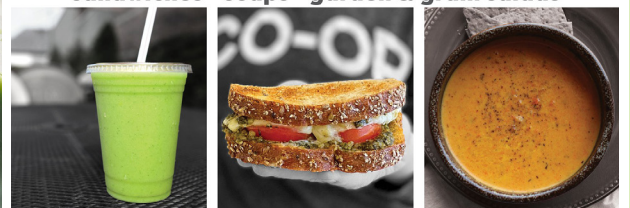
YOU'LL TASTE THE DIFFERENCE!

- | | |
|----|--|
| 01 | CURRIED BLACK EYED PEA V + WF |
| 02 | CHICKEN MULLIGATAWNY |
| 03 | MUSHROOM MISO V + WF |
| 04 | CHEF'S CHOICE |
| 05 | GINGER CHICKEN NOODLE |
| 06 | POTATO FLORENTINE WF |
| 07 | PERUVIAN QUINOA V + WF |
| 08 | CHICKEN WILD RICE WF |
| 09 | SPINACH COCONUT V + WF |
| 10 | GOLDEN SPLIT PEA V + WF |
| 11 | CHEF'S CHOICE |
| 12 | GINGER CHICKEN NOODLE |
| 13 | SPINACH LENTIL V |
| 14 | SOUTHWEST CORN + POTATO CHOWDER V + WF |
| 15 | CHICKEN MULLIGATAWNY |
| 16 | BROCCOLI CHEDDAR CHEESE WF |
| 17 | TOMATO PARMESAN WF |
| 18 | CHEF'S CHOICE |
| 19 | GINGER CHICKEN NOODLE |
| 20 | BEAN + BARLEY V + WF |
| 21 | SPINACH COCONUT V + WF |
| 22 | CHICKEN WILD RICE WF |
| 23 | PERUVIAN QUINOA V + WF |
| 24 | RED LENTIL COCONUT CURRY V + WF |
| 25 | CHEF'S CHOICE |
| 26 | GINGER CHICKEN NOODLE |
| 27 | POTATO FLORENTINE WF |
| 28 | TOMATO PARMESAN WF |
| 29 | BROCCOLI CHEDDAR CHEESE WF |
| 30 | CHICKEN TORTILLA WF |
| 31 | SOUTHWEST CORN + POTATO CHOWDER V + WF |

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Good Food Happy Mood

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sandwiches • soups • garden & grain salads



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