

First Alternative Co-op

BUDGET BITES

Vol. 4, Issue #7
July 2013

Dinner for 2
adults,
6 nights,
under \$50!



Menu:

Rainbow Veggie Rolls
Soyrizo Corn Chili
Falafel Wraps
Veggie Kebabs
Chili Melts
Salad & Butter Baby Potatoes

BUDGET BITES VOL. 4 #7

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Rainbow Rolls Asian salad	Soyrizo Corn Chili Macaroni salad	Falafel Wraps Quinoa Tabouli	Veggie Kebabs Macaroni Salad	Chili Melts Tabouli	Salad Butter Baby Potatoes
In fridge for later: Red onion Bell pepper Cucumber Cabbage Avocado For the salad, mix the juice of 1 orange, 1 tsp sesame oil, 2 tsp tamari, and 1 tsp brown sugar. Toss with shredded cabbage and sprinkle with sesame seeds.	In fridge for later: ½ recipe chili Macaroni salad Onion Olives 2 hard-boiled eggs Tip: boil 4 eggs now and save 2 for your summer salad later in the week.	In the fridge for later: 4 pitas Tabouli Tzatziki sauce	In the fridge for later: 2 pitas 6 boiled potatoes	Tip: Top pitas with chili and shredded cheese, pop in the toaster oven at 350° until golden and bubbly. Top with shredded cabbage and black olives.	Tip: Top rinsed lettuce with your salad favorites: hard boiled eggs, cheese, peppers, onion, olives, and dressing.

We shopped this list at the Co-op on June 1, 2013. We chose organic (marked "OG") and local (marked "🇺🇸") and picked what we'd use at home. We also assumed you had a few things in the pantry, which were not included in the shopping total. Our total: \$49.62.

IN THE PANTRY:

Garlic	Prepared yellow mustard
Sugar	Pickles
Sesame seeds	Vinaigrette
Rice wine vinegar	Fresh mint
Wasabi	Olive oil
Tamari	Cinnamon
Cumin	Butter
Chili powder	Brown Sugar
Salt & pepper	Sesame oil
Mayonnaise	

BULK:

- ___ ½ cup kim chee or sauerkraut
- ___ 1 cup Sushi rice
- ___ 4 sheets nori seaweed
- ___ 1 cup corn 🇺🇸
- ___ 2 cups elbow macaroni
- ___ 1 cup black olives
- ___ 1 cup falafel mix
- ___ 1 cup quinoa

GROCERY:

- ___ 1 can pinto beans 🇺🇸
- ___ 1 can fire roasted tomatoes
- ___ 1 pkg. pocket bread
- ___ 1 pkg. soyrizo

CHILL:

- ___ 4 eggs
- ___ 2 cups plain yogurt
- ___ ¼ lb cheddar cheese

PRODUCE, 100% OG

- ___ 2 red bell peppers 🇺🇸
- ___ 1 avocado
- ___ 2 cucumbers 🇺🇸
- ___ 2 red onions
- ___ 1 bunch parsley 🇺🇸
- ___ 1 lemon
- ___ 1 head lettuce 🇺🇸
- ___ 12 new potatoes 🇺🇸
- ___ 8 mushrooms
- ___ 1 small head cabbage 🇺🇸
- ___ 1 orange
- ___ 1 tomato 🇺🇸

BUDGET BITES

The idea for Budget Bites came from Davis Food Co-op, in Northern California. It's a great example of co-ops working together to share info and help people eat better. We test, adapt and improve the menu and recipes to our taste and include ingredients and seasonal produce. Some of our favorite ideas have come from staff and readers. We hope to continue receiving your recipes, ideas and questions!

If you are a fan of Budget Bites and would like to try out other weeks, don't despair! Archived editions are available by request at customer service or online at firstalt.coop



Budget Bites archives are available at Customer Service & online at www.firstalt.coop

SOUTH CORVALLIS
1007 SE 3rd
541.753.3115

NORTH CORVALLIS
2855 NW Grant
541.452.3115
www.firstalt.coop



Recipes

Rainbow Veggie Rolls

1 cup sushi rice
1 tsp sugar
2 tsp rice wine vinegar
½ red bell pepper, sliced thin
½ cup kim chee
½ cucumber, sliced thin
1-2 slices red onion
1 avocado, sliced
4 sheets Nori
wasabi (optional) & tamari
Prepare sushi rice: rinse 5 times in cold water. Combine in saucepan with 1 cup water. Bring to a simmer, reduce heat, cover, and cook 15 minutes. Remove from heat and add sugar and vinegar.

Using dampened fingers, press ½ cup of cooked rice onto ¾ of each nori sheet and top with fillings. Roll and seal with additional water. Cut into pieces and serve with wasabi and tamari.

Soyrizo Corn Chili

1 Tbsp oil
1 pkg. Soyrizo
1 red onion, chopped
1 red bell pepper
4 cloves garlic
1 can pinto beans
1 cup corn
1 can fire roasted tomatoes
cumin, cinnamon, chili powder & salt to taste
avocado & grated cheddar
Sauté Soyrizo, onion, pepper & garlic in oil. Add remaining ingredients. Cook 10 minutes, adding water for desired consistency. Serve with avocado and cheddar.

Macaroni Salad

2 cups dry elbow macaroni
¼ red onion, diced
½ cup black olives, sliced
2 hard boiled eggs, diced
¼ cup mayonnaise
½ cup yogurt
1-2 tsp prepared yellow mustard
½ cup parsley, minced
1 pickle, diced
Salt & pepper

Cook macaroni al dente, rinse in cold water. Add remaining ingredients, season to taste with salt & pepper.

Falafel Wraps

1 cup falafel mix
¾ cup boiling water
oil for frying
½ cucumber, sliced
2 lettuce leaves
2 slices onion
Tzatziki sauce
2 pita wraps

Mix falafel mix and water and set aside for 10 minutes. Shape into balls and fry in oil until golden brown on both sides. Serve with veggies and sauce on toasted pitas.

Tzatziki Sauce

1 cup yogurt
½ cucumber, diced
1 tsp lemon juice
1 clove garlic
4 fresh mint leaves, minced (or ¼ tsp dried)
Salt & pepper to taste

Mix all ingredients and refrigerate for at least 2 hours to allow flavors to meld.

Quinoa Tabouli

1 cup quinoa, rinsed
1 tomato, chopped
½ bunch parsley, finely chopped
¼ red onion, minced
½ cucumber, diced
2 Tbsp lemon juice
4 mint leaves
1 Tbsp olive oil
Salt to taste

Bring quinoa to a boil with 2 cups water. Cover and cook over low heat 20 minutes. Transfer to fridge to cool. When quinoa is cooled, add remaining ingredients and stir.

Veggie Kebabs

12 baby potatoes, divided
8 mushrooms
½ onion
½ bell pepper
½ cup vinaigrette

Boil baby potatoes until a fork is easily inserted.

Remove from heat and reserve ½ for later. Cut veggies for kebabs and toss with vinaigrette. Marinate 10 minutes, skewer, and grill over high heat to desired finish. Serve wrapped in toasted pita with tzatziki sauce

Butter Baby Potatoes

2 Tbsp butter
6 baby potatoes, boiled
4 cloves garlic, minced
½ cup parsley
Salt to taste

Melt butter in skillet, add potatoes and garlic. Smash potatoes and cook on both sides until brown. Toss with parsley and salt to taste.