

First Alternative Co-op

BUDGET BITES

Issue #4:
April 2010

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



Menu:

Saturday: Enchiladas & Greens

Sunday: Chicken & Deep Dish

Monday: Falafel

Tuesday: Chicken & Rice Salad

Wednesday: Mexicali Skillet

Thursday: Super Speedy Pasta

BUDGET BITES #3

April 2010

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> ★ Enchiladas ★ Salad 	<ul style="list-style-type: none"> ★ Baked chicken ★ Deep Dish Bake 	<ul style="list-style-type: none"> ★ Falafel ★ Rice ★ Green salad 	<ul style="list-style-type: none"> ★ Chicken & Rice Salad 	<ul style="list-style-type: none"> ★ Mexicali Skillet 	<ul style="list-style-type: none"> ★ Super Speedy Pasta
<p><i>In the fridge for future meals:</i> Mexicali sauté Salad greens Salsa Sour cream</p> <p>Tip: Wash your salad greens and store unused greens in your fridge in a salad spinner, or a large Ziploc with a folded paper towel in the bottom.</p>	<p><i>In the fridge for future meals:</i> 1 Chicken breast Cooked potatoes Green beans</p> <p>Tip: Sprinkle chicken with 1/2 tsp garlic granules per side. Pepper and put in a baking dish; bake at 350° for 45 minutes.</p>	<p><i>In the fridge for future meals:</i> Rice</p> <p>Tip: Cook all the rice tonight and you will be ready for tomorrow!</p>	<p><i>In the fridge for future meals:</i> Almonds</p>	<p><i>In the pantry for future meals:</i> Broccoli</p> <p>Tip: Use the broccoli florets as well as the stem by peeling the stem and slicing into 1/4" thick slices</p>	

SHOPPING LIST

Our shopping & recipes are scaled for two adults. Increase or decrease as needed to allow for your household. We shopped this list at the Co-op on March 15, 2010. We assumed you had a few things in the pantry, which were not included in the shopping total. Our total was a little larger this week at \$53.07, but should provide you with several lunches in addition to an evening meal.

IN THE PANTRY:

balsamic vinegar	oregano
basil, dried	paprika
butter	pepper
chili powder	red pepper flakes
cumin, ground	salad dressing
garlic, fresh	salt
oil	soy sauce

PRODUCE: 100% Organic!

- ___ 2 onions
- ___ 1 bell pepper
- ___ 1 head lettuce
- ___ 1 cucumber
- ___ 12 Yukon Gold potatoes
- ___ 1 lime
- ___ 1 lemon
- ___ 1 head broccoli

BULK:

- ___ 8 oz. elbow macaroni
- ___ 3/4 c falafel mix
- ___ 2 1/2 rice
- ___ 6 Tbsp sliced almonds
- ___ 1 cup salsa
- ___ 1/4 c raisins
- ___ 1 1/2 tsp granulated garlic

GROCERY:

- ___ 1 can refried beans
- ___ 15 oz tomato sauce
- ___ 10 oz frozen corn
- ___ 1 can tuna
- ___ 4 oz mild green chiles
- ___ 1 can green beans

DAIRY & CHEESE:

- ___ 6 oz cheddar cheese
- ___ 1/4 cup Parmesan, fine grate
- ___ sour cream
- ___ 8-10 corn tortillas

MEAT:

- ___ 2 large chicken breasts
- ___ 12 oz *El Burrito* Soy Taco or 16 oz. ground beef

Introducing...

BUDGET BITES

At the Co-op, we are continually on the lookout for ways to help save you money on your grocery purchases - scoping out the best deals we can, offering recipes to help you cook from scratch, offering as many sale items as are available to us, lowering our retail prices when our wholesale prices go down, and so on.

We are very excited to help you with a week's worth of menus that should feed two adults for six nights for less than \$50!

Planning is everything in sticking to a food budget. This week the Enchiladas, the Mexicali Skillet and the Chicken & Rice

Salad each make approximately 6 servings, so you'll have lunch besides!

These menus assume you already have some cooking skills and own a basic reference cookbook.



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First Alternative
NATURAL FOODS CO-OP



The Recipes



Enchiladas

12 oz. Soy Taco or 16 oz. ground beef
1 onion, chopped
1 bell pepper, chopped
½ tsp. dried oregano
¼ tsp. ground cumin
1 can refried beans
1 ½ cups grated cheddar
Donna's Enchilada Sauce
8-10 corn tortillas

Mexicali Sauté: Over medium heat, sauté ground beef or Soy Taco with onion and bell pepper. Add oregano and cumin. Remove ½ of mixture to use later in Mexicali Skillet. To remaining sauté, add beans and 1 cup cheese. Place 2 Tbsp. enchilada sauce in 9x13 glass dish. Dip tortilla in sauce to soften, put filling in center and roll. Place enchilada, seam down, in dish. Repeat. Pour remaining sauce over the top. Sprinkle remaining cheese over top. Bake at 350°, uncovered, about 20 minutes. Serve with salsa, sour cream and lime, if desired.

Donna's Enchilada Sauce

1-15 oz. can tomato sauce
1 to 1 ½ tsp. chili powder
⅔ cup water
½ tsp. dried oregano leaves
¼ tsp. ground cumin
1-4 oz. can mild green chiles, chopped
1 clove garlic, finely chopped

Heat all ingredients to boiling, stirring occasionally; reduce heat. Simmer uncovered 5 minutes.

Deep Dish Bake

5 Yukon Gold potatoes
½ can green beans
3 Tbsp. butter
¼ onion, chopped
1 tsp. each salt, paprika, dried basil

Boil potatoes 'til barely tender. Drain, peel and slice into ¼" thick slices. Sauté onion in butter 'til onion is translucent. Mix spices together. Spray 8x8 glass pan with oil. Put ½ of potatoes in one layer, spread ½ of onion-butter mixture over potatoes. Sprinkle ½ of spices over top. Layer ½ of green beans on top of potatoes. Repeat. Bake at 350° for 15-20 minutes.

Pan-fried Falafel

¾ cup falafel mix
½ cup water
⅓ cup finely grated cheddar cheese
oil for frying

Mix falafel with water. Let stand 15 minutes. If it is too dry to hold together add water 1 tsp. at a time until it does. Stir in grated cheese. Heat a large skillet & add oil to coat bottom. Drop small spoonfuls of falafel into pan, then flatten—the thinner the cake, the crispier it will be. Cook over medium heat until golden brown, 3-4 minutes. Turn and cook second side. Serve with lemon wedges.

Chicken & Rice Salad

4 cups cooked rice
¼ cup olive oil
3-4 Tbsp. balsamic vinegar
1 clove garlic, minced
1 Tbsp. soy sauce
2 Tbsp. sliced almonds
1 cup cooked chicken breast
½ can green beans
¼ cup raisins
salt and pepper to taste

Mix oil, vinegar, soy sauce, minced garlic, salt and pepper in a shaker. Mix rice, green beans, chicken, almonds and raisins. Add ½ of dressing and stir; add remaining dressing and mix well.

Mexicali Skillet

2 Yukon Gold potatoes
1 Tbsp. olive oil
salt & pepper to taste
6 oz. Mexicali Sauté
1 Tbsp. lime juice
1 cup corn kernels
2 cups broccoli florets, cooked til tender crisp

Boil potatoes 'til barely tender; drain and slice into ¼" thick slices. Heat oil in a large skillet. Add potatoes and cook, until golden. Flip and brown second side. Add salt & pepper, ground beef mixture, lime juice, corn kernels and broccoli. Cook until just heated through, 1-2 minutes. Serve with salsa & sour cream.

Super Speedy Pasta

8 oz elbow macaroni
2 cups broccoli florets
⅓ cup olive oil
2 cloves garlic, minced
¼ cup almonds, sliced
¼ tsp. red pepper flakes
1 can tuna, well drained
¼ cup finely grated parmesan

Cook pasta 8 minutes; add broccoli for the last 2-3 minutes of cooking time. Drain pasta. In a large pan, sauté garlic and almonds in 1 Tbsp. oil until fragrant. Add red pepper flakes, remaining oil and tuna to the garlic and heat until just warm. Add pasta and toss with cheese.

For additional tips see the menu guide on the opposite side.