

First Alternative Co-op

# BUDGET Bites

Vol. 5, Issue #4  
April 2014

**Meal plan, shopping & recipes for  
2 adults, 6 nights, under \$50.**

## Menu:

Miracle Alfredo  
Spinach Mushroom Crepes  
Smoky Basil Potato Soup  
Tempeh Pilaf  
Wild West Burgers  
Alfredo Pizza

# BUDGET BITES VOL. 5 #4

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Miracle Alfredo Sauce Rising Moon Ravioli Green salad Toast	Spinach Mushroom Crepes Green salad	Smoky Basil Potato Soup	Tempeh Pilaf Garlic toast Snow peas	Wild West Burgers Mac & Cheese	Alfredo Pizza Green salad
In the fridge for later: 1/2 recipe Alfredo Sauce, Rosemary Bread, Greens <i>Tip: while cauliflower is cooking for sauce, boil ravioli until done; drain.</i>	In the fridge for later: Mushrooms, Greens <i>Tip: Save extra crepe batter for breakfast and fill with berries and whipped cream!</i>		In fridge for later: 1 cup cooked Wild Rice		

## SHOPPING & RECIPES

We chose organic wherever affordable, and picked what we'd use at home—the best value rather than the absolute cheapest. We also assumed you had a few things in the pantry, which were not included in the shopping total.

### IN THE PANTRY:

salad dressing  
garlic  
olive oil  
broth powder  
salt & pepper  
butter  
basil  
white wine  
smoked salt  
mayonnaise  
chipotle powder

### BULK:

\_\_\_ 1 cup flour  
\_\_\_ 1 cup wild rice  
\_\_\_ 1/4 cup dried cranberries  
\_\_\_ 1/4 cup hazelnuts  
\_\_\_ 1/2 cup frozen corn  
\_\_\_ 1/2 cup sundried tomatoes  
\_\_\_ 1/2 cup artichoke hearts  
\_\_\_ 1/4 cup pesto

### DAIRY & CHEESE:

\_\_\_ 1/4 lb mozzarella or jack cheese  
\_\_\_ 1 pint milk

### GROCERY:

\_\_\_ 1 pkg. Rising Moon Ravioli  
\_\_\_ 1 loaf Rosemary Bread

\_\_\_ 3 eggs  
\_\_\_ 1 pkg. Surata Tempeh  
\_\_\_ 1 pkg. mac & cheese  
\_\_\_ 1 Bread Stop pizza crust

### PRODUCE:

\_\_\_ 1 head cauliflower  
\_\_\_ 1 head lettuce  
\_\_\_ 4 cups bulk spinach  
\_\_\_ 2 onions  
\_\_\_ 3/4 lb. oyster mushrooms  
\_\_\_ 1 carrot  
\_\_\_ 1 stalk celery  
\_\_\_ 4 butterball potatoes  
\_\_\_ 1 bunch green onions  
\_\_\_ 1 lemon  
\_\_\_ 1 cup snow peas

# BUDGET Bites

## Earth Month: Vegetarian Style!

There are three popular reasons why people choose a vegetarian diet: concern for animals, health, and the planet.

When planning your meal, consider this advice from Shereen Jegtvig, an About.com Nutrition Guide since 2004:

- Grains plus legumes. Try black beans and rice.
- Nuts and seeds plus legumes. Lentil soup with a serving of almonds on the side.
- Corn plus legumes. Try pinto beans in a corn tortilla.

There are lots of possible combinations.

- Try whole grain pasta tossed with peas, almonds, and your favorite sauce.
- Whole wheat toast with peanut butter will give you a complete protein.
- Bean soup with whole grain crackers.
- Corn tortillas with refried beans and rice.

Proteins provide you with the building blocks that you need to make to make and maintain your muscles, organs, and immune systems.

## The Recipes

### Miracle Alfredo Sauce

1 head cauliflower  
2 Tbsp olive oil  
6 cloves garlic, minced  
1 cup water  
1 tsp broth powder  
salt & pepper to taste  
Cook cauliflower in boiling salted water until tender. Drain, reserving 1 cup water. Meanwhile, saute garlic in olive oil until golden brown. transfer cauliflower to a blender, adding reserved cooking water. Scrape the garlic and oil into the blender and add broth powder. Process until smooth and creamy. season to taste with salt & pepper and serve over ravioli, reserving 1/2 of the recipe for pizza.

### Spinach Mushroom Crepes

2 eggs  
3/4 cup + 2/3 cup milk, divided  
2 Tbsp butter, melted + butter for frying crepes  
1/8 tsp. salt  
4 cups bulk spinach  
1/2 onion, finely minced  
1/4 lb oyster mushrooms, sliced  
1 Tbsp. olive oil  
1/2 cup + 2 Tbsp. flour, divided  
salt and pepper to taste  
To make crepe batter whisk eggs, 3/4 cup milk, 1 Tbsp melted butter and salt. Beat in 1/2 cup flour and set aside for 20 minutes. For filling, cook onion and mushrooms in 1 Tbsp butter and olive oil until browned. Sprinkle 2 Tbsp flour over mixture and stir. Cook gently 1 minute. Add 2/3 cup milk and cook, stirring, until thickened. Stir in spinach, salt & pepper and set aside. Melt 1 tsp butter in a skillet. Pour 1/4

cup batter into pan and swirl to coat. Cook until golden and flip. Repeat with remaining batter. Fill crepes and serve.

### Smoky Basil Potato Soup

1 Tbsp. butter  
1/2 onion, chopped  
1 carrot, diced  
1 stalk celery, sliced  
4 cups potatoes, diced  
1 clove garlic, minced  
1/2 cup white wine (optional)  
4 cups water  
3 Tbsp veggie broth powder  
2 Tbsp dried basil  
1/2 tsp smoked salt  
In a deep saucepan, sauté onions, garlic, carrots and celery in butter until tender. Add potatoes and white wine and simmer 5 minutes. Add remaining ingredients and cook until potatoes are tender. Adjust seasoning and serve.

### Tempeh Pilaf

4 tsp salt  
1 pkg. Surata Tempeh, small cubes  
1 cup wild rice  
oil for frying  
2 Tbsp butter  
1/2 onion  
1/4 lb. oyster mushrooms  
2 cloves garlic, minced  
1/4 cup hazelnuts, chopped  
1/4 cup cranberries  
2 tbsps lemon juice (zest before squeezing, reserving zest for Wild West Burger)  
2 green onions, sliced  
Cook rice in 4 cups water for 40-50 minutes or until tender. Drain and set aside, reserving 1 cup rice for Wild West Burgers  
Make a brine with 4 tsp salt and 1 quart water. Soak the tempeh for 20 minutes, then drain and fry in oil until golden brown.

Sauté onion and mushrooms in butter until tender. Add hazelnuts, cranberries and garlic. Cook until fragrant, then remove from heat and toss with rice, lemon juice and green onions. Top with tempeh and serve with fresh peas.

### Wild West Burgers

1 cup cooked wild rice  
1 egg  
1 tsp. lemon zest  
1/4 cup minced green onion  
1/2 tsp smoked salt  
1/2 cup corn  
oil for frying  
2 mozzarella slices  
4 slices toast  
2 lettuce leaves  
4 Tbsp mayonnaise  
1/4 tsp chipotle powder  
Mash together rice and egg. Stir in grated lemon zest, green onion, corn and salt. Heat oil in large sauté pan. Form two patties and place in pan. Cook over medium heat until golden brown, 3-4 minutes. Turn and cook second side. Melt mozzarella over the burgers. Mix mayonnaise and chipotle powder. Serve burgers on toast with lettuce and chipotle mayo.

### Alfredo Pizza

1 Bread Stop pizza crust, room temp.  
1/2 recipe Miracle Alfredo Sauce  
1/2 cup sundried tomatoes  
1 1/2 cups grated mozzarella  
1/2 cup artichoke hearts  
1/4 cup pesto  
1/4 lb. oyster mushrooms, diced  
Soften tomatoes in boiling water and drain. Prepare all ingredients. Roll out crust on pizza stone or pan. Spread with alfredo sauce. sprinkle with chopped sundried tomatoes. Top with cheese and remaining toppings. Bake at 450° for 20-30 minutes.



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