

First Alternative Co-op

BUDGET BITES

Vol. 3, Issue #4:
April 2012

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



Menu:

Saturday: Sesame Tempeh Sandwich

Sunday: Cream of Celery Soup

Monday: Spinach Omelets

Tuesday: Mushroom Saucers

Wednesday: Asparagus Alfredo

Thursday: Twice Baked Potatoes

BUDGET BITES VOL. 3 #4

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Tempeh Sandwich Yam Oven Fries	Cream of Celery Soup Garlic Bread	Spinach Omelets Fruit Salad Toast	Mushroom Saucers Steamed Raab	Asparagus Alfredo	Twice Baked Potatoes Green Salad
Tip: Slice yam into long strips. In a bowl, toss with 2 Tbsp oil, 1 tsp salt and 1 tsp garlic granules. Spread evenly on a pan and bake at 400° for 15-18 minutes.	Tip: Mash butter with minced garlic and a spoonful of parmesan. Spread on bread and warm or toast to your liking.	Tip: Add fresh herbs to omelets for an easy variation. Cut banana, orange and grapefruit into bite-sized pieces and mix in a bowl for a refreshing fruit salad.	<i>In the fridge for future meals:</i> cooked sausage 2 baked potatoes Tip: While the oven's going, bake the potatoes for Thursday night. Toast a bun and make crumbs in your food processor.		

SHOPPING & RECIPES

We shopped this list at the Co-op on March 9, 2012. 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. Our total: \$47.77

IN THE PANTRY:

salt	red pepper flakes
pepper	dried basil
olive oil	garlic granules
sesame oil	tamari
Italian herbs	garlic
dried oregano	brown sugar
salad dressing	bac'un bits
butter	mayonnaise
fennel seed	wasabi

DAIRY & CHEESE:

- ___ ¼ lb Parmesan cheese
- ___ ¼ lb melting cheese
- ___ 1 pint heavy cream ⑥
- ___ 1 cup sour cream ⑥
- ___ 6 eggs ⑥

MEAT/ISH

- ___ 1 pkg. Gimme Lean
- ___ 1 Vegantopia Quinoa Tempeh ⑥

GROCERY:

- ___ Bread Stop buns ⑥

BULK:

- ___ ¼ cup broth powder
- ___ ½ lb pasta

PRODUCE:

- ___ 4 portabella mushrooms
- ___ 2 onions
- ___ 1 bunch asparagus
- ___ 1 bunch raab ⑥
- ___ 3 russet potatoes
- ___ 1 large garnet yam
- ___ 1 head lettuce
- ___ 1 bunch celery
- ___ 1 carrot
- ___ 2 cups bulk spinach ⑥
- ___ 1 grapefruit
- ___ 1 banana
- ___ 1 orange



Indicates product from the 6 local counties!

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 in 2012!

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



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First Alternative
NATURAL FOODS CO-OP



Recipes

Sesame Tempeh Sandwich

1 block Vegantopia quinoa tempeh
2 Tbsp tamari
2 Tbsp sesame oil
2 tsp brown sugar
1 tsp garlic granules
1 carrot, shredded
2 leaves lettuce
1 ½ Tbsp mayo
1 ½ Tbsp sour cream
1 tsp wasabi (optional)
2 buns, toasted

Cut the tempeh in half to make two thin patties. Mix together tamari, sesame oil, sugar & garlic granules. Coat tempeh evenly with the mixture and transfer to a greased baking dish. Broil until golden, flipping to get both sides brown and crispy. In a small bowl mix mayo, sour cream and wasabi. Spread on toasted buns, then top with tempeh, shredded carrots and lettuce.

Cream of Celery Soup

1 Tbsp. olive oil
1 bunch celery
1 onion, diced
1 russet potato, peeled and diced
1 clove garlic
3 cups vegetable broth
1 tsp. salt
¾ cup heavy cream

Rinse celery and slice. Sauté onion in olive oil 5 minutes. Add garlic and cook 1 minute. Add all remaining ingredients except cream and cook over medium heat until vegetables are tender, about 20 minutes. Puree 2 cups of soup in batches with blender or hand blender. Return to heat and stir in reserved cauliflower and cream. Heat to a bare simmer and serve.

Spinach Omelets

6 eggs, divided
2 tsp Italian herbs, divided
2 cups spinach, rinsed and divided
2 cloves garlic, divided
½ cup grated cheese, divided
2 tsp. butter, divided

Put 3 eggs in a bowl and beat with ½ tsp Italian herbs. Add ½ tsp. water. Heat skillet and add 1 tsp. butter. Add ½ spinach and 1 clove minced garlic. Stir and cook until wilted, then spread the spinach out in the pan and pour in the eggs. Cook over medium heat. As eggs set, lift edges of omelet and let uncooked egg run underneath. When omelet is set, reduce heat to low and put half of the cheese on top. Cover and cook 1-2 minutes until cheese starts to melt. Loosen edges of omelet and slide onto plate, folding omelet in half as you do so. Repeat to make second serving.

Mushroom Saucers

4 portabella mushrooms
1 Tbsp olive oil
1 lb. Gimme Lean sausage substitute
3 cloves garlic
¼ onion, diced
½ cup sour cream
¾ cup bread crumbs
½ cup shredded parmesan
Seasonings: fennel, crushed red peppers, basil...

Wash mushrooms. Pop out stems & gills and roughly chop. Heat 1 Tbsp oil in a pan. Cook sausage, chopped mushroom, onion and garlic until browned, reserving half for baked potatoes. Add any additional spices you like. Stir in breadcrumbs and sour cream and mix well. Mound filling into mushrooms and top with cheese. Place in baking pan. Add ¼ inch water to the pan. Bake 25 minutes at

350° until mushrooms are cooked and filling is browned.

Asparagus Alfredo

½ lb dry pasta
1 Tbsp butter
½ onion, diced
2 cloves garlic, minced
1 bunch asparagus, chopped
1 tsp dried oregano
1 ¼ cups heavy cream
¼ cup grated Parmesan cheese
2 Tbsp Bac'un Bits
salt & pepper to taste

Prepare pasta to taste. Meanwhile, in a large heavy pan, heat butter. Add onions and sauté 3 minutes. Add garlic and cook 1 minute. Add asparagus and oregano and cook until asparagus starts to soften, about 5 minutes. Add salt and pepper to taste. Add cream and Parmesan. Simmer until cream thickens, 2-3 minutes. Toss with pasta and serve with Bac'un Bits.

Twice Baked Potatoes

2 cold baked potatoes
¾ cup sour cream
½ lb. cooked sausage and onions
½ cup grated cheese
salt & pepper to taste

Slice a cold baked potato in half and scoop out the insides, leaving a good shell in the potato half. Stir in remaining ingredients. Pile back into the shell. Bake in a 350° oven until hot through. If you like, you may broil for a moment or two to brown the top.

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