

First Alternative Co-op

# BUDGET BITES

Vol. 2, Issue #8:  
August 2011

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



## Menu:

Saturday: BLT Wraps

Sunday: Summer Squash Fritters

Monday: Fresh Tomato Alfredo

Tuesday: Tuna Salad Rolls

Wednesday: Corn Chowder

Thursday: Tempeh Ensalada

# BUDGET BITES VOL. 2 #8

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> <li>* BLT Wraps</li> <li>* Sweet Potato Fries</li> </ul>	<ul style="list-style-type: none"> <li>* Summer Squash Fritters</li> <li>* Spinach Salad</li> </ul>	<ul style="list-style-type: none"> <li>* Fresh Tomato Alfredo</li> <li>* Green salad</li> </ul>	<ul style="list-style-type: none"> <li>* Tuna salad rolls</li> <li>* Grilled Peaches</li> </ul>	<ul style="list-style-type: none"> <li>* Corn Chowder</li> <li>* Cheese tortillas</li> </ul>	<ul style="list-style-type: none"> <li>* Tempeh Ensalada</li> </ul>
<p><i>In the fridge for future meals:</i> cherry tomatoes tortillas lettuce</p> <p>Tip: Fill tortillas with shredded lettuce, Smoky Maple Tempeh, and cherry tomatoes. Top with your favorite creamy dressing.</p>	<p><i>In the fridge for future meals:</i> Parmesan blue cheese</p> <p>Tip: Any kind of summer squash works in this recipe. Sprinkle spinach with maple nuts and blue cheese for a tasty side.</p>	<p><i>In the fridge for future meals:</i> whole milk lettuce</p> <p>Tip: Don't drain the pasta too well for this one - the water that clings to it thins the sauce back down.</p>	<p><i>In the fridge for future meals:</i> tortillas lettuce</p> <p>Tip: If you like things spicy, try goat cheese with a bit of pepper jelly instead of blue cheese and honey.</p>	<p><i>In the fridge for future meals:</i> tortillas corn</p> <p>Tip: for cheese tortillas, just mix a little Parm with a little butter, spread on tortilla and broil.</p>	<p>Tip: You can add additional yummy ingredients to this salad that you have handy: pickled jalapeños, grated cheese, carrots...you name it!</p>

## SHOPPING & RECIPES

We shopped this list at the Co-op on July 26, 2011. 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: EXACTLY \$50!

### IN THE PANTRY:

salt & pepper	nutmeg
smoked paprika	butter
salad dressing	bread crumbs
oil	dried dill
honey	cumin
garlic	broth powder
flour	dill pickles
oregano	

### PRODUCE:

- \_\_\_ ¼ lb. bulk spinach ⑥
- \_\_\_ 1 pint cherry tomatoes ⑥
- \_\_\_ 1 head lettuce ⑥
- \_\_\_ 2 medium garnet yams
- \_\_\_ 2 small summer squash ⑥
- \_\_\_ 3 onions
- \_\_\_ 1 stalk celery ⑥
- \_\_\_ 2 peaches or nectarines
- \_\_\_ 1 russet potato
- \_\_\_ 3-4 ears corn ⑥

### DAIRY & CHEESE:


- \_\_\_ 1¼ cup Parmesan cheese
- \_\_\_ ¼ lb. Amish blue cheese
- \_\_\_ 2 cups whole milk ⑥
- \_\_\_ 2 eggs ⑥
- \_\_\_ 1 cup Nancy's sour cream ⑥

### GROCERY:

- \_\_\_ 1 pkg. Carmen's whole wheat burrito-size tortillas
- \_\_\_ 1 pkg. Vegantopia black bean tempeh ⑥
- \_\_\_ 1 jar Sweet Creek tuna ⑥
- \_\_\_ 1 pkg Tofurky Smoky Maple Tempeh

### BULK:

- \_\_\_ 1 Tbsp potato starch
- \_\_\_ 1 ½ cups pasta
- \_\_\_ ½ cup maple coated nuts
- \_\_\_ ½ cup salsa ⑥
- \_\_\_ ½ cup sliced olives

 Indicates product from the 6 local counties!

# BUDGET BITES

With the Eat Local, America Challenge this month from August 15-31, it seemed like the right thing to do to include as many local products as possible in this week's Budget Bites.

With seasonal produce being at its peak, prices are right, and the flavor is amazing. The Local 6 logo on your shopping list indicates a product from the 6 counties around Corvallis: Benton, Lane, Lincoln, Linn, Marion and Polk.

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 2011!



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](http://firstalt.coop)



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## Recipes

### Oven Garnet Yam Fries

2 medium garnet yams, peeled and cut into ¼ inch-thick sticks  
1 Tbsp oil  
½ tsp. salt  
½ tsp. ground black pepper  
½ tsp. smoked paprika  
1 Tbsp. potato starch

Heat the oven to 450°F. Line a baking sheet with parchment paper or foil. Toss together sweet potatoes, oil, salt, pepper, and paprika. Sprinkle with potato starch; toss mixture once more to coat well. Arrange in one layer on prepared baking sheet. Bake 10 minutes. Turn potatoes and rotate baking sheet. Bake 12 minutes more, or until golden brown.

### Summer Squash Fritters

2 cups summer squash (about 2 little squash), grated  
½ onion, minced or grated  
½ cup Parmesan cheese, shredded  
½ cup fine bread crumbs  
2 eggs  
6 Tbsp. rice flour  
½ cup whole milk  
½ tsp seasoning (such as Spike)  
2-4 Tbsp. olive oil

Wash and grate summer squash. Mix all the ingredients except the oil. Heat half of the oil in a big frying pan over medium heat. When oil is hot, drop in fritter batter using a ¼ cup measure, flattening mounds slightly. Cook over medium heat until golden brown (about 4 minutes). Turn and cook other side until brown, 2-3 minutes. Repeat with remaining batter, adding more oil to the pan, if needed.

### Fresh Tomato Alfredo

1 ½ cup bulk pasta  
2 Tbsp. olive oil  
½ onion, diced  
2 cloves garlic, diced  
½ pint cherry tomatoes, halved  
1 tsp. dried oregano  
½ cup whole milk  
1 tsp flour  
1 Tbsp butter  
¼ cup shredded Parmesan cheese

Cook pasta to desired finish. Sauté onion in oil until soft, about 3 minutes. Add garlic and cook 1 minute. Add tomatoes and oregano and cook until heated through and tomatoes start to soften, about 5 minutes. Add salt and pepper to taste and set aside. Melt butter in pan and add flour. Stir in milk and heat gently. Sprinkle Parmesan over top, and simmer until thickened, 2-3 minutes. Add tomatoes and pasta and serve!

### Tuna Wraps

1 jar Sweet Creek tuna  
1 dill pickle, diced  
1 stalk celery, diced  
¼ onion, minced  
1 tsp dried dill or 1 Tbsp fresh  
2 cups lettuce, chopped  
2 burrito-sized tortillas

Mix tuna, pickle, celery, onion and dill. Warm tortillas and divide tuna and lettuce between them. Roll and serve!

### Grilled Peaches with Blue Cheese

2 ripe peaches or nectarines  
blue cheese  
honey  
Split peaches in half and remove pit. Place on a cookie sheet and broil until

they soften and start to caramelize, 3-5 minutes. Put a little cheese in the center and drizzle with honey.

### Fresh Corn Chowder

1 medium onion, diced  
2 tsp. olive oil  
2 cloves garlic, minced  
1 russet potato, cubed  
2 cups broth  
2 cups corn  
1 cup whole milk  
¼ tsp. nutmeg  
½ cup sour cream

Cut corn from ears with a sharp knife. Run back of knife over cut cobs and capture milk. Set aside. Sauté onion in oil until soft, 4-5 minutes. Add garlic and stir. Add potatoes, salt, and broth. Cook until potatoes are tender, about 20 minutes. Add corn and let stand 5 minutes. Taste and add whole milk, nutmeg, salt and pepper. Garnish with sour cream and fresh herbs like dill, chives or basil.

### Tempeh Ensalada

1 pkg. *Vegantopia* black bean tempeh  
½ onion  
1 tsp cumin  
1 ear corn  
2 Burrito-size tortillas  
¼ cup shredded Parmesan cheese  
2 cups shredded lettuce  
½ cup sliced olives  
½ cup salsa  
½ cup sour cream

Sauté tempeh and onion in oil until onion is tender. Cut corn from ears with a sharp knife. Add corn, pepper and cumin and sauté until the onions are translucent. Top tortillas with Parmesan and broil until brown. Transfer to plates and add sauté. Top with lettuce, olives, salsa, and sour cream.