

*First Alternative Co-op*

# BUDGET BITES

Vol. 3, Issue #2:  
February 2012

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



## Menu:

**Saturday: Ciabatta Pizzas**

**Sunday: Lettuce Wraps**

**Monday: Slammin' Salmon Mac**

**Tuesday: Lemon Swordfish**

**Wednesday: Canellini & Kale Soup**

**Thursday: Taco Salad**

# BUDGET BITES VOL. 3 #2

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Ciabatta Pizzas	Wheatberry Lettuce Wraps	Salmon Mac Sauteed Kale	Lemon Swordfish Wheatberry Pilaf Garlic Toast	Canellini & Kale Soup	Taco Salad
In the fridge for future meals: Ciabatta Bread Olives Cheddar	In the fridge for future meals: Lettuce Carrots	Tip: Rinse kale and remove stems. Coarsely chop and sauté in pan with a little water until tender. Stir in 1 Tbsp red wine vinegar, 1 clove pressed garlic, a pinch of salt and a dash of agave nectar.	In the fridge for future meals: Ciabatta Bread	Tip: Store leftover croutons in an airtight container for future use.	Tip: Fresh up your tortilla chips by placing them in a single layer on a baking tray and cooking at 400° for 5 minutes.

## SHOPPING & RECIPES

We shopped this list at the Co-op on January 3rd, 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: \$47.78

### IN THE PANTRY:

olive oil	salt & pepper
garlic	broth powder
dried oregano	thyme
dried basil	garlic salt
tamari	salad dressing
cornstarch	sour cream
butter	tortilla chips
flour	
milk	

### BULK:

- \_\_\_ 8-10 green olives
- \_\_\_ ½ cup marinated artichoke hearts
- \_\_\_ 1 ½ cups wheat berries
- \_\_\_ ¼ tsp. Hawaiian Black salt
- \_\_\_ 1 ½ cups pasta
- \_\_\_ ½ cup salsa
- \_\_\_ ½ cup black olives

### PRODUCE:

- \_\_\_ 1 small zucchini
- \_\_\_ 2 onions
- \_\_\_ 1 head lettuce
- \_\_\_ 4 carrots
- \_\_\_ 2 celery sticks
- \_\_\_ 1 lemon
- \_\_\_ 1 cup Asian salad mix

- \_\_\_ 6 mushrooms
- \_\_\_ 1 bunch kale

### DAIRY & CHEESE:

- \_\_\_ ¾ lb. jack cheese
- \_\_\_ ¾ cup parmesan, shredded

### MEAT

- \_\_\_ 1 swordfish steak

### GROCERY:

- \_\_\_ 1 loaf Ciabatta bread
- \_\_\_ 1 Vegantopia tempeh
- \_\_\_ 1 can canellini beans
- \_\_\_ 1 can water chestnuts
- \_\_\_ 1 can black beans
- \_\_\_ 1 can salmon



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](http://firstalt.coop)



**SOUTH CORVALLIS**  
1007 SE 3rd  
541.753.3115

**NORTH CORVALLIS**  
2855 NW Grant  
541.452.3115

[www.firstalt.coop](http://www.firstalt.coop)

*First Alternative*  
NATURAL FOODS CO-OP



## Recipes

### Ciabatta Pizzas

½ loaf Big River Ciabatta Bread  
olive oil  
2 cloves garlic, minced  
1 tsp oregano  
1 tsp basil  
1 cup jack cheese, grated  
½ cup parmesan cheese, shredded  
½ cup green olives, chopped  
1 zucchini, sliced  
½ onion, sliced  
Cut ciabatta loaf in half lengthwise and brush cut side with olive oil. Sprinkle on garlic, oregano and basil and top with cheeses and remaining ingredients.  
Bake at 350° for 10 minutes or until veggies are tender and cheese is melted.

### Lettuce Wraps

1½ cups red wheatberries  
6 large lettuce leaves, rinsed and dry  
1 cake tempeh, cut in 1" pieces  
1 carrot, diced  
½ onion, diced  
2 celery sticks, diced  
1 can water chestnuts, rinsed and chopped  
2 Tbsp tamari  
2 cloves garlic  
1 tsp cornstarch dissolved in 2 Tbsp cold water  
Bring 3 cups of water to boil and add wheatberries. Cover and reduce heat. Simmer until tender, about 40 minutes. Reserve half for wheatberry pilaf.  
Sauté onion and carrot in oil until tender. Add tempeh and celery and continue cooking.  
In a small bowl mix together tamari, garlic and cornstarch/water mixture. Add to veggies and cook until thick.

Add wheatberries and water chestnuts and heat through. Spoon into prepared lettuce leaves and serve.

### Slammin' Salmon Mac

1½ cups dry pasta  
2 Tbsp butter  
2 cloves garlic  
2 Tbsp flour  
½ cup milk  
1 cup jack cheese, grated  
2 Tbsp parmesan, grated  
1 can salmon  
½ cup artichoke hearts, chopped  
salt & pepper to taste  
Prepare pasta to desired finish. In a medium saucepan sauté garlic in butter then stir in flour and to form a roux.  
Slowly stir in milk and whisk to remove any lumps. Add cheeses and stir to melt.  
Stir in pasta, salmon and artichoke hearts and season to taste with salt and pepper.

### Lemon Swordfish

1 swordfish steak  
2 Tbsp butter, cubed  
½ lemon, sliced  
¼ tsp Hawaiian black sea salt  
1 cup Asian salad mix  
Arrange salad mix on a 12x12 piece of foil and top with swordfish. Place butter cubes, salt and lemon on top of fish and seal the foil. Bake at 350° for 10 minutes or to desired finish.

### Wheatberry Pilaf

1 Tbsp butter  
6 mushrooms, chopped  
½ onion, chopped  
2 cloves garlic  
1 cup wheatberries, cooked  
½ cup broth  
1 tsp lemon juice  
1 tsp tamari  
1 tsp thyme

Sauté mushrooms and onion in butter until slightly browned. Add remaining ingredients and cook until broth reduces, about 5 minutes. Adjust seasoning to taste.

### Canellini & Kale Soup

2 Tbsp olive oil, divided  
½ onion, diced  
2 carrots, diced  
2 cloves garlic, minced  
½ bunch kale  
1 can canellini beans, rinsed  
4 cups broth  
¼ loaf ciabatta bread, cut into chunks  
¼ tsp garlic salt  
1 tsp basil  
2 Tbsp parmesan  
Sauté onion and carrots in 1 Tbsp oil until onions are slightly translucent. Add garlic and kale and cook until kale is tender. Add broth, basil and beans and heat gently.  
Meanwhile, drizzle ciabatta chunks with remaining oil and sprinkle with garlic salt and parmesan. Bake at 450° until toasty and brown, about 5 minutes.  
Ladle soup into bowls and top with Parmesan croutons.

### Taco Salad

½ head lettuce  
1 carrot, shredded  
1 can black beans, drained  
½ cup sliced black olives  
½ cup jack cheese, grated  
½ cup salsa  
1 cup tortilla chips, slightly crushed  
salad dressing  
Make two beds of lettuce and top with shredded carrots, black beans, olives and cheese. Garnish with salsa, tortilla chips and salad dressing or sour cream.