

NEW!

BUDGET BITES

Issue #1:
January 2010

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



Menu:

Saturday: Fish Cakes & Rice
 Sunday: Tamale Casserole
 Monday: Stuffed Zucchini
 Tuesday: Veggie Soft Tacos
 Wednesday: Pasta Primavera
 Thursday: Olives & Pasta Salad

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Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
★ Fish Cakes ★ Rice ★ Green beans	★ Tamale Casserole	★ Stuffed Zucchini ★ Carrot sticks	★ Veggie Soft Tacos ★ Refried beans	★ Pasta Primavera	★ Pasta Salad ★ Olives
<i>In the fridge for future meals:</i> 1 cup cooked rice ½ lb green beans	<i>In the fridge for future meals:</i> Beans (use for refried beans on Tuesday) Sour cream Salsa Minced veggies <i>Tip: Save some onion & pepper for stuffed zucchini.</i>	<i>In the fridge for future meals:</i> Carrots <i>Tip: Clean & cut up the whole bunch of carrots. You'll use up the rest of them tomorrow in the veggie mix.</i>	<i>In the fridge for future meals:</i> Extra cooked veggies <i>Tip: Cook twice as many veggies as you need for the tacos. Pull out half before you add the seasoning & refrigerate.</i>	<i>In the fridge for future meals:</i> Pasta salad <i>Tip: Cook all the pasta at once & use the other half to make the salad for tomorrow tonight.</i>	<i>Tip: This quick & easy dinner gets pulled out of the fridge and served - perfect for the end of the week!</i>

SHOPPING LIST

This shopping list & recipes are scaled for two adults. Increase or decrease as needed to allow for your household. Recipes can be adapted to accommodate a vegetarian or meat-eating diet. We shopped this list at the Co-op on December 15, 2009. We picked what we'd use at home - our total: \$43.92.

IN THE PANTRY:

Ground cumin
 Red pepper flakes
 Chili powder
 Olive oil
 Breadcrumbs
 Salad dressing
 Mayonnaise
 Mustard
 Hot pepper sauce
 Garlic
 Butter

PRODUCE:

___ 3 onions
 ___ 2 large bell peppers
 ___ 1 red tomato
 ___ 1 lemon
 ___ 1 lime
 ___ 8 small zucchini
 ___ 1 bunch green onions
 ___ 1 bunch carrots
 ___ 1 lb green beans

DAIRY & CHEESE:

___ 8 ounces cheddar cheese
 ___ 1 egg
 ___ ½ pt Lochmead cream
 ___ OG Carmen's flour tortillas
 ___ 1 pt Sunshine sour cream

GROCERY:

___ 2 cans Natural Value tuna
 ___ 1 bag frozen Stahlbush corn
 ___ 2 cans Field Day pinto beans

MEAT:

___ 1 pkg Sunday bacon

BULK:

___ 16 oz pasta
 ___ ¼ vegetable broth powder
 ___ Curry powder
 ___ ⅓ cup Basmati rice
 ___ ¾ cup masa flour
 ___ ½ cup salsa
 ___ ¼ lb bulk olives

Introducing...

BUDGET BITES

- Donna Kaiser, Marketing Manager

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 when sticking to a food budget, so we have simplified that part for you. These menus assume you have some cooking skills, own a basic reference cookbook and have a few staples on hand in the pantry.



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Saturday: Fish Cakes

1 small onion, finely minced
1 tsp. olive oil
¼ cup mayonnaise
2 Tbsp. mustard
¼ tsp. curry
½ tsp. ground cumin
1 egg white
12 oz canned tuna
1 ½ cups dried bread crumbs
Vegetable spray

Sauté onion in olive oil until soft. Drain tuna. Mix together everything except breadcrumbs. Form mixture a teaspoon at a time into small flat cakes. Dip in breadcrumbs and place on parchment lined cookie sheet. Spray lightly with vegetable oil. Bake at 350° until golden, about 20 minutes. Serve hot with lemon wedges.

Sunday: Tamale Casserole

2 cups pinto beans, drained & rinsed
1 onion, thinly sliced
1 bell pepper, thinly sliced
¾ cup grated cheddar cheese
½ cup frozen corn
½ cup salsa
¾ cup masa flour
3 Tbsp. softened butter
1 cup hot water mixed with
¼ cup vegetable broth powder
sour cream to taste
hot pepper sauce to taste

Cream masa with butter. Add enough broth to masa to make a thick batter; stir well. Add additional broth or hot water until you have a thick but pourable batter. Spread beans in greased casserole dish or cast iron skillet; layer onion, pepper, ½ cup cheese, and corn over beans; spoon salsa over all. Spread batter over top. Bake, covered, for 30 minutes at 350°. Uncover and bake another 20 minutes until browned. Sprinkle remaining cheese over crust and broil until

The Recipes



bubbly and brown. Serve with hot pepper sauce & sour cream.

Monday: Stuffed Zucchini

4 small zucchini
¼ cup finely chopped onion
¼ cup finely chopped pepper
1 Tbsp. olive oil
1 large tomato or 2 Romas
1 garlic clove, minced
¼ teaspoon ground cumin
½ tsp salt
1 cup cooked rice
Try adding any or all of these options:
¼ cup grated jack cheese
1 Tbsp. diced green chilies
2 slices cooked bacon
1 un-burger patty, crumbled
3 oz. crumbled tofu

Drop zucchini in boiling water for 6 minutes. Drain and cool. Sauté onion, bell pepper & garlic in oil until tender. Remove from heat. Cut zucchini in half lengthwise, and scoop out flesh, leaving a thin shell. Chop insides. Mix together all ingredients except zucchini shells. Mound filling generously into shells. Place in lightly oiled baking pan and bake, uncovered, at 350° about 20 minutes.

Tuesday: Veggie Soft Tacos

2 cloves garlic, crushed
¼ tsp chili powder
¼ tsp. cumin
1 Tbsp. lime juice
1 tsp. olive oil
1 onion, sliced
2-3 cups sliced vegetables
oil for sautéing
4 flour tortillas

Mix garlic, spices, lime juice and olive oil. Heat a large skillet. Add oil. Add onions and cook 2 minutes. Add vegetables and cook, stirring occasionally, until tender crisp.

Add garlic mixture and cook, stirring, until most of the liquid evaporates. Transfer to a bowl and let stand, covered, 10 minutes. Serve in flour tortillas, with cheese, sour cream and salsa to taste.

Wednesday: Very Quick Pasta Primavera

6 oz pasta (your choice of shape)
¼ cup heavy cream
2-3 cups cooked or frozen vegetables
¼ cup cheese (your choice)

While pasta is cooking, heat ¼ cup cream in a good-sized pan. Add veggies cooked last night and grated cheese. Toss in the drained pasta and a little frozen corn; let stand off the heat for 2-3 minutes. Stir to combine & serve.

Thursday: Pasta Salad

8 oz pasta
1 bunch green onions, sliced
½ cup frozen corn
¼ - ½ cup of your favorite vinaigrette
1 can tuna, drained

Bring water to a boil. Add pasta and cook al dente. Place frozen corn in colander, then drain pasta over the corn to thaw it. Let stand 2-3 minutes, then toss with onions and tuna; add vinaigrette to taste. Serve with olives.