

First Alternative Co-op

BUDGET BITES

Vol. 2, Issue #7:
July 2011



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

Menu:

Saturday: Red Beans & Cornbread

Sunday: Homestyle Veggie Burgers

Monday: Sautéed Greens & Beans

Tuesday: Grilled Chicken

Wednesday: Fabulous Frittata

Thursday: Chicken & Rice Salad

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Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> ⊛ Red Beans ⊛ Cornbread ⊛ Green Salad 	<ul style="list-style-type: none"> ⊛ Homestyle Veggie Burgers ⊛ Potato Salad 	<ul style="list-style-type: none"> ⊛ Sautéed Greens ⊛ Red Beans ⊛ Toasted Cornbread 	<ul style="list-style-type: none"> ⊛ Grilled Chicken ⊛ Potato Salad ⊛ Green beans 	<ul style="list-style-type: none"> ⊛ Frittata ⊛ Veggie Patties 	<ul style="list-style-type: none"> ⊛ Chicken & Rice Salad ⊛ Green Salad
<p>In the fridge for future meals: Red Beans Lettuce Cornbread Tip: Grate all the cheese for the week now and you won't have to wash the grater again!</p>	<p>In the fridge for future meals: Cooked potato Rice Tip: Cook all the rice now for the Chicken & Rice Salad later this week.</p>	<p>Tip: Chop greens and steam in ½ cup water, 1 Tbsp. veggie broth mix and a dash of vinegar. Delicious!</p>	<p>In the fridge for future meals: Grilled Chicken Green Beans Tip: Rub chicken with olive oil, salt and spices before grilling.</p>	<p>Tip: You can add any number of veggies and spices to the frittata. Leftovers make a great afternoon snack!</p>	<p>Tip: Almost any combination of meat and veg in about the same proportion would be good in this recipe.</p>

SHOPPING & RECIPES

We shopped this list at the Co-op on June 22, 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: \$48.94

IN THE PANTRY:

salt & pepper	baking powder
salad dressing	honey or sugar
garlic	vinegar
milk	tamari
oil	mayonnaise
red pepper flakes	mustard
cumin	pickles
dried oregano	
veggie broth	

PRODUCE:

- ___ 1 head lettuce
- ___ 6 mushrooms
- ___ 5 large red potatoes
- ___ 2 stalk celery
- ___ 3 cups green beans
- ___ 1 bunch kale or chard
- ___ 3 onions
- ___ 1 zucchini

DAIRY & CHEESE:

- ___ 8 eggs
- ___ 1 lb cheddar
- ___ ½ lb. mozzarella

MEAT:

- ___ 2 lbs. boneless thighs

BULK:

- ___ 1 ½ cups red beans
- ___ ¼ cup cranberries
- ___ 1 cup cornmeal
- ___ 1 ¼ cup garbanzo flour
- ___ 1 ½ brown rice
- ___ ¼ cup brown sugar
- ___ ½ cup pecans
- ___ ½ cup black olives
- ___ ½ cup oatmeal
- ___ 1 tsp Yakima Applewood smoked salt

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 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



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First Alternative
NATURAL FOODS CO-OP



Recipes

Red Beans

1 ½ cups beans
1 tsp oil
1 large onion, diced
3 cloves garlic, minced
1 tsp. Yakima applewood smoked alt
1 tsp. red pepper flakes
1 tsp. dried ground cumin
2 tsp. dried oregano

Clean and rinse beans. Place in a pot with 2 quarts water. Bring to a boil, then reduce heat to low and simmer until beans are tender, about 2 hours. Drain excess water.

Heat oil in a large saucepan cook onion 5 minutes. Add garlic, salt, red pepper flakes, cumin and oregano and cook 1 minute. Add beans and stir until well mixed.

Gluten Free Cheddar Corn Bread

1 cup cornmeal
1 cup garbanzo bean flour
¼ cup brown sugar
1 Tbsp. baking powder
½ tsp. salt
1 cup milk
2 eggs
¼ cup vegetable oil
1 cup grated cheddar

Grease an 8x8 pan. Heat oven to 425°. In a large bowl, mix together the cornmeal, flour, sugar, baking powder and salt. In a small bowl, mix together milk, eggs and oil. Pour the wet mixture into the dry and stir until just combined. Top with grated cheddar. Bake 20 minutes.

Homestyle Veggieburgers

1 cup brown rice, cooked
½ cup oatmeal
6 mushrooms, diced
½ onion, diced
2 tsp butter
½ tsp salt
½ tsp garlic granules
½ cup grated mozzarella
½ cup grated cheddar
1 Tbsp garbanzo bean flour
1 Tbsp cornstarch
black pepper

Optional: Seasoning salt, celery
Soak oatmeal in warm water until soft. Sauté mushrooms and onion in butter until onion is translucent. Drain oatmeal and combine all ingredients in a food processor. Pulse until mixed well but not pureed.

Shape the mixture into 6 patties. Cook in an oiled skillet until brown on each side and serve wrapped in lettuce leaves with your favorite condiments. Leftover patties can be frozen and put on the grill at your next Barbeque!

Classic Potato Salad

4 large red potatoes
½ cup mayonnaise
2 Tbsp prepared mustard
½ tsp salt
2 dill pickles, diced
½ cup black olives, diced
2 eggs, hard boiled & diced
¼ onion, diced

2 stalks celery, diced
Boil potatoes until cooked through. Whisk together mayonnaise, mustard and salt in a large bowl. Drain potatoes and chop into bite sized pieces and add to bowl, stirring to coat with dressing while they are still warm. Add remaining ingredients and stir. Adjust flavors to taste.

All-Purpose Frittata

2 Tbsp. olive oil
¼ onion, diced
2 cloves garlic, minced
2 zucchini, diced
1 large red potato, cooked & diced
1 tsp. dry oregano
4 eggs, beaten
1 cup grated cheddar
salt and pepper to taste
Heat oil in a 10" oven proof skillet. Cook onions 1 minute. Add squash and cook until just tender. Add potato & garlic. In a medium bowl combine remaining ingredients. Spread potatoes and zucchini evenly in skillet and pour egg mixture over top. Cook until bottom is golden but top is still "wet", about 6 minutes. Turn oven to broil and cook until brown and bubbly.

Chicken & Rice Salad

2 cups rice, cooked
¼ cup olive oil
3 Tbsp. balsamic vinegar
1 clove garlic, pressed
1 Tbsp. tamari
½ cup pecans, toasted
1 cup cooked chicken
1 cup cooked green beans
¼ cup cranberries
Combine vinegar, soy sauce and crushed garlic in a small bowl. Whisk in olive oil a little at a time to form a dressing. Mix rice, green beans, chicken, pecans and cranberries. Add dressing a little at a time.

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