

First Alternative Co-op

BUDGET BITES

Vol. 4, Issue #6
June 2013

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



Menu:

Spaghetti & Meatballs with Fennel

Margarita Panini

Egg Flower Soup

Meatball Sandwiches

Honey & Spice Tofu

Lemon Feta Beet Salad

BUDGET BITES VOL. 4 #6

| Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday |
|---|--|---|---|--|--|
| Spaghetti and meatballs Green salad | Margarita Panini Tomato soup | Early Summer Egg Flower Soup Green Salad | Meatball Sandwiches Steamed Broccoli | Honey & Spice Tofu Egg Flower soup | Lemon Feta Beet Salad Rice cakes |
| In the fridge for later: cooked pasta ½ recipe meatballs lettuce | In the fridge for later: 2 Michette rolls basil mozzarella Tip: Keep basil happy by storing it in your fridge in a sturdy jar with a bit of water, covered with a plastic bag. | In the fridge for later: 2 cups egg flower soup lettuce | In the fridge for later: ½ head broccoli Tip: Divide meatballs and sauce onto two slices of bread, top with sliced mozzarella and toast in oven. Top with shredded lettuce and basil. | In the fridge for later: 1 cup cooked rice ½ lemon basil Tip: To make the beet salad come together quicker tomorrow, cook beets tonight. | Tip: using the beet greens saves on waste and makes an excellent bed for boiled beets, walnuts, and feta. The dressing recipe can be doubled and kept in the fridge for future salads. |

We shopped this list at the Co-op on May 2, 2013. We chose organic (marked OG) and local (marked 6) and picked what we'd use at home. We also assumed you had a few things in the pantry, which were not included in the shopping total. Our total: \$49.05

IN THE PANTRY:

salad dressing tamari
bread crumbs honey
garlic olive oil
oregano vinegar
butter toasted sesame
broth powder oil

DAIRY & CHEESE:

___ 3 eggs 6
___ ½ cup shredded Parmesan
___ ¼ lb. mozzarella
___ ½ cup bulk feta

MEAT/ISH

___ 1 pkg Gimme Lean Hamburger style protein

GROCERY:

___ 1 pkg Big River Michette Rolls
___ 1 can pizza/pasta sauce
___ 1 can tomato soup

BULK:

___ 6-8 green olives
___ 12 oz. dried linguine pasta
___ 1 cup brown rice
___ 1 block tofu OG 6

___ 1 tsp Chinese five spice
___ ½ cup walnuts

PRODUCE, 100% OG

___ 1 onion
___ 3 carrots
___ 1 fennel bulb 6
___ ¼ lb. snow peas 6
___ 2 tomatoes
___ 1 bunch basil 6
___ 1 head broccoli
___ 1 lemon
___ 1 head lettuce 6
___ 1 bunch beets 6

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!

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



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

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Recipes

Spaghetti & Meatballs with Fennel

12 oz. dried linguine
1 pkg. Gimme Lean burger
1 egg
½ cup bread crumbs (1 slice bread, toasted and crumbed)
1 tsp oregano
1 Tbsp onion, minced
1 carrot, grated
1 Tbsp oil
1 can pizza/pasta sauce
½ bulb fennel, sliced
6-8 green olives, sliced

Prepare pasta to taste, reserving just under half for Egg Flower Soup. Mix Gimme Lean, egg, breadcrumbs, oregano, onion and carrot. Shape into ¾-inch balls and brown in oil, rotating to cook evenly. Add sliced fennel and cook until tender. Add sauce, cook until heated through. Reserve 1/3 for sandwiches. Serve over noodles with green olives.

Margarita Panini

2 michette rolls
2 Tbsp olive oil
1 clove garlic
2 tomatoes, sliced
handful of basil leaves
sliced mozzarella

Layer each roll with basil, mozzarella, and tomato slices. Press the garlic into the oil and brush the outside of each roll with it. Grill until brown on each side and serve with tomato soup.

Egg Flower Soup

2 carrots, sliced on the diagonal
½ onion, chopped
1 Tbsp butter
2 cloves garlic, minced
6 cups hot water
1 Tbsp broth powder
½ fennel bulb
4 oz. linguine, cooked
1 egg, beaten
1 tsp tamari

Saute' carrots, fennel and onion in butter until lightly browned. Add garlic, hot water, broth powder, and pasta. Bring to a simmer. Add beaten egg and tamari and stir gently. Remove from heat and serve.

Honey & Spice Tofu

1 cup uncooked brown rice
1 block tofu, cubed
3 cloves garlic, minced
1 Tbsp oil
2 Tbsp honey
1 Tbsp toasted sesame oil
juice of ½ lemon
2 Tbsp tamari
1 ½ tsp five spice powder
¼ lb. cup snow peas
1 cup steamed broccoli
Chopped basil for garnish

Prepare rice, reserving 1 cup for the Golden Bird's Nest. Cube tofu and pat dry. Cook in oil with garlic until brown, about 10 minutes. Mix honey, sesame oil, lemon juice, tamari and five spice and warm gently in a small saucepan. Set aside.

When tofu and garlic are golden

brown, add snow peas and broccoli and cook over high heat until slightly blistered. Spoon over rice and drizzle with sauce. Sprinkle with basil and serve.

Lemon Feta Beet Salad

1 bunch beets with greens
1 tsp vinegar
½ cup walnuts, chopped
½ cup feta, crumbled
2 Tbsp olive oil
juice of ½ lemon
1 Tbsp honey
1 clove garlic, pressed
¼ cup chopped basil
Salt & pepper to taste

Cut greens off beets and set aside for salad. Boil beets until tender (about 20-30 minutes depending on size). Drain and remove skins. Slice into wedges and sprinkle with vinegar and salt & pepper. Refrigerate until cool. For salad, whisk together oil, lemon juice, honey, garlic, basil and salt & pepper and toss with beet greens. Transfer to plates and top with beets, walnuts and feta.

Golden Bird's Nest

1 cup cooked brown rice
1 egg
1 clove garlic
½ cup shredded Parmesan
½ Tbsp oil
Heat oil in seasoned skillet.

Mix rice, egg, garlic and Parmesan. Scoop 4 even patties of the rice mixture into the skillet and cook until golden on both sides.