

NEW!

BUDGET BITES

Issue #3:

March 2010

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



Menu:

Saturday: French Toast

Sunday: Bombay Turnovers

Monday: Pasta & Naughty Sauce

Tuesday: BLTs and Carrot Salad

Wednesday: Kale Sauté

Thursday: Grilled Cheese & Soup

BUDGET BITES #3

March 2010

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> ★ French Toast with warm syrup ★ 4 slices bacon ★ Grapefruit 	<ul style="list-style-type: none"> ★ Bombay Turnovers ★ Carrot Raisin Salad 	<ul style="list-style-type: none"> ★ Pasta & Naughty Cheese Sauce ★ Green Salad 	<ul style="list-style-type: none"> ★ BLT sandwiches ★ Carrot Raisin Salad 	<ul style="list-style-type: none"> ★ Kale Sauté ★ Bombay Turnovers 	<ul style="list-style-type: none"> ★ Grilled Cheese sandwiches ★ Soup
<p><i>In the fridge for future meals:</i> Bacon Bread</p> <p>Tip: Cook bacon all at once in the oven (15-25 minutes at 350° on a rack over a cookie sheet. No need to turn.) Refrigerate leftovers.</p>	<p><i>In the fridge for future meals:</i> Carrot Raisin Salad 2 Bombay Turnovers</p>	<p><i>In the fridge for future meals:</i> Grated Cheese Lettuce</p> <p>Tip: Grate all the cheese at once and save for grilled cheese sandwiches.</p>	<p><i>In the fridge for future meals:</i> Bread Tomatoes</p> <p>Tip: Spread mayo on toasted bread, layer with 3 strips crisp bacon, sliced tomato and lettuce.</p>	<p>Tip: Use a toaster oven to reheat the Bombay Turnovers for a fresh-baked taste!</p>	<p>Tip: For an extra flavor kick, sprinkle garlic granules on the outside of your grilled cheese before grilling.</p>

SHOPPING LIST

Our shopping & recipes are scaled for two adults. Increase or decrease as needed to allow for your household. We shopped this list at the Co-op on February 15, 2010. We picked what we'd use at home - the best value rather than the absolute cheapest. We assumed you had a few things in the pantry, which were not included in the shopping total. Our total: \$46.50.

IN THE PANTRY:

mayonnaise	oil
salt	sugar
pepper	milk
salad dressing	baking powder
ground cumin	rosemary
mustard powder	garlic granules
vanilla extract	

PRODUCE: 100% Organic!

- ___ 2 tomatoes
- ___ 1 onion
- ___ 1 grapefruit
- ___ 4 large carrots
- ___ 2 limes
- ___ 1 small head lettuce
- ___ 1 green bell pepper
- ___ 1 bunch green curly kale

DAIRY & CHEESE:

- ___ 2 eggs
- ___ 1 lb. butter
- ___ 8 oz. Nancy's cream cheese
- ___ 8 oz. sharp cheddar

MEAT:

- ___ 12 oz. bacon

GROCERY:

- ___ 1 pkg Tasty Bite Bombay Potatoes
- ___ 1 can Health Valley soup
- ___ 1 loaf whole wheat bread
- ___ 1 can Eden OG cannellini beans

BULK:

- ___ Pasta (choice of shape)
- ___ 1/3 cup raisins
- ___ 1 cup brown sugar
- ___ 1 Tbsp. honey
- ___ 4 cloves
- ___ 1 piece crystallized ginger
- ___ 1 tsp. cinnamon
- ___ 2 1/4 cups flour

Introducing...

BUDGET BITES

At the Co-op, 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.

Many of the recipes will even yield enough for a tasty lunch the next day!



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First Alternative
NATURAL FOODS CO-OP



The Recipes



French Toast

Who doesn't love breakfast for dinner?

2 eggs
½ cup milk
1 tsp. vanilla
1 Tbsp. sugar
6 slices bread
1 Tbsp. butter

Mix eggs, milk, vanilla & sugar in a large, flat dish. Heat a non-stick or well-seasoned cast-iron skillet & add a trace of butter. Dip both sides of bread into egg mixture. Add bread to skillet & cook until brown. Turn and cook second side until lightly browned. Serve with butter and cinnamon syrup.

Cinnamon Syrup

1 cup brown sugar
1/3 cup water
1 Tbsp. honey
4 cloves
1 piece crystallized ginger
1 tsp. cinnamon

Mix everything together. Cook gently over medium heat 5-10 minutes. Strain and serve.

Bombay Turnovers

Dough:

6 Tbsp. cold butter
2 ¼ cups all-purpose flour
2 tsp. baking powder
½ tsp. salt
¼ tsp. ground cumin
¼ tsp. dry mustard powder
1 cup milk

Filling:

1/2 cup cream cheese, softened
½ onion, minced
½ bell pepper, minced
1 package Tasty Bite Bombay Potatoes, prepared according to package

Cut the flour, baking powder and spices into the butter until it has the texture of cornmeal. Add milk and stir. Turn out onto a floured cloth and divide into 6 parts. Roll out each part into a 6-8" circle. Sauté onion & peppers in oil; remove from heat; stir in cream cheese. Prepare potatoes, drain excess sauce and reserve. Stir potatoes into cream cheese mixture. If mixture is stiff, add reserved sauce. Put 1/6th of the filling on each dough circle. Fold dough over top and use a little water as needed to seal them firmly. Crimp edges with a fork. Put each turnover on a non-stick cookie sheet. Bake at 350° for 20 minutes or until golden brown. Remove from oven and let stand 5 minutes before serving.

Carrot Raisin Salad

4 large carrots
1/3 cup raisins
2 Tbsp. lime juice
2 Tbsp. olive oil
¼ tsp. salt

Pour 1 ½ cups boiling water over raisins and let stand 10 minutes. Meanwhile, wash, scrape and grate

carrots. Stir together lime juice, oil and salt. Drain raisins and add carrots and raisins to dressing.

Naughty Cheese Sauce

2/3 cup milk
1 tsp. butter
¼ cup cream cheese
¼ cup chopped bell pepper
6 Tbsp. shredded cheddar
Cooked pasta

Sauté bell pepper in a non-stick or enamel pan in a bit of butter until tender. Add cream cheese and milk; let cheese melt over low heat, stirring occasionally until bubbling. Turn off heat and add cheddar without stirring. Let stand two minutes; stir. Cook pasta al dente. Pour cheese sauce over and serve.

Kale Sauté

1 medium onion
1 Tbsp. oil
3 1/2 cups chopped kale (5 oz)
1/4 cup water
1 cup cannellini beans, drained
1/2 cup chopped tomato
1/2 tsp dried rosemary
1/8 tsp. salt

Slice onion and sauté 5 minutes. Add kale and water, cover and simmer 15 minutes or until kale is tender. Stir in remaining ingredients. Cook uncovered over medium heat until heated through.

For additional tips see the menu guide on the opposite side.