

First Alternative Co-op

BUDGET BITES

Vol. 2, Issue #5:
May 2011

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



Menu:

Saturday: Tuna Melts & Asparagus Tips

Sunday: Ol' Bayou Swamp Soup

Monday: Stolen Salad

Tuesday: Tacos Sabroso

Wednesday: PBR Toasties

Thursday: Cheesy Corn Tostadas

BUDGET BITES VOL. 2 #5

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> ✪ Tuna Melts ✪ Asparagus tips 	<ul style="list-style-type: none"> ✪ Ol' Bayou Swamp Soup 	<ul style="list-style-type: none"> ✪ Stolen Salad ✪ Toasted buns 	<ul style="list-style-type: none"> ✪ Tacos Sabroso ✪ Corn salad 	<ul style="list-style-type: none"> ✪ PBR Toasties ✪ Chips ✪ Carrot Sticks 	<ul style="list-style-type: none"> ✪ Cheesy Corn Tostadas
<p><i>In the fridge for future meals:</i> Asparagus stems Muffins</p> <p>Tip: Clean snap your asparagus, then place in a skillet with a splash of water and garlic. Cook until tender and serve with a touch of butter.</p>	<p>Tip: Start soaking the wheat berries in the morning to speed up cooking time.</p>	<p><i>In the fridge for future meals:</i> Muffins Bacon Provolone Lettuce</p> <p>The idea for this salad was "stolen" from Adam's Sustainable Table in Eugene.</p>	<p><i>In the fridge for future meals:</i> Tortillas Corn Salad</p>	<p>Tip: PBR stands for Provolone, Bacon and Roasted Red Pepper; YUM!</p>	

SHOPPING & RECIPES

We shopped this list at the Co-op on April 11. 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: \$48.80

IN THE PANTRY:

Mayo	Dried thyme
Salt & pepper	Chili flakes
Garlic	Hazelnuts
Dried dill	Sugar
Veggie broth powder	Salad dressing
	Cumin
Dried oregano	Chili powder
Dried basil	

PRODUCE:

- ___ 1 bunch asparagus
- ___ 1 onion
- ___ 2 cups loose spinach
- ___ 1 romaine lettuce
- ___ 1 bunch cilantro
- ___ 1 green bell pepper
- ___ 1 bunch green onions
- ___ 1 lime
- ___ 1 avocado
- ___ 2 carrots

DAIRY & CHEESE:

- ___ 8 oz. cheddar
- ___ ¼ cup shredded parmesan
- ___ 1 pkg. sliced provolone
- ___ 1 egg

GROCERY:

- ___ 1 can tuna
- ___ 1 pkg. spelt muffins
- ___ 1 bag chips
- ___ 1 pkg. corn tortillas
- ___ 1 can black beans

BULK:

- ___ 1 cup wheat berries
- ___ ¼ cup taco seasoning
- ___ 1 cup frozen corn
- ___ 1 roasted red pepper
- ___ ½ cup salsa
- ___ ½ cup sliced olives

MEAT:

- ___ 1 lb. hamburger
- ___ 1 pkg. turkey bacon

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

Tuna Melt

- 1 can good quality tuna
- ¼ cup mayonnaise
- ½ tsp. dried dill
- 1 green onion, finely minced
- ½ cup grated cheddar cheese
- 2 buns

Drain tuna and flake with fork. Mix with mayo, dill and onion. Lightly toast split muffins. Place on a cookie sheet and top each half with ¼ of tuna mixture. Top with ¼ of grated cheese. Broil until cheese melts. Optional: nestle a few slices of pickle under the tuna for a tangy twist.

Ol' Bayou Swamp Soup

Meatballs

- ½ lb hamburger
- 1 egg
- ¼ cup parmesan cheese
- 3 cloves garlic, crushed
- 1 tsp each oregano and basil
- ½ tsp each pepper, salt and chili flakes

For soup:

- 1 cup wheat berries, soaked
- ½ onion, chopped
- 1 tsp thyme
- 5 cups veggie broth
- 3 cloves garlic, minced
- 2 cups dry white wine (optional)
- 2 cups fresh spinach, chopped
- salt and pepper to taste

In a large pot sauté onion and thyme in olive oil. Add broth, wine, garlic and wheat berries and simmer. Meanwhile, mix meatball ingredients and form 1" balls. Brown in skillet until cooked through. Add meatballs to broth and continue cooking until

wheat berries are tender. Stir in spinach and add salt and pepper to taste.

Stolen Salad

- ½ head romaine lettuce
- asparagus stems, steamed
- 4 slices provolone
- ½ pkg. bacon
- ¼ cup nuts
- 1 Tbsp. sugar
- dressing to taste

Arrange provolone and bacon on a cookie sheet and bake at 400° until the cheese turns brown and becomes crispy. If the cheese finishes first, remove it from the pan and continue cooking bacon. Remove from oven and chop. Wash and dry lettuce. Chop into piece about the size of a postage stamp. Slice asparagus stems into coins. Toss walnuts with sugar in a non-stick skillet and cook carefully, stirring frequently, until sugar caramelizes. Toss everything with dressing and serve.

Tacos Sabroso with Corn Salad

- ½ lb. hamburger
- ½ onion, diced
- ¼ cup taco seasoning
- 1 tsp salt
- shredded lettuce
- ¼ cup grated cheddar
- Tortillas
- Sauté beef with onion, taco seasoning and salt. Prepare remaining ingredients. When taco meat is done, assemble tacos and enjoy!

Corn Salad

- 1 cup frozen corn, thawed
- 1 bell pepper, diced
- 1 can Truitt Bros. black beans

- 4 green onions, chopped
- ¼ cup chopped fresh cilantro
- 2 tbsp lime juice
- 1 tsp cumin
- 1 tsp chili powder
- salt to taste
- Mix all ingredients together and enjoy!

PBR Toasty

- ½ pkg. bacon
- 2 roasted red peppers, chopped
- 4 slices provolone
- 2 spelt muffins
- lettuce

Cook bacon until crispy. Meanwhile, spread minced red peppers on each side of the spelt muffin. Top with cheese and bake in toaster oven until cheese is bubbly. Top with bacon and a slice of lettuce, and serve with chips and carrot sticks.

Cheesy Corn Tostadas

- 4 corn tortillas
- 4 slices provolone
- corn salad
- shredded lettuce
- 1 avocado, sliced
- ½ cup grated cheddar
- 1 carrot, grated
- ½ cup cilantro, rinsed and chopped
- ½ cup salsa
- ½ cup olives
- Arrange tortillas on a baking pan and top with corn salad and a slice of provolone. Bake 15 min. at 300°, then broil until cheese is browned. Remove from oven and transfer to plates. Top with remaining ingredients.

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