

First Alternative Co-op

# BUDGET BITES

Vol. 3, Issue #11:  
November 2012

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



## Menu:

Saturday: Chicken Pot Pie

Sunday: Mushroom Millet Soup

Monday: Chicken Pesto Pasta

Tuesday: Bethany's Polenta Casserole

Wednesday: Thai Peanut Salad

Thursday: Pesto Polenta Bake

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Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Chicken Pot Pie	Mushroom Millet Soup Baguette	Chicken Pesto Pasta Green Salad	Bethany's Polenta Casserole	Thai Peanut Salad Garlic Bread	Pesto Polenta Bake Green Salad
In the fridge for future meals: 1 chicken breast	In fridge for future meals: 1 cup cooked millet ½ Bread Stop Baguette Cheddar Tip: Slice half the baguette lengthwise. Top with minced garlic and cheddar. Toast in oven until golden.	In the fridge for future meals: ½ cup pesto green salad cheese Tip: Any combination of shredded cheese from your fridge will be great on this dish.	In the fridge for future meals: ½ pkg. polenta cabbage Tip: You can make this gluten free with Sans Gluten Si Vous Plait flour mix in bulk!	Tip: Add extra zip to this recipe with fresh cilantro and green onions.	Tip: Any green will work in this recipe; try kale, collards or chard for different results!

## SHOPPING & RECIPES

We shopped this list at the Co-op on October 18, 2012. 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: \$48.12

## IN THE PANTRY:

cumin  
butter  
garlic  
milk  
rosemary  
baking soda  
salt  
pepper  
veggie broth powder  
tamari  
red pepper flakes  
sesame oil  
brown sugar

## GROCERY:

\_\_\_ 1 can green chilis  
\_\_\_ 1 pkg. polenta  
\_\_\_ 1 pkg. Tofurky garlic seasoned tempeh (6)  
\_\_\_ Bread Stop Seeded Baguette (6)

## BULK:

\_\_\_ 2 ¼ cups flour (6) OG  
\_\_\_ 2 cups millet (6) OG  
\_\_\_ 1 cup frozen corn (6)  
\_\_\_ 1 ½ cup frozen peas (6)  
\_\_\_ 1 cup pesto  
\_\_\_ 1 roasted red pepper  
\_\_\_ ½ cup roasted peanuts OG  
\_\_\_ ½ cup sliced black olives  
\_\_\_ 8 oz. pasta OG

## MEAT

\_\_\_ 2 chicken breasts

## PRODUCE, 100% OG:

\_\_\_ 3 small zucchini  
\_\_\_ ½ lb mushrooms  
\_\_\_ 3 carrots (6)  
\_\_\_ 1 stalk celery (6)  
\_\_\_ 2 onions (6)  
\_\_\_ 1 bunch spinach (6)  
\_\_\_ 1 head lettuce  
\_\_\_ 1 russet potato  
\_\_\_ 1 lime  
\_\_\_ ½ head cabbage (6)

## DAIRY & CHEESE:

\_\_\_ 1 egg (6)  
\_\_\_ ½ lb. sharp cheddar  
\_\_\_ ½ lb. jack cheese  
\_\_\_ ½ lb. mozzarella cheese

# 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](http://firstalt.coop)



Budget Bites archives are available at Customer Service & online at [www.firstalt.coop](http://www.firstalt.coop)

**SOUTH CORVALLIS**  
1007 SE 3rd  
541.753.3115

**NORTH CORVALLIS**  
2855 NW Grant  
541.452.3115  
[www.firstalt.coop](http://www.firstalt.coop)



## Recipes

### Chicken Pot Pie

1 ½ cups flour  
½ tsp salt  
¼ cup butter  
2-3 Tbsp water  
Filling:  
2 chicken breasts  
oil for sautéing  
1 russet potato, cubed  
1 carrot, diced  
1 onion, diced  
2 Tbsp flour  
1 tsp veggie broth powder  
½ cup frozen peas

Combine butter, flour and salt in a food processor and process to a corn meal consistency. Add water by tablespoon and process until dough forms.

Boil the chicken in 1 ½ cups water until cooked through. Remove chicken, reserving broth. Put one breast aside for Chicken Pesto Pasta. Dice chicken and sauté in a dutch oven. Add potatoes, carrots and onion and cook 5 minutes. Sprinkle with flour and veggie broth powder and cook 2 minutes.

Pour the reserved broth over the mixture and cook until thick and bubbly. Add peas and heat until warm. Roll out dough and place on top of chicken mixture. Bake at 350° for 30 minutes or until brown.

### Mushroom Millet Soup

2 cups millet  
2 ½ cups water  
2 Tbsp butter  
½ lb. mushrooms  
1 carrot, sliced  
1 stalk celery, sliced  
½ onion, chopped

1 clove garlic  
1 Tbsp rosemary  
4 cups veggie broth

Combine 2 cups millet with 4 cups boiling water. Cover and cook 20 minutes. Remove from heat and set 1 ½ cups aside.

Sauté mushrooms, onion, garlic, celery, rosemary and carrots in butter until onions are translucent. Add broth and simmer 10 minutes. Stir in millet and serve with bread.

### Chicken Pesto Pasta

8 oz. pasta  
1 chicken breast, cooked  
1 Tbsp oil  
1 cup peas  
½ cup pesto  
½ cup shredded cheese  
½ cup olives, sliced

Prepare pasta. Meanwhile, brown chicken breast in oil. Remove from heat and slice. Return to pan with peas, olives and pasta. Stir in pesto and top with shredded cheese.

### Bethany's Zucchini Polenta Casserole

Like hamburger helper with a twist!  
2 Tbsp butter  
½ onion, diced  
2 cloves garlic, minced  
1 can green chilis, drained & diced  
½ cup flour  
½ tsp baking soda  
¼ tsp salt  
1 egg, beaten  
1 cup milk  
3 small zucchini, cut to ½-inch squares  
1 cup frozen corn, thawed  
½ pkg. polenta  
1 tsp cumin  
½ cup sharp cheddar, grated  
1 cup cabbage, shredded

In a cast-iron skillet, melt butter on

medium. Add onions, cook 1 minute. Crumble polenta into the skillet and add cumin. Cook until onion is translucent. Stir in chilis and garlic and cook until dry crumbles form.

Meanwhile, boil zucchini until bright green, strain. Sprinkle corn over polenta, then add zucchini and cheddar in layers.

Stir together the flour, baking soda, salt, egg and milk. Pour mix over the cheddar (it doesn't float). Bake 20-25 minutes at 400°. Serve with cabbage.

### Thai Peanut Salad

1 cup cooked millet  
1 pkg. tempeh strips  
4 cups cabbage, shredded  
1 carrot, shredded  
½ cup peanuts  
Juice of 1 lime  
2 Tbsp tamari  
1 tsp red pepper flakes  
4 Tbsp sesame oil, divided  
2 Tbsp brown sugar

Brown tempeh in skillet with 2 Tbsp sesame oil. Whisk together lime juice, red pepper flakes, tamari, 2 Tbsp sesame oil, and brown sugar.

Toss cabbage, carrots, millet, peanuts and dressing. Top with tempeh and serve.

### Pesto Polenta Bake

½ pkg. polenta, sliced into medallions  
1 bunch spinach, blanched  
1 roasted red pepper, chopped  
½ cup pesto  
2 cups mozzarella

Spread a thin layer of pesto on the bottom of a pie dish. Arrange sliced polenta across bottom, top with spinach and roasted red pepper. Pour pesto over the top and sprinkle cheese on last. Bake at 350° for 25 minutes.