

First Alternative Co-op



Vol. 2, Issue #10:
October 2011



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

Menu:

Saturday: Bombay Turnovers

Sunday: Fall Canapé

Monday: Garlic Ginger Tofu

Tuesday: Autumn Ravioli

Wednesday: Vietnamese Noodle Soup

Thursday: Rush Hour Rellenos

BUDGET BITES VOL. 2 #10

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> 🍷 Bombay Turnovers 🍷 Carrot Raisin Salad 	<ul style="list-style-type: none"> 🍷 Fall Canapé 🍷 Green Salad 	<ul style="list-style-type: none"> 🍷 Garlic-Ginger Tofu 	<ul style="list-style-type: none"> 🍷 Autumn Ravioli 🍷 Green Salad 🍷 Toast 	<ul style="list-style-type: none"> 🍷 Vietnamese Noodle Soup 	<ul style="list-style-type: none"> 🍷 Rush Hour Rellenos 🍷 Toast
In the fridge for future meals: cream cheese	In the fridge for future meals Bread Romano Green salad Cream cheese Tip: Apples work just as well as pears in these sandwiches.	In the fridge for future meals: rice noodles Tip: Freeze the tofu in advance and thaw it for a chewy, spongy texture.	In the fridge for future: Romano Cook pasta. Sauté garlic, hazelnuts and cranberries in oil until hazelnuts are toasted. Toss with ravioli and romano and serve.	Tip: To get the thinnest slices of steak, freeze it and slice it while frozen. Thaw and add to soup.	Tip: Top with your favorite garnishes: avocado, sour cream, hot sauce, olives...

SHOPPING & RECIPES

We shopped this list at the Co-op on September 13, 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: \$48.32

IN THE PANTRY:

- butter
- baking powder
- milk
- olive oil
- coconut oil
- tamari
- salad dressing
- rice vinegar
- honey
- dijon mustard
- salt and pepper
- cumin
- mustard powder
- cinnamon stick
- cloves
- black peppercorns
- garlic
- curry powder
- star anise
- ginger

PRODUCE:

- ___ 2 sweet onions ⑥
- ___ 1 bell pepper ⑥
- ___ 1 bunch carrots
- ___ 1 head broccoli ⑥
- ___ 1 bartlett pear ⑥
- ___ 1 bunch cilantro
- ___ 1 bunch basil
- ___ 1 cup bean sprouts
- ___ 2 lg. poblano peppers ⑥
- ___ 1 lime
- ___ 1 bunch green onion
- ___ 1 head lettuce

BULK:

- ___ 1 block tofu ⑥
- ___ ½ cup hazelnuts ⑥
- ___ ¼ cup dried cranberries
- ___ 2 ¼ cups flour
- ___ ¼ cup raisins

DAIRY & CHEESE:

- ___ 3 eggs ⑥
- ___ 8 oz. cream cheese ⑥
- ___ 1 cup Romano, finely grated

GROCERY:

- ___ 1 pkg. brown rice maifun
- ___ 1 pkg. Rising Moon ravioli
- ___ 1 loaf challah ⑥
- ___ 1 Tasty Bite Bombay potatoes
- ___ 32 oz. Better Than Boullion beef broth

MEAT:

- ___ ½ lb. sirloin tip ⑥



Indicates product from the 6 local counties!

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



SOUTH CORVALLIS
1007 SE 3rd
541.753.3115

NORTH CORVALLIS
2855 NW Grant
541.452.3115

www.firstalt.coop



Recipes

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:

- ½ cup cream cheese, softened
- ½ onion, minced
- ½ bell pepper, minced
- 1 package Tasty Bite Bombay Potatoes

Cut the flour, baking powder and spices into the butter until it has the texture of cornmeal. Add milk and stir. Divide into 6 parts. On a floured surface, 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 to seal 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 cool 5 minutes before serving.

Carrot Raisin Salad

- 2 large carrots, washed and grated
- ¼ cup raisins, soaked in boiling water
- 2 Tbsp. lime juice
- 2 Tbsp. olive oil
- ¼ tsp. salt

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

Garlic Ginger Tofu

- ½ pkg. brown rice maifun
- ½ block extra-firm tofu, 1" cubes
- 1 tbsp coconut oil
- ½ onion, bite-sized pieces
- 1 carrot, sliced
- 1 broccoli, bite sized pieces
- 1 Tbsp. fresh ginger, grated
- 3 cloves garlic, pressed
- 4 Tbsp. tamari, divided
- 2 Tbsp. rice vinegar
- 1 Tbsp honey
- 1 tsp curry powder
- ¼ bunch cilantro, chopped
- ¼ bunch basil, chopped

Prepare rice noodles according to directions. Sprinkle 1 Tbsp. tamari over tofu and set aside. Chop veggies into bite-sized pieces. Combine ginger, garlic, vinegar, 3 Tbsp. tamari, honey and curry powder. Sauté tofu in oil until brown. Add onion and cook over high heat for 1 minute. Add broccoli and carrot, and cook until tender. Top with ginger curry sauce and serve over rice noodles garnished with basil and cilantro.

Vietnamese Noodle Soup

- 1 Tbsp. olive oil
- ½ medium onion, diced
- 2 Tbsp ginger, sliced
- 4 star anise pods
- 1 cinnamon stick
- 2 whole cloves
- 1 tsp black peppercorns
- 2 cloves garlic, sliced
- ½ bell pepper, chopped
- 4 cups Better than Boullion beef broth
- tamari to taste
- ½ lb sirloin steak, thinly sliced
- ½ pkg. brown rice maifun
- 1 cup bean sprouts
- Garnish: green onion, cilantro & basil

Prepare noodles according to direction and divide between two bowls.

Cook onion and spices in olive oil 2-3 minutes. Add garlic and pepper and cook 1 minute more. Cover with broth and boil for 15 minutes. Strain out solids and bring back to boiling.

Add meat strips to broth and cook 1 minute. Ladle soup over noodles, add bean sprouts and herbs, and serve. Garnish with lime and pickled chili if desired.

Fall Canapé

- 1 pear, finely chopped
- ½ onion, finely chopped
- 1 Tbsp. olive oil
- ½ loaf challah, cut into 6 slices
- ¼ cup cream cheese
- ½ cup finely grated romano
- 1 tsp. dijon mustard

Cook pear & onion in oil until tender. Lightly toast the challah. Mix pear & onions with cheeses and mustard. Spread on toasted bread. Run under broiler until cheese is nicely browned.

Rush Hour Rellenos

- 2 poblano peppers
- ¼ cup cream cheese
- ½ block tofu, mashed
- 2 tsp ea gr onion & cilantro, minced
- 3 eggs
- ¼ cup milk
- 1 clove garlic, pressed
- ¼ cup romano cheese, grated

Place peppers on a pan in the toaster oven and toast at 450° until skins have bubbled and browned.

Remove from oven and cool slightly. Cut lengthwise and remove seeds. Mix tofu, cream cheese, green onion and cilantro. Fill each pepper with the mix. Place peppers in an oiled pan. Beat eggs, milk, garlic and romano cheese and pour over peppers. Cover and cook over low heat until eggs are firm. Garnish & serve with toast.