

First Alternative Co-op

BUDGET BITES

Vol. 3, Issue #9:
September 2012

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



Menu:

Saturday: Pizza Margharita

Sunday: Cajun Beans & Rice

Monday: Pesto Calzones

Tuesday: Grilled Stuffed Peppers

Wednesday: Pasta Puttanecsa

Thursday: Veggie Kebabs

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Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Margharita Pizza Green Salad	Cajun beans & rice Zucchini Sauté	Pesto Calzones Green Salad	Grilled Stuffed Peppers Corn on the Cob	Pasta Puttanecsa Green beans	Veggie Kebabs Quinoa
In the fridge for future meals: ½ recipe dough mozzarella basil green salad Tip: Whole wheat flour will add extra nutrition; white flour yields a chewier crust (or try a mix!).	In the fridge for future meals: ½ recipe Cajun Beans & Rice Cherry Tomatoes Zucchini Tip: If you don't have a pressure cooker, soak the beans overnight and adjust cooking times.	In the fridge for future meals: Mushrooms Kalamata Olives Zucchini Tip: Calzones can be grilled outside for extra flavor!	In the fridge for future meals: Bell Pepper Tip: To grill corn on the cob, husk and clean the corn and rub with butter and your favorite spices. Wrap with foil and place over medium heat 8-10 minutes.	Tip: Trim ends off green beans, boil in water with 1 tsp baking soda (it preserves bright green color) until desired tenderness is reached.	Tip: To cook 1 cup quinoa, (KEEN-wah), first rinse then bring to boil with 2 cups water. Reduce heat and cover. Cook 20 minutes. Add chopped basil

SHOPPING & RECIPES

We shopped this list at the Co-op on August 18, 2012. We chose organic (marked "OG") and local (marked "L") 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: \$46.65.

IN THE PANTRY:

salad dressing	bay leaf
sugar	oregano
yeast	butter
salt	red pepper flakes
Italian herbs	dried or fresh
olive oil	thyme and sage
cumin	red wine vinegar
garlic	

PRODUCE:

- ___ 2 tomatoes (L)
- ___ 1 pint cherry tomatoes (L)
- ___ 1 head lettuce (L)
- ___ 1 bunch basil (L)
- ___ 2 onions
- ___ 1 jalapeño (L)
- ___ 4 small zucchini (L)
- ___ 12 mushrooms
- ___ 3 large bell peppers (L)
- ___ 2 ears corn (L)
- ___ ½ lb. green beans (L)
- ___ 1 lemon

DAIRY & CHEESE:

- ___ ½ lb. mozzarella
- ___ ½ cup parmesan, grated

GROCERY:

- ___ 1 can fire roasted diced tomatoes
- ___ 1 can diced tomatoes

MEAT/ISH:

- ___ 1 block Tempeh (L)

BULK:

- ___ 4 cups flour (L)
- ___ 1 cup black beans
- ___ 1 cup rice
- ___ 2 cups tortilla chips (L)
- ___ ½ cup pesto (L)
- ___ 8 oz. penne pasta
- ___ 1 ½ cups kalamata olives
- ___ 1 ½ Tbsp capers
- ___ 1 cup quinoa

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 2012!

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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First Alternative
NATURAL FOODS CO-OP



Recipes

Shea's Pizza Crust

1 Tbsp sugar
1 cup warm water (about 90-100°)
2 ½ tsp active yeast
4 cups flour, divided
1 tsp salt
¼ cup olive oil
1 tsp dried Italian Herbs

Add sugar to warm water and mix. Add yeast and allow to sit until yeast begins to bubble. Add 3½ cups flour, salt, herbs and olive oil. Knead for 5 minutes, adding flour as needed, transfer to an oiled bowl, cover and allow to rise for at least 30 minutes in a warm spot. Makes 2-3 pizzas.

Pizza Margharita

½ recipe Shea's Pizza Crust
olive oil
2 cloves garlic, minced
1 tsp dried Italian Herbs
2 tomatoes, sliced
1-2 cups mozzarella cheese, grated
1 cup basil, shredded

Preheat oven to 500°. If using a pizza stone, heat stone in oven while prepping pizza. Roll out the dough on a floured cutting board. Rub with olive oil and top with garlic, herbs, tomatoes and cheese. Transfer to pizza stone or a baking dish. Bake 15-20 minutes on the top shelf. Serve topped with shredded basil.

Cajun Beans & Rice

1 Tbsp olive oil
1 onion
1 cup black beans, cleaned & rinsed
2 tsp cumin
1 bay leaf

1 can fire roasted diced tomatoes
1 cup rice
1 jalapeño, diced
salt

Sauté onion in olive oil in your pressure cooker. Add black beans, bay leaf, cumin and 6 cups of water. Bring cooker up to pressure for 25 minutes and allow to cool. Add rice, tomatoes and jalapeño and bring to pressure again for 15 minutes. Allow to cool and add salt to taste. Serve in bowls with cheese & tortilla chips.

Zucchini Sauté

2 tsp olive oil
2 cloves garlic, minced
1 tsp oregano
2 small zucchini, sliced
½ pint cherry tomatoes, halved
salt to taste

Cook garlic in oil over high heat until slightly toasted. Add zucchini and oregano and stir until zucchini is tender. Add tomatoes and toss. Add salt to taste and serve immediately.

Pesto Calzones

½ recipe pizza crust, room temperature
½ cup pesto
8 mushrooms, sliced
½ onion, sliced
½ cup kalamata olives, diced
1 small zucchini, sliced
1 cup mozzarella, grated

Divide dough into two balls and roll out on a floured surface. Top each dough round with ½ fillings, brush the outside ring with water and fold to seal. Make a slice in the top and cook at 450° for 20 minutes or until golden brown.

Grilled stuffed peppers

½ Cajun bean recipe
2 large bell peppers
½ cup cheese, grated

Core peppers and fill with warmed beans & rice. Top with cheese and wrap in foil. Cook over medium heat on the grill until peppers are tender, about 20 minutes.

Pasta Puttanesca

8 oz. penné pasta
4 cloves garlic
olive oil
1 ½ Tbsp capers
1 cup kalamata olives
1 can diced tomatoes
½ tsp red pepper flakes
½ cup parmesan, grated

Cook the pasta al denté. Meanwhile, sauté garlic in olive oil until browned. Add anchovies, capers, olives, tomatoes and red pepper flakes and bring to a simmer. Add pasta and serve with parmesan.

Veggie Kebabs

1 lemon
2 Tbsp olive oil
1 tsp ea. dried thyme, oregano, and sage (if using fresh, use 1 Tbsp)
2 Tbsp red wine vinegar
1 tsp salt
1 clove garlic, pressed
1 zucchini
4 mushrooms
½ onion
1 bell pepper
½ pint cherry tomatoes
1 block tempeh, cubed

Juice and zest lemon. Combine with olive oil, herbs, vinegar, garlic and salt in a small bowl and whisk to combine.

Prepare veggies and tempeh for kebabs and place in a ziploc bag with the marinade and seal. Toss veggies to coat; marinate for 1 hour. Skewer and grill to your taste.