

*First Alternative Co-op*

# BUDGET BITES

Vol. 4, Issue #:2  
February 2013

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



## Menu:

Risotto with Parmesan and Bacon  
Polish Dill Pickle Soup  
Wicked Delish Sandwiches  
Risotto Balls  
Greek Wheatberry Salad  
Poached Eggs & Mushrooms on Toast

# BUDGET BITES VOL. 4 #2

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Risotto with Parmesan and Bacon Seeded Baguettes	Polish Dill Pickle Soup Garlic Toast	Wicked Delish Sandwich Au Jus	Risotto Balls Citrus Spinach Salad	Greek Wheatberry Salad Dill Pickle Soup	Poached Eggs & Mushrooms on Toast Grapefruit
In the fridge for later: ½ recipe Risotto 3 baguettes ½ pkg. bacon ½ onion Parmesan Spinach Flour Wine	In the fridge for later: Pickle Soup 2 baguettes	In the fridge for later: 1 baguette	Tip: Working in ¼ cup increments, roll cold risotto in breadcrumbs. Fry in oil until golden brown on both sides, about 5 minutes.	Tip: For a gluten free version, you can substitute quinoa for the wheatberries in this salad.	

## SHOPPING & RECIPES

We shopped this list at the Co-op on January 2, 2013. We chose organic (marked "OG") and local (marked "🇺🇸") 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: \$44.17

## IN THE PANTRY:

olive oil                      tamari  
vegetable broth              high-heat oil  
powder                        chili flakes  
salt & pepper                garlic  
active dry yeast              agave  
milk  
butter

## PRODUCE, 100% OG

\_\_\_ 1 onion  
\_\_\_ 1 bunch spinach  
\_\_\_ 1 carrot  
\_\_\_ 1 stalk celery  
\_\_\_ 1 potato  
\_\_\_ 1 bell pepper  
\_\_\_ 16 mushrooms  
\_\_\_ 1 lemon  
\_\_\_ 1 bunch green onions  
\_\_\_ 1 orange  
\_\_\_ 1 grapefruit

## MEAT

\_\_\_ 1 pkg Applegate Turkey bacon

## DAIRY & CHEESE:

\_\_\_ ½ lb. Aaiago  
\_\_\_ 5 eggs 🇺🇸

\_\_\_ ¾ cup feta  
\_\_\_ 1 cup sour cream 🇺🇸

## GROCERY:

\_\_\_ 350 ml. barefoot chardonnay

## BULK:

\_\_\_ 1 cup Arborio rice  
\_\_\_ 3 cups whole wheat flour 🇺🇸  
\_\_\_ 3 cups all purpose flour  
\_\_\_ ¼ cup sesame seeds  
\_\_\_ 2 Tbsp fennel seeds  
\_\_\_ ¼ cup poppy seeds  
\_\_\_ 2 dill pickles  
\_\_\_ ½ cup wheat berries 🇺🇸  
\_\_\_ ¼ cup currants  
\_\_\_ ½ cup walnuts

# 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)

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First Alternative  
NATURAL FOODS CO-OP



## Recipes

### Seeded Baguettes

3 cups whole wheat flour  
2 cups all purpose flour, divided  
2 tsp salt  
1 Tbsp active dry yeast  
2 cups warm water  
1 ½ tsp olive oil  
¼ cup poppy seeds  
¼ cup sesame seeds  
2 Tbsp fennel seeds  
Mix 3 cups whole wheat, 1 cup all purpose, salt and yeast in a large bowl. Add water & olive oil and stir to combine.  
Turn out onto a floured work surface and knead, adding flour regularly, until an elastic dough forms.  
Transfer to an oiled bowl and rise in a warm place until doubled in size.  
Knead dough again and divide into 4 equal parts. Roll into 12" loaves and brush with water. Roll in seeds and transfer to an oiled baking sheet. Make 4-5 diagonal slashes. Rise for 20 minutes. Preheat oven to 450° and place a baking dish with water on the bottom rack. Bake for 15-20 minutes, turning once.

### Risotto with Asiago & Bacon

1 Tbsp olive oil  
½ pkg. Applegate bacon  
½ onion  
½ cup white wine  
1 cup Arborio rice  
4 cups hot water  
2 tsp vegetable broth powder  
½ cup Asiago  
Salt & pepper to taste  
1/2 bunch spinach, rinsed & chopped  
Sauté onion and bacon in oil until lightly browned. Add rice and wine and cook until evaporated. Dissolve vegetable broth powder in hot water and add in ½ cup increments, stirring regularly, until rice is tender. Stir in

parmesan, salt, pepper, and spinach. Reserve ½ recipe for later.

### Polish Dill Pickle Soup

adapted recipe by Melissa Hartley  
1 quart broth  
1 carrot, grated  
1 potato, peeled & cut into 1" cubes  
1 stalk celery  
2 polish dill pickles  
¼ cup milk  
1 Tbsp flour  
1 egg  
Sour cream  
Salt & pepper to taste  
Simmer chicken stock carrots, potatoes and celery in a soup pot until potatoes begin to soften, about 10 minutes. Add pickles and continue cooking another 15 minutes.  
Beat milk and flour together until smooth. Stir in a small amount of the hot soup, then add the mixture add to the soup pot. Bring to a boil and cook until the soup has thickened to the desired consistency. Remove from heat.  
Beat the egg in a small bowl and stir in a small amount of the hot soup. Add to soup pot, and beat until smooth. Add salt and pepper to taste.

### Wicked Delish Sandwich Au Jus

1 seeded baguette, halved  
3 Tbsp butter, divided  
½ onion, sliced  
1 bell pepper, sliced  
4 mushrooms, sliced  
1 clove garlic, minced  
Asiago cheese, sliced  
Veggie broth powder  
Tamari to taste  
Sauté onion, pepper, mushroom and garlic in 1 Tbsp butter. Sprinkle with tamari and continue cooking until caramelized. Pile veggies on buttered toasted baguettes. Top with cheese and broil. Deglaze skillet with 1 cup of water, broth powder and tamari to taste. Serve with sandwich.

### Citrus Spinach Salad

½ lemon  
½ Tbsp olive oil  
½ tsp chili flakes  
1 clove garlic, pressed  
½ Tbsp agave  
Salt & pepper to taste  
½ bunch spinach, rinsed and chopped  
¼ cup green onions, sliced  
¼ cup feta  
1 orange  
Mix olive oil, chili flakes, garlic and agave together and squeeze in the lemon. Season with salt & pepper. Toss spinach with dressing in a bowl and top with green onions, feta and orange slices.

### Greek Wheatberry Salad

½ cup wheatberries, rinsed  
¼ cup currants, soaked in warm water & drained  
½ cup walnuts, toasted and chopped  
½ cup feta, crumbled  
1 Tbsp olive oil  
½ tsp lemon juice  
Salt and pepper to taste  
Green onions, thinly sliced  
Cook wheatberries in 2 cups water until tender, about 25 minutes. Add remaining ingredients and gently toss.

### Poached Eggs with Bacon & Mushrooms

½ baguette, sliced on a diagonal  
Butter to taste  
4 eggs  
½ pkg. Applegate turkey bacon  
12 mushrooms, finely chopped  
1 clove garlic, minced  
½ cup white wine  
Cook bacon to desired finish. Sauté mushrooms and garlic in white wine and butter until moisture is reduced but not dry. Spread on tuasted baguettes and top with bacon and poached eggs.