

BUDGET Bites

Vol. 4, Issue #12
December 2013

**Meal plan, shopping & recipes for
2 adults, 6 nights, under \$50.**

Menu:

One-Pot Greek Pasta

Teriyaki Chicken

Cabbage Rolls & Mashed Potatoes

Philly Rolls

Chicken Fried Rice

New England Tart

BUDGET BITES VOL. 4 #12

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
One-pot Greek Pasta	Teriyaki Chicken Steamed Carrots	Cabbage Rolls Mashed Potatoes	Philly Rolls Sesame Orange Salad	Chicken Fried Rice Sesame Orange Salad	New England Tart Orange Slices
In fridge for later: ½ can Muir Glen Chunky Tomato Sauce ½ bulk fennel	In fridge for later: 2 ½ cups cooked rice	In fridge for later: 2 cups cooked rice Tip: For mashed potatoes, cut potatoes into chunks and boil until very tender. Mash with butter, broth, salt & pepper to taste.	In fridge for later: Sesame Orange Salad Salmon Cream cheese Orange Tip: Don't dress all your salad, you'll want the other half for tomorrow.	Tip: Serve fried rice with your favorite hot sauce for extra kick!	Tip: This tart makes an excellent brunch entrée too, for holiday entertaining!

We shopped this list at the Co-op on November 21, 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: \$49.62

IN THE PANTRY:

broth	milk
salt & pepper	Worcestershire sauce
olive oil	dill
oregano	paprika
garlic	sugar
basil	toasted sesame oil
fennel	sesame seeds
tamari	butter
brown sugar	peanuts
rice vinegar	ketchup
chili flakes	wasabi
cornstarch	

BULK:

- ___ ¼ cup kalamata olive
- ___ 1 cup frozen peas 🌱
- ___ 2 cups pasta
- ___ 2 cups brown rice OG
- ___ 1 cup sushi rice OG
- ___ 4 nori sheets
- ___ 1 cup buckwheat flour OG
- ___ 3 Tbsp capers
- ___ 1 block tofu 🌱 OG

GROCERY:

- ___ 1-28 oz can Muir Glen Chunky Tomato Sauce OG

MEAT:

- ___ 1 pkg. boneless, skinless chicken thighs

- ___ 1 pkg. smoked salmon

CHILL:

- ___ 6 eggs 🌱
- ___ 1 8oz. pkg. Nancy's cream cheese 🌱
- ___ ¼ cup feta

PRODUCE, 100% OG

- ___ 1 fennel bulb 🌱
- ___ 1 onion 🌱
- ___ 1 piece fresh ginger
- ___ 2 carrots 🌱
- ___ 1 head cabbage 🌱
- ___ 2 potatoes 🌱
- ___ 1 cucumber
- ___ 1 bunch green onions
- ___ 2 oranges

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

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



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Recipes

One-Pot Greek Pasta

2 cups broth
½ can Muir Glen Chunky Tomato Sauce
1 tsp olive oil
2 cups pasta
½ fennel bulb, sliced
½ onion, chopped
2 cloves garlic, minced
1 tsp ea. oregano and basil
1 Tbsp capers
salt & pepper
¼ cup kalamata olives
¼ cup feta

Mix all ingredients except feta and olive in a pot. Cover and bring to a boil. Remove lid and simmer over medium heat until pasta is finished cooking. Top with kalamata olives and feta and serve.

Teriyaki Chicken

Marinade:
½ cup tamari
¼ cup brown sugar
¼ cup rice vinegar
2 tsp chili flakes
2 Tbsp grated ginger
3 cloves garlic, pressed

1 pkg. chicken thighs
1 carrot, sliced
½ cup peas
2 cups brown rice
½ tsp cornstarch

Mix marinade ingredients together and set ½ aside. Marinate chicken in refrigerator 1 hour. Meanwhile, cook rice. Remove chicken from marinade (discard marinade), place on a broiler pan, and broil until

slightly crisp. Turn and repeat. Set 2 pieces aside for fried rice. Steam vegetables. Add ½ tsp cornstarch to remaining marinade and bring to a boil until thickened. Serve chicken over rice with veggies and lots of sauce.

Tofu Cabbage Rolls

1 block tofu
1 egg
¼ cup milk
¼ onion, minced
2 cloves garlic, pressed
2 Tbsp ketchup
1 tsp dill
1 tsp paprika
½ tsp ea. salt & pepper
½ cup cooked rice
6 cabbage leaves, center ridge removed
½ can Muir Glen Chunky Tomato Sauce
2 cups broth
2 Tbsp Worcestershire sauce, divided

Mix tofu, egg, milk, onion, garlic, rice, ketchup, 1 Tbsp Worcestershire sauce, salt and pepper together in a bowl. Put 1/6 of the mixture onto a cabbage leaf and roll like a burrito. Arrange rolls in a Dutch oven or oven safe dish with a lid. Top with tomato sauce and broth. Bake, covered, at 350° for 1 hour.

Philly Rolls

1 cup sushi rice
1 Tbsp rice vinegar
Pinch each salt & sugar
½ pkg. smoked salmon,
½ pkg. cream cheese
½ cucumber, julienned
4 nori (seaweed) sheets
wasabi

Rinse sushi rice, then cook with 1 cup of water. When it's tender, remove from heat and add rice vinegar and salt & sugar to taste. Prepare wasabi. To roll sushi, scoop ½ cup of sushi rice onto seaweed. Using damp fingers, smooth the rice out to cover ¾ of the nori. In the center of the rice, smear a line of cream cheese. Top it with salmon and cucumber. Moisten the exposed nori and roll sushi up. Seal and set aside. Repeat with remaining ingredients and slice before serving with wasabi.

Sesame Orange Salad

4 cups shredded cabbage
1 carrot, shredded
½ cucumber, diced
2 green onions, sliced
½ cup orange juice
1 Tbsp toasted sesame oil
1 Tbsp tamari
1 Tbsp rice vinegar
1 clove garlic, pressed
1 Tbsp sesame seeds, toasted
Mix orange juice, sesame oil, tamari, rice vinegar, and garlic together. Layer cabbage, carrots, cucumbers, and green onions in a bowl. Top with sesame seeds and serve with dressing.

Chicken Fried Rice

2 Tbsp sesame oil
¼ onion, sliced
2 cloves garlic, sliced
1 egg, beaten
2 cups cooked rice
1 Tbsp tamari
1 Tbsp rice vinegar
1 Tbsp brown sugar

1 carrot, grated
2 cooked chicken thighs, diced
2 green onions, sliced
½ cup peas
½ cup peanuts

Heat oil in wok and sauté onion and garlic until fragrant. Push to the side and add egg. Cook until firm and put aside. Add rice, tamari, rice vinegar and brown sugar and stir together. Add remaining ingredients and heat through. Adjust flavor to taste and serve with peanuts.

New England Tart

1 cup buckwheat flour
6 Tbsp butter
¼ tsp salt
6 Tbsp cold water
4 eggs
1/3 cup milk
½ pkg. smoked salmon
½ fennel bulb, sliced
1 Tbsp capers
½ pkg cream cheese
2 green onions, sliced

Mix flour, butter and salt in food processor. Pulse until blended then add water and pulse until a dough forms. Press into the bottom of a greased pie pan, pressing up the sides about ½ inch, and prick with a fork. Bake at 350° for 10 minutes.

Remove from oven and sprinkle with salmon, capers, onions, fennel and cream cheese. Beat egg and milk together and pour over the tart. Top with green onions and bake at 375° for 30 minutes or until firm.