

First Alternative Co-op

BUDGET BITES

Vol. 3, Issue #10:
October 2012

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



Menu:

Saturday: Chicken Mahkani

Sunday: Black Bean & Corn Salad with Baked Yams

Monday: Jim & Michele's Rice Cakes

Tuesday: Creamy Curried Eggplant Pasta

Wednesday: Tortilla de Patata

Thursday: Ginger Mushroom Stir Fry

BUDGET BITES VOL. 3 #9

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Chicken Mahkani Raita	Black Bean & Corn Salad Baked Yams	Rice Cakes Melon & Yogurt	Creamy Curried Eggplant Pasta Raita	Tortilla de Patata Black Bean & Corn Salad	Ginger Mushroom Stir Fry Sesame Kale
In the fridge for future meals: Cooked Rice Yogurt Cilantro Ginger Raita Tip: For Raita mix 1 cup yogurt, 1 cucumber, chopped, a dash of cumin and 1 tsp lemon juice.	In the fridge for future meals: Black Bean & Corn Salad Tip: Wash yams well and prick with a fork. Rub with oil and bake at 350° for 30-40 minutes. Serve with sour cream.	Tip: For rice cakes, simply mix 2 cups of cooked rice with 2 beaten eggs. Fry in butter or oil until golden brown. Serve with maple syrup, jam or honey.	In the fridge for future meals: Green Salad Pho Soup Starter Tip: Add protein, flavor and Omega-3 fatty acids to your salad with a handful of locally grown hazelnuts.	In the fridge for future meals: Kale	Tip: To easily peel ginger, scrape it with the side of a spoon.

SHOPPING & RECIPES

We shopped this list at the Co-op on September 13, 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: \$48.73

IN THE PANTRY:

Garlic	Agave syrup
Coconut oil	Maple syrup or jam
Garam masala	Curry powder
Chili powder	Butter
Cumin	Cornstarch
Bay leaf	Tamari
Salt & pepper	Sesame oil
Flour	

GROCERY:

___ 1 can tomato paste OG	___ 2 garnet yams
___ 1 can coconut milk OG	___ 1 ear corn 6
___ 1 can Truitt Bros. black beans 6	___ 1 lime
	___ 1 red pepper 6
	___ 1 bunch green onions
	___ 1 small melon 6
	___ 1 eggplant 6
	___ 2 medium potatoes
	___ ½ lb. mushrooms
	___ 1 bunch lacinato kale 6

BULK:

___ 2 ½ cups brown rice OG
___ 8 oz pasta OG
___ ½ cup hazelnuts OG 6
___ 1 cup quinoa OG
___ 1 Tbsp sesame seeds OG
___ 1 cup veggie broth powder

PRODUCE, 100% OG:

___ 2 onions
___ 1 lemon
___ 3-4 inch piece ginger
___ 1 bunch cilantro
___ 1 cucumber 6

MEAT

___ 1 lb. chicken thighs 6

DAIRY & CHEESE:

___ 1 qt. Nancy's plain yogurt OG 6
___ 1 cup Nancy's sour cream OG 6
___ 6 eggs 6

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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Recipes

Chicken Mahkani

3 Tbsp coconut oil, divided
½ onion, diced
½ lemon, juiced
1 Tbsp fresh ginger, grated
2 cloves garlic, grated
2 tsp garam masala, divided
2 tsp chili powder, divided
2 tsp cumin
1 bay leaf
2 Tbsp agave syrup
1 cup vegetable broth
½ can tomato paste
1 can coconut milk
Salt & pepper to taste
1 lb. chicken thighs, cut into pieces
¼ cup cilantro, minced
¼ cup plain yogurt

Sauté onion in 2 Tbsp oil until translucent. Add ginger, garlic, 1 tsp garam masala, 1 tsp chili powder, cumin, lemon juice and bay leaf. Cook 1 minute. In a medium bowl, whisk together agave syrup, broth, tomato paste and coconut milk. Pour into pan and simmer over low heat for 10 minutes. Remove bay leaf. Add salt and pepper to taste.

In a frying pan, cook chicken in 1 Tbsp oil, 1 tsp chili powder, and 1 tsp garam masala, until browned. Add to sauce and simmer gently until chicken is cooked through. Serve over rice garnished with cilantro, yogurt and Raita.

Black Bean & Corn Salad

1 can Truitt Bros. black beans, drained and rinsed
1 ear corn
½ cup cilantro, chopped
1 lime, juiced
1 red pepper, diced
½ bunch green onions, chopped

1 clove garlic, minced
1 tsp chili powder
2 tsp cumin
salt to taste (add smoky flavor with Yakima Smoked Salt from bulk!)

Slice kernels off corn. Combine all ingredients in a medium bowl. Stir well and serve.

Creamy Curried Eggplant Pasta

8 oz. pasta
2 Tbsp coconut oil
2 cloves garlic, chopped
½ onion, chopped
1 eggplant, cut into 1" pieces
2 Tbsp flour
2 cups veggie broth
½ cup sour cream
½ cup yogurt
½ cup green onions
¼ cup cilantro, minced
1 tsp curry powder
Salt & pepper to taste

Prepare pasta to taste. Fry garlic, onion and eggplant in oil until browned. Sprinkle with flour and cook for 2 minutes.

Add vegetable broth and simmer until eggplant is cooked through. Reduce heat.

Spoon out 1 cup of broth and mix with sour cream, yogurt and curry powder. Slowly pour back into pan. Add pasta and salt and pepper to taste. Garnish with green onions and cilantro.

Tortilla De Patata

2 medium potatoes
¼ cup butter
½ onion
½ bunch kale
2 cloves garlic
4 eggs
¼ cup sour cream

1 tsp salt
2 tsp fresh pepper

Boil potatoes. Cut into thin slices. Melt butter in skillet and sauté onion, kale and garlic until transparent; stir in potatoes. Beat together eggs, sour cream, salt and pepper. Pour over veggies in skillet and cook until eggs have set. Invert onto a plate and serve with Black Bean Corn Salad.

Ginger Mushroom Stirfry

1 cup quinoa, rinsed
2 Tbsp coconut oil
½ lb mushrooms, halved
½ onion, sliced
2" piece ginger, peeled and matchstick
1 cup veggie broth
2 tsp cornstarch
1 Tbsp tamari
3 cloves garlic, minced
¼ cup green onion, thinly sliced

Boil quinoa in 2 cups of water. Cover, reduce heat and cook until tender, about 20 minutes.

Mix vegetable broth, cornstarch, tamari and ginger and set aside. Heat coconut oil to hot and add mushrooms and, onion and ginger. Cook until onion is transparent, about 4 minutes. Add broth mixture and simmer until thickened. Serve over quinoa with green onions.

Sesame Garlic Kale

½ bunch kale
1 Tbsp toasted sesame seeds
1 tsp sesame oil
1 Tbsp tamari
2 cloves minced garlic

Clean and chop kale, removing thick stems. Massage with the heel of your hand to break down some of the fibers and increase digestibility. Toss with toasted sesame seeds, sesame oil, tamari, and minced garlic