

First Alternative Co-op

# BUDGET Bites

Vol. 5, Issue #2  
February 2014

## BUDGET BITES VOL. 5 #2

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Muffaletta Sandwiches Buttered Carrots	Herbed Chicken Rice with Popping Spices Braised Greens	Pizza Bread Supreme Green Salad	Indian Lentils Rice with Popping Spices Quick Flatbread	Baked Ziti Green Salad	Quick Minestrone Green Salad Quick Flatbread
For later: 2 ciabatta rolls pepperoni kalamata olives 2 carrot lettuce	For later: ½ bunch collards ½ recipe rice Tip: For greens, tear collards into small pieces and simmer in broth with minced garlic until tender.	For later: Lettuce 2 ½ cups marinara cheese	For later: ½ recipe flatbread (uncooked)	For later: ½ cup marinara 1 cup cooked pasta lettuce	

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

### Menu:

Muffaletta Sandwiches  
Herbed Chicken  
Pizza Bread Supreme  
Indian Lentils  
Baked Ziti  
Minestrone Soup

We shopped this list at the Co-op on January 23, 2014. 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: \$47.42

### IN THE PANTRY:

salad dressing      baking soda  
jalapeños            cumin seed  
olive oil              mustard seed  
balsamic             curry powder  
salt & pepper        veggie broth  
garlic                  powder  
rosemary              ginger root  
Italian herbs         butter  
coconut oil  
baking powder

### BULK:

\_\_\_ 1 cup pitted kalamata olives  
\_\_\_ 3 Tbsp jalapeños  
\_\_\_ ½ cup roasted red peppers  
\_\_\_ 1 cardamom pod OG  
\_\_\_ 3 bay leaves OG  
\_\_\_ 1 cinnamon stick OG  
\_\_\_ 6 cloves OG  
\_\_\_ ¼ cup millet 🇺🇸 OG  
\_\_\_ 1 cup basmati rice  
\_\_\_ 1 cup peas 🇺🇸  
\_\_\_ 3 ¼ cups flour 🇺🇸 OG  
\_\_\_ ¾ cup red lentils OG  
\_\_\_ 3 cups penne pasta OG

### GROCERY:

\_\_\_ 1 pkg. Big River Ciabatta Rolls 🇺🇸

\_\_\_ 1 26 oz jar marinara OG  
\_\_\_ 1 can Truitt Bros. Beans 🇺🇸

### MEAT & CHEESE:

\_\_\_ 1 pkg. pepperoni  
\_\_\_ ½ lb. Jack cheese  
\_\_\_ 1 lb. chicken breasts

### PRODUCE, 100% OG

\_\_\_ 1 bunch collards 🇺🇸  
\_\_\_ 4 carrots  
\_\_\_ 1 head lettuce  
\_\_\_ 4 mushrooms  
\_\_\_ 1 onion 🇺🇸  
\_\_\_ 1 large potato 🇺🇸  
\_\_\_ 1 stick celery  
\_\_\_ 1 tangerine

# 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  
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## Recipes

### Muffaletta Sandwich

2 ciabatta rolls, halved  
½ cup pitted kalamata olives, finely chopped  
½ cup roasted red peppers, finely chopped  
½ pkg. pepperoni (Applegate or Tofurky)  
jack cheese, sliced  
lettuce  
jalapeños (optional)  
olive oil, balsamic vinegar, salt & pepper  
Slice open ciabatta and drizzle with olive oil, balsamic vinegar and salt and pepper. Smooth on olives, roasted red peppers, jalapeños, pepperoni and cheese. Toast until cheese is bubbly. Top with lettuce and serve.

### Tangerine Rosemary Buttered Carrots

2 carrots  
¼ cup water  
juice of 1 tangerine  
1 sprig rosemary  
Simmer all ingredients in a skillet until carrots are tender.

### Herbed Chicken

2 chicken breasts  
4 cloves garlic, pressed  
1 tsp Italian herbs  
1 tsp salt  
2 Tbsp olive oil  
Mix garlic, herbs, salt and oil. Slice chicken into six fillets and rub with oil mix. Bake at 400° for 15 minutes or to an internal temperature of 165°. Reserve 2 fillets for ziti.

### Rice with popping spices

1 Tbsp coconut oil  
3 bay leaves

2 tsp cumin seed  
1 stick cinnamon, crushed  
1 cardamom seed, crushed  
6 cloves  
¼ cup millet  
1 cup basmati rice  
½ tsp salt  
2 cups water  
1 cup peas  
Heat oil over medium heat. Add spices and millet, and brown until millet pops. Add water, rice and salt. Cover and cook 15 minutes over low heat (until rice is done). Add peas and stir to combine.

### Quick Flatbread

3 cup flour + more for dusting  
1 cup ice water  
3 Tbsp coconut oil  
1 tsp salt  
2 tsp baking powder  
pinch baking soda  
oil for cooking  
Combine ingredients to form a dough. Cut into 6 pieces, wrap half in plastic for later. Roll into 8-inch rounds. Prick the surface and cook on oiled griddle to desired finish on each side.

### Pizza Bread Supreme

2 ciabatta rolls, halved  
½ pkg. pepperoni, quartered  
½ cup marinara  
1 cup cheese, grated  
4 mushrooms, sliced  
Spread cut sides of ciabatta rolls with sauce and top with cheese, pepperoni, and mushrooms. Bake at 400° for 10 minutes.

### Indian Lentils

2 Tbsp coconut oil  
½ onion, diced  
1 carrot, diced  
1 potato, cubed  
1 tsp fresh grated ginger  
2 tsp cumin seed  
1 tsp mustard seed

2 tsp curry powder  
¾ cup red lentils, cleaned & rinsed  
3 cups broth (from broth powder)  
Heat oil in a soup pot and add spices, carrot and onion. Sauté until tender and add potato, lentils and broth. Bring to a boil. Reduce heat and cover. Simmer over low heat until lentils are fall-apart tender, about 1 hour. Serve with warm rice and flatbread.

### Baked Ziti

3 cups Penne  
2 cups marinara  
2 pieces cooked chicken, sliced  
1 cup grated cheese  
½ bunch collards, rinsed and chopped  
¼ onion, diced  
2 cloves garlic  
½ cup pitted kalamata olives, sliced  
Cook penne al dente. Rinse and set 1 cup aside for soup. Sauté onion and garlic in oven safe skillet. Add collards and cook until wilted. Stir in sauce, chicken and pasta. Top with cheese and olives and bake at 400° until golden and bubbly, about 10 minutes.

### Quick Minestrone

½ Tbsp butter  
¼ onion, diced  
1 carrot, diced  
1 stalk celery, diced  
2 cloves garlic  
2 cups broth (from broth powder)  
½ cup marinara  
1 tsp Italian herbs  
1 cup cooked pasta  
1 can beans, rinsed  
Sauté onion, carrot, celery and garlic in butter. Add broth, sauce and herbs and bring to a simmer. Cook until veggies are tender and add pasta and beans. Bring up to heat and serve with quick flatbread.