

First Alternative Co-op

BUDGET Bites

Vol. 5, Issue #7
July 2014

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

Menu:

Falafel with Fresh Flatbread
Grilled Margarita Pizzas
Grilled Eggplant Wraps
Thai Pasta Salad
Greek-a-dillas
Ginger Tofu Crunch Salad

BUDGET BITES VOL. 5 #7

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Falafel with Fresh Flatbread & Tzatziki Brown Rice Tabouleh	Grilled Margarita Pizzas Green Salad	Grilled Eggplant Wraps Brown Rice Tabouleh	Thai Pasta Salad Grilled Sausages	Greek-a-dillas Green Salad	Ginger Tofu Crunch Salad
In the fridge for later: Tzatziki Sauce 8 flatbread lettuce tabouleh Tip: Freeze the tofu to add nice texture to your crunch salad later in the week.	In the fridge for later: lettuce 6 flatbread mozzarella garlic olive oil	In the fridge for later: 4 flatbread 1 cup tabouleh	In the fridge for later: 2 flatbread Tip: Grill all the sausages now for quick prep tomorrow. Use a toasted flatbread for your bun, and top with condiments.	Tip: Thaw the tofu in the fridge overnight for tomorrow's dinner.	Tip: Double the dressing recipe and keep it around for quick Asian salads.

SHOPPING & RECIPES

We chose organic wherever affordable, and picked what we'd use at home—the best value rather than the absolute cheapest. We also assumed you had a few things in the pantry, which were not included in the shopping total.

IN THE PANTRY:

active dry yeast cumin
sugar garlic granules
salt & pepper paprika
baking powder tamari
olive oil toasted sesame oil
butter rice vinegar
garlic brown sugar
dried mint salad dressing
coconut oil condiments
dried dill

BULK:

___ 4 ¼ cups flour 
___ 1 cup falafel mix
___ 2 cups brown rice
___ 1 block Surata tofu 
___ 2 Tbsp nutritional yeast
___ 2 Tbsp sesame seeds
___ ½ cup roasted peanuts
___ 2 cups penné pasta

GROCERY:

___ 1 pkg. Muruku noodles 

DAIRY & CHEESE:

___ ½ lb. mozzarella
___ 2 cups yogurt 
___ ½ cup grated parmesan
___ ¼ cup feta

MEAT:

___ 1 pkg. sausages

PRODUCE:

___ 1 piece fresh ginger
___ 1 bunch each: basil, cilantro & parsley 
___ 2 lemons
___ 1 bunch green onions 
___ 2 cucumbers 
___ 1 head lettuce 
___ 3 tomatoes 
___ 1 eggplant
___ ½ small cabbage 
___ 1 carrot 

BUDGET Bites

We are very excited to help you with a week's worth of menus that should feed two adults for six nights for less than \$50! Planning is everything when sticking to a food budget, so we have simplified that part for you. These menus assume you have some cooking skills, own a basic reference cookbook and have a few staples on hand in the pantry.

Many of the recipes will even yield enough for a tasty lunch the next day!

July: High time to hit the grill!

We are taking it outside for most of this week's meals. After baking the flatbread for the week most of the meals will come together with a little grilling and fresh, uncooked local veggies that highlight the abundance of summer.

Recipes

All-purpose Flatbread

2 tsp active dry yeast
1 Tbsp sugar
4 cups all-purpose flour; plus more for rolling
2 tsp sea salt
¼ tsp baking powder
⅓ cup plain yogurt
¼ cup extra-virgin olive oil
2 Tbsp melted butter & salt for garnish

Mix yeast and sugar in 1 ½ cups warm water. Set aside for 10 minutes.

Meanwhile, sift together flour, salt and baking powder. Add yogurt and oil to yeast and stir into dry ingredients. Form a dough ball and knead until a sticky ball forms. Place back in bowl and cover with a damp towel. Allow to proof for 2-4 hours.

Divide into 10 pieces and roll out to 10" rounds. Cook in a hot skillet 1 minute on each side, covering on the second side. If desired, brush with melted butter and sprinkle with salt.

Falafel Wraps

1 cup falafel mix
¾ cup boiling water
oil for frying
½ cucumber, sliced
2 lettuce leaves
Tzatziki sauce
2 fresh flatbread

Mix falafel mix and water

and set aside for 10 minutes. Shape into balls and fry in oil until golden brown on both sides. Serve with veggies and sauce on fresh flatbread.

Tzatziki Sauce

1 ½ cups yogurt
½ cucumber, diced
1 tsp lemon juice
1 clove garlic
¼ tsp dry mint leaves
salt & pepper to taste

Mix all ingredients and refrigerate for at least 2 hours to allow flavors to meld.

Brown Rice Tabouleh

2 cups brown rice
2 tsp dried mint
1 tomatoes
2 Tbsp olive oil
juice of 1 lemon
2 cups parsley, chopped
2 tsp dried mint
½ cup green onion, minced
salt & pepper to taste

Cook rice and add dried mint. Cool and stir in oil. Toss with remaining ingredients. Serve with pita, hummus, falafel, cucumbers, your favorite sides.

Grilled Margarita

Pizzas

2 flatbread
¼ cup olive oil
3 cloves garlic, minced
1 cup grated mozzarella
1 large tomato, sliced
½ bunch basil, chiffonade

Mix olive oil and garlic and brush 1 side of the flatbread, reserving

remaining garlic oil for eggplant. Top with mozzarella and tomato slices and grill until melted. Sprinkle with fresh basil and serve.

Grilled Eggplant

1 eggplant, sliced lengthwise
garlic olive oil
salt & pepper
¼ cup feta cheese
2 flatbread, warmed
Tzatziki Sauce

Place sliced eggplant in cold water with a sprinkle of salt. Soak for 30 minutes. Drain and pat dry. Brush with garlic oil and grill over low heat until tender and cooked through. Serve with warm pitas, feta and Tzatziki Sauce.

Thai Pasta Salad

½ bunch cilantro, divided
½ bunch basil, divided
¼ cup olive oil
½ cup grated parmesan
1 clove garlic
½ cup peanuts
2 cups penne pasta
1 carrot, julienned
1 cucumber, diced
½ bunch green onions, chopped

Cook pasta al dente and run under cool water. Meanwhile, clean and stem cilantro and basil. Combine leaves in food processor, reserving ½ cup of each to chop for garnish. Add olive oil, parmesan, garlic and peanuts to processor and blend until smooth. Toss pasta with pesto to taste and add remaining

ingredients. Leftover pesto stores 1 week in fridge.

Greek-a-dillas

2 flatbread
1 cup grated mozzarella
2 grilled sausages, sliced
1 cup Tabouleh Salad

Top pitas with sausage and mozzarella balls. Broil until bubbly and top with Tabouleh Salad. Enjoy!

Ginger Tofu Crunch Salad

1 block tofu, cubed
2 Tbsp coconut oil
2 Tbsp nutritional yeast
½ tsp ea: dill, cumin, garlic granules, paprika
½ small cabbage, shredded
½ bunch cilantro, chopped
2 Tbsp ginger, grated
3 Tbsp tamari, divided
2 Tbsp rice vinegar
1 Tbsp toasted sesame oil
1 clove garlic, minced
½ Tbsp brown sugar
2 Tbsp toasted sesame seeds
1 pkg. Muruku noodles

Fry tofu in oil over medium heat until brown. Sprinkle with nutritional yeast, dill, cumin, garlic granules, paprika and 1 Tbsp tamari and set aside. Combine cabbage & cilantro together in a large bowl. For dressing, mix ginger, 2 Tbsp tamari, rice vinegar, sesame oil, garlic, brown sugar and sesame seeds. Pour over cabbage and toss to coat. Top with tofu and Muruku noodles and serve.



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