

First Alternative Co-op

BUDGET Bites

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November 2014

BUDGET BITES VOL. 5 #11

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Rosemary Roasted Chicken Roasted Carrots & Potatoes	Caesar Pagoda Salad	Shoestring Paella Green Salad	Hearty Broccoli Soup Garlic Toast	Smoky Apple Nut Loaf Green Salad	Delicata-Kale Pasta Garlic Toast
In the fridge for later: 2 cups cooked chicken Uncooked chicken legs and wings 2 cups rosemary chicken broth	In the fridge for later: lettuce Parmesan Bread Tip: To make croutons, cut 4 pieces of bread into cubes. Toss with garlic salt and olive oil. Brown in toaster oven.	In the fridge for later: Greens	In the fridge for later: Bread		

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

Menu:

Rosemary Roasted Chicken
Caesar Pagoda Salad
Shoestring Paella
Hearty Broccoli Soup
Smoky Apple Nut Loaf
Delicata-Kale Pasta



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:

broth powder bay leaf
salt & pepper butter
salad dressing milk
garlic dried sage
olive oil
garlic salt
white wine
turmeric
thyme

BULK:

___ 3 cups bow tie pasta
___ ¾ cup roasted hazelnuts
___ 1 cup Arborio rice
___ 1 cup frozen peas 
___ 1 cup oats 
___ ¼ cup raisins

DAIRY & CHEESE:

___ 1 cup grated parmesan
___ ½ lb smoked mozzarella
___ 4 eggs 










GROCERY:

___ 1 Breadstop Sourdough
Baguette 

MEAT:

___ 3-4 lb. whole chicken

PRODUCE:

___ 6 small potatoes 
___ 3 carrots 
___ 2 onions 
___ 1 head romaine lettuce
___ 1 lemon
___ 1 bell pepper 
___ 1 tomato
___ 2 celery sticks
___ 1 head broccoli
___ 2 liberty apples 
___ 1 small delicata squash 
___ 1 bunch kale 
___ ¼ lb. oyster mushrooms 
___ 1 bunch fresh rosemary 

BUDGET Bites

There's no denying: poultry is the star of the show this month. Our November Budget Bites uses a whole bird and divides it up into great meals throughout the week to get the most bang for your buck. If you're lucky enough to have Thanksgiving leftovers, try substituting turkey for the chicken in the Caesar Pagoda Salad or the Delicata-Kale Pasta.

At the Co-op, we are continually on the lookout for ways to help save you money on your grocery purchases - scoping out the best deals we can, offering recipes to help you cook from scratch, offering as many sale items as are available to us, lowering our retail prices when our wholesale prices go down, and so on.

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!

The Recipes

Rosemary Roasted Chicken

1 whole chicken, legs and wings removed
3 cups broth
4 potatoes
2 carrots, peeled & quartered
½ onion, chopped
6 cloves garlic, minced
olive oil
salt & pepper
6 sprigs rosemary
Remove legs, wings and giblets from chicken and set aside. Stuff 4 sprigs of rosemary into cavity of chicken. Rub with olive oil and salt & pepper and place breast down in baking dish. Add remaining ingredients and bake at 400° for 30 minutes. Turn chicken, rub breast with additional oil, salt and pepper, and bake until finished, about 45 minutes. Remove from oven and tent with foil for 10 minutes. Slice off meat from breast and serve with carrots and potatoes, drizzled with a little broth. Reserve 2 cups cooked chicken and 2 cups rosemary chicken broth for later.

Caesar Pagoda Salad

1 ½ cups bow tie pasta
3 cups romaine lettuce, chopped
2 cups croutons (see tip, opposite)
1 cup cooked chicken, diced
¼ cup rosemary chicken broth
juice of ½ lemon
2½ Tbsp olive oil, divided
½ cup grated Parmesan
Cook pasta and rinse with cool water. Toss with ½ Tbsp olive oil. Mix broth, lemon juice, remaining olive oil and Parmesan in a large bowl. Add pasta, lettuce, croutons and chicken and serve.

Shoestring Paella

1 Tbsp olive oil
2 each chicken wings & legs
½ onion, chopped
2 cloves garlic, minced
1 bell pepper, chopped
1 cup Arborio rice
3 cups warm veggie broth
½ cup white wine (optional)
½ tsp turmeric
1 tsp thyme
1 bay leaf
1 cup peas
1 tomato, chopped
salt & pepper to taste
Season chicken with salt & pepper and brown in oil in a dutch oven. Cook through and set aside. In the same pot, add onion, garlic, pepper and rice and cook until onion is translucent. Stir in broth, wine, turmeric, thyme and bay leaf and cook until rice is tender, stirring occasionally and adding water as necessary. When rice is finished, add peas and tomato and season with salt and pepper to taste. Remove from heat and top with chicken. Cover and allow to sit for 5 minutes before serving.

Hearty Broccoli Soup

1 Tbsp butter
½ onion, chopped
2 pieces celery, diced
1 carrot, diced
2 potatoes, diced
1¾ cups rosemary chicken broth
2 cups water
1 head broccoli, chopped
2 cups grated smoked mozzarella, divided
Saute onion, celery and carrots in butter until tender. Add potatoes, broth, water and broccoli. Cook until veggies are tender. Add 1½ cups cheese, stirring until melted. Ladle into dishes and top with remaining cheese.

Smoky Apple Nut Loaf

2 Tbsp butter, plus more for pan
½ onion, diced
2 cloves garlic, minced
2 liberty apples
¼ lb oyster mushrooms, chopped
1 cup oats
½ cup roasted hazelnuts, chopped
4 eggs, beaten
1 ½ cups grated smoked mozzarella, divided
¼ cup milk
1 tsp each: sage, salt & pepper
Dice one apple and slice the other into thin slices. Set the slices aside. Saute veggies and mushrooms until tender. Mix oats, eggs, 1 cup cheese, milk and seasoning in a mixing bowl and add cooked veggies. Set aside for 20 minutes, stirring occasionally. Transfer to a greased bread pan and top with sliced apples and remaining cheese. Bake at 350° for 30-40 minutes.

Delicata-Kale Pasta

olive oil for cooking
1 ½ cups bow tie pasta
1 delicata squash
1 bunch kale, ribbed & ribboned
¼ cup hazelnuts
2 cloves garlic, minced
¼ cup raisins
juice of ½ lemon
½ cup parmesan
1 cup cooked chicken
Cook pasta to taste. Meanwhile, sauté garlic and nuts in olive oil and set aside. In the same pan, sauté delicata until tender and add the kale to steam it slightly. Toss with remaining ingredients and serve.

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First Alternative
NATURAL FOODS CO-OP

