

First Alternative Co-op

BUDGET Bites

Vol. 5, Issue #8
August 2014

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

Menu:

Summer Squash Soup
Summer Savory Empanadas
Greek Salad
Stuffed Tomatoes
Silky Spaghetti
Herbed Frittata

BUDGET BITES VOL. 5 #8

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Summer Squash Soup and Martha Stewart's Zucchini Parm Loaf	Summer Savory Empanadas	Greek Salad with Herbed Garlic Flatbread	Stuffed Tomatoes (for gluten free, use arborio rice!) and Zucchini Parm Loaf	Silky Spaghetti	Herbed Frittata
In the fridge for later: Half of the Zucchini Parm Loaf Tip: caramelize both onions at once and save 1/2 for Thursday. Tip: Use veggie powder to make the broth needed here.	Tip: If you don't have a food processor, this dough can easily be mixed with your hands instead!		In the fridge for later: Tomato "guts" Tip: Use veggie powder to make the broth needed here.	Tip: Use veggie powder to make the broth needed here.	

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:

salt & pepper veggie broth
baking powder powder
olive oil
butter
garlic
garlic salt
Italian seasonings
milk
balsamic vinegar
red chili flakes

BULK:

___ 1/2 cup green Sicilian olives
___ 1 cup orzo pasta
___ 5 cups flour

GROCERY:

___ 1 pkg. spaghetti noodles
___ 1 pkg Bread Stop pizza dough 

DAIRY & CHEESE:

___ 1 dozen eggs
___ 1 cup grated parmesan
___ 1/4 cup feta

PRODUCE:

___ 1 bunch basil 
___ 1 bunch cilantro 
___ 1 lemon
___ 1 leek 
___ 2 lbs cucumbers 
___ 4 slicing tomatoes 
___ 2 lbs plum tomatoes
___ 2 med. yellow onions 
___ 1 small red onion
___ 1/2 lb red potatoes 
___ 2 1/2 lbs summer squash or zucchini 
___ 1/2 lb carrots 

BUDGET Bites

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! All that for \$50 or less!

Cooking tips!

***Caramelizing:** For successful caramelizing, cut your pieces as evenly and uniformly as possible. Use a generous amount of oil or butter and cook over low heat for a longer amount of time until golden.

****Gutting Tomatoes:** Insert a paring knife into the top of the tomato, at an angle towards the center. Cut in a circle as though you were coring the tomato but make sure to not cut through the bottom. Remove the top, it should have a cone shape. Use a small spoon to remove the remaining insides, leaving a thin but sturdy outer wall and an opening big enough to stuff with yummys.

*****Roasting Tomatoes:** Make sure to quarter or halve your tomatoes before roasting them to prevent a tomato explosion! Save energy and use the toaster oven, if you have one.

Recipes

Summer Squash Soup

3 cups broth
 ½ lb red potatoes, diced
 1 onion, caramelized*
 1/2 lb peeled carrots, diced
 1 lb summer squash, diced
 4 garlic cloves, roasted
 salt and pepper

Cook potatoes in broth for 10 min. Add carrots, cook 10 more minutes. When potatoes are soft, add summer squash and cook for 5 minutes. Remove from heat, allow to cool. Puree in blender with garlic, salt, pepper and half the caramelized onions. Serve cold or hot with remaining onions as garnish.

Zucchini Parm Loaf

1/3 cup olive oil
 2 cups flour
 ½ cup milk
 2 large eggs
 1 cup shredded Parmesan
 2 tsp baking powder
 1/2 tsp each, salt & pepper
 ½ lb zucchini

Preheat oven to 375°. Coat a loaf pan with olive oil and dust with flour. Whisk together milk, oil and eggs. In another bowl, mix dry ingredients, add cheese, stir and add zucchini. Stir in the egg mix, just until moist. Transfer batter into pan. Bake 60-70 minutes.

Summer Savory Empanadas

3 cups all-purpose flour
 ½ tsp salt, divided
 1 ½ sticks butter

1 egg, beaten
 2 tsp olive oil plus a bit more brushing on dough
 ½ lb summer squash, diced
 1 leek, trimmed, sliced and caramelized

Mix 1/4 tsp salt and flour. Pulse in a food processor with butter, egg and enough water to form a clumpy dough. Remove dough from processor; form into a ball and chill for 30 minutes. Roll chilled dough into a thin sheet and cut out circles using a wide-mouth jar rim. Separate with wax paper and keep chilled. Sauté squash in 2 tsp olive oil. Add salt to taste & add the leek. Spoon into the middle of chilled empanada disk. Fold over & seal edges with a folk. Brush lightly with olive oil. Bake at 350° for 10-15 minutes until the dough is golden.

Greek Salad

1 lb plum tomatoes, quartered
 2 lbs cukes, halved & sliced
 1 small red onion, halved and thinly sliced
 ½ cup green Sicilian olives, sliced length-wise
 1 ½ Tbsp Feta, crumbled
 Juice of one lemon
 4 tbsp olive oil
 1-2 Tbsp balsamic vinegar
 Salt and Pepper

Whisk together lemon juice, salt, pepper, olive oil and vinegar. Toss in onions, marinate 15 minutes then add remaining ingredients. Toss to coat well.

Herbed Garlic Flatbread

1 bag Bread stop dough
 6 cloves garlic, crushed

1/3 cup olive oil
 Garlic salt
 Italian seasonings
 Combine olive oil and garlic. Roll out dough to 9" diameter. Place dough on oiled pizza pan/stone, dust with garlic salt and Italian seasonings. Brush oil/garlic mixture evenly and generously onto dough. Bake at 425 degrees for 10-12 minutes.

Stuffed Tomatoes

4 slicing tomatoes, gutted**
 1 cup orzo pasta (or rice)
 2 ½-3 cups broth
 1 onion, caramelized
 ½ bunch cilantro diced fine
 2 garlic cloves, crushed
 salt and pepper
 balsamic vinegar
 olive oil

Brush tomato shells with olive oil on the outside and salt the insides. Roast for 10 minutes at 350°, set aside to cool. Heat caramelized onion in olive oil, add garlic, sauté 3 more minutes. Raise heat to medium, add orzo, stir often. When orzo is toasted, add 1 ½ cups broth, stir in salt & pepper and all but 2 tbsp of cilantro. Turn heat to low, stir often, adding ½ cup of broth as needed until pasta is tender and liquid is totally absorbed. Scoop orzo mix into each tomato, drizzle with balsamic vinegar and top with remaining cilantro.

Silky Spaghetti

1 lb plum tomatoes, roasted & pureed***
 2 Tbsp olive oil
 3 garlic cloves, minced

½ lb summer squash, diced
 1/8 tsp red chili flakes
 1/2 cup milk
 1 tsp garlic salt
 1 ½ Tbsp butter
 1 ½ Tbsp flour
 ½ cup broth
 ½ bunch basil, separated
 1 pkg spaghetti, cooked
 Sauté chili flakes in olive oil. Add garlic and squash, cook until tender. Set aside. Melt butter on medium low heat, add flour and stir often. When flour is light brown, whisk in milk, broth and garlic salt until smooth. Add half of the basil. Continue to cook 10 minutes then whisk in pureed tomatoes and remaining basil. Serve over spaghetti and top with cooked squash.

Herbed Frittata

3 Tbsp olive oil
 9 eggs, beaten
 Pureed tomato "guts"
 ½ bunch basil
 ½ bunch cilantro
 Salt and pepper
 1 ½ Tbsp feta, crumbled

Heat oven to 375 degrees. Heat oil in a deep cast iron skillet over low heat. Whisk together eggs and tomato puree. Add salt, pepper & herbs. Spread crumbled feta evenly over bottom of hot skillet and immediately pour mixture into hot skillet. Do not stir. Cover with tight fitting lid and cook on stovetop for 15-20 minutes then transfer to hot oven without the lid. Cook another 20-30 minutes until eggs are set. Cool for at least 10 minutes before slicing.



SOUTH CORVALLIS
 1007 SE 3rd
 541.753.3115

NORTH CORVALLIS
 2855 NW Grant
 541.452.3115

www.firstalt.coop