

First Alternative Co-op

BUDGET Bites

Vol. 5, Issue #12
December 2014

BUDGET BITES VOL. 5 #12

| Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday |
|--|---|--------------------------------------|--|---|---|
| Potsticker Soup Green Salad Toasted Pita Bread | African Ground Nut Stew Skillet Cornbread | Colorful Curry Latkes Green Salad | Yam & Lentils Raita Toasted Pita Bread | Calabacita Quiche Green Salad | Squash with Cornbread Stuffing African Ground Nut Stew |
| In fridge for later: Salad greens Pita Bread | In fridge for later: 1/2 recipe cornbread 2 cups stew | In fridge for later: Salad greens | | Tip: Substitute any combination of vegetables and toasted nuts for great quiche variations. | |

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

Menu:

Potsticker Soup
African Ground Nut Stew &
Cornbread
Colorful Curry Latkes
Yam & Lentils
Calabacita Quiche
Squash with Cornbread Stuffing

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:

salad dressing milk
sesame oil curry powder
garlic cumin seed
broth powder smoked salt
cooking oil ground cumin
baking powder oregano
sugar sage
salt & pepper red pepper
butter

BULK:

___ 1 cup roasted peanuts
___ 1 ¾ cup cornmeal
___ 1 ½ cups flour 
___ 2 cups Stahlbush corn 
___ 1 cup green lentils 
___ ½ cup dried cranberries

DAIRY & CHEESE:

___ 1 dozen eggs 
___ 1 cup yogurt 
___ ½ lb cheese

GROCERY:

___ 1 pkg. Annie Chun's pot
stickers
___ 1 28 oz can diced tomatoes
___ 1 pkg. pita bread

PRODUCE:

___ 1 head lettuce
___ 3 yellow onions 
___ 1 red onion
___ 2 carrots 
___ 2 celery sticks
___ 1 bell pepper
___ 2 garnet yams
___ 5 red potatoes 
___ 1 cucumber
___ 1 lemon
___ 1 zucchini 
___ 1 acorn squash 

BUDGET Bites

Happy holidays, Co-op friends! After five years and 60 weeks of Budget Bites menus, we are calling it good and making this month our last edition of *new* Budget Bites. The archives will be available online, and we'll be selecting our favorites from years past to print for you each month and feature them at Customer Service.

While the darkest day of the year may fall in this month, cultures across the world (at least in the northern hemisphere) are celebrating with feasts and ceremony.

They welcome the return of light, the victory of good over evil, and the achievements of those come before them.

The feasting brings friends and family together, and with each bite the flavors of years past flood our memories and transport us to other times.

Please enjoy this collection of recipes from cultures across the globe. May they become part of your traditions in the years to come.

—Emily Stimac, *Marketing Assistant* ☪

The Recipes

Potsticker Soup

1 Tbsp sesame oil
1/2 onion, chopped
1 carrot, chopped
1 celery stick, chopped
2 cloves garlic, minced
6 cups water
3 Tbsp broth powder
1 pkg. potstickers
1 egg, beaten
Sauté onion, carrot and celery in sesame oil. Add garlic, water and broth powder and bring to a boil. Add potstickers and dipping sauce and cook until potstickers are done, about 5 minutes. Drop egg into hot soup and stir.

African Ground Nut Stew

1 tsp oil
1 onion, diced
1/2 bell pepper, diced
2 garlic cloves, minced
1 cup roasted peanuts, chopped
1 tsp crushed red pepper
1 yam, peeled and cubed
2 red potatoes, cubed
2 cups vegetable broth
1 can diced tomatoes
1/2 tsp salt
Sauté onion and pepper in oil until tender. Add peanuts, salt and red pepper and sauté until fragrant, about 2 minutes. Add remaining ingredients and bring to a boil. Cover and simmer over low heat 1 hour.

Skillet Cornbread

1 1/4 c cornmeal
3/4 c flour
2 1/2 tsp baking powder
2 Tbsp sugar
3/4 tsp salt
2 eggs
2 Tbsp butter
1 cup milk
1 cup corn
Mix dry ingredients. Melt butter in a cast iron skillet or other ovenproof pan. Swirl butter to coat pan, then pour into dry ingredients. Add remaining ingredients and stir. Transfer to skillet and bake at 425° for 12-15 minutes or until golden. Reserve 1/2 for stuffing.

Colorful Curry Latkes

2 Tbsp all-purpose flour
1 tsp black pepper, freshly ground
1 tsp salt
3 potatoes, peeled and coarsely grated
1 carrot, peeled and coarsely grated
1 large egg, lightly beaten
1 1/2 tsp curry powder
Oil for frying
Squeeze excess moisture out of potatoes. Beat egg, add remaining ingredients. Heat oil in pan and spoon mix into patties. Flip and cook until golden on each side.

Yam & Lentils

1 tsp oil
1/2 onion, diced
1 tsp cumin seed
2 cloves garlic, minced
1 garnet yam, peeled and diced
1 cup lentils, cleaned and rinsed
4 cups broth
salt and pepper to taste
Sauté onion and cumin seed in oil. Add remaining ingredients and simmer until yams begin to fall apart. Serve with pita and raita.

Raita

1 cup yogurt
dash of ground cumin
1 diced cucumber
splash of lemon juice
Mix together and allow to sit for 1 hour or more.

Calabacita Quiche

1/2 red onion, diced
1/2 bell pepper, diced
1 small zucchini, diced
1 cup corn
1 clove garlic
1/2 to 1 tsp ea: smoked salt, fresh cracked pepper, cumin and oregano
1/2 cup flour
1/2 cup cornmeal
1/2 tsp salt
4 Tbsp butter, divided
1/2 lb. assorted cheese, divided
1/2 cup ice water
8 eggs
1/2 cup milk
Mix cornmeal, salt and flour in 10-inch pie pan. Cut in

3 Tbsp butter and 1/4 cup grated cheese. Add ice water until dough forms. Press up sides of pan and prick with fork. Bake 10 minutes at 350°. Meanwhile, sauté vegetables in remaining butter until tender and mix in spices. Line pie pan with slices of cheese. Top with sautéed vegetables. Whisk egg and milk together and pour over vegetables. Bake for 1 hour, or until center has set.

Squash with Cornbread Stuffing

1 acorn squash, halved and seeded
1/2 recipe cornbread, cubed and toasted
1/2 cup cranberries
1/4 cup broth
1 tsp dried sage
1 stick celery, chopped
1 onion, chopped
1 clove garlic
1 Tbsp butter
salt and pepper to taste
Oil cut sides of squash and place cut side down in a baking dish. Bake at 400° for 20 minutes. Sauté onion and celery in butter. Add remaining ingredients and stuff into squash halves. Bake 30 minutes, or until golden and crispy.



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