

*First Alternative Co-op*

# BUDGET BITES

Vol. 2, Issue #2:  
February 2011



Dinner for 2  
adults,  
6 nights,  
under \$50!

## Menu:

**Saturday: Manicotti alla Bolognese**

**Sunday: Sesame Baked Tofu**

**Monday: Clam Chowder**

**Tuesday: Beans & Puppies Hot Dish**

**Wednesday: Magic Mushrooms**

**Thursday: Lemon Ricotta Pasta**

# BUDGET BITES VOL. 2 #2

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Manicotti alla Bolognese Green Salad	Sesame Baked Tofu Brown Rice Steamed Broccoli	Clam Chowder Carrot sticks	Beans & Puppies Hot Dish Green Salad	Magic Mushrooms Carrot Sticks	Lemon Ricotta Pasta Steamed Broccoli
Set aside for future meals: sausage ricotta salad greens Tip: Meat free alternative? Sausage substitute or chopped mushrooms will work nicely.	Tip: This recipe works best with shelf stable tofu. Since most of the ingredients keep well, this is a great pantry dish to know about.	In the fridge for future meals: carrot sticks Tip: If carrots aren't quite crisp enough, drop the carrot sticks in cold water & let rest in the fridge.		Tip: Make the sauce for the Lemon Ricotta Pasta tonight to let the flavors meld overnight.	Tip: This Ricotta mixture also makes a delightful dip

## SHOPPING & RECIPES

We shopped this list at the Co-op on January 24th, 2011. 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. Our total: \$49.47

## IN THE PANTRY:

olive oil	bay leaf
garlic	tamari
salad dressing	vinegar
nutmeg	honey
pepper	dried oregano
salt	basil
tomato catsup	chili flakes
brown sugar	veggie broth
mustard	powder

## BULK:

- \_\_\_ 1 cup brown rice
- \_\_\_ ½ cup sesame seeds
- \_\_\_ ½ cup walnuts
- \_\_\_ 1 cup ww pasta shells
- \_\_\_ 8 lasagna noodles
- \_\_\_ ½ cup sliced olives

## GROCERY:

- \_\_\_ 10 oz Stahlbush frozen broccoli
- \_\_\_ 15 oz Muir Glen tomato sauce
- \_\_\_ 10 oz. can clams
- \_\_\_ 1 extra-firm Silken tofu
- \_\_\_ 2 cans baked beans
- \_\_\_ 1 bag *Cascadian Farms* Spud Puppies

## PRODUCE- 100% Organic:

- \_\_\_ 2 onions
- \_\_\_ 3 stalks celery
- \_\_\_ 2 red potatoes
- \_\_\_ 1 lemon
- \_\_\_ 1 head lettuce
- \_\_\_ 1 small piece ginger
- \_\_\_ 4 carrots
- \_\_\_ ½ cup bulk spinach
- \_\_\_ 4 portabello mushrooms

## DAIRY & CHEESE:

- \_\_\_ 16 oz low fat ricotta
- \_\_\_ ½ cup (2oz) parmesan
- \_\_\_ 5 oz mozzarella
- \_\_\_ 1 pint half & half

## MEAT:

- \_\_\_ 1 lb. pork sausage

# 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 in 2011!

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)



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*First Alternative*  
NATURAL FOODS CO-OP



## Recipes

### Manicotti alla Bolognese

8 lasagna noodles  
¼ lb pork sausage  
1 cup lowfat ricotta  
¼ cup grated parmesan  
2 cloves garlic, crushed  
1 tsp dried oregano  
1 tsp dried basil  
¼ onion, finely chopped  
½ cup spinach, finely chopped  
salt and pepper to taste  
15 oz can Muir Glen tomato sauce  
¼ cup grated mozzarella

Preheat oven to 350°. In a small skillet brown sausage, breaking it up into small pieces as you go. Cook pasta in a large pot for 7 minutes. Drain and rub with olive oil. While pasta cooks, mix ricotta, parmesan, garlic, oregano, spinach and onion. Add salt and pepper to taste. Spread a thin layer of tomato sauce over the bottom of an 8x8 baking dish. Cut a noodle in half and place a dollop of cheese filling in the middle. Roll tightly and place in pan. Repeat this process until dish is packed tight. Mix sausage with remaining sauce and spread evenly over pan. Bake, covered, 10 minutes. Remove foil, sprinkle with cheese and continue baking until sauce is bubbling and cheese is melted.

### Sesame Baked Tofu

½ cup sesame seeds  
12 oz extra-firm silken tofu  
1 Tbsp minced fresh ginger  
1 tsp oil  
2 cloves garlic, minced  
4 Tbsp tamari, separated  
2 Tbsp vinegar  
½ tsp honey

Preheat oven to 350°. Cut tofu in thirds the long way, to make three slices the size of the cake of tofu but 1/3 the thickness. Cut each slice into 4 triangles. Sprinkle with 2 Tbsp tamari. Dredge tofu slices in sesame seeds to coat on all sides. Place slices on a cookie sheet and bake 20 minutes. Turn oven to broil and broil slices 8 inches from broiler until seeds are lightly browned. Mix vinegar, tamari & honey together. In a non-stick sauté pan, sauté ginger and garlic gently in oil until fragrant, 1-2 minutes. Add vinegar mixture and bring to boil. Cook until slightly reduced, 2-3 minutes. Serve tofu over rice, drizzled with ginger sauce.

### Clam Chowder

1 medium onion, diced  
2 tsp. olive oil  
3 stalks celery, thinly sliced  
2 red potatoes, small cubes  
1 clove garlic, minced  
1 bay leaf  
1 ½ cups water  
1 ½ tsp veggie broth powder  
10 oz. can clams  
1 cup half and half  
¼ tsp. nutmeg  
¼ tsp lemon zest  
salt & pepper to taste  
Sauté onion in oil until soft, 4-5 minutes. Add celery and cook another 2-3 minutes. Add potatoes, garlic, salt, bay leaf, water and broth powder. Cook until potatoes are tender, about 20 minutes. Remove bay leaf. Add clams and half & half to vegetables and cook gently until clams are heated through. Taste and add nutmeg, zest and salt and pepper.

### Beans & Puppies Hot Dish

2 cans vegetarian baked beans  
2 Tbsp. tomato catsup  
2 Tbsp. brown sugar

1 Tbsp. prepared mustard  
¼ onion, minced  
1 bag Cascadian Farms Spud Puppies  
2 carrots, grated  
Preheat oven to 350°. In an oiled casserole dish, mix together all ingredients except potato puffs. Pack puffs close together across the top of the dish. Bake, uncovered, 1 hour.

### Magic Mushrooms

4 portabello mushrooms  
¾ lb. Italian Pork Sausage  
½ onion, finely minced  
½ cup sliced olives  
4 oz mozzarella, diced  
dash of chili flakes (optional)

Remove stem and gills from mushrooms and arrange them in an 8x8 pan with ¼ inch of water in the bottom. Cook sausage, breaking it up with a fork as you go. When sausage is done, but not yet browned, add the onion and chopped mushroom stems and gills and cook 2 minutes. Drain and cool. Mix olives and mozzarella with sausage. Stuff mixture into mushrooms. Cover and bake 20 minutes at 350°. Remove cover and broil until browned.

### Ricotta Lemon Pasta

1 cup pasta shells  
1 garlic clove, peeled  
½ cup walnuts  
1 tablespoon olive oil  
1 cup lowfat ricotta  
3 tablespoons fresh lemon juice  
1½ teaspoons lemon zest  
3 Tbsp grated parmesan

Boil water and cook pasta. Whirl remaining ingredients together in a food processor until creamy. Let stand 10 minutes. Toss cooked pasta with sauce. Yum!