

First Alternative Co-op

BUDGET BITES

Vol. 2, Issue #3:
March 2011

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



Menu:

Saturday: California Dal

Sunday: Sliders & Citrus Fennel Salad

Monday: Pigs in a Blanket

Tuesday: Lucky Potato Soup

Wednesday: Hawaiian Handrolls

Thursday: Warmer Krautsalat

BUDGET BITES VOL. 2 #3

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
California Dal Brown Rice Cucumber salad	Sliders Citrus Fennel Salad	Pigs in a Blanket Citrus Fennel Salad	Lucky Potato Soup Cheese Biscuits	Hawaiian Handrolls Miso Soup	Warmer Krautsalat
Tip: Make a yummy cucumber salad by tossing peeled slices with greek yogurt, a little chopped onion and dried dill. Let stand 15 minutes before serving.	In the fridge for future meals: biscuit mix ½ each grapefruit, orange, fennel bulb & dressing ½ lb. burger Tip: Stir chopped onion, garlic and spices into the burger. Form 6 patties. Cook, top with cheese and serve on biscuits.	In the fridge for future meals: frozen peas hot dogs Tip: We use the sliced White American cheese from the cheese island.	In the fridge for future meals: parmesan Tip: ½ cup of biscuit mix, reconstituted with milk, makes 4 biscuits. Add 2 Tbsp. grated Parmesan. Drop by the spoonful on to a baking pan, cook at 350° until nicely browned, about 20 minutes.	Tip: Cook 1 cup of sushi rice and add 1 Tbsp agave syrup & rice vinegar while rice is still hot. Quarter hot dogs lengthwise and sear in a skillet. Roll nori with ½ cup rice and hot dogs & serve with wasabi and shoyu.	Tip: You can add a slice or two of crumbled bacon to this salad. Use the bacon fat as part of the oil for the dressing.

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: \$49.41

IN THE PANTRY:

olive oil	red pepper flakes
vinegar	wasabi
oregano	onion powder
garlic	mint
cumin	rice vinegar
ground chile	agave syrup
baking powder	vegetable broth
salt & pepper	powder

PRODUCE:

- ___ 1 cucumber
- ___ 2 onions
- ___ 2 sweet potatoes
- ___ 2 large russet potatoes
- ___ 1 small cabbage
- ___ 8 mushrooms
- ___ 1 fennel bulb
- ___ 1 grapefruit
- ___ 1 navel orange
- ___ 1 bunch watercress

DAIRY & CHEESE:

- ___ 2 sticks butter
- ___ ½ gallon milk
- ___ 1 pk. hotdogs
- ___ 6 oz Greek yogurt

- ___ 2 eggs
- ___ 1 pk. cheese slices
- ___ ¼ lb. parmesan cheese

MEAT:

- ___ 1 lb hamburger

BULK:

- ___ 1 cup dried lentils
- ___ ½ cups raisins
- ___ 2 cups AP flour
- ___ 1 ½ cup WW flour
- ___ ¼ cup wheat bran
- ___ 1 cup brown rice
- ___ 1 cup sushi rice
- ___ 4 sheets nori
- ___ ½ cup shoyu sauce
- ___ 3 Tbsp Miso paste

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



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Recipes

California Dal

1 onion, peeled and chopped
1 clove garlic
1 Tbsp olive oil
1 cup lentils
2 sweet potatoes, peeled and cubed
2 tsp ground cumin
½ tsp salt
½ tsp ground chile
3 cups vegetable broth
½ cup golden raisins

Heat a large, heavy pan over medium heat. Add oil and onion. Cook, stirring frequently, until onion softens, about 5 minutes. Add garlic, cumin, salt and chile to onions and cook until fragrant, 1-2 minutes. Add veggie broth, lentils and sweet potatoes. Bring mixture to a boil. Reduce heat, cover, and simmer. Cook until lentils and sweet potatoes are tender, about 25-30 minutes. Stir in raisins and serve with cucumber yogurt salad and brown rice.

Homemade Biscuit Mix

1 ½ cups all-purpose flour
1 ½ cups whole wheat flour
¼ cup wheat bran
2 Tbsp baking powder
1 tsp salt
1 stick (8 Tbsp) cold butter

Mix dry ingredients together. Cut in the butter until it has the texture of fine cornmeal. Refrigerate until needed. Use within two weeks.

To prepare biscuits:

Use 1 cup a biscuit mix with ½ cup milk. Drop by the spoonful on to a baking pan to make 6 biscuits, cook at 350° until nicely browned, about 20 minutes.

Fennel Citrus Salad

½ fennel bulb, rinsed and sliced (bulb only, reserve stems)
½ grapefruit, peeled and sliced
½ orange, peeled and sliced

Dressing:

2 Tbsp olive oil
2 Tbsp agave syrup
¼ tsp dried mint
¼ tsp cumin
¼ tsp onion powder
Salt and pepper to taste

Prepare the dressing by mixing all ingredients together. Allow flavors to meld while preparing the remaining salad ingredients. Toss fennel, grapefruit and orange together in a bowl and dress right before serving.

Pigs in a Blanket

1 cup biscuit mix
½ cup milk
4 hot dogs
4 slices cheese, room temp.

Stir milk into biscuit mix. Turn out on a floured surface and knead briefly. Roll out into a rectangle about ¼ inch thick. Cut into 4 even squares. Put the cheese and the hot dog diagonally on blanket. Roll. Put pigs on a cookie sheet and bake at 350° until brown & piping hot, about 12 minutes.

Lucky Potato Soup

2 large russet potatoes, peeled and cut into bite-sized pieces
3 fennel stems
½ lb. hamburger
½ cup coarsely chopped onion
2 cloves garlic, minced
2 cups milk
¼ cup grated parmesan
salt and pepper to taste

Cover potato and fennel stems with water and cook until potatoes are tender, about 20 minutes. Drain and

remove fennel. Sauté hamburger, garlic and onion until browned. Add potatoes and milk and heat gently. Add salt & pepper to taste & garnish with parmesan.

Watercress Miso Soup

1 bunch watercress
¼ cup miso paste
2 mushrooms, thinly sliced
Bring 4 cups of water to a boil. Remove from heat and stir in miso paste. Divide mushrooms and watercress between bowls. Add warm miso broth and serve.

Warmer Krautsalat

Hot Cabbage Salad

8 cups cabbage, shredded
6 mushrooms, thinly sliced
dash kosher salt
¼ cup + 1 Tbsp. olive oil
¼ cup balsamic vinegar
½ tsp. dried oregano
½ cup thinly sliced onion
1 poached egg per person
parmesan cheese for garnish

Place cabbage in a large bowl with room for tossing. Sauté mushrooms in 1 Tbsp. oil until nicely browned. Add a sprinkle of kosher salt. Carefully add balsamic vinegar to the hot pan (this works best without your face over the pan.) Cook until reduced by half, about 2 minutes. Add oregano. In a separate pan, cook onions in olive oil just until they begin to soften. Add balsamic reduction to onions and stir. Pour hot mixture right over the cabbage. Toss the salad until each leaf is nicely coated with dressing. Top with parmesan (shave off curls with a vegetable peeler) and a poached egg.

