

First Alternative Co-op

BUDGET



Issue #10:
October 2010

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



Menu:

Saturday: Salad Nicoise

Sunday: Happy Crispy Cakes

Monday: Eggs Florentine

Tuesday: Nutty Noodles

Wednesday: Smoky Maple Bacon Polenta
with Tomatoes

Thursday: Curried Sweet Potato Lentils

BUDGET BITES #10

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
☺ Salad Nicoise ☺ Cheese toast	☺ Happy Crispy Cakes ☺ Rice	☺ Eggs Florentine	☺ Nutty Noodles ☺ Egg rolls	☺ Smoky Maple Bacon Polenta with Tomatoes	☺ Curried Sweet Potato Lentils ☺ Egg rolls
In the fridge for future meals: English Muffins Tip: Mix a little parm with a little butter, spread on split English Muffins and toast under the broiler. MMMMMM.	Tip: For Zippy Sauce, fry 1 Tbsp each garlic & ginger then carefully add 2 Tbsp each soy sauce & vinegar to the hot pan. Reduce a moment, then add 2 tsp agave and 1 tsp chili oil.	<i>In the fridge for future meals:</i> ½ pkg. Smoky Maple Bacon Tip: Rinse and steam spinach, then toss with a bit of butter and parmesan. Poach eggs and serve on top of spinach with toast & fried Smokey Maple Bacon Tempeh	In freezer for future meals: Egg Rolls Tip: These egg rolls are lovely baked, and add a great crunch to the yummy savory noodles.	Tip: You can, of course, use real bacon in this.	Tip: Fruit is delicious with this as well.

SHOPPING & RECIPES

Budget Bites shopping & recipes are scaled for two adults. Increase or decrease as needed to allow for your household. We shopped this list at the Co-op on September 17th, 2010. We assumed you had a few things in the pantry, which were not included in the shopping total. The total: \$49.85

IN THE PANTRY:

garlic	red pepper flakes
ginger	agave syrup
olive oil	nuts
chili oil	mustard
curry powder	salad dressing
ground cumin	yogurt
salt & pepper	capers
soy sauce	butter

GROCERY:

___ Food Merchants polenta
___ Sun Luck rice sticks
___ 1 can Natural Value tuna
___ Rudi's English muffins

BULK:

___ ½ cup peanut butter
___ ½ cup vegetable broth
___ 4 oz rice
___ 1 cup French green lentils

PRODUCE, 100% Organic!

___ 1 head lettuce
___ ¼ lb. fingerling potatoes
___ ¼ lb. green beans
___ 1 pint cherry tomatoes
___ 3 medium carrots
___ 2 small yellow onions

___ 1 small sweet pepper
___ 1 bunch spinach
___ 1 cucumber
___ 1 bunch green onions
___ 2 small summer squash
___ 1 small head Napa cabbage

FREEZER

___ Blue Horizon shrimp
___ spring rolls
___ 1 bag frozen sweet potato
___ 1 bag frozen peas

CHILL:

___ 7 Eggs
___ ½ cup grated parmesan
___ Tofurky Smoky Maple Bacon Tempeh

BUDGET BITES

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, providing 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! Many of the meals will also make enough for lunch the next day.

These menus assume you have some cooking skills and own a basic reference cookbook.

Bon Appetit!



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The Recipes

Salad Nicoise

6 cups of lettuce
1 can tuna
2 eggs, hard boiled
green beans, cooked
cherry tomatoes
cucumber
fingerling potatoes, cooked
capers (if you like them)
anchovies (ditto)

Wash lettuce and make a nice bed on two plates. Drain tuna, peel eggs and cut everything nicely. Arrange on top of lettuce. Add dressing to taste.

Happy Crispy Cakes

1 small carrot, peeled
½ small yellow onion
1 small sweet red pepper
¼ cup frozen sweet potato
1 clove garlic
1 Tbsp. finely ground parmesan
2 Tbsp. finely ground nuts
1 egg white
1 tsp. prepared mustard
½ tsp. salt
2/3 cup fine fresh bread crumbs
olive oil for frying

Using a food processor, hand grinder or a very sharp knife, very finely chop all the vegetables. Stir in cheese, nuts, egg white, mustard and salt. Heat a large skillet or griddle and add enough oil to coat. Form about 2 teaspoons of the vegetable mixture into a small cake; dip both sides in breadcrumbs. Add to hot pan and cook over medium heat without turning until golden brown. Flip and cook until brown on second side. Serve at once with "Zippy Sauce" (recipe on back) or hold in a single layer on a cookie sheet in a warm oven.

Nutty Noodles

½ pkg. rice noodles
2 tsp. oil
1 bunch green onions
2 small summer squash
2 medium carrots
3 cups shredded Napa cabbage
2 cloves garlic, pressed
¾ cup vegetable or chicken broth
½ cup peanut butter
2 ½ Tbsp. soy sauce
1 tsp. red pepper flakes
1 tsp. agave syrup

Soak ½ package rice noodles for 40 minutes. Cut carrot, summer squash and green onions into julienne strips. Heat oil in large wok. Sauté carrots, squash and green onions 1 minute in hot pan. Push to the side and add noodles. Turn heat to high and add noodles & 1/2 cup hot water. Drizzle with 1 Tbsp soy sauce (or fish sauce if you prefer). Stir noodles to cook them evenly. When they begin to soften, add garlic and cabbage, cover pan, and cook 2 minutes. While cabbage cooks, mix broth, nut butter, soy sauce, red pepper flakes, and agave syrup together to make sauce. Stir sauce into vegetables & noodles and heat through.

Smoky Maple Bacon Polenta with Tomatoes

1 chub Food Merchants polenta
1 Tbsp. butter
1 Tbsp. olive oil
½ package Maple Bacon tempeh strips
1 clove garlic, minced
½ onion, sliced
½ pint cherry tomatoes, halved
parmesan cheese

Slice polenta into rounds. Heat butter & olive oil in a pan big enough to hold polenta in a single layer. Add polenta and cook over medium heat

until browned. Turn and brown other side. Remove polenta from pan and add tempeh strips and a little oil. Cook until crisp and brown and remove from pan. Sauté garlic, onions and tomatoes 2-3 minutes. Layer polenta, veggies and tempeh on plates and sprinkle with parmesan.

Curried Lentils with Sweet Potatoes

1 small onion, peeled and chopped
1 tsp. minced garlic
1 Tbsp. olive oil
1 cup French green lentils
1 cup diced sweet potatoes
1 cup peas
2 tsp. curry powder
1 tsp. ground cumin
½ tsp. salt
½ tsp. pepper
1 ½ cups vegetable broth
fresh mint leaves (optional)
yogurt (optional)

Heat a large, heavy pan over medium heat. Add oil and onion. Cook, stirring frequently, about 5 minutes. Add garlic. While onion cooks, sort lentils and discard debris, then rinse and drain. Add cumin, curry powder, salt and pepper to onions and cook until fragrant, 1-2 minutes. Add veggie broth and lentils. Bring mixture to a boil. Reduce heat, cover, and simmer. Cook until lentils are tender, about 30-45 minutes. Stir in peas and sweet potatoes. Garnish with mint and yogurt, if desired.

