



BUDGET BITES

A budget-minded meal plan

6 dinners for 2 adults. Menu on back page.

MEDITERRANEAN FRESH SUMMER 2022 VOL. 17



DAY 1

Eggplant Parmesan, Mediterranean Orzo Salad,
and Green Salad



Eggplant Parmesan

- 1 medium eggplant
- 2 eggs
- ½ cup shredded Parmesan cheese
- ½ cup flour
- 1 Tbsp Italian seasoning
- ¾ teaspoon sea salt
- 1½ - 2 cups marinara sauce
- 1 cup fresh mozzarella cheese slices
- Fresh basil, sliced into very thin strips

Preheat oven to 425°F. Line a baking sheet with parchment paper. Slice eggplant into ¾" thick slices. Beat eggs in a bowl and set aside. Combine Parmesan, flour, Italian seasoning, and salt in another bowl, and set aside. Dip each eggplant slice into egg and then into flour mixture, turning them over and spooning mixture onto both sides. Lay slices on sheet pan, about ½" apart. Bake 10 minutes, flip slices over, and bake 10 minutes more. Spoon 1-2 Tbsp marinara sauce on each slice, top with a slice of mozzarella and bake 5 minutes more, until cheese melts.

Serve with green salad, made with Romaine (reserve 4 -6 leaves for Day 2 Falafel), carrot and ½ red bell pepper.

Mediterranean Orzo Salad

- ¾ cup dry orzo
- ½ - 1 can garbanzo beans, drained and rinsed
- 1½ Tbsp lemon juice
- ¼ tsp sea salt
- 1 small cucumber, peeled and diced
- ½ red bell pepper, diced
- ⅓ cup chopped fresh dill
- ⅓ cup chopped fresh mint
- 2 Tbsp red wine vinegar
- 3 Tbsp olive oil
- ½ tsp Dijon mustard
- 1 tsp dried oregano
- ½ cup feta cheese crumbles
- ⅓ cup Kalamata olives, halved
- Black pepper to taste

Bring 2 cups water to boil in a saucepan. Add orzo, cook 5-8 minutes, until al dente. Drain orzo and rinse with cold water. Place desired amount of garbanzo beans in a bowl with orzo and all remaining ingredients. Stir and season to taste.

Reserve ½ Mediterranean Orzo Salad for Day 5.



DAY 2

Falafel with Dill Yogurt Sauce and Quinoa Tabbouleh



Falafel

- ½ cup dry chickpeas
- ¼ cup fresh parsley, chopped
- 3 Tbsp onion, chopped
- 2 cloves garlic, minced
- ½ tsp ground cumin
- ½ tsp ground coriander

- ¼ tsp sea salt
- Pinch black pepper
- Pinch cayenne
- Oil for frying (about 2 Tbsp)
- 1 cucumber, sliced
- 4-6 Romaine leaves
- 2-4 pocket pitas

Rinse and sort chickpeas. Place in a bowl covered with plenty of water. Soak for 24 hours. Drain chickpeas and place in blender with parsley, onion, garlic, spices, and salt. Blend thoroughly until all ingredients are fully ground and well incorporated into a thick paste. Heat oil in a large frypan on medium-high heat. Form falafel batter into 6 equal balls and fry until browned on one side, then flip to brown on the other side. Remove from frypan and pat down to remove excess oil. Serve falafel with sliced cucumbers, romaine lettuce, Dill Yogurt Sauce, and warmed pocket pitas (cut in half and opened up.)

Dill Yogurt Sauce

- ¼ cup finely chopped fresh dill
- ½ cup Greek yogurt
- ¾ cup mayonnaise
- 2 Tbsp lemon juice
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp sea salt

Mix all ingredients together. Reserve ½ sauce for Day 5.

Quinoa Tabbouleh

- 2 cups quinoa
- 2 – 2½ cups water
- ½ cucumber, diced
- 1 cup diced fresh tomatoes
- ½ cup mint, finely chopped
- ½ cup parsley, finely chopped

Dressing:

- ¼ cup fresh lemon juice
- ⅓ cup olive oil
- 2 cloves garlic, crushed
- 1 tsp sea salt

Rinse quinoa well, in a colander, to remove bitterness. Place water and quinoa in a saucepan and stir; bring to a boil, cover, and simmer for 5 minutes, or until water is absorbed and quinoa is tender. Fluff quinoa and set aside to cool.

Scoop cooled quinoa into a large bowl. Add cucumber, tomatoes, mint, and parsley. In a small bowl whisk together dressing ingredients. Pour over quinoa and vegetables. Toss together. Set aside ½ tabbouleh for Day 4. Serve remaining portion today.



DAY 3

Lemon Chicken Orzo, Greek Salad, and Dolmas



Lemon Chicken Orzo

- 1 quart chicken stock
- 2 chicken breasts
- ½ cup orzo
- 2 egg whites + 1 egg yolk
- 1½ tsp lemon zest
- 3 Tbsp fresh lemon juice
- Black pepper to taste
- 2 Tbsp basil, cut into very thin strips

In a large saucepan, bring the chicken stock to a boil. Add chicken breasts and simmer 20-25 minutes or until chicken is cooked through and internal temperature registers at least 160°F. Remove the chicken, shred one breast, and set aside. Refrigerate the remaining breast to be served on Day 6. Add orzo to the chicken stock and cook 5-8 minutes, until al dente.

In a large bowl, beat egg whites to soft peaks. In a medium bowl, whisk together egg yolks and lemon juice. Fold egg yolk mixture into egg whites. Slowly ladle in some hot stock, whisking constantly. Very slowly, add egg mixture into the pot, whisking constantly. Cook gently until mixture thickens, about 5 minutes. Add shredded chicken and stir. Serve topped with lemon zest and basil.

Greek Salad

- 1 cucumber, peeled and sliced ¼" thick
- 1 red bell pepper, large diced
- 1 yellow bell pepper, large diced
- 1 pint cherry tomatoes, halved
- ½ red onion, sliced in half moons
- ½# feta cheese, diced
- ½ cup Kalamata olives, pitted

Place cucumber, peppers, tomatoes, and red onion in a large bowl. Add vinaigrette and stir. Add feta and olives and toss lightly. Set aside for 30 minutes to allow flavors to blend.

Vinaigrette

- 2 cloves garlic, minced
- 1 tsp dried oregano
- ½ tsp Dijon mustard
- ¼ cup red wine vinegar
- 1 tsp sea salt
- ⅙ tsp freshly ground black pepper
- ½ cup olive oil

In a small bowl, whisk together first 6 ingredients. Slowly add the olive oil, continuing to whisk to an emulsion.

Reserve ½ Greek Salad for Day 5. Serve meal with purchased dolmas as a side.



DAY 4

Hummus Bowls with Pita and Quinoa Tabbouleh



Hummus Bowls with Pita

- 2 cups lettuce, chopped
- $\frac{2}{3}$ cup hummus
- 1 cucumber, peeled and sliced
- 1 cup cherry or grape tomatoes, halved
- $\frac{1}{2}$ cup Kalamata olives, halved
- $\frac{1}{4}$ cup feta cheese
- 2 pita bread rounds, warmed and cut into wedges for dipping

Divide greens between 2 bowls. Top with remaining ingredients, reserving the pita bread for serving. Serve Hummus Bowl with pita wedges, using the hummus as a dip for the bread and a dressing for the vegetables.

Serve with reserved Quinoa Tabbouleh from Day 2.

Note: this meal is super flexible! Just add in whatever summer vegetables you have on hand, such as carrots, snap peas, peppers, broccoli, or green beans. You can also swap the lettuce for other fresh greens like spinach, kale or chard. Great for a hot summer day!



DAY 5

Salmon with Dill Yogurt Sauce, Mediterranean Orzo Salad, and Greek Salad

Salmon with Dill Yogurt Sauce

- 2 small salmon fillets
- Sea salt & pepper to taste

Preheat oven to 450°F. Sprinkle salmon with salt and pepper and place on a parchment-lined baking sheet. Bake 10

minutes or until flaky and just cooked. Top salmon portions with reserved Dill Yogurt Sauce from Day 2. Serve with reserved Mediterranean Orzo Salad from Day 1 and the reserved Greek Salad from Day 3.

Note: if it's a hot day, you could choose to grill the salmon instead!



DAY 6

Pesto Gnocchi with Chicken Breast, Green Salad,
and Sliced Tomatoes

Mediterranean Favorites

FRESH • LOCAL • CONVENIENT



Pesto Gnocchi

- 1# box gnocchi
- 5 Tbsp Basil Pesto (*recipe below*)
- ¼ tsp sea salt
- ¼ cup shredded Parmesan cheese
- 1 cooked chicken breast, chopped

In a medium sauce pan, bring 1 quart water to a boil. Add gnocchi, breaking apart any that are stuck together. Cook 5 minutes, stirring occasionally until gnocchi all float to the top. Drain. Return gnocchi to saucepan, stir in remaining ingredients, and heat through.

Basil Pesto

- 6 Tbsp shredded Parmesan
- 6-8 Tbsp olive oil
- ⅓ tsp pepper
- ¼ - ½ tsp sea salt
- ¼ cup sunflower seeds
- 2 medium cloves garlic
- 1½ cups basil

Place all ingredients in a food processor and process with an "s" blade until smooth. Add olive oil as needed to reach desired consistency.

Serve with green salad and sliced fresh tomatoes, sprinkled with sea salt.

Co-op Kitchen & Deli

is a superb choice for fresh, local, and convenient Mediterranean-style foods. Co-op Kitchen Hummus and Falafel are two popular items, and we also offer delicious Mediterranean-influenced prepared salads and wraps!

Pasta Plus makes traditional fresh pastas and basil pesto in Eugene. Their products are truly "fresh, local & convenient"! When you need a quick and delicious solution for dinner, grab a package of their pasta and basil pesto from our chill case—simple!

Mamalia's is about as local as it gets! Amelia McCullough bakes traditional Greek sweet and savory pastries right here in Corvallis. Favorites include sweet & spiced Baklava and savory Spanakopita, both made using her family's traditional recipes.

Trazza Foods is a local, family-owned business based in Tualatin. Claude Karam produces an amazing array of delicious hummus varieties and other dips. His goal is to offer fresh, all natural, authentic Lebanese foods conveniently ready to enjoy!



DAILY MENU & SHOPPING LIST



Day 1 - Eggplant Parmesan

Day 2 - Falafel & Tabbouleh

Day 3 - Lemon Chicken Orzo

Day 4 - Hummus Bowls

Day 5 - Salmon with Dill Sauce

Day 6 - Pesto Gnocchi

BULK

1 tsp black pepper
1/8 tsp cayenne pepper
5 tsp sea salt
2 tsp dried oregano
1/2 tsp garlic powder
1/2 tsp ground coriander
1/2 tsp ground cumin
1/2 tsp onion powder
1 Tbsp Italian seasoning
1 tsp Dijon mustard
1 1/3 cups pitted Kalamata olives
3/4 cup mayonnaise
1/2 cup dry chickpeas
1 1/4 cups orzo
2 cups quinoa
1/4 cup raw sunflower seeds

1/2 cup flour
1 cup olive oil
6 Tbsp red wine vinegar

PRODUCE

1 bunch basil
1 bunch fresh dill
1 bunch fresh mint
1 bunch parsley
2 carrots
5 cucumbers
1 head garlic
2 tomatoes
2 pts cherry tomatoes
1 red onion
3 lemons
2 red bell peppers
1 yellow bell pepper
1 large head Romaine lettuce

1 head leaf lettuce
1 eggplant

GROCERY

1 quart chicken stock
1 small can dolmas
1 bottle salad dressing
1 can garbanzo beans
1# box gnocchi
1 jar Marinara sauce
4 oz Greek yogurt
5 eggs
2/3 cup hummus
1 pkg pita bread

MEAT/CHEESE

1# feta cheese
8 oz fresh mozzarella
1 1/2 cups shredded Parmesan
2 small salmon fillets
2 chicken breasts

First Alternative
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