



# BUDGET BITES

A budget-minded meal plan

*6 dinners for 2 adults. Menu on back page.*

**FALL ROOTS & LEGUMES** FALL 2022 VOL. 18



# DAY 1

## Yam & Black Bean Quesadillas with Roasted Roots and Apple Slices



### Yam & Black Bean Quesadillas

½ yam, peeled and cut into ½” cubes  
1 Tbsp olive oil  
3 green onions, sliced  
½ tsp ground cumin  
½ tsp chili powder  
½ can black beans, drained  
(reserve liquid for Day 2)  
Salt to taste

4 flour or corn tortillas  
2 chard leaves, chopped  
½ cup grated cheddar cheese  
Hot sauce

Place cut yam into a pan with a small amount of water, cover, and steam until fork-tender, 10-15 minutes. In a large skillet, heat oil and add onion, cumin, chili powder, black beans, yams, and salt. Sauté until onion is tender. Spray

a clean skillet with olive oil, place 1 tortilla in skillet, add half the bean mixture and half the cheese. Top with another tortilla. Heat over med-low heat until golden brown, then spray top tortilla with olive oil, flip and cook until bottom is golden brown.

### Roasted Roots

2 red potatoes, cut into 1” cubes  
½ yam, peeled and cut into 1” cubes  
1 sunchoke, scrubbed and cubed  
3 carrots, peeled and cut into 1” lengths  
2 beets, peeled and cubed  
½ tsp sea salt  
1 Tbsp fresh thyme  
2 Tbsp olive oil

Preheat oven to 400°F. Place veggies, salt, herbs, and olive oil in a 9”x13” glass baking dish and toss well. Place in oven and roast, uncovered, for 30-40 minutes or until the vegetables are tender. Set aside half for Day 3.

### Apple Slices

Slice 1 apple into wedges and serve with dinner or for dessert.





# DAY 2

## Caribbean Rice & Beans with Raw Beet Salad and Cucumber Spears



### Caribbean Rice & Beans

- ½ can black beans  
*(reserved liquid from Day 1)*
- 1 Tbsp olive oil
- 1 clove garlic, crushed
- 2 green onions, chopped
- 1 ½ tsp lime juice
- Dash of ground cloves
- 1 tsp dried parsley
- Black pepper to taste
- ½ cup Jasmine rice
- 1 medium tomato, chopped
- Cilantro, chopped, for garnish
- Hot sauce

Heat oil in a large skillet. Add garlic and onion and sauté until onion is tender. Add lime juice, spices, and beans. Sauté 5 minutes. Add uncooked rice and reserved bean liquid plus water to equal 1 cup. Bring to a boil, reduce heat to simmer, cover and cook 20-25 minutes without stirring, or until rice is tender. Add tomato and stir. Serve with hot sauce and cilantro, as desired.

### Raw Beet Salad

- 4 red beets, peeled and grated  
*(in a food processor)*
- 3 Tbsp balsamic vinegar
- 1 Tbsp olive oil
- ½ tsp Dijon mustard
- 1 Tbsp minced onion
- 2 Tbsp fresh mint, chopped
- 2 oz crumbled feta cheese

In a small bowl, whisk together the balsamic vinegar and mustard. Slowly whisk in the olive oil to make the dressing. Add chopped mint and onion and mix well. Add grated beets to dressing and toss to coat. Garnish with feta cheese before serving.

### Cucumber Spears

Slice 1 cucumber lengthwise into wedges and serve with dinner.



# DAY 3

Italian Beans & Pasta with Warmed Tortillas,  
Leftover Roasted Roots (Day 1), and Waldorf Salad



## Italian Beans & Pasta

1 – 15 oz can Great Northern beans  
4 oz elbow macaroni  
2 Beyond Sausage links, sliced  
1 clove garlic, minced  
1 small onion, chopped  
1 – 15 oz can Muir Glen tomatoes

1 tsp cornstarch  
1 ½ tsp dried parsley  
¼ tsp salt  
½ tsp dried oregano  
Black pepper to taste  
2 leaves chard, chopped  
(center stem removed)

Bring 3 cups water to a boil and add elbow macaroni. Cook until al dente; drain and rinse with cold water. Brown sausage links, garlic, and onion in a skillet. Drain excess fat, if needed. Mix tomatoes and cornstarch, making sure cornstarch is dissolved. Add remaining ingredients to skillet. Stir; simmer 8-10 minutes, until heated through.

To warm tortillas, microwave 20 seconds wrapped in a damp paper towel, heat in a cast iron skillet, or wrap in foil and heat in a 350° oven for 10-15 minutes.

Warm remaining Roasted Roots from Day 1 in a skillet or microwave.

## Simple Waldorf Salad

1 large apple, chopped  
1 stick celery, diced  
¼ cup walnuts (optional)  
Mayonnaise to taste

Mix all ingredients, adding mayonnaise to achieve your desired creaminess.





# DAY 4

Beyond Sausage Links with Curried Pintos & Potatoes and Leftover Raw Beet Salad (Day 2)



## Curried Pintos & Potatoes

- 1 – 15 oz can pinto beans
- 1 Tbsp olive oil
- ½ small onion, finely diced
- ½ jalapeño, diced  
(seeds & veins removed)
- Sea salt to taste
- ½ tsp curry powder
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- ⅛ tsp cinnamon
- 2 cups red potatoes, diced
- 1 cup tomato sauce
- ½ cup water
- Chopped cilantro to garnish
- ½ cup quinoa

Heat oil in a large skillet. Add onion and jalapeño and sauté until onions soften. Add spices and salt and sauté briefly. Add potatoes and stir to coat. Add pintos, tomato sauce, and water; stir, then cover and simmer 25-30 minutes or until potatoes are tender, stirring occasionally. Serve over cooked quinoa, garnished with chopped cilantro.

Brown sausage in a skillet. Serve remaining Beet Salad from Day 2.

# DAY 5

Leftover Italian Beans & Pasta (Day 3) with Green salad



*Day 4 instructions continued:* To cook ½ cup quinoa: Rinse quinoa well to remove bitterness. Add ½ cup water to a saucepan, stir in quinoa, bring to a boil, then reduce heat, cover, and simmer about 8-10 minutes or until water is absorbed.

Reheat Italian Beans & Pasta in a skillet or microwave.

## Green Salad

- 1 head Romaine lettuce
- 1 carrot
- 1 red bell pepper

Cut lettuce, carrot, and bell pepper into bite sized pieces. Serve with salad dressing of choice.



# DAY 6

Lentil & Chard Wraps with BBQ  
Potatoes & Carrots and Green Salad



## Lentil & Chard Wraps

¼ cup French green lentils  
1 cup water  
1 chard leaf, chopped  
1 small shallot, chopped  
½ small jalapeño pepper,  
(seeds & veins removed)

1 small clove garlic, minced  
½” piece fresh ginger,  
peeled and minced  
1 Tbsp olive oil  
⅛ tsp salt  
½ tsp brown mustard seeds  
¼ tsp curry powder

¼ tsp garam masala  
½ cup long grain brown rice  
Chard leaves for wrapping

Add lentils and water to a saucepan and bring to a boil. Reduce heat to a simmer, cover and cook 40 minutes, or until lentils are tender. Heat oil in a large skillet and add mustard seeds. Sauté 20-30 seconds or until they begin to pop. Add curry powder and garam masala and sauté another 10 seconds. Add chopped chard, shallot, jalapeño, garlic, and ginger and sauté a few minutes, stirring frequently. Add lentils; gently stir together. Add salt to taste.

To cook rice: Add rice, 1 ½-2 cups water and ⅛ tsp salt to a rice cooker or saucepan. Cover and simmer 30-40 minutes or until water is absorbed and rice is tender.

To serve, add a small scoop of brown rice and the lentil mixture to each chard leaf. Roll leaf up, encompassing filling. Serve with your favorite hot sauce or chutney.

## BBQ Potatoes & Carrots

½ small onion, diced  
2 cups thinly sliced potatoes  
½ cup sliced carrots  
¼ cup chopped celery  
¼ cup shredded cheddar cheese  
3 Tbsp flour  
Sea salt & pepper to taste  
3 Tbsp tomato sauce  
Dash garlic powder  
¼ tsp vinegar  
¼ tsp sugar  
⅛ tsp cayenne  
1 ½ tsp tamari  
¼ tsp garlic salt  
1 cup milk

Combine onion, potatoes, carrots, celery, and cheese in a bowl. Add flour, salt & pepper; stir to combine. Turn into greased 8”x 8” casserole dish. Blend tomato sauce and all remaining ingredients in a bowl and pour over veggies. Cover and bake 1 hour at 375°F. Uncover and bake 15 minutes more.

Serve green salad with dinner.



# DAILY MENU & SHOPPING LIST



Day 1 - Yam & Bean Quesadillas

Day 2 - Caribbean Rice & Beans

Day 3 - Italian Beans & Pasta

Day 4 - Curried Pintos & Potatoes

Day 5 - Italian Beans & Pasta

Day 6 - Lentil & Chard Wraps

## BULK

½ tsp brown mustard seeds  
½ tsp black pepper  
⅛ tsp cayenne  
½ tsp chili powder  
⅛ tsp cinnamon  
1 tsp cornstarch  
¾ tsp curry powder  
1 Tbsp dried parsley  
¼ tsp garam masala  
⅛ tsp garlic powder  
¼ tsp garlic salt  
⅛ tsp ground cloves  
¼ tsp ground coriander  
¾ tsp ground cumin  
½ tsp oregano  
1 ½ tsp sea salt  
½ tsp Dijon mustard  
½ cup mayonnaise  
3 Tbsp balsamic vinegar  
¼ tsp white vinegar  
½ cup olive oil  
1 ½ tsp tamari  
½ cup quinoa  
½ cup jasmine rice

½ cup long grain brown rice  
¼ cup French green lentils  
½ cup elbow macaroni  
3 Tbsp flour  
¼ tsp sugar  
¼ cup walnuts

## PRODUCE

5 carrots  
3 sticks celery  
1 bunch chard  
1 bunch cilantro  
1 head garlic  
½" piece ginger  
1 bunch green onions  
1 jalapeño  
1 lime  
1 sunchoke  
2 onions  
4 red potatoes  
2 small russet potatoes  
1 red bell pepper  
1 small shallot  
1 bunch thyme  
1 medium tomato

1 medium yam  
2 apples  
6 beets  
2 cucumbers  
1 bunch fresh mint  
1 Romanie lettuce

## GROCERY

1 can black beans  
1 can Great Northern beans  
1 can pinto beans  
16 oz milk  
1 pkg Beyond Sausage  
Hot Italian  
1 pkg (10) small flour or  
corn tortillas  
15 oz can fire roasted  
tomatoes  
15 oz can tomato sauce  
1 bottle salad dressing  
Hot sauce

## DELI

8 oz cheddar cheese  
2 oz feta cheese

**First Alternative**  
NATURAL FOODS CO-OP

[www.firstalt.coop](http://www.firstalt.coop) @firstaltcoop

*Open Daily – Two Locations*  
2855 NW Grant Ave.  
& 1007 SE Third St.