About the Tulane Prevention Research Center

The mission of the Tulane Prevention Research Center (PRC) is to reduce or prevent overweight and obesity in the Greater New Orleans Area by addressing the physical and social environmental factors influencing physical activity and diet. The PRC’s mission is accomplished through participatory research; collaboration with community partners and policy makers; communication about environmental factors related to physical activity and diet with public health practitioners, policy makers and community partners; and training of public health professionals, paraprofessional and community members. The Tulane PRC is housed at the Tulane School of Public Health and Tropical Medicine in New Orleans, La.

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Twitter: twitter.com/tulaneprc | Instagram: instagram.com/tulaneprc

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Acknowledgements

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*Note: Actual cost and nutrition of recipes may vary, based on food brand, quantity, and store. The Nutrition Facts labels for this book were created using FoodWorks 16 software. The % Daily Values on each label is based on a 2,000 calorie diet. Your daily values may be higher or lower, depending on your calorie needs.*
Breakfast

Breakfast Burritos

Serving size: 1 burrito  Makes: 4 servings
Prep time: 10 minutes  Cook time: 15 minutes

Ingredients:

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<tr>
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<tr>
<td>4 eggs, scrambled</td>
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<tr>
<td>1/4 cup canned jalapenos, chopped</td>
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<tr>
<td>4 pieces Canadian bacon, chopped</td>
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<tr>
<td>4 8-inch wheat tortillas</td>
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<tr>
<td>1/3 cup shredded cheese</td>
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<td>1/2 cup salsa</td>
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<td>No-calorie, non-stick cooking spray</td>
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TOTAL: $6.44

Price per serving: $1.61

Directions:


2. Crack 4 eggs into a medium sized bowl; add a dash of water and whisk.

3. Once pan is hot, pour eggs into pan and scramble.

4. Add chopped jalapenos and chopped Canadian bacon to the scrambled eggs just before they are done.

5. Warm wheat tortillas on the stove or in the microwave.

6. Divide egg mixture onto 4 tortillas, top with cheese and salsa.

7. Roll up burrito and enjoy!

Photo 247waiter.com
Banana Oatmeal

Serving size: 1 cup  Makes: 1 serving
Prep and cook time: 5 minutes

Ingredients:       Cost:

1/2 cup old-fashioned oats $0.38
1 cup skim milk            $0.27
1 tsp. brown sugar         $0.01
1/2 small banana           $0.05
Cinnamon, to taste         $0.28

TOTAL: $0.99
Price per serving: $0.99

Directions:

1. Combine oats, milk, and brown sugar into a microwave-safe bowl.
2. Microwave on high for 2 minutes and 30 seconds.
3. Slice bananas, add to oatmeal.
4. Add cinnamon to taste.
Mixed Berry Banana Baked Oatmeal

Serving size: 1 square  Makes: 6 servings
Prep time: 10 minutes  Cook time: 15 minutes

Ingredients:  Cost:
1 1/2 cup frozen mixed berries..................$1.80
2 medium ripe bananas, sliced into 1/2-inch pieces............$0.58
1/4 cup honey.......................................$0.52
1 cup uncooked quick oats..........................$0.78
1/2 tsp. baking powder...............................$0.01
1 tsp. cinnamon.....................................$0.03
1 cup fat free milk..................................$0.22
1 large egg.........................................$0.16
1 tsp. vanilla extract...............................$0.14
No-calorie cooking spray.........................$0.03

TOTAL:  $4.27

Price per serving:  $0.71

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<tr>
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Nutrition Grade A

* Based on a 2000 calorie diet

Directions:

1. Preheat the oven to 375°. Lightly spray 8 x 8-inch or 9 x 9-inch ceramic baking dish with no-calorie cooking spray; set aside.

2. Put the banana slices in a single layer on the bottom of the ceramic dish.

3. Sprinkle half of the blueberries over the bananas, 1/4 teaspoon of the cinnamon, 1 Tablespoon of the honey and cover with foil.

4. Bake 15 minutes, until the bananas get soft.

5. Meanwhile, in a medium bowl, combine the oats, baking powder, and remaining cinnamon; stir together.

6. In a separate bowl, whisk together the remaining honey, milk, egg, vanilla extract.

7. Remove bananas from the oven and pour oat mixture over them.

8. Pour the milk mixture over the oats, making sure to distribute the mixture as evenly as possible over the oats.

9. Sprinkle remaining blueberries over the top.

10. Bake the oatmeal for about 30 minutes, or until the top is golden brown and the oatmeal has set. Serve warm from the oven.
Crustless Spinach and Veggie Quiche

Serving size: 1 piece (1/4 recipe)  Makes: 4 servings
Prep time: 10 minutes  Cook time: 35 min.

Ingredients:  Cost:

1 (10-11 oz.) package frozen spinach $3.49
5 large button mushrooms, sliced $0.66
2 ripe Roma tomatoes, diced $0.86
1/2 large sweet onion, diced $0.09
6 large eggs $1.20
1/2 cup shredded cheddar cheese $1.00
No-calorie cooking spray $0.03
Black pepper to taste $0.01

TOTAL: $7.34  Price per serving: $1.84

Directions:

1. Cook the spinach according to directions.

2. Meanwhile, spray a casserole dish with no-calorie cooking spray. Cut the vegetables and add to the casserole dish.

3. Mix the Lightly Sauced Spinach with vegetables and season with black pepper.

4. Beat the eggs and add to the casserole. Stir eggs into mixture.

5. Bake in a 375 preheated oven for 30 minutes or until cooked through. Top with cheese and return to the oven for about 5 minutes more or until cheese is melted and edges are golden brown.
## Banana Muffins

**Serving Size:** 1 muffin  
**Makes:** 12 servings  
**Prep Time:** 10 minutes  
**Cook time:** 20 minutes

**Ingredients:**  
- 1 cup flour $0.26  
- 1 Tbsp. baking powder $0.09  
- 1/2 tsp. baking soda $0.01  
- 1/8 tsp. salt $0.01  
- 1 cup mashed bananas $0.31  
- 1/4 cup sugar $0.10  
- 1 large egg $0.17  
- 1/2 tsp. vanilla extract $0.25  
- 1/4 cup applesauce $0.15

**TOTAL:** $1.35  
**Price per serving:** $0.11

### Nutrition Facts

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<td>Iron</td>
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**Nutrition Grade B-**  
* Based on a 2000 calorie diet

### Directions:

1. Preheat oven to 350°. Grease muffin pan or line with paper muffin liners. *Cost and Nutrition Facts above do not include grease.

2. In a medium bowl combine flour, baking powder, baking soda, and salt together.

3. In a separate bowl, combine banana, sugar, egg, and vanilla extract. Blend until well mixed. Add applesauce. Slowly combine dry mixture to banana mixture. Blend well.

4. Scoop batter into prepared muffin cups. Bake 15-20 minutes or until a toothpick inserted in the center of a muffin comes out clean.

5. Let cool before serving. Enjoy with scrambled eggs/egg whites. *Cost and Nutrition Facts above do not include scrambled eggs or egg whites.

*Photo photos.sparkpeople.com*
Peanut Butter, Strawberry, and Banana Smoothie

Serving size: 4-8 ounce glasses   Makes: 4 servings
Prep time: 5 minutes   Cook time: 0 minutes

Ingredients:   Cost:
   1 cup low-fat plain yogurt .................. $1.00
   5 strawberries .................................. $0.63
   1 banana ........................................ $0.29
   1 Tbsp. peanut butter .......................... $0.09
   10 ice cubes .................................. $0.00

   TOTAL: $2.01
   Price per serving: $0.50

Directions: Combine all ingredients in a blender and blend until creamy. Serve immediately.

Tip: Frozen fruit works just as well as fresh fruit; replace the strawberries with any type of frozen fruit for a quick and easy smoothie. Don’t like peanut butter? Leave it out! Try Greek yogurt for an extra creamy smoothie!

Photo: conditioncombat.wordpress.com

Nutrition Facts

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* Based on a 2000 calorie diet

Nutrition Grade A
Salsa Poached Eggs and Grits

Serving size: 1 egg  
Makes: 4 servings

Prep time: 5 minutes  
Cook time: 20 minutes

Ingredients:  
Cost:

- 4 large eggs ........................................$0.90
- 1 cup salsa ...........................................$0.92
- 1 cup no salt added tomato sauce ..........$0.33
- Pepper (season to taste) .........................$0.01
- 3-4 green onions (optional) ..................$0.15
- 3/4 cup quick cooking grits (white) .......$0.11
- 3 cup water ..........................................$0.00
- 2 Tbsp. margarine ..................................$0.18
- 1/2 tsp. salt .........................................$0.01

TOTAL: $2.61  
Price per serving: $0.65

Directions:

1. Heat a large skillet over medium heat and pour in salsa, tomato sauce, tomato paste, salt and pepper to taste.

2. Stir everything together and allow it to come up to a simmer over medium heat.

3. Make four indentations in the sauce with the back of a large spoon. Crack an egg into each. Reduce the heat to low, place a lid on top of the skillet and allow the mixture to simmer while you make the grits. It should take about 10 minutes of simmering on low with a lid for the eggs to poach.

4. In a medium pot with a lid, bring 3 cups of water to a boil over high heat. Once it reaches a rolling boil, stir in the 3/4 cup of quick cooking grits and 1/2 teaspoon salt. Reduce the heat to low, place a lid on the pot, and allow it to cook on the lowest heat setting for 5 minutes. After 5 minutes it should be thick. Turn off the heat and stir in the margarine. Place the lid back on the pot to keep them warm until you're ready to serve.

5. Once the eggs are done cooking, spoon some grits into a bowl and top with an egg and a spoonful or two of the tomato sauce. Add sliced fresh green onions on top.
Fruit and Nut Oatmeal

Serving size: 1 bowl (1/2 cup)  Makes: 4 servings
Prep time: 5 minutes  Cook time: 5 minutes

Ingredients:  Cost:
2 cups oats .................................. $3.58
2 cups water .................................. $0.00
1 apple ..................................... $0.77
1/2 tsp. cinnamon ........................... $0.01
2 Tbsp. chopped walnuts ................. $2.36
2 tsp. dried cranberries .................. $2.24
1/4 cup maple syrup ....................... $1.98

TOTAL:  $10.94
Price per serving:  $2.74

Directions:

1. Place 1/2 cup oats and 1 cup water in a microwave safe bowl. Microwave for one minute, stir then microwave for another 30 seconds.

2. Stir the cinnamon into the oatmeal and top with the chopped apple, walnuts, cranberries and a drizzle of maple syrup.

Photo femcafe.hu
Veggie Omelet

Serving size: 1 cup  
Makes: 2 servings

Prep time: 5 minutes  
Cook time: 10 minutes

Ingredients:  

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<td>2 Tbsp. olive oil</td>
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<tr>
<td>½ green bell pepper, chopped</td>
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<tr>
<td>2 cups raw spinach</td>
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<tr>
<td>4 eggs</td>
<td>$0.82</td>
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<tr>
<td>2 Tbsp. skim milk</td>
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<td>3/4 tsp. salt, divided</td>
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<tr>
<td>1/8 tsp. black pepper</td>
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<tr>
<td>2 oz. shredded Swiss cheese</td>
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TOTAL: $4.15
Price per serving: $2.08

Directions:

1. Heat 1 Tablespoon olive oil in skillet over medium heat. Place onion and bell pepper in skillet. Cook for 3-4 minutes, stirring occasionally, until vegetables are tender. Add spinach and continue cooking until wilted.

2. Remove vegetables from heat and set aside, sprinkle with remaining 1/4 teaspoon salt.

3. Beat eggs with milk, 1/2 teaspoon salt and pepper.

4. Heat remaining 1 Tablespoon olive oil in skillet over medium heat. Coat the skillet with the olive oil. When olive oil is heated, add the egg mixture and cook for 2 minutes or until the eggs begin to set on the bottom of the pan. Gently lift the edges of the omelet with a spatula to let the uncooked part of the eggs flow toward the edges and cook. Continue cooking for 2 to 3 minutes or until the center of the omelet starts to look dry.

5. Sprinkle the cheese over the omelet and spoon the vegetable mixture into the center of the omelet. Using a spatula gently fold one edge of the omelet over the vegetables. Let the omelet cook for another two minutes or until the cheese melts to your desired consistency. Slide the omelet out of the skillet and onto a plate. Cut in half and serve.

Nutrition Facts

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Vitamin A 89%  
Vitamin C 81%  
Calcium 33%  
Iron 15%

Nutrition Grade B  
* Based on a 2000 calorie diet

Photo cdnpix.com
**English Muffin with Tomatoes**

**Serving size:** 1 muffin  
**Makes:** 1 serving  
**Prep time:** 5 minutes  
**Cook time:** 10 minutes

**Ingredients:**  
1 whole wheat English muffin $0.33  
10 cherry tomatoes $0.37  
1 Tbsp. extra virgin olive oil $0.11  
Salt and pepper $0.02

---

**TOTAL:** $0.83  
**Price per serving:** $0.83

**Directions:**

1. Slice and toast the English muffin.
2. Slice the cherry tomatoes.
3. Cover the English muffin with the sliced cherry tomatoes.
4. Drizzle with olive oil.
5. Season with salt and pepper.

---

**Nutrition Facts**

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<tr>
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<td>4.3g</td>
<td>19%</td>
</tr>
<tr>
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<td></td>
</tr>
<tr>
<td>Protein</td>
<td>8.1g</td>
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</tbody>
</table>

Vitamin A 6%  
Vitamin C 7%  
Calcium 16%  
Iron 10%

**Nutrition Grade B**  
*Based on a 2000 calorie diet*
Apple Cinnamon Muesli

Serving size: 1.5 cups (1/4 recipe)  Makes: 4 servings
Prep time: 5 minutes  Cook time: 0 minutes

Ingredients:  Cost:

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups old fashioned oats</td>
<td></td>
<td>$0.40</td>
</tr>
<tr>
<td>1 cup skim or low fat milk</td>
<td></td>
<td>$0.35</td>
</tr>
<tr>
<td>2 apples, diced</td>
<td></td>
<td>$0.80</td>
</tr>
<tr>
<td>1 cup plain yogurt, preferably Greek</td>
<td></td>
<td>$1.25</td>
</tr>
<tr>
<td>1/2 cups nuts</td>
<td></td>
<td>$2.25</td>
</tr>
<tr>
<td>Cinnamon to taste</td>
<td></td>
<td>$0.01</td>
</tr>
</tbody>
</table>

TOTAL: $5.06  
Price per serving: $1.27

Directions:

1. Combine old fashioned oats and milk in a bowl and let soak overnight in the fridge.

2. When you are ready for breakfast in the morning, take the bowl out of the fridge and add the yogurt and seeds. Chop up the apples and add to the old fashioned oats mixture. Spoon into 4 bowls and enjoy your breakfast.

Nutrition Facts

<table>
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<th>Serving Size: 451 g</th>
<th>Amount Per Serving</th>
<th>Calories 331</th>
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<tr>
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</tr>
<tr>
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</tr>
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<td>Sugars 18.7g</td>
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<td></td>
</tr>
<tr>
<td>Protein 12.8g</td>
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</tr>
</tbody>
</table>

Vitamin A 2%  
Vitamin C 12%  
Calcium 24%  
Iron 15%

Nutrition Grade A
* Based on a 2000 calorie diet
Asian Breakfast Frittata

Serving size: 1 frittata  Makes: 1 serving
Prep time: 10 minutes  Cook time: 15 minutes

Ingredients:  Cost:
3 eggs, large………………………………..$0.69
1 cup bagged broccoli slaw………………$0.40
5 cherry or grape tomatoes……………….$0.30
1/4 tsp. garlic powder……………………..$0.01
1/4 tsp. onion powder……………………..$0.01
1 Tbsp. low-sodium soy sauce…………….$0.12
1 Tbsp. rice wine vinegar…………………..$0.08
No-calorie, non-stick cooking spray……….$0.03

TOTAL:  $1.64
Price per serving:  $1.64

Directions:


2. Crack 3 eggs into a medium sized bowl; add a dash of water and whisk.

3. Once pan is hot, sauté broccoli slaw, onion/garlic powder, soy sauce and rice wine vinegar for 5 minutes or until vegetables are slightly brown.

4. When vegetables are to desired texture, pour the whisked eggs into pan the pan and reduce heat to low. Put lid on the pan and let cook for 5-7 more minutes, till eggs are cooked through.

5. Use spatula to slide out the frittata onto your plate and enjoy!

Photo photos.sparkpeople.com
Breakfast Tacos

Serving size: 2 tacos  
Makes: 4 servings

Prep time: 5 minutes  
Cook time: 10 minutes

Ingredients:  
Cost:
- 1 package (8) whole-flour tortillas $3.00
- 1/2 cup salsa $2.00
- 1/2 cup shredded cheddar cheese $1.50
- 2 cups liquid egg substitute $2.00
- No-calorie cooking spray $0.03
- Whatever vegetables on hand $0.00

TOTAL: $8.53
Price per serving: $2.13

Directions:

1. Top tortillas with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds.

2. Coat a small non-stick skillet with cooking spray.

3. Heat over medium heat, add egg substitute and cook, stirring, until the eggs are cooked through, about 90 seconds. Divide the scrambled egg between the tacos.

4. If you have leftover vegetables or canned black beans, you can also add them to the scramble.
**Blueberry Pancakes**

<table>
<thead>
<tr>
<th>Serving Size: 4 pancakes</th>
<th>Makes: 2 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep time: 20 minutes</td>
<td>Cook time: 10 minutes</td>
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**Ingredients:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup whole wheat flour</td>
<td>$0.40</td>
</tr>
<tr>
<td>2 tsp. baking powder</td>
<td>$0.44</td>
</tr>
<tr>
<td>1/4 tsp. baking soda</td>
<td>$0.10</td>
</tr>
<tr>
<td>No-calorie cooking spray</td>
<td>$0.03</td>
</tr>
<tr>
<td>1/8 cup honey</td>
<td>$0.40</td>
</tr>
<tr>
<td>3/4 cup apple juice</td>
<td>$0.25</td>
</tr>
<tr>
<td>1 cup fresh blueberries</td>
<td>$1.50</td>
</tr>
<tr>
<td><strong>TOTAL:</strong></td>
<td><strong>$3.12</strong></td>
</tr>
<tr>
<td><strong>Price per serving:</strong></td>
<td><strong>$1.56</strong></td>
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**Nutrition Facts**

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<th>% Daily Value*</th>
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<td>382</td>
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<td>2%</td>
</tr>
<tr>
<td>Total Fat</td>
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</tr>
<tr>
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<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
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<tr>
<td>Iron</td>
<td>28%</td>
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<td></td>
</tr>
</tbody>
</table>

**Nutrition Grade A**

*Based on a 2000 calorie diet

**Directions:**

1. Whisk together flour, baking powder, baking soda, and honey in a large bowl.

2. Add all other ingredients and mix well.

3. Heat a large cast-iron skillet and lightly coat with butter or cooking spray. *Nutrition Facts above do not include butter.* Pour the batter in to the hot skillet. Turn pancakes when they begin to bubble. Cook until both sides are golden brown and surface springs back when touched.
**French Toast with Blueberry Sauce**

**Serving size:** 2 slices + 1/4 cup blueberries  
**Makes:** 4 servings  
**Prep time:** 10 minutes  
**Cook time:** 10 minutes

### Ingredients:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 slices whole wheat bread</td>
<td>$1.32</td>
</tr>
<tr>
<td>8 large egg whites</td>
<td>$1.28</td>
</tr>
<tr>
<td>1 cup skim milk</td>
<td>$0.26</td>
</tr>
<tr>
<td>1 tsp. cinnamon</td>
<td>$0.01</td>
</tr>
<tr>
<td>No-calorie cooking spray</td>
<td>$0.03</td>
</tr>
<tr>
<td>2 cups of fresh/frozen blueberries</td>
<td>$2.99</td>
</tr>
</tbody>
</table>

**TOTAL:** $5.89  
**Price per serving:** $1.47

### Directions:

1. Beat 8 egg whites with 1 cup milk and 1 teaspoon cinnamon, until well blended.

2. Spray a griddle with cooking spray (or use heart-healthy canola oil) and heat to medium.

3. Soak bread in mixture until well-coated and place on griddle.

4. Grill on both sides until set.

5. Beforehand plop frozen berries in a pan and add 4 packets Splenda or other no-calorie sweetener. Heat until it turns to liquid and cook for a few minutes, you can rupture the berries with a fork easily to make it more saucy.

6. Arrange two pieces of French toast on plate, spread berry sauce on top, and enjoy!
Breakfast Parfait

Serving: 1 parfait  Makes: 4 servings
Prep time: 5 minutes  Cook time: 0 minutes

Ingredients:  Cost:
2 cups canned pineapple $0.53
1 cup thawed berries, frozen $2.00
2 cups yogurt, low fat vanilla $2.00
1 peeled and sliced banana $0.35
1/3 cup raisins $0.66

TOTAL: $5.54
Price per serving: $1.39

Directions: In glasses or bowls, layer pineapple, berries, yogurt, banana and raisins.

Yogurt Granola Parfait

Serving: 1 parfait (1 cup)  Makes: 4 servings
Prep Time: 10 minutes  Cook time: 0 minutes

Ingredients:  Cost:
1 cup sliced strawberries $0.63
1 large sliced banana $0.13
2 cups low-fat plain yogurt $1.60
4 crunchy granola bars, crushed $0.83

TOTAL: $3.19
Price per serving: $0.80

Directions:

1. In four glasses, layer strawberries, yogurt, granola, and banana.

2. Finish with a sprinkle of granola on top, and a few slivers of strawberry for garnish.

4. Chill or eat immediately.
Overnight Chai Oatmeal

Serving size: 1 cup  Makes: 2 servings
Prep time: 10 minutes  Cook time: 6-8 hours
Ingredients:  Cost:  
1 cup thick rolled oats                           $0.80  
1 cup low-fat milk                                $0.74  
2 Tbsp. ground flax                              $0.37  
1/4 tsp. cinnamon                                $0.04  
1/4 tsp. vanilla extract/flavoring               $0.01  
1/4 tsp. ground ginger                           $0.19  
1/4 tsp. nutmeg                                  $0.13  
(Optional) 1 Tbsp. maple syrup                   $0.10  
(Optional) shredded coconut, nuts                $0.01  
TOTAL:                                           $2.39  
Price per serving:                               $1.20

Directions:

1. In a medium bowl combine oats, milk, flax, vanilla, ginger, cinnamon, nutmeg, and light syrup.

2. Divide, in equal portions, into two 8 ounce glass jars. Close the lid and refrigerate overnight. If you don’t have small glass jars, you can reuse any sized glass jar or container with a lid.

3. Open lid, stir, and sprinkle with toppings of your choice.

4. If you like your cereal hot, heat it up on a stovetop or in a microwave.

Photo thishomemadelife.com
# Bagel Gone Bananas

**Serving size:** 1/2 bagel  
**Makes:** 2 servings  
**Prep Time:** 5 minutes  
**Cook time:** 0 minutes  

## Ingredients:  
<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Tbsp. peanut butter</td>
<td>$0.27</td>
</tr>
<tr>
<td>1 tsp. honey</td>
<td>$0.06</td>
</tr>
<tr>
<td>1 whole-wheat bagel, toasted</td>
<td>$0.42</td>
</tr>
<tr>
<td>1 small banana, sliced</td>
<td>$0.28</td>
</tr>
</tbody>
</table>

**TOTAL:** $1.03  
**Price per serving:** $0.52

## Directions:  
Stir together peanut butter and honey in a small bowl. Divide the mixture between bagel halves and top with banana slices.

---

### Nutrition Facts

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<th>Calories 222</th>
<th>Calories from Fat 82</th>
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</tr>
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<tr>
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</tr>
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<td>Cholesterol 0mg</td>
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</tr>
<tr>
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<tr>
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<tr>
<td>Calcium 5%</td>
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<tr>
<td>Iron 27%</td>
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</tr>
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</table>

**Nutrition Grade B+**  
* Based on a 2000 calorie diet
Lunch

Salmon Burgers

Serving size: 1 burger          Makes: 6 servings
Prep time: 10 minutes          Cook time: 10 minutes

Ingredients:                  Cost:
1 can (14.75 oz.) salmon, drained $4.05
1 egg                          $0.23
3 green onions, chopped        $0.99
1/3 cup bread crumbs,          $0.10
  or crumbled wheat toast      
Dash of pepper                 $0.01
Dash of garlic powder          $0.01
No-calorie, non-stick cooking spray $0.03
6 whole wheat buns             $1.79

TOTAL:                        $7.21
Price per serving:            $1.20

Directions:

1. Drain salmon and break into chunks with fork in a large bowl.

2. Crack egg into salmon and whisk; add in remaining ingredients and mix.

3. Divide mixture and form into 6 patties.

4. Heat up medium skillet on medium-high heat with non-stick cooking spray.

5. Add patties to hot skillet and cook 3-4 minutes on each side.

6. Serve on toasted whole wheat bun and enjoy!

Photo mealplanning101.com
Stuffed Quesadilla

Serving size: 1 quesadilla  
Makes: 1 serving

Prep time: 10 minutes  
Cook time: 10 minutes

Ingredients:  

Non-stick cooking spray $0.03  
1/2 cup black beans $0.16  
1/4 cup diced tomato $0.13  
1/4 cup diced onion $0.35  
1/4 cup diced bell pepper $0.35  
1/4 cup frozen corn $0.12  
1/4 packet taco seasoning mix $0.66  
1 whole wheat flour tortilla (8-inch) $0.24  
1/4 cup shredded cheese $0.62  
Salsa, to taste $0.02

TOTAL: $2.68
Price per serving: $2.68

Directions:

1. Spray 2 skillets with non-stick cooking spray. Sauté black beans, diced tomato, diced onion, diced bell pepper, frozen corn, and taco seasoning mix for 3-5 minutes in the first skillet.

2. Meanwhile, top one tortilla with cheese and place in second skillet over low heat to warm.

3. Transfer vegetables to tortilla and fold tortilla over. Cook on each side until golden brown. Top with salsa.
Healthy Pita Pizzas

Serving size: 1 pizza       Makes: 1 serving
Prep time: 5 minutes       Cook time: 10 minutes

Ingredients:      Cost:
1 medium whole wheat pita $0.81
1/2 Tbsp. olive oil $0.11
3 Tbsp. tomato sauce or marinara sauce $0.09
1/4 cup reduced-fat shredded mozzarella cheese $0.84
1/2 tsp. dried oregano $0.02
1 tsp. fresh basil $0.06
Veggie toppings per personal taste $0.04

TOTAL: $1.97
Price per serving: $1.97

Directions:

1. Preheat oven to 450°. If you have a pizza stone, heat it as well.

2. Brush pita lightly with oil then top with sauce. Too much sauce will make the bread soggy so don't over-do it.

3. Top with cheese and oregano (plus any additional veggie toppings).

4. Bake until the cheese melts, about 5 minutes.

5. Remove from the oven and cut into 4 pieces. Top with fresh basil and eat immediately.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
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<tbody>
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<td></td>
<td>332</td>
<td>117</td>
<td>20%</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
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<td>28%</td>
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<tr>
<td>Sugars</td>
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<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1.6g</td>
<td></td>
<td></td>
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</tbody>
</table>

Vitamin A 4% · Vitamin C 133% · Calcium 23% · Iron 17%

Nutrition Grade A-

* Based on a 2000 calorie diet

Photo: girlwiththeredhair.com
Parmesan Chicken Fingers

Serving size: 6 fingers  
Makes: 4 servings  
Prep time: 10 minutes  
Cook time: 25 minutes

Ingredients:  
<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Cost:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 spray cooking spray</td>
<td>$0.01</td>
</tr>
<tr>
<td>1/2 cup seasoned bread crumbs</td>
<td>$0.30</td>
</tr>
<tr>
<td>1/4 cup Parmesan cheese</td>
<td>$0.77</td>
</tr>
<tr>
<td>1 tsp. garlic powder</td>
<td>$0.05</td>
</tr>
<tr>
<td>3 egg whites</td>
<td>$0.60</td>
</tr>
<tr>
<td>1 lb. uncooked boneless, skinless chicken breasts, cut in 24 thin strips</td>
<td>$2.39</td>
</tr>
</tbody>
</table>

TOTAL: $4.12  
Price per serving: $1.03

Directions:

1. Preheat oven to 400˚. Coat a 9 x 13-inch baking pan with cooking spray.

2. Combine bread crumbs, cheese and garlic powder in a small, shallow bowl.

3. In a separate small, shallow bowl, whip egg whites until foamy.

4. Dip chicken first into egg whites and then into bread crumb mixture to coat thoroughly.

5. Place chicken tenders on prepared pan and bake until crispy, about 25 minutes. Serve chicken with warmed dipping sauce. *Cost and Nutrition Facts above do not include sauce. Yields about 6 chicken tenders per serving.

Try with Veggie Slaw! (pg. 23)
Veggie Slaw

Serving size: 3/4 cup  Makes: 6 servings
Prep time: 30 minutes  Cook time: 0 minutes

Ingredients:  Cost:
3 cups shredded red cabbage  $0.65
2 cups broccoli florets, cut in small pieces  $1.87
1 small red onion, chopped  $0.40
1/2 cup sour cream  $0.60
1/4 cup nonfat plain yogurt  $0.20
1 Tbsp. cider vinegar  $0.07
1/2 tsp. salt  $0.01
1/4 tsp. pepper  $0.01

TOTAL:  $3.81
Price per serving:  $0.64

Directions:
1. In a large bowl, combine the cabbage, broccoli, and onion.
2. In a small bowl, combine the sour cream, yogurt, vinegar, salt, and pepper.
3. Pour over cabbage mixture; toss to coat evenly. Cover and refrigerate until chilled.

Photo: tasteofhome.com
Crunchy Veggie Wrap

Serving size: 1 wrap  Makes: 4 servings
Prep time: 15 min  Cook time: 0 minutes

Ingredients:

- 1/4 cup reduced-fat mayonnaise $0.44
- 1 Tbsp. fresh lime juice $0.33
- 1 tsp. grated lime peel $0.01
- 4 (8-inch) whole wheat flour tortillas $2.53
- 2 cups fresh spinach leaves, washed $1.10
- 1 small ripe avocado, peeled and sliced $0.99
- 1 medium red bell pepper, cut in strips $0.65
- 1 medium carrot, cut in strips $0.24

TOTAL: $6.29
Price per serving: $1.57

Directions:

1. In a small bowl, combine mayonnaise, lime juice, and lime peel.

2. Heat the tortillas in the microwave for 15-20 seconds on high to make it easier for you to roll them.

3. Spread each tortilla evenly with mayonnaise mixture. Arrange the spinach leaves on top of each tortilla, then the avocado slices, bell pepper, and carrots.

4. Roll the tortillas up tightly. Place the seam sides down on serving plate.
Ravioli Vegetable Soup

Serving Size: 2 cups  Makes: 4 servings
Prep Time: 25 minutes  Cook time: 0 minutes

Ingredients:  Cost:
1. 2 Tbsp. extra virgin olive oil $0.16
2. 2 cups frozen bell pepper and onion mix, thawed and diced $0.80
3. 2 cloves garlic, minced $0.59
4. 1/4 tsp. crushed red pepper, or to taste $0.06
5. 1 (28 oz.) can crushed tomatoes $1.69
6. 1 (15 oz.) can vegetable broth or reduced-sodium chicken broth $1.59
7. 1 1/2 cups hot water $0.00
8. 1 tsp. dried basil or marjoram $0.53
9. 1 (6-9 oz.) package fresh or frozen whole wheat ravioli $1.31
10. 2 medium zucchini, diced $0.80
11. Freshly ground pepper to taste $0.11

TOTAL: $7.64
Price per serving: $1.91

Directions

1. Heat oil in a large saucepan or Dutch oven over medium heat.
2. Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute.
3. Add tomatoes, broth, water, and basil (or marjoram); bring to a rolling boil over high heat.
4. Add ravioli and cook for 3 minutes less than the package directions.
5. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes.
6. Season with pepper and serve.
Summer Vegetable Pasta Salad

Serving size: 1/2 cup    Makes: 8 servings
Prep time: 15 minutes    Cook time: 25 minutes

Ingredients:    Cost:
12 oz. bow tie pasta               $1.39
2 medium roma tomatoes                 $0.61
1 medium summer squash                  $0.39
1 medium zucchini                      $0.39
1 medium broccoli crown                $1.27
1/2 medium red onion                  $0.57
1/2 bunch parsley                      $0.49

TOTAL: $5.11
Price per serving: $0.64

Directions:

1. Bring a large pot of lightly salted water to a boil. Add the pasta and boil for 5-7 minutes or until tender. Drain in a colander.

2. While you're waiting for the pasta water to boil and the pasta to cook, prepare the vegetables (squash, zucchini, broccoli, tomato, onion, parsley, red pepper). Give the vegetables a good wash and then cut into bite sized pieces (onions and red pepper thinly sliced; parsley removed from stems and chopped).

3. Combine the cooked pasta and chopped vegetables with a vinaigrette. *Cost and Nutrition Facts above do not include vinaigrette. Stir until everything is well mixed and coated with vinaigrette. Serve immediately or refrigerate until ready to eat.

Photo erinholcom.wordpress.com
Artichoke and Ripe Olive Tuna Salad

Serving size: 1 cup  Makes: 2 servings
Prep time: 15 minutes  Cook time: 0 minutes

Ingredients:  Cost:
1 (12.5 oz.) can chunk light tuna, drained  $1.20
1 cup canned artichoke hearts, canned  $1.32
1/2 cup chopped olives  $0.86
1/3 cup low-fat, plain yogurt  $0.25
2 tsp. lemon juice  $0.63
1/2 tsp. dried oregano  $0.02

TOTAL:  $4.28
Price per serving:  $2.14

Directions:

1. Combine tuna, artichokes, olives, mayonnaise, lemon juice and oregano in a medium bowl.

2. Serve plain or on whole wheat bread (with a tomato!). *Nutrition Facts above do not include bread or tomato.

Nutrition Facts

Photo everydayhealth.com
## 15 Bean Cajun Soup

**Makes:** 10-11 servings  
**Ingredients:**  
- 1 package 15 Bean Cajun Soup Mix $2.50  
- 1/4 cup lemon juice $0.10  
- 1 medium white onion, diced $1.00  
- 1 can diced tomatoes $0.99  
- 1 green bell pepper, diced $0.50  
- 5 cloves garlic, minced $0.20  
- 1 Tbsp. olive oil $0.11  

**TOTAL:** $5.41  
**Price per serving:** $0.49

**Nutrition Facts**

<table>
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<tr>
<th>Serving Size: 151g</th>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value</th>
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<td>Total Fat 2.0g</td>
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</tr>
</tbody>
</table>

| Vitamin A 18%    | Vitamin C 48%     |
| Calcium 5%       | Iron 20%          |

*Based on a 2000 calorie diet*

**Directions:**

1. Rinse dried beans in a colander. In a large pan, cover beans completely with water and let soak overnight, or for at least 8 hours. Strain and rinse beans before using.

2. Bring water to a boil. Add beans and reduce heat to simmer. Allow beans to simmer for about one hour.

3. Add olive to skillet. Sauté the onion, garlic and bell pepper for one minute or until soft.

4. Add pepper, onion, and garlic along with the can of tomatoes, lemon juice, and spice packet to beans. Stir.

5. Simmer for another 30 minutes.

6. Serve and enjoy! Add your favorite hot sauce if you want to kick it up a notch.

*Photo 5dollardinners.com*
Tuna Fish Sandwiches

Serving size: 1 sandwich  
Makes: 4 servings

Prep time: 10 minutes  
Cook time: 0 minutes

Ingredients:  
Cost:
1 (12.5 oz.) can of tuna fish, drained $1.20
1 celery stalk, diced $0.24
1/2 medium onion, diced $0.43
1/3 cup plain Greek yogurt $0.40
8 slices whole wheat bread $1.80
Romaine lettuce or spinach leaves $0.30
Tomato slices $0.30

Total: $4.67
Price per serving: $1.17

Directions:

1. In a bowl, combine the tuna fish, diced celery, diced onion, and yogurt. Toast the bread, if desired.

2. Spoon the mixture over the whole wheat bread and add lettuce and tomato. Enjoy!

Try with Glazed Carrots! (pg. 64)
Easy Turkey Roll-Ups

Serving size: 1 roll-up  Makes: 4 servings
Prep time: 5 minutes  Cook time: 0 minutes

Ingredients:  Cost:
4 whole wheat tortillas (6 inch)......$1.41
4 Tbsp. cream cheese....................$0.50
8 slices deli turkey breast..........$4.71
1 cup baby spinach......................$0.50
2 small apples cut into thin strips...$0.90

TOTAL:  $8.02
Price per serving:  $2.00

Directions:

1. Spread cream cheese (1 Tablespoon each) in a wide line down the middle of the tortillas
2. Place turkey slices (2 each) evenly over tortilla, then add spinach and sliced apple
3. Roll tortilla tightly, tucking in ingredients as you roll
4. Cut wrap in half diagonally and serve
5. Serve with a side of fresh fruit or baby carrots. *Nutrition Facts above do not include fruit or carrots.

Photo vgreene.com
Strawberry Chicken Salad

Serving size: 2.5 cups  
Makes: 1 serving

Prep time: 7 minutes  
Cook time: 0 minutes

Ingredients:  
4 cups fresh spinach $0.80
1 cup of cooked rotisserie chicken, shredded, without skin $1.41
4 strawberries, sliced $0.50
2 Tbsp. balsamic vinegar $0.40
Dash of salt and pepper $0.01

TOTAL: $3.12
Price per serving: $3.12

Directions:

1. Wash spinach leaves thoroughly under running cold water. Either salad spin dry or let air dry on paper towels.

2. Toss shredded chicken, spinach, strawberries, and salt/pepper with the balsamic vinegar.

Photo heatherhodges.com

Try with a Pasta Salad! (pg. 26 or 33)
Farmers’ Market Root Vegetable Salad

Serving size: 1 cup  
Makes: 4 servings

Prep time: 15 minutes  
Cook time: 45 minutes

Ingredients:  

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
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<tbody>
<tr>
<td>1 bunch medium-large beets, with leaves</td>
<td>$3.00</td>
</tr>
<tr>
<td>2 medium sweet potatoes</td>
<td>$1.50</td>
</tr>
<tr>
<td>4 medium carrots</td>
<td>$2.00</td>
</tr>
<tr>
<td>1/4 cup extra virgin olive oil</td>
<td>$0.60</td>
</tr>
<tr>
<td>1 Tbsp. sherry vinegar</td>
<td>$0.20</td>
</tr>
<tr>
<td>1 tsp. Dijon mustard</td>
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</tr>
<tr>
<td>No-calorie cooking spray</td>
<td>$0.03</td>
</tr>
<tr>
<td>1 tsp. sugar</td>
<td>$0.01</td>
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</table>

TOTAL: $7.44  
Price per serving: $1.86

Directions:

1. Preheat oven to 400°.

2. Thoroughly wash beet leaves and scrub beets, sweet potatoes, and carrots in cold water to remove any sand or dirt.

3. Cut leaves from beets, chop leaves into smaller pieces, and set aside. Be careful not to get beet juice on fabric!

4. Peel skin from beets and sweet potatoes and cut beets, sweet potatoes, and carrots into 1 in cubes.

5. Spray medium sized baking pan with cooking spray and place cubed vegetables on pan evenly.

6. Roast on 400° for 45 minutes or until beets are fork tender.

7. During last 5 minutes of roasting vegetables, place beet greens in oven to wilt.

8. Mix sherry vinegar, Dijon mustard, and sugar in mixing bowl, and add greens and vegetables. Stir well. Salt and pepper to taste.
**Pasta Salad**

**Serving Size:** 1 cup  
**Makes:** 4 servings  
**Prep time:** 20 minutes  
**Cook time:** 5 minutes

**Ingredients:**

<table>
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<tr>
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<td>1 box of whole wheat noodles</td>
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<td>1 green bell pepper</td>
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<tr>
<td>1 can of black olives</td>
<td>$1.50</td>
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<tr>
<td>1 cup of light Italian dressing</td>
<td>$0.75</td>
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<tr>
<td>8 oz. chicken breast</td>
<td>$3.00</td>
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</table>

**TOTAL**  
**Cost:** $7.02

**Price per serving:** $1.76

**Directions:**

1. Add whole wheat noodles to boiling water.
2. Boil until soft and rinse with cold water.
3. Dice green peppers and chicken breast, and cut olives.
4. Add to noodles. Coat with light Italian dressing or another light dressing. Eat and enjoy!

---

**Nutrition Facts**

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<th>Calories from Fat</th>
<th>% Daily Value*</th>
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* Based on a 2000 calorie diet

**Nutrition Grade A**

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* Photo talesfromthetummy.com
Lean and Juicy Sirloin Burger

Serving size: 1 4-ounce burger  
Makes: 4 servings

Prep time: 20 minutes  
Cook time: 10 minutes

Ingredients:  
Total: $7.56

Cost per serving: $1.89

1/2 lb. fresh mushrooms  $2.99
1 large yellow onion (divided)  $0.69
1 lb. extra-lean ground sirloin  $2.49
Black pepper  $0.05
2 Tbsp. of Worcestershire sauce  $0.05
1 tsp. of Worcestershire sauce  $0.05
8 oz. crumbled low-fat cheese, (mozzarella or blue cheese)  $1.24

Directions:

1. Finely chop 1/2 of the mushrooms and 1/4 of the onion. Mix ground sirloin, chopped mushrooms, chopped onion, black pepper to taste, and 2 Tablespoons of Worcestershire sauce. Mold into 4 thick patties.

2. Slice the rest of the mushrooms and onions. Heat canola oil in skillet. *Cost and Nutrition Facts above do not include oil. Add onion slices and cook stirring often until edges are brown. Add mushrooms. Stir constantly 3-5 minutes until tender. Add 1 teaspoon of Worcestershire sauce. Keep warm.

3. Grill burgers, turning once, for 6 to 8 minutes per side.

4. Arrange 1 burger on whole wheat bun. Top with the sliced onion and mushrooms. Sprinkle with cheese, add lettuce and tomato and enjoy!

Try with Veggie Slaw!  (pg. 23)
Fish Tacos

Serving size: 2 tacos  Makes: 6 servings
Prep time: 5 minutes  Cook time: 10 minutes

Ingredients:  Cost:
1/2 cup non-fat sour cream $0.60
1/4 cup fat-free mayonnaise $0.69
1/2 cup chopped cilantro $0.78
1/2 package low-sodium taco seasoning $1.00
1 lb. white fish fillets cut into 1-inch pieces $4.31
1 Tbsp. olive oil $0.21
2 Tbsp. lemon juice $0.12
2 cups shredded red and green cabbage $1.47
2 cups tomato, diced $0.98
12 6-inch corn tortillas, warmed $3.99
Lime wedges for serving $0.99

TOTAL: $15.14
Price per serving: $2.52

Directions:

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tablespoons of seasoning mix.

2. In a medium bowl, combine fish, oil, lemon juice, and remaining seasoning mix. Pour into large skillet. Cook, stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork.

3. Fill warm tortillas with fish mixture.

4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.
Angel Hair Pasta with Chicken

Serving size: 1 cup  
Makes: 4 servings
Prep time: 10 minutes  
Cooking time: 15 minutes

Ingredients:  
Cost:  
- 2 Tbsp. olive oil $0.44
- 2 skinless, boneless chicken breast halves, cut into 1-inch cubes $3.00
- 1 carrot, sliced into 1/4-inch pieces $0.17
- 1 (10 oz.) package frozen broccoli florets, thawed $2.00
- 2 cloves garlic, minced $0.10
- 12 oz. whole wheat angel hair pasta $1.50
- 2/3 cup low-sodium chicken broth $0.75
- 1 tsp. dried basil $0.05
- 1/4 cup grated Parmesan cheese $0.64

TOTAL: $8.65  
Price per serving $2.16

Directions:

1. Heat 1 Tablespoon oil in a medium skillet over medium heat; add chicken. Cook, stirring, until chicken is cooked through (about 5 minutes). Remove from skillet and drain on paper towels.

2. Heat remaining oil in same skillet. Begin heating water for pasta. Add carrot to skillet; cook about 4 minutes. Add broccoli and garlic to skillet; cook, stirring, for about 2 minutes longer.

3. Cook pasta according to package directions. While pasta is cooking, add chicken broth, basil and Parmesan to skillet. Stir to combine. Return chicken to skillet. Reduce heat and simmer for 4 minutes.

4. Drain pasta. Place in a large serving bowl. Top with chicken and vegetable mixture.

5. Serve immediately.
Tomato Soup with Egg Whites

Serving size: 1 cup  Makes: 6 servings
Prep time: 10 minute  Cook time: 20 minutes

Ingredients:
- 2 Tbsp. extra-virgin olive oil $0.33
- 3 cloves garlic, minced,
  plus one clove for toast $0.25
- Pinch hot red pepper flakes $0.07
- 1 (28 oz.) can low sodium whole peeled tomatoes,
  coarsely chopped with juice $1.83
- 2 1/2 cups water $0.00
- 1/4 tsp. salt or no-added salt seasoning $0.01
- 4 egg-whites $0.67
- 4 slices whole wheat bread $1.50
- Shredded basil for garnish (optional) $0.06

TOTAL: $4.73
Price per serving: $0.79

Directions:

1. In a straight-sided skillet over medium heat, cook the oil, garlic, and pepper flakes until garlic is just beginning to turn golden, about 5 minutes. Add the tomatoes, water, salt, and pepper.

2. Bring mixture to a boil, then reduce heat to low and simmer covered for 10 minutes.

3. Place egg-whites in pot. Cover pot and cook until whites are cooked through, 3 to 4 minutes.

4. Meanwhile, brush bread with oil and broil until golden; rub with garlic. Place one slice in each of four shallow bowls; sprinkle with basil. Spoon soup and poached eggs over toast and serve immediately.

Try with a Pasta Salad! (pg. 26 or 33)

Photo Dietetic Internship Class
Cuban Sandwich

Serving size: 1 sandwich  
Makes: 4 servings  
Prep time: 10 minutes  
Cook time: 5 minutes

Ingredients:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Cost</th>
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<tr>
<td>1/3 cup fat-free mayonnaise</td>
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<td>2 Tbsp. lime juice</td>
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<td>8 slices whole wheat bread</td>
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<tr>
<td>2 slices reduced fat cheese</td>
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<tr>
<td>12 slices dill pickles</td>
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</tr>
<tr>
<td>No-calorie, non-stick cooking spray</td>
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<tr>
<td>3 oz. lean smoked ham, low sodium</td>
<td>$0.66</td>
</tr>
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TOTAL: $3.18  
Price per serving: $0.80

Directions:

1. Combine mayonnaise and lime juice in small bowl. Spread mixture on cut sides of bread.

2. Place cheese on bottom piece of bread. Scatter pickle slices over cheese. Top with ham. Close the sandwich up and cut in half crosswise.

3. Spray a non-stick skillet or griddle with non-stick cooking spray and heat over low heat. Put sandwiches in pan, cover with foil, and place a small heavy skillet on top, pressing down gently to compress the sandwich slightly. Cook until bottoms of sandwiches are golden brown, about 2 minutes.

4. Remove small skillet, turn sandwiches over, and replace foil and skillet. Cook until bread is golden brown and cheese has melted, about 2 minutes, cut each sandwich in half and serve.

Photo Dietetic Internship Class
Dinner

Easy Turkey Chili

Serving size: 1 cup  
Makes: 4 servings

Prep time: 10 minutes  
Cook time: 25 minutes

Ingredients:

1 lb. lean ground turkey ........................................ $4.76
1 package chili seasoning mix .............................. $1.00
1 can (14.5 oz.) diced tomatoes, undrained ........ $0.98
No-calorie cooking spray ................................. $0.03
1 can (15 or 16 oz.) dark kidney beans, undrained .. $0.92

TOTAL: $7.69

Price per serving: $1.92

Directions:

1. Spray large skillet with cooking spray and heat on medium-high heat.

2. Add ground turkey and brown.

3. Add in seasoning packet, tomatoes and kidney beans and stir.

4. Bring to a boil, cover and reduce to a simmer for 10 minutes.

5. Serve with cheese, sour cream or chopped onions if desired and enjoy! *Cost and Nutrition Facts above do not include cheese, sour cream, or other toppings.

Photo tasteofhome.com
Cajun Pasta Fresca

Serving size: 1 cup  
Makes: 4 servings

Prep time: 15 minutes  
Cook time: 15 minutes

Ingredients:  
Cost:

1 box whole grain thin spaghetti $1.38
1 Tbsp. olive oil $0.01
1 tsp. minced garlic $0.01
13 Roma (plum) tomatoes, chopped $1.48
1 tsp. salt $0.01
1 Tbsp. Cajun seasoning $0.03
1/2 cup shredded mozzarella cheese $0.30
1/2 cup grated Parmesan cheese $0.19
2 chicken breasts, thawed $0.66
No-calorie cooking spray $0.03

TOTAL $4.10
Price per serving $1.03

Directions:


2. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain pasta when done.

3. While the pasta water is boiling, in a large skillet over medium heat, briefly sauté garlic in oil. Stir in tomatoes and their juice and sprinkle with salt. When tomatoes are bubbly, mash slightly with a fork. Reduce heat and simmer 5 minutes more.

4. Toss pasta with tomato sauce, chicken, Cajun seasoning, mozzarella, and Parmesan.
Petite Turkey Meatloaves

Serving size: 1 mini loaf  Makes: 4 servings
Prep time: 10 minutes  Cook time: 40 minutes

Ingredients:  Cost:
1/2 small onion, minced  $0.08
1 tsp. olive oil  $0.07
1 1/2 lb. 99% lean ground turkey  $3.72
1/2 cup rolled quick oats  $0.72
1/4 cup ketchup + 1 Tbsp.  $0.30
2 tsp. Worcestershire sauce  $0.05
1 large egg  $0.16
1 tsp. marjoram  $0.30

TOTAL:  $5.40
Price per serving:  $1.35

Directions:

1. Preheat the oven to 350°.
2. Sauté olive oil and onion in small saucepan on low until slightly soft.
3. In a medium bowl mix turkey, onion, oatmeal, egg, ketchup, and marjoram.
4. After mixed well, divide into four equal loafs and place each loaf into a non-stick mini loaf pan or shape into small loafs on an un-greased non-stick baking pan.
5. In a small cup mix remaining 2 Tablespoon ketchup with Worcestershire sauce and brush on each loaf to give it a nice glaze.
6. Bake uncovered for about 40 minutes at 350°.
7. After baking let it sit for 5 minutes before serving.

Try with Steamed Broccoli! (pg. 52)
Spicy Shrimp Stir-fry

Serving size: 1/2 cup rice + 1/4 cup vegetables
Makes: 4 servings
Prep time: 10 minutes  Cook time: 10 minutes

Stir-Fry Ingredients:

<table>
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<tr>
<td>4 Tbsp. water</td>
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<td>2 Tbsp. ketchup</td>
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<tr>
<td>1 Tbsp. low sodium soy sauce</td>
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<td>2 tsp. cornstarch</td>
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<tr>
<td>1 tsp. honey</td>
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<tr>
<td>1/2 tsp. crushed red pepper</td>
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<tr>
<td>1/4 tsp. ground ginger</td>
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<tr>
<td>1 Tbsp. vegetable oil</td>
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<td>1/4 cup green onions, sliced</td>
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<td>4 cloves garlic, minced</td>
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<tr>
<td>12 oz. cooked shrimp, tails removed</td>
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<tr>
<td>1 cup snow peas</td>
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Rice:

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<tr>
<td>1 cup instant brown rice, uncooked</td>
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<tr>
<td>1 3/4 cups water</td>
<td>$0.00</td>
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TOTAL: $13.23
Price per serving: $3.31

Directions:

1. In a bowl, stir together water, ketchup, soy sauce, cornstarch, honey, crushed red pepper, and ground ginger. Set aside.

2. Combine rice and water in a saucepan. Bring to a boil. Reduce heat (medium-low to medium) and cover. Simmer 10-12 minutes or until water is absorbed.

3. Heat oil in a large skillet over medium-high heat. Stir in green onions, garlic, and snow peas; cook 30 seconds. Stir in shrimp, and toss to coat with oil. Stir in sauce. Cook and stir until sauce is bubbly and thickened.

**Chicken Rollatini Stuffed with Zucchini and Mozzarella**

**Serving size:** 1 rollatini  
**Makes:** 6 servings  
**Prep time:** 20 minutes  
**Cook time:** 30 minutes

**Ingredients:**

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<td>4 garlic cloves, chopped</td>
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<tr>
<td>1 medium zucchini, shredded</td>
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<td>1/4 cup + 2 Tbsp. Parmesan cheese</td>
<td>$2.32</td>
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<tr>
<td>3 oz. part skim shredded mozzarella</td>
<td>$0.94</td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
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</tr>
<tr>
<td>8 thin chicken cutlets, 3 oz. each</td>
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</tr>
<tr>
<td>1/2 cup Italian seasoned breadcrumbs</td>
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</tr>
<tr>
<td>1 lemon, juiced</td>
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</tr>
<tr>
<td>1 Tbsp. olive oil</td>
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</tr>
<tr>
<td>Salt and pepper</td>
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</tr>
<tr>
<td>Non-stick spray</td>
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</tr>
</tbody>
</table>

**TOTAL:** $12.37  
**Price per serving:** $2.06

**Directions:**

1. Wash and dry chicken cutlets, season with salt and pepper to taste.

2. Preheat oven to 450˚.

3. Lightly spray a baking dish with non-stick spray.

4. Heat a large skillet to medium-high heat. Add 1 Tablespoon olive oil when skillet is hot.  
   Then sauté garlic for one minute, or until golden. Add zucchini, 1/4 cup Parmesan cheese, salt and pepper, and sauté about 3-4 minutes, stirring occasionally.

5. Set aside to cool. When cool, add mozzarella cheese and mix to combine.

6. Lay chicken cutlets down on a working surface and spread 3 Tablespoons of zucchini-cheese mixture on each cutlet. Loosely roll each one and keep them seam side down.

7. Combine breadcrumbs and remaining 2 Tablespoons grated Parmesan cheese in one bowl. In a second bowl combine 1 Tablespoon of olive oil, lemon juice, and pepper.

8. Dip chicken in the lemon-oil mixture, then in breadcrumbs and place seam side down in a baking dish (no toothpicks needed). Repeat with the remaining chicken. When finished, lightly spray with oil spray.

9. Bake 25-30 minutes. Serve immediately. Serving size is listed as one, but if you are having this with a side salad, two servings is ok.
**Black Bean, Corn, Zucchini Enchiladas**

**Serving size:** 1 enchilada  
**Makes:** 8 servings  
**Prep time:** 15 minutes  
**Cook time:** 25 minutes

*Recipe adapted from myrecipes.com*

**Ingredients:**

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 tsp olive oil</td>
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<tr>
<td>2 cups diced zucchini</td>
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</tr>
<tr>
<td>1 (10 oz.) package frozen corn</td>
<td>$1.41</td>
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<tr>
<td>1 (15 oz.) can black beans</td>
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</tr>
<tr>
<td>3 cups red enchilada sauce</td>
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<tr>
<td>8 (8 inch) whole wheat tortillas</td>
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<td>2 cups (8 oz.) shredded cheese</td>
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<tr>
<td>No-calorie, non-stick cooking spray</td>
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**TOTAL:** $12.68  
**Price per serving:** $1.59

**Directions:**

1. Preheat oven to 350°.

2. Heat oil in a large non-stick skillet over medium-high heat.

3. Add 2 cups zucchini and corn; sauté for 5 minutes or until vegetables are tender. Remove from heat, and stir in beans.

4. Spread 1 cup enchilada sauce in the bottom of a 13 x 9-inch baking dish coated with cooking spray.

5. Spoon about 1/2 cup zucchini mixture down center of 1 tortilla; sprinkle with 2 Tablespoons cheese, and roll up. Place seam-side down in baking dish.

6. Repeat procedure with remaining tortillas, zucchini mixture, and 14 Tablespoons of cheese. Spread remaining 2 cups sauce evenly over enchiladas.

7. Cover with foil; bake at 350° for 30 minutes.

8. Uncover; top with remaining 1 cup of cheese.

9. Bake, uncovered, for 10 minutes or until cheese melts.

---

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
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<tr>
<td>Calories from Fat</td>
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<td>Iron 29%</td>
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</table>

Nutrition Grade A  
* Based on a 2000 calorie diet
Becker BBQ Shrimp

Serving size: 1/2 cup rice + 1/4 lb. shrimp  
Makes: 4 servings

**Ingredients:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups minute rice</td>
<td></td>
<td>$1.24</td>
</tr>
<tr>
<td>1 lb. shrimp</td>
<td></td>
<td>$7.00</td>
</tr>
<tr>
<td>1/4 cup canola oil</td>
<td></td>
<td>$0.21</td>
</tr>
<tr>
<td>4 cloves garlic, minced</td>
<td></td>
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</tr>
<tr>
<td>1 1/2 Tbsp. Italian seasoning</td>
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</tr>
<tr>
<td>2 Tbsp. salt-free Cajun seasoning</td>
<td></td>
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<tr>
<td>1/2 cup water</td>
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<td>$0.00</td>
</tr>
<tr>
<td>6 oz. light beer</td>
<td></td>
<td>$0.42</td>
</tr>
<tr>
<td><strong>TOTAL:</strong></td>
<td></td>
<td>$9.58</td>
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<tr>
<td><strong>Price per serving:</strong></td>
<td></td>
<td>$2.40</td>
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**Directions:**

1. Cook the minute rice according to the packages instructions.

2. While the rice cooks, combine the Italian herbs and the Cajun seasoning.

3. In a large skillet, heat the canola oil over medium heat. Add the minced garlic and spice mixture. Stir and cook for 1-2 minutes.

4. Turn up the heat to medium/high. Add the shrimp, stir and cook for 2-3 minutes more or until all of the flesh on the shrimp has turned white and the tails have turned pink. Remove the shrimp from the skillet and place them in a bowl as soon as they are cooked (this happens quickly) and save for later.

5. Add the water and beer to the skillet and let it simmer with the spices for another 2-3 minutes or until it has reduced by half. Add the shrimp back in to warm them through. Place 1/2 cup of rice in a bowl, top with 5-6 shrimp and spoon some of the sauce over top.

![Photo yummly.com](https://example.com/photo.jpg)
**Lemon Garlic Fish**

**Serving size:** 1 fillet (1/2 cup)  
**Makes:** 2 servings

**Prep time:** 10 minutes  
**Cook time:** 5 minutes

**Ingredients:**  
- 2 (3 oz.) tilapia fillets $1.99
- 1/4 bunch fresh parsley $0.17
- 1 medium lemon $0.50
- 1 clove garlic $0.07
- 1 Tbsp. olive oil $0.11
- 1/8 tsp. salt $0.02
- 3-4 dashes of black pepper $0.03
- No-calorie, non-stick cooking spray $0.03

**TOTAL:** $2.92  
**Price per serving:** $1.46

**Nutrition Facts**

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<td>1.5g</td>
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<td>14%</td>
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<tr>
<td>Sodium</td>
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<td>Potassium</td>
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<tr>
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<tr>
<td>Sugars</td>
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<td>Calcium 3%</td>
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<tr>
<td>Vitamin C</td>
<td>38%</td>
<td>Iron 9%</td>
</tr>
</tbody>
</table>

**Nutrition Grade C**  
* Based on a 2000 calorie diet

**Directions:**

1. Rinse the parsley and remove as much water as possible by shaking into the sink (hold onto the stems). Pull the leaves from the stems and place them in the food chopper or processor. Cut the lemon in half and add the juice and zest from one half into the food chopper. Save the other half of the lemon for garnish. Also add the garlic, olive oil, salt and pepper. Turn the chopper on until the parsley and garlic are finely minced and the mixture is well combined.

2. Place the fish fillets (thawed) to a bowl or shallow dish and pour the lemon-garlic-parsley mix over top. Make sure both sides are covered. Some may run off but that is okay. Spray the grill surface with non-stick spray and preheat for 5 minutes.

3. Place the fish fillets in the hot grill, close the lid and set the timer for 2 minutes. Check the fish after two minutes. If you want the fish more browned, cook for one additional minute. Carefully remove the fish from the grill (it will be delicate). Serve with additional slices of lemon if desired.

*Photo yummly.com*
Bean Burger

Serving size: 1 burger Makes: 1 serving
Prep time: 35 minutes  Cook time: 0 minutes

Ingredients: Cost:

- 1/2 cup water $0.00
- 1/4 cup quinoa, rinsed $0.82
- 3 Tbsp. olive oil, divided $0.66
- 1 clove garlic, minced $0.05
- 2 1/2 cups cooked pinto beans, drained $1.39
- 1 tsp. paprika $0.06
- 1/2 tsp. cumin $0.04
- 3 Tbsp. cornmeal $0.05
- 1/2 tsp. salt $0.01
- 1/8 tsp. pepper $0.01

TOTAL: $3.09
Price per serving: $3.09

Directions:

1. Bring water to a boil in a small saucepan. Add quinoa and return to a boil. Reduce to a low simmer, cover and cook until the water has been absorbed, about 10 minutes. Uncover and let stand.

2. Heat 1 Tablespoon oil in a skillet over medium heat. Add garlic and cook, stirring occasionally, until soft and fragrant, about 3 minutes. Add beans, paprika and cumin and mash the beans to a smooth paste with a potato masher or fork. Transfer the mixture to a bowl and let cool slightly. Add the quinoa, 3 Tablespoons cornmeal, 1/2 teaspoon salt and pepper; stir to combine.

3. Form the bean mash into 6 patties. Coat them evenly with the remaining 1/3 cup cornmeal and transfer to a baking sheet. Refrigerate for 20 minutes.

4. Preheat oven to 200˚.

5. Heat 1 Tablespoon oil in a large cast-iron (or similar heavy) skillet over medium-high heat. Reduce heat to medium and cook 3 burgers until heated through and brown and crisp on both sides, 2 to 4 minutes per side. Transfer to the oven to keep warm. Cook the remaining 3 burgers with the remaining 1 Tablespoon oil, reducing the heat as necessary to prevent overbrowning.

6. Serve the burgers plain or on buns with lettuce, tomato and avocado slices. *Cost and Nutrition Facts above do not include buns or toppings.
**Huevos Rancheros**

**Serving size:** 1 ranchero  
**Makes:** 6 servings  
**Prep time:** 10 minutes  
**Cook time:** 15 minutes

**Ingredients:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 large tomato</td>
<td>$1.15</td>
</tr>
<tr>
<td>1/2 medium yellow onion</td>
<td>$0.25</td>
</tr>
<tr>
<td>1/4 cup cilantro, chopped</td>
<td>$0.69</td>
</tr>
<tr>
<td>1 small lime</td>
<td>$0.32</td>
</tr>
<tr>
<td>1/2 Tbsp. olive oil</td>
<td>$0.06</td>
</tr>
<tr>
<td>1 clove garlic, minced</td>
<td>$0.12</td>
</tr>
<tr>
<td>1 medium jalapeño</td>
<td>$0.09</td>
</tr>
<tr>
<td>1 (15 oz.) can black beans, drained</td>
<td>$0.40</td>
</tr>
<tr>
<td>1/2 tsp. cumin</td>
<td>$0.03</td>
</tr>
<tr>
<td>Pinch salt</td>
<td>$0.02</td>
</tr>
<tr>
<td>6 small corn tortillas</td>
<td>$0.39</td>
</tr>
<tr>
<td>6 large eggs</td>
<td>$1.40</td>
</tr>
<tr>
<td>1 1/2 cups shredded cheese</td>
<td>$1.49</td>
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**TOTAL:** $6.41  
**Price per serving:** $1.07

1. Prepare the pico de gallo sauce (salsa) by dicing the tomato and 1/4 of the onion. Rinse about 1/3 bunch of cilantro under cool water and shake to remove as much water as possible. Remove the leaves from the stems and then coarsely chop. Combine the tomato, onion, and cilantro in a bowl. Squeeze the juice from half the lime over top. Stir to combine and then season with salt.

2. Finely dice the other 1/4 onion and the jalapeno. Add the onion, jalapeno and minced garlic to a small pot with 1/2 Tablespoon olive oil. Cook over medium heat until softened (2 minutes). Add the beans, season with cumin and salt and let simmer while you prepare the rest of the meal.

3. Heat a skillet over medium heat. Once the skillet is hot, add a corn tortilla and let it toast (about 2 minutes). Flip it over and toast on the other side. Remove the tortilla to a plate after it has toasted on both sides. Cook your egg in the already hot skillet.

4. Top the hot tortilla with 1/4 cup shredded cheese. Top the tortilla and cheese with seasoned beans, the cooked egg and then some pico de gallo. Eat up!
Split Pea Soup

Serving size: 2 cups
Makes: 6 servings

Prep time: 10 minutes
Cook time: 1 hour, 15 minutes

Ingredients: Cost:

- 1 lb. bag of split peas...........................$1.20
- 1 Tbsp. olive oil..................................$0.11
- 1/2 onion............................................$0.43
- 2 celery stalks....................................$0.45
- 1 lb. cooked ham chunks.......................$3.30
- 5 cups water..........................................$0.00
- 2 1/2 cups vegetable broth.....................$1.10
- Salt and pepper to taste..........................$0.05

Total: $6.64
Price per serving: $1.11

Directions:

1. Place large stock pot on the stove and set to high. Add the oil, and after a few seconds add the chopped onion and celery to the pot. Cook for about 5 minutes.

2. Once onion is soft, add the split peas, ham, 5 cups of water and 2 1/2 cups of vegetable broth.

3. Stir for a few minutes, then turn stove on medium-low and let simmer for about 1 hour and 15 minutes or until peas look ready.
Salmon Croquettes

Serving size: 2 patties  
Makes: 1 serving  
Prep time: 10 minutes  
Cook time: 40-45 minutes

Ingredients:  
Cost:
1 packet pre-drained salmon (2.6 oz.) $0.88
1 egg $0.23
2 green onions, chopped $0.66
8 whole wheat saltine crackers $0.16
No-calorie, non-stick cooking spray $0.03
Dash of pepper $0.01

TOTAL: $1.97
Price per serving: $1.97

Directions:

1. Preheat oven to 375°.
2. Break salmon into chunks with fork in a large bowl.
3. Crack egg into salmon and whisk; add in onions and pepper, and mix.
4. Crush crackers with hands and fold into salmon mixture.
5. Divide mixture and form into 2 patties.
7. Add patties to baking sheet and cook for 40-45 minutes turning patties half way through cooking.
8. Serve with lemon and enjoy!

Try with Glazed Carrots! (pg. 64)
Chicken Stir-Fry

Serving size: 1 cup  Makes: 6 servings
Prep time: 15 minutes  Cook time: 10 minutes

Ingredients:  Cost:

<table>
<thead>
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<tr>
<td>1 lb. boneless skinless breast tenders</td>
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<tr>
<td>1 cup broccoli</td>
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<tr>
<td>1 cup snow peas</td>
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<td>1 cup carrots</td>
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<td>1 bell pepper (any color)</td>
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<tr>
<td>1 onion</td>
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<tr>
<td>2 tsp. vinegar (any kind)</td>
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</tr>
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<td>1 bunch radishes</td>
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<td>2 tsp. low sodium soy sauce</td>
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<tr>
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</tr>
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<td>2 cups instant brown rice</td>
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Directions:

1. Prepare rice according to package directions.
2. Wash all vegetables and onion well and chop into bite sized pieces.
3. Heat oil in large skillet over med-high heat.
4. Sauté onion and vegetables for 5 minutes.
5. Add vinegar, soy sauce, sugar, and scallions.
6. Mix well until all vegetables are coated.
7. Add salt or pepper to taste.
# Mediterranean Citrus Tilapia

**Serving size:** 1 fillet  
**Makes:** 2 servings  
**Prep Time:** 10 minutes  
**Cook Time:** 15 minutes  

**Ingredients:**
- 2 (6 oz. each) tilapia fillets: $3.99  
- 1 peeled orange, cut horizontally: $0.50  
- 1 thin slice red onion, cut into pieces: $0.59  
- 1 Tbsp. capers: $0.65  
- 1 Tbsp. lemon juice: $0.01  

**Total:** $5.74  
**Price per serving:** $2.87

**Directions:**
1. Preheat oven to 450°.
2. In a glass dish, lay fillets flat and top with orange slices.
3. Add onions, capers, and lemon juice. Cook for 12-15 minutes.

---

# Steamed Broccoli

**Serving size:** 1 cup  
**Makes:** 4 servings  
**Prep Time:** 10 minutes  
**Cook Time:** 10 minutes  

**Ingredients:**
- 1 crown of broccoli: $1.48  
- 1 Tbsp. olive oil: $0.01  
- 1 Tbsp. of sesame seeds: $0.90  
- 2 Tbsp. lemon juice: $0.80  

**Total:** $3.19  
**Price per serving:** $0.80

**Directions:**
1. Rinse the broccoli and break into large, bite sized pieces.
2. Trim stems, leaving about 1 inch.
3. Bring 1 inch water to a boil in a saucepan with a steaming basket (place directly in water if you do not have a steaming basket.)
4. Add the broccoli to the steamer and cover. Reduce heat to medium and let cook 5-6 minutes.
5. The broccoli is done when you can easily pierce it with a fork. Remove from heat, drain, and place broccoli in serving dish. Dress with lemon juice or 1 Tablespoon olive oil and sesame seeds, for taste. *Nutrition Facts above do not include juice, oil, or seeds.*
Pan-Roasted Fish and Steamed Broccoli

**Serving size:** 1 fillet + 1 cup broccoli  
**Makes:** 4 servings

**Prep time:** 10 minutes  
**Cook time:** 10 min.

**Ingredients:**  
4 trout fillets at room temperature...$8.00/lb.  
Black pepper..............................................$0.05  
No-salt-added seasoning.........................$0.05  
1/2 lemon..................................................$0.25  
Parsley......................................................$0.05  
1 head of broccoli.....................................$2.49  

**TOTAL:** $10.89  
**Price per serving:** $2.72

**Directions:**

1. Preheat oven to 500˚. Wash the fish, pat them thoroughly dry with paper towels and season with pepper and any no-salt-added seasoning.

2. Heat a large ovenproof non-stick skillet on medium high for 2-3 minutes. When the pan is very hot, add a little olive oil and swirl it around; then add the fillets, skin sides up. Sear, without disturbing for 1-2 minutes. *Cost and Nutrition Facts above do not include oil.*

3. Turn the fish over; immediately transfer the skillet to the oven. Roast until done, about 4-6 minutes.

4. Squeeze 1/2 lemon over the fish and sprinkle parsley over fish.

5. Serve with steamed broccoli (see previous page for directions) and lemon wedges and enjoy!

*Photo acasa.ro*
Skillet Lasagna

Serving size: 1 piece  Makes: 4 servings
Prep time: 15 minutes  Cook time: 30 minutes

Ingredients:  Cost:
1/2 cup chopped onion $0.76
1/2 lb. lean ground turkey $4.76
1 (16 oz.) can tomatoes $0.98
1 (6 oz.) can tomato paste $0.89
1 1/2 cup water $0.00
2 cups whole wheat noodles $1.06
3/4 cup cottage cheese, low fat $0.84
1/4 cup Parmesan cheese $0.77

TOTAL: $10.06
Price per serving: $2.52

Directions:
1. Chop onion. Cook beef and onion in frying pan until beef is brown and onion is tender. Drain off excess fat.

2. Add tomatoes, tomato paste, and water to beef mixture. Bring to boil and simmer until sauce is thick, about 25 minutes.

3. Cook noodles in saucepan according to package directions. Drain.

4. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking.

5. Mix cheeses and drop into the frying pan.

6. Cover and heat over low heat about 5 minutes.
Tilapia Piccata

Serving size: 1 cup  
Makes: 2 servings  
Prep time: 5 minutes  
Cooking time: 10 minutes  

Ingredients:  

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<tr>
<th>Item</th>
<th>Cost</th>
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<tbody>
<tr>
<td>1 lb. (2-3 fillets) tilapia, patted dry</td>
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</tr>
<tr>
<td>1 lemon, sliced thin, garnish</td>
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<tr>
<td>2 Tbsp. fresh lemon juice</td>
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<tr>
<td>2 Tbsp. fresh parsley</td>
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<tr>
<td>1 Tbsp. flour</td>
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<tr>
<td>Cooking spray</td>
<td>$0.01</td>
</tr>
<tr>
<td>Salt and pepper, to taste</td>
<td>$0.02</td>
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TOTAL:  
Price per Serving  

$3.61  
$1.81

Directions:

1. Season tilapia lightly with salt and pepper, and then dredge in flour.
2. Heat skillet over medium heat and lightly coat with cooking spray.
3. Add fillets and cook until golden brown (about 5 minutes). Turn fillets and cook until fish flakes with a fork.
4. Drain fillets on paper towel and remove to warm plates; stir in lemon juice and parsley to pan; cook 30 seconds, then pour over hot fish.
5. Garnish with lemon slices and serve immediately.
Garlic Roasted Chicken with Cherry Tomatoes

Serving size: 1 chicken breast  
Makes: 4-6 servings

Prep time: 15 minutes  
Cook time: 60 minutes

Ingredients:  
Cost:

1 1/2 lbs. chicken breasts $2.24
1 cup halved cherry tomatoes $2.63
4 cloves garlic roughly chopped $0.20
1/4 tsp. salt $0.01
1/4 tsp. fresh cracked black pepper $0.01
1 Tbsp. olive oil $0.17
2 Tbsp. dry white wine $0.22

TOTAL: $5.48
Price per serving $1.10

Directions:
1. Preheat oven to 325°.
2. Rinse and pat dry the chicken.
3. Place chicken in a baking dish. Place tomatoes around chicken. Sprinkle with chopped garlic. Sprinkle with salt and pepper. Drizzle with olive oil and white wine. Cook for 45-60 minutes or until chicken is cooked through. If it starts to brown too much, place foil on top to prevent burning.
4. Serve with brown rice and steamed greens of your choice. *Cost and Nutrition Facts above do not include brown rice or greens.

Photo simplyrecipes.com
Pasta with White Beans

Serving size: 1/2 cup pasta + 1/2 cup beans

Makes: 4 servings

Prep time: 10 minutes  
Cook time: 15 minutes

Ingredients:  
Cost:
- 1 Tbsp. olive oil .......................... $0.11
- 1 carrot, sliced .......................... $0.50
- 5 cloves garlic, minced .................. $0.32
- 1/2 tsp. dried rosemary ............... $0.05
- 1 cup tomato juice ...................... $0.20
- 10 oz. canned white beans, rinse and drained $1.00
- 12 oz. whole wheat pasta ............ $1.08
- 1/3 tsp. black pepper ................. $0.05

TOTAL: $3.31

Price per serving: $0.83

Directions:

1. Heat oil in large skillet over low heat. Add carrot, garlic, and rosemary. Cook, stirring occasionally, until carrot is tender, about 5 minutes.

2. Stir in tomato juice and salt, and bring to a boil. Add white beans and with a potato masher, mash about one-fourth of beans.

3. Meanwhile, cook pasta in large pot of boiling water according to package directions. Drain, reserving 1/2 cup of pasta cooking liquid.

4. Transfer hot pasta to large bowl. Add reserved pasta cooking liquid, bean mixture, and pepper, toss to combine.

Try with Steamed Broccoli! (pg. 52)
Snacks

Baked Zucchini Sticks

Serving size: 1/2 cup  Makes: 6 servings
Prep time: 15 minutes  Cook time: 25 minutes

Ingredients:  
1 egg ......................................................... $0.23
Black pepper ............................................... $0.01
Garlic salt ..................................................... $0.01
1/3 cup breadcrumbs .......................... $0.10
2 Tbsp. Parmesan cheese .......... $0.32
3 medium zucchini, sliced into sticks $3.98
No calorie, non-stick cooking spray .......... $0.03

TOTAL:  $4.68
Price per serving:  $0.78

Directions:

1. Preheat oven to 425°.

2. In a small bowl, beat egg and add in pepper and garlic salt.

3. In another small bowl, mix together breadcrumbs and Parmesan cheese.

4. Cut zucchini into sticks, keep skin on.

5. Dip zucchini sticks in egg mixture and then in breadcrumb mixture, make sure the breadcrumbs are sticking to all sides of the zucchini stick.

6. Spray a baking sheet with no-calorie, non-stick cooking spray and line the zucchini sticks on the sheet.

7. Bake for 20-25 minutes, serve and enjoy!

Photo whatsmeganmaking.com
**Ants on a Log**

**Serving size:** 1 celery stalk  \hspace{1cm}  **Makes:** 2 servings  
**Prep time:** 5 minutes  \hspace{1cm}  **Cook time:** 0 minutes

**Ingredients:**  
- 2 celery stalks $1.00  
- 2 Tbsp. peanut butter $0.80  
- About 20 Raisins $0.25  
---  
**TOTAL:** $2.05  
**Price per serving:** $1.03

**Directions:** Cut and rinse celery. Add peanut butter to celery. Place raisins on top of peanut butter.
Baked Sweet Potato Fries

**Serving size:** 1 sweet potato  
**Makes:** 2 servings

**Prep time:** 10 minutes  
**Cook time:** 30 minutes

### Ingredients:
- 2 small sweet potatoes, cut into wedges: $0.87
- 1 Tbsp. olive oil: $0.21
- 2 tsp. garlic powder: $0.07
- 2 tsp. oregano: $0.08
- 1 tsp. coarse ground pepper: $0.01

**TOTAL:** $1.24  
**Price per serving:** $0.62

### Directions:

1. Preheat oven to 400°.

2. In a large bowl, toss together all ingredients until potatoes are evenly coated with oil and spices.

3. Place potatoes on a single layer on a baking sheet and bake for about 30 minutes, or until desired crispiness.

4. Remove from oven and serve hot.

---

**Nutrition Facts**

| Serving Size | Amount Per Serving | Calories: 254 | Calories from Fat: 67%
|--------------|--------------------|---------------|------------------|
|              | % Daily Value*     | Total Fat: 7.5g | 11%
|              |                    | Saturated Fat: 1.1g | 6%
|              |                    | Cholesterol: 0mg | 0%
|              |                    | Sodium: 15mg | 1%
|              |                    | Potassium: 1293mg | 37%
|              |                    | Total Carbohydrates: 45.5g | 15%
|              |                    | Dietary Fiber: 7.4g | 29%
|              |                    | Sugars: 1.5g | 0%
|              |                    | Protein: 3.0g | 6%

*Based on a 2000 calorie diet

---

*Photo hexjam.com*
## Broiled Cauliflower with Lemon and Sea Salt

**Serving size:** 1 cup (1/6 cauliflower)  
**Makes:** 6 servings  
**Prep time:** 5 minutes  
**Cook time:** 15 minutes

### Ingredients:  
- 1 head of cauliflower: $3.49  
- 1/4 cup Parmesan cheese: $0.37  
- 1 lemon: $0.79  
- 1/2 Tbsp. extra virgin olive oil: $0.06  
- Sea salt to taste: $0.20

**TOTAL:** $4.91  
**Price per serving:** $0.82

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**Nutrition Grade:** B*

*Based on a 2000 calorie diet

### Directions:

1. Preheat oven to 350°.
2. Toss cauliflower in olive oil. *Nutrition Facts above do not include oil.*
3. Bake cauliflower in oven for 10 minutes until soft.
4. After 10 minutes, turn oven to broil.
5. Sprinkle Parmesan on cauliflower.
6. Watch for 3-5 minutes until cauliflower is almost burnt.
7. Remove from oven and place in bowl.
8. Squeeze the juice of 1 lemon and add sea salt to taste.

*Photo lifemunk.com*
Pizza-dilla

Serving size: 1 pizza-dilla  Makes: 6 servings
Prep time: 10 minutes  Total time: 20 minutes

Ingredients:
- 6 (10 inch) flour tortillas $1.34
- 2 cups shredded mozzarella $1.75
- 1/2 cup chopped chicken breast $5.43
- 1 medium bell pepper $0.66
- 1/2 medium red onion $1.29
- 1 small can mushrooms $0.85
- 6 oz. pizza sauce $1.20

TOTAL: $12.52
Price per serving: $2.09

Directions:

1. Prep the ingredients by thinly slicing the vegetables and draining the mushrooms.

2. For each pizza-dilla: Measure 1/3 cup of shredded cheese. Sprinkle half of the cheese over one half of the tortilla, add toppings and then sprinkle the rest of the cheese on top. Fold the empty side of the tortilla over the toppings.

3. Place the pizza-dilla in a pre-warmed skillet (medium heat) and cook until brown and crispy on the bottom. Carefully flip the pizza-dilla over and cook until brown and crispy on the second side. Once both sides are crisp and the cheese is melted inside, slice into thirds with a pizza cutter. Dip in the pizza sauce prior to eating.
Strawberry and Cream Cheese Sandwich

Serving size: 1 sandwich  Makes: 1 serving
Prep time: 5 minutes  Cook time: 0 minutes

Ingredients:  Cost:
1 Tbsp. reduced fat cream cheese $0.07
1/4 tsp. honey $0.02
2 slices very thin whole wheat bread $0.42
2 medium strawberries, sliced $0.43

TOTAL: $0.94
Price per serving: $0.94

Directions: Combine cream cheese, and honey in a bowl. Spread bread with the cheese mixture. Place sliced strawberries on 1 piece of bread, top with the other.

Peanut Butter and Banana Burritos

Serving size: 1 burrito  Makes: 4 servings
Prep time: 5 minutes  Cook time: 0 minutes

Ingredients:  Cost:
4 (6 inch) whole wheat tortillas $1.60
4 bananas, peeled $1.15
1/4 cup peanut butter $0.40
Cinnamon to taste $0.05

TOTAL: $3.20
Price per serving: $0.80

Directions: Spread peanut butter evenly on each tortilla. Place banana on each tortilla. Add cinnamon to taste. Roll the tortillas to create a banana and peanut butter burrito.
Honey Balsamic Glazed Carrots

Serving size: 1/2 cup  
Makes: 5 servings  
Prep time: 10 minutes  
Cook time: 40 minutes  

Ingredients:  
1 lbs. of carrots $0.98  
2 Tbsp. olive oil $0.24  
1/4 tsp. salt $0.02  
1/4 tsp. pepper $0.03  
1/4 cup Balsamic vinegar $0.80  
1 Tbsp. butter $0.10  

TOTAL: $2.17  
Price per serving: $0.43  

Directions:

1. Preheat the oven to 400°. Clean and peel the carrots. Cut the carrots into one-inch sections.

2. Cover a baking sheet with foil. Place the carrots on the sheet and drizzle with olive oil and then sprinkle with salt and pepper. Toss the carrots to coat. Place in the oven and roast for 40 minutes, stirring once half-way through.

3. During the last 10 minutes of cooking, prepare the balsamic glaze. Combine the balsamic vinegar and honey in a small pot. Simmer the mixture over medium heat for approximately 10 minutes or until thickened. Once thickened, turn off the heat and stir in the butter until melted.

4. When the carrots come out of the oven, drizzle with the honey balsamic glaze and toss until coated. Serve warm!
Hummus with Carrots and Celery

Serving size: 2 Tbsp.  
Makes: 24 servings of hummus

Prep time: 10 minutes  
Cook time: 0 minutes

Ingredients:  
Cost:
- 16 oz. (2 cups) chickpeas $0.68
- 5 Tbsp. tahini $1.09
- 1 tsp. sea salt $0.00
- Juice of 2 lemons (1/3 cup) $0.96
- 2 garlic cloves $0.10
- 3 Tbsp. extra virgin olive oil $0.47
- 1/4 cup water $0.00
- 2 carrots $0.20
- 2 stalks celery $0.26

TOTAL: $3.76
Price per serving: $0.16

Directions:

1. Place chickpeas in a food processor or blender with tahini, salt, lemon juice, garlic, and olive oil.
2. Blend until smooth.
3. Add water a little at a time to reach desired consistency.
4. Cut up carrots and celery, and serve with hummus.

Hummus stores well in the refrigerator for at least 1 week. If you’re in a hurry and need a quick snack, you can also find prepared hummus in the refrigerator section at the store. Pair with pre-cut baby carrots for a snack in seconds.

Photo weight.sgdhealth.com
Microwave Air-Popped Popcorn

Serving size: 1 bag  
Makes: 1 serving  
Prep time: 2 minutes  
Cook time: 3 minutes

Ingredients:  
- 3 Tbsp. un-popped popcorn kernels ............... $0.25  
- 1 small paper bag/lunch sack ..................... $0.02  

TOTAL: $0.27  
Price per serving: $0.27

Directions: Add kernels to paper bag. Fold paper bag down a few times. Microwave on high for 2-3 minutes till there is about 5 seconds between pops. Season to personal taste! *Cost and Nutrition Facts do not include seasonings.

Photo luuxx.com

Nutrition Facts

Serving Size 26 g

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Nutrition Grade C+  
* Based on a 2000 calorie diet
Kale Chips
Serving size: 1 cup  Makes: 4 servings
Prep time: 5 minutes  Cook time: 10 minutes
Ingredients:  Cost:
1 bunch of kale leaves, rinsed .......... $1.50
No-calorie cooking spray .................. $0.03
Sea salt ...................................... $0.05
TOTAL: $1.58
Price per serving: $0.40

Directions: Preheat oven to 350˚. Cut leaves of kale off center stalk into chip-size pieces and arrange on baking sheet. Spray baking sheet lightly with cooking spray. Bake for 10 minutes and gently sprinkle sea salt on top and enjoy!

Yogurt Pops
Serving size: 1 pop  Makes: 1 serving
Prep time: less than 5 minutes
Freeze time: 1 hour
Ingredients:  Cost:
8 oz. yogurt, fat-free ............. $0.99
3/4 cup fruit ....................... $0.89
TOTAL: $1.88
Price per serving: $1.88

Directions: Stir together yogurt and juice in a small bowl. Pour into paper cup. Stick a popsicle stick into the center of the cup. Place yogurt pops in the freezer until they turn solid.
Chickpea Broccoli Salad

Serving size: 1 cup  Makes: 4 servings
Prep time: 10 minute  Cook time: 0 minutes

Ingredients:  Cost:

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<td>4 cups broccoli florets</td>
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<td>1 Tbsp. Dijon mustard</td>
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<td>2 Tbsp. red wine vinegar</td>
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<td>2 Tbsp. olive oil</td>
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<td>1/4 cup red onion, finely chopped</td>
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<td>1 can chickpeas</td>
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<tr>
<td>1/2 cup feta cheese</td>
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TOTAL: $5.97  
Price per serving $1.50

Directions:

1. In a medium sauce pan, add 2 inches of water, cover, and bring to boil. Place broccoli in steaming basket and place in pan, cover, and steam 4-6 minutes.

2. While broccoli is steaming, in a medium-sized mixing bowl, whisk mustard, vinegar, oil, and red onion. Stir in tomatoes, chickpeas, and feta.

3. Add steamed broccoli to the rest of the ingredients and lightly toss.

4. Serve immediately, or chill and store in refrigerator for a cold salad.
No-Bake Energy Bites

Serving size: 1 ball  
Makes: 25 servings
Prep time: 8 minutes  
Cook time: 30 minutes

Ingredients:

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<td>2 cups oatmeal</td>
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<td>1/2 cup dark chocolate chips</td>
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<td>1/2 cup peanut butter</td>
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<td>1/2 cup ground flaxseed</td>
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TOTAL: $3.46  
Price per serving: $0.14

Directions:

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Let chill in the refrigerator for half an hour.

2. Once chilled, roll into balls of about 1 inch diameter. Store in an airtight container and keep refrigerated for up to 1 week.

Have fun substituting with different nut butters, dried fruit, chopped nuts, and other chips.

Nutrition Facts

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Nutrition Grade B

* Based on a 2000 calorie diet

Photo Dietetic Internship Class
Desserts

Berries and Cream Dessert

Serving size: 3/4 cup  Makes: 4 servings
Prep time: 10 minutes  Cook time: 0 minutes

Ingredients:  Cost:
1 package sugar-free, fat-free instant vanilla pudding mix $0.92
2 cup skim milk $0.54
1 cup frozen mixed berries (blueberries, blackberries, raspberries), thawed $0.19
1/4 cup whipped cream $0.05

TOTAL: $1.70
Price per serving: $0.43

Directions:

1. Thaw frozen berries in advance according to directions.

2. Prepare instant pudding according to directions on box.

3. In a mug or small bowl, portion out 1/2 cup of pudding into each mug or bowl. Top with 1 cup berries and 1/4 cup whipped cream.
Quick Bananas Foster

Serving size: 1/2 cup  |  Makes: 2 servings
Prep time: 5 minutes  |  Cook time: 0 minutes

Ingredients:  |  Cost:
1 banana  |  $0.13
2 Tbsp. maple syrup  |  $0.40
2 Tbsp. raisins  |  $0.16
2 Tbsp. chopped pecans (optional)  |  $1.12
1 cup low-fat vanilla frozen yogurt  |  $0.75
TOTAL:  |  $2.56
Price per serving:  |  $1.28

Directions:

1. Slice banana into a microwave safe dish or measuring cup. Add 2 Tablespoons of maple syrup. Then place dish in microwave for about 1 minute or until banana mixture boils.

2. Divide 1 cup frozen yogurt into two separate bowls.

3. Divide the hot banana topping between the two dishes. Then add pecans and raisins.

4. Serve immediately and enjoy!

Photo delishyourdish.com

Nutrition Facts

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Protein 4.4g

* Based on a 2000 calorie diet
Mixed Berry Frocho Pops
Serving size: 1 pop  
Makes: 6 servings
Prep time: 10 minutes  
Freeze time: 6 hours
Ingredients:  
1 cup fresh or frozen mixed berries ............... $1.37  
1 cup (8 oz.) plain 0% Greek yogurt ............. $1.33  
3 Tbsp. honey ................................................. $0.44  
TOTAL: $3.14
Price per serving: $0.52

Directions: Puree fruit, Greek yogurt, and honey in a food processor or blender until smooth. Fill 6 freezer-pop molds or 3-ounce paper cups 3/4 full. Insert sticks and freeze until completely firm, about 6 hours. Dip molds briefly in hot water before unmolding.

Feaux Chocolate Mousse Trifle
Serving size: 1 trifle  
Makes: 4 servings
Prep time: 5 minutes  
Cook time: 10 minutes
Ingredients:  
1 cup low-fat whipped cream topping ............ $1.59  
1 cup sugar-free chocolate pudding ............... $0.50  
1 cup frozen raspberries, thawed ............... $1.66  
4 chocolate graham crackers, crumbled ........ $0.34  
TOTAL: $4.09
Price per serving: $1.02

Directions: Pour the pudding into a medium mixing bowl. Gently fold the whipped cream into the pudding until you it is all a nice light mousse consistency. In 4 cups, layer 1/4 cup of the mousse mixture, followed by a 1/4 cup raspberries, another layer of mousse and top with 1 crumbled chocolate graham cracker. Garnish with additional raspberries if desired.
Whole Wheat Bread Pudding

Serving Size: 1 cup  
Makes: 8 servings

Prep time: 15 minutes  
Cook time: 45 minutes

Ingredients:  
Cost:
- 1/2 cup butter  $0.50  
- 8 slices stale whole-wheat bread, cubed  $2.00  
- 1/2 cup raisins  $0.50  
- 2 eggs  $0.50  
- 2 cups fat-free milk  $1.00  
- 1/2 cup sugar  $0.20  
- 2 tsp. vanilla  $0.01  
- 1/4 tsp. ground cinnamon  $0.01  
- 1/8 tsp. salt  $0.01  

TOTAL:  $4.73  
Price per serving:  $0.59

Directions:

1. Preheat oven to 350˚.

2. Melt butter in a 2 quart casserole dish. Add bread crumbs and raisins, toss to coat.

3. In a medium bowl beat eggs slightly. Add milk, sugar, vanilla, cinnamon and salt. Mix well.

4. Pour over bread cubes, stir to coat.

5. Bake 40-45 minutes.
Bliss Balls

Serving size: 1 ball  Makes: 8-10 servings
Prep time: 10 minutes  Cook time: 0 minutes

Ingredients: Cost:
1 cup almonds  $4.48
1 cup pitted dates  $2.11
3 Tbsp. cocoa powder  $0.16
2 splashes of any kind of milk  $0.05

TOTAL: $6.80
Price per serving: $0.76

Directions: Combine all ingredients in a food processor or blender. Chop/pulse until most ingredients are fully mixed together. Roll into bite-sized balls. Eat immediately or refrigerate for a couple of hours until bliss balls are set.
Healthy Eating Tips

Grocery Shopping

**Buy dry beans instead of canned.**
- Dry beans are less expensive and healthier because they have less sodium than canned beans!

**Buy local fruits and vegetables whenever possible.**
- Local fruits and vegetables are much fresher and tastier than produce found in grocery stores, which is shipped from farther away. Examples of local produce include:
  - Citrus fruits such as oranges, satsumas, grapefruit, and kumquats
  - Berries such as strawberries, blueberries, and blackberries
  - Green, leafy vegetables such as collard greens and kale
  - Okra
  - Tomatoes

**Skip the fruit juice.**
- Most fruit juices have added sugar and don’t provide fiber like the whole fruit, so they don’t satisfy hunger.
- Instead, buy fruits and vegetables that are good sources of fiber, like beans, peas, oranges, bananas, strawberries, and apples.

**When fresh fruits and vegetables aren't available, choose frozen fruits and vegetables.**
- Frozen vegetables and fruits don’t have additives, such as salt, and are just as healthy as fresh!
- If choosing canned fruits, look for fruits in water or their own juices (instead of syrup), without added sugars, saturated and trans fat, or salt.

**Avoid impulse grocery shopping.**
- Plan a menu out for the week with all of the ingredients listed on your shopping list.
- Eat a small meal before grocery shopping to curb impulse buys.
- Only buy what is on your shopping list. Impulse buys lead to more junk food brought home that you didn’t anticipate buying.

**Purchase produce while in season.**
- Fruits and vegetables that are in season are often less expensive because there is a greater supply of these items.
- Try freezing fresh seasonal produce to make it last longer (see below for freezing tips).
- To save even more money, go to the “pick-your-own” farms, which are great ways to spend a beautiful day outdoors with loved ones.
- Purchasing seasonal foods, especially local foods, will directly support your local community as well as support a safer, more sustainable farming practice.
Meal Planning

Use and reuse what you have!
- It’s always important to plan ahead when cooking for your family. Plan out the week’s meals on a day when you have some free time, such as Sunday afternoons if you work during the week. Try to reuse certain ingredients as much as you can. For example, if you make eggs for breakfast, try to use the rest of the dozen in a casserole or meatloaf that night. It’s important to not waste food in order to save money and get the most out of your ingredients.

Cooking

Add whole grains to your recipes. Whole grains are higher in fiber and other nutrients.
- Instead of white rice, try brown rice.
- Instead of white bread, try 100% whole wheat bread.
- Instead of regular pasta, try whole wheat pasta.

Put down that salt shaker!
- The sodium found in table salt can put you at risk for high blood pressure. Instead of salting foods, try adding other spices for flavor, such as basil, thyme, parsley, paprika, curry powder, onion powder, rosemary, garlic, or lemon juice.

Choose low-fat or fat-free dairy products whenever possible.
- Examples include skim or 1% milk, low-fat cheese, and nonfat yogurt. Aim for 2-3 servings each day!

Breakfast

Breakfast is the most important meal of the day – make it healthy!
- A good breakfast, consisting of milk, fruit, and whole grains, will provide you with the energy needed for the day. Research has found that those who eat a healthy breakfast each day maintain a healthier weight, feel less irritable, and are able to concentrate better than those who do not consume breakfast.
- Choose cereals with whole grains as the first ingredient so that you can get the fiber necessary to keep you full until lunch time rolls around. Try adding a banana and a few slivered almonds for added nutrients.
- If breakfast foods are not your style, try heating leftovers from the night before or make a turkey sandwich with some turkey slices, 1 ounce of cheese, fresh veggies and add it to whole wheat bread, a whole wheat tortilla, or whole wheat English muffin. Pair it with a piece of fruit.
Smart Snacking

- Plan ahead! Snacking is an important part of your diet. Make plans to have a sensible snack or two each day.
- Portion snacks like chips, pretzels, and trail mix into snack-size containers, such as plastic bags, as soon as you buy them so they are in smaller servings.
- Keep a variety of snacks readily available (hard boiled eggs, low-fat yogurt, oatmeal).
- Don’t snack while distracted, like watching TV or surfing the Internet.
- Keep healthy snacks visible and junk food out of sight.

Weight Loss

Replace sodas and other high calorie drinks with water.
- Sodas have about 100-200 calories per serving. Replacing 1-2 glasses of soda per day with water can save you up to 400 calories. Replacing 2 sodas per day with water for an entire month could spare you nearly 3.5 pounds! Finding small ways to cut out large amounts of calories can make a major difference!

Reduce your calorie intake by 250 calories per day and incorporate physical activity.
- Nutrition experts and doctors agree that one to two pounds a week is a good and healthy weight loss goal. This being said, it takes a weekly 3,500 calorie difference from what your body needs to either gain or lose a pound. If you want to lose a pound per week, reduce your calorie intake by 250 calories a day and incorporate daily physical activity that will also burn 250 calories. This will put you on track to lose a pound a week!

Watch portion sizes.
- Cutting back on portion sizes is helpful for people trying to lose weight but is also a good way to make sure you are getting all the important food groups.
- Read nutrition labels to determine how much 1 serving size is and try to stick to that serving for your meals and snacks.
- Eating on a small plate can help you eat smaller portions at meals.
- Portioning foods into smaller containers for snacks will keep you from oversnacking.

Eat More Fiber and Whole Foods

Try to add more fruits, vegetables, whole grains, and legumes (beans) to your diet.
- These fibrous foods can help you to maintain normal cholesterol levels, normal blood sugar levels, support bowel regularity, and maintain a healthy weight.
Eat more whole foods.

- A whole food is a food in its most natural and unprocessed state. Apples that look the way they did when they fell from the tree and eggs that appear like they've just come from the farm are examples of whole foods.
- Whole foods are less processed and have less additives and chemicals.
- By eating more whole foods you will be healthier by getting more vitamins and antioxidants, and less sodium and trans-fats.
- Eating more whole foods means you will eat more fruits and vegetables. It is recommended that fruits and vegetables make up half of the food you consume each day.

What’s the Deal with Fat?

Not all fats make people fat.

- Omega 3 fatty acids, found in salmon, mackerel, tuna and other fatty fish, can increase your metabolic rate, help the body get rid of excess fluids and increase energy levels.
- Omega 6 fatty acids are also essential for a healthy metabolism. Good sources include primrose oil, borage seed oil and black current oil.
- If you are not a fish lover, flaxseed (either in seed form or as an oil) is a great source of Omega 3 essential fat. Flaxseed may play a role in the prevention of heart disease and cancer. You can also use flaxseed oil as a salad dressing.

Cook with less animal fat, such as butter or lard.

- Cooking with animal fat can be avoided by using non-stick vegetable cooking spray. By replacing traditional cooking fat with non-stick cooking spray it will save you not only calories but clean up time!
- Replace fatty ground beef with extra-lean sirloin to avoid saturated fat. Look for words like “loin” and “round.” Then cook the burger with mushrooms and low-fat cheese for added moisture and flavor.

Eat Less Sodium

High amounts of sodium in our diets can cause high blood pressure.

- Put down the salt shaker. Season with herbs and spices instead of salt.
- Eat fresh or frozen fruits and vegetables instead of canned.
- If eating canned foods, buy low-sodium or no added sodium.
- Rinse canned vegetables and beans twice to get off excess sodium.
- When cooking, leave out the salt or cut the amount of salt in half.
Kids Eat Healthy, Too!

- Encourage kids to help with grocery shopping and preparing meals.
- Teach kids where food comes from.
- Make healthy snacks available in edible portions. Apple slices, carrot sticks, raisins and light popcorn are all excellent choices.
- Get creative! Make silly faces out of fruit and veggie slices and make up fun names for healthy snacks.
- Start early – the earlier children learn healthy eating habits, the more likely they will continue those healthy eating habits throughout their entire life.
- Don’t give up! It takes 5-10 exposures to a new food for a child to accept it.
- Be a role model! Kids copy what their parents do. If you are living a healthy lifestyle, they will be more likely to make healthy choices in their life.

How to Freeze Produce

- **Wash and trim.** Prepare produce as though you were about to cook it. Remove stems, core tomatoes, trim string beans and peas, and shuck and remove silk from corn.
- **Blanch vegetables** (except for corn and tomatoes). Boil vegetables for a few minutes in unsalted water, until crisp and tender. This preserves their color and keeps them firm. Plunge into ice water. Drain and pat dry before placing in freezer container. Corn should be frozen uncooked, either on the cob or as cut kernels. Tomatoes should also go in the freezer whole and uncooked. Frozen vegetables will last 6 months.
- **Pack tightly.** Flimsy containers and bags can let in air, allowing food to oxidize and suffer freezer burn. Use only bags, wraps, and containers designed for freezer use. Fill the containers, leaving a half-inch space at the top for expansion. Push out any remaining air before sealing.
- **Thaw safely.** Freezing stops the growth of bacteria but doesn’t kill it. So don’t leave food to thaw at room temperature. Cook frozen food directly from the freezer, or thaw in the refrigerator and then use it right away.
- **Freeze berries and sliced fruit on a tray.** To avoid crushing delicate fruits, such as berries, spread them out on a lined baking sheet and place in the freezer for 2-3 hours, until frozen solid. Transfer fruit to freezer bags or containers. Frozen fruit will keep for 6 months.

Healthy Louisiana Favorites

New Orleans’ favorites can be high in fat, sodium, and calories. Make it healthier:

- **Red beans and rice:** Ways to lighten up red beans and rice are to use brown rice instead of white rice, do not use added fat, use turkey or chicken sausage instead of pork, and use low-sodium or no-sodium seasoning blends.
- **Gumbo**: Ways to lighten up gumbo are to use brown rice instead of white rice, use lean meats such as seafood and chicken, and prepare the roux with vegetable oil instead of lard.

- **Jambalaya**: To lighten up jambalaya use brown rice instead of white rice, use lean meats such as seafood, turkey, and chicken, and use low-sodium or no-sodium seasoning blends.

- **Po’ boys**: Tips to lighten up po’ boys are to use whole wheat French bread, use reduced-fat mayo, grill the meat instead of frying, and add some extra nutrients by putting veggies in the po’ boy such as tomatoes, spinach, and grilled peppers.