



BUDGET BITES

A budget-minded meal plan

6 dinners for 2 adults. Menu on back page.

WINTER WARMTH WINTER 2021 VOL. II



DAY 1

Chicken Shawarma with Sesame Yams, Simple Hummus, and Cucumbers

Chicken Shawarma with Sesame Yams

1# boneless chicken breasts

2 Tbsp olive oil + more for yams

1 Tbsp honey

2 cloves garlic, minced

1 ½ tsp smoked paprika

1 tsp ground cumin

⅓ tsp crushed red pepper flakes

Juice of ½ lemon

Salt & pepper, to taste

1 yam, sliced into ¼" rounds

1 Tbsp toasted sesame seeds

2 cups baby arugula

2 Tbsp sun-dried tomatoes

1 Tbsp oil from sun-dried tomatoes

1 cup *Simple Hummus* (recipe follows)

2 oz feta cheese, cubed

1 cucumber, speared





Preheat oven to 425°. On a rimmed, foil-lined baking sheet, combine 2 Tbsp olive oil, honey, garlic, paprika, cumin, crushed red pepper, lemon juice, and a pinch each of salt and pepper. Roll chicken in sauce to coat. Add yams and drizzle with olive oil, sesame seeds, salt and pepper. Arrange everything in an even layer. Transfer to oven and roast for 40-45 minutes, turning halfway through, until chicken is cooked and yams are tender. Meanwhile, combine arugula, sun-dried tomatoes and oil, and a pinch each of salt and pepper. Place hummus into a small serving bowl, top with arugula mixture and feta. Serve with cucumber spears.

Simple Hummus

1 can garbanzo beans, drained and rinsed

2 cloves garlic

2 Tbsp lemon juice

4 tsp olive oil

$\frac{1}{8}$ tsp white pepper

$\frac{1}{8}$ tsp cayenne pepper

1 tsp sea salt

Purée all ingredients in food processor.
Taste and adjust seasonings.



DAY 2

Yam Black Bean Chili, Cornbread Muffins, and Fresh Veggies



Yam Black Bean Chili

2 cloves garlic, minced

1 small onion, diced

2 Tbsp olive oil

2 yams, peeled and chopped

2 medium carrots, sliced

½ red bell pepper, chopped

1 can black beans

1 (15 oz) can diced tomatoes

¼ cup hot water

1 ½ tsp vegetable broth powder

1 ½ tsp chili powder

½ tsp each – cumin, garlic powder, salt

¼ tsp cayenne

⅛ tsp black pepper

In a large saucepan sauté garlic and onion in olive oil for 2 minutes. Add yams, carrots, and bell pepper and cook until onions are soft, 3-5 minutes. Reduce heat to medium-low and add remaining ingredients, stirring to combine well. Simmer, covered and stirring occasionally over med-low heat, for 30 minutes, until vegetables are tender. Serve in a bowl topped with your favorite chili toppings.

Serve with cut fresh veggies – 1 red bell pepper, 1 carrot, 1 cucumber.



Cornbread Muffins

2 eggs

$\frac{1}{4}$ cup honey

$\frac{3}{4}$ cup milk

1 $\frac{1}{4}$ cups *Baker's Choice* flour

$\frac{3}{4}$ cup yellow cornmeal

1 Tbsp baking powder

1 tsp salt

$\frac{1}{2}$ cup butter, melted

Honey and butter for serving

Preheat oven to 350°. Grease a 12 cup muffin pan with oil or butter. In a medium bowl, whisk eggs, add honey and then the milk. Set aside. In a large bowl, whisk together the flour, cornmeal, baking powder, and salt. Add the milk mixture and the melted butter to the dry ingredients. Whisk until just blended. Do not overmix. Spoon batter evenly into prepared muffin pan, filling each cup about $\frac{3}{4}$ full. Bake for 15 to 20 minutes, or until the tops are set and golden. Serve with honey and butter. Save a few muffins to serve on Day 4.

DAY 3

Stuffed Baked Potatoes and Coleslaw



Stuffed Baked Potatoes

Wash two baking potatoes and pierce skin in several places, with a fork. Bake at 400° for 45 minutes or until tender. Serve with toppings of your choice. Use as toppings: chili from Day 2, butter, sour cream, shredded cheese, sliced green onions, black olives, chopped red bell pepper, avocado, salt, pepper, etc.



Coleslaw

½ head cabbage, thinly sliced

1 carrot, sliced

½ red bell pepper, chopped

2 Tbsp mayonnaise

1 ½ tsp sugar

½ tsp apple cider vinegar

Sea salt, to taste

Combine cabbage, carrot and bell pepper and toss. Mix mayonnaise, sugar, vinegar and salt. Pour over cabbage and stir.

Got leftover coleslaw? Save it for meatloaf sandwiches after Day 5.

DAY 4

German Baked Beans, Cornbread Muffins, Roasted Cabbage, and Applesauce

Applesauce

Peel 2 # apples, cut into quarters and remove core. Place apples in a saucepan with a little water and cook on low heat until tender. Add more water as needed while cooking to prevent burning. Add honey to taste. Measure out $\frac{1}{2}$ cup to use in baked bean dish. Add cinnamon (to taste) to remaining sauce, and serve.

German Baked Beans

1 $\frac{1}{2}$ tsp olive oil

$\frac{1}{4}$ cup onion, chopped

2 (12 oz) cans baked beans

$\frac{1}{2}$ cup applesauce

1 $\frac{1}{2}$ tsp mustard

$\frac{1}{4}$ cup brown sugar

$\frac{1}{4}$ cup ketchup

Sea salt, to taste

Sauté onion in oil until translucent.

Add remaining ingredients, place into casserole dish, and bake at 350° for 30 minutes. Serve with cornbread muffins.

Roasted Cabbage

Slice $\frac{1}{2}$ cabbage into $\frac{1}{4}$ " thick slices and place on baking sheet. Spray both sides with olive oil, and sprinkle with salt & pepper. Roast at 400° for 20-25 minutes or to desired finish.



DAY 5

Donna's Kitchen Meatloaf, Mashed Potatoes, and Roasted Broccoli



Donna's Kitchen **Meatloaf**

1# ground beef

½ onion, diced

2 sticks celery, diced

1 cup rolled oats

¾ tsp sea salt

1 egg

¼ cup ketchup

¼ cup brown sugar

Mix ground beef, onion, celery, oats, salt and egg. Form into a loaf and place in a loaf pan; cover and bake at 350° for 45 minutes. Mix ketchup and brown sugar. Spread over top of meatloaf; bake, uncovered, 15 minutes or until meat is cooked through. Let stand 5-10 minutes for easier slicing.

This recipe is fully wheat free, using rolled oats instead of bread crumbs. It produces a full loaf, so you'll likely have leftovers. Leftover meatloaf makes absolutely delicious sandwiches! Try a meatloaf sandwich with leftover coleslaw from Day 3!



Mashed Potatoes

- 2 baking potatoes, peeled and chopped
- 2 oz cream cheese, softened
- ¼ cup sour cream
- 2 Tbsp milk
- 3 Tbsp butter, divided
- ½ tsp sea salt
- ¼ tsp paprika

Cook potatoes in boiling water 15 minutes or until tender; drain. Mash potatoes with electric mixer. Add cream cheese, sour cream, milk, 1 ½ Tbsp butter and salt and beat at medium speed until smooth. Top with paprika and remaining butter and serve.

Roasted Broccoli

- 1 stalk broccoli
- Olive oil
- Salt, to taste

Cut broccoli crowns into bite-sized pieces. Cut about 1" off end of stalk; peel remaining stalk and slice ½" thick. Place all pieces on a baking sheet and spray with olive oil. Sprinkle with salt and roast at 400° for 10-15 minutes.



DAY 6

Mexican Scramble, Brown Rice, and Roasted Corn

Mexican Scramble

¼ cup red bell pepper, diced

3 Tbsp onion, diced

1 Tbsp olive oil

½ tsp chili powder

1 cup broccoli, chopped

1 Tbsp butter

4 eggs, beaten

Salt, to taste

In a skillet, sauté pepper and onion in oil. Add chili powder and broccoli; simmer, covered for 4-6 minutes. Push vegetables to one side, add butter to skillet. When melted, add eggs and salt; cook, stirring constantly, until desired finish is reached. Mix with vegetables. Serve over rice.

Brown Rice

Place 1 cup brown rice, 3 cups water, and ½ tsp salt into a saucepan or rice cooker. Cook over low heat until water is absorbed and rice is tender, 35-40 minutes.

Roasted Corn

1 Tbsp olive oil

2 cups frozen corn

⅛ tsp chili powder

⅛ tsp sea salt

Heat oil in a skillet, add corn and sauté 10-12 minutes or until it starts to brown, stirring occasionally. Stir in remaining ingredients.



Donna's Kitchen

Simplify your meal plans with sheet pan dinners!

Tired of complex food prep that requires multiple processes and dirties up multiple pots and pans? Sheet pan dinners are a great solution. Just toss together a combination of veggies, starches, and protein onto a sheet pan and roast them—so easy to make and only one pan to clean up afterward! On Day 1 of this issue, we include a sheet pan meal for Chicken Shawarma which you can make even easier if you buy pre-made hummus. Look online for a hundred other ideas, or let your own creative juices flow and create your own mix of ingredients.

Sheet Pan Dinner Ideas:

Hawaiian Sweet & Sour Chicken,
Veggies and Pineapple

Tuna Steaks, Beets and Potatoes

Pork Chops, Fennel and Apples

Chicken Drumsticks, Broccoli and Yams

Tempeh, Brussels Sprouts and Carrots

Chicken or Steak Fajitas

Maple Teriyaki Tofu and Veggies

Salmon Puttanesca with Red Onion,
Cherry Tomatoes and Capers

Steak & Fries



DAILY MENU & SHOPPING LIST



Day 1 - Chicken Shawarma

Day 2 - Yam Black Bean Chili

Day 3 - German Baked Beans

Day 4 - Stuffed Baked Potatoes

Day 5 - *Donna's Kitchen* Meatloaf

Day 6 - Mexican Scramble

PRODUCE

2 # apples
1 avocado
2 cups baby arugula
4 baking potatoes
2 stalks broccoli
4 medium carrots
2 sticks celery
1 bunch cilantro
2 cucumbers
1 head garlic
1 bunch green onions
2 large yellow onions
3 red bell peppers
1 head red or green cabbage
3 medium yams
1 lemon

GROCERY

1 (15 oz) can diced tomatoes
2 cans baked beans
1 can black beans

1 can garbanzo beans
1 # butter
7 eggs
1 pt milk
1/2 pt sour cream

BULK

1/2 tsp apple cider vinegar
3/4 cup honey
3/4 cup olive oil
1/2 cup ketchup
1 1/2 tsp yellow mustard
2 Tbsp sundried tomatoes
1 Tbsp oil from sundried tomatoes
1/4 cup sliced black olives
2 cups frozen corn
1 cup brown rice
1 Tbsp sesame seeds
1 1/2 tsp sugar
1 1/4 cups *Baker's Choice* flour
1/2 cup brown sugar
3/4 cup cornmeal

1 cup rolled oats
1 Tbsp baking powder
1 tsp black pepper
3/4 tsp cayenne pepper
1/8 tsp white pepper
1 Tbsp chili powder
1/2 tsp cinnamon
1/8 tsp crushed red pepper flakes
1/2 tsp garlic powder
1 1/2 tsp ground cumin
1/4 tsp paprika
3 Tbsp sea salt
1 1/2 tsp smoked paprika
1 1/2 tsp vegetable broth powder
2 Tbsp mayonnaise

DELI

1 # boneless chicken breasts
1 # ground beef
4 oz cheddar cheese
2 oz cream cheese
2 oz feta cheese

First Alternative

NATURAL FOODS CO-OP

www.firstalt.coop @firstalt.coop  

Open Daily – Two Store Locations

2855 NW Grant Ave.

1007 SE Third St.