



BUDGET BITES

A budget-minded meal plan

6 dinners for 2 adults. Menu on back page.

SUSTAINABLE BITES *SPRING 2022 VOL. 16*



DAY 1

Wild Rice Veggie Bowl with Spinach & Berry Salad



Wild Rice Veggie Bowl

- ½ cup wild rice
- ⅛ tsp sea salt
- ½ cup Brussels sprouts, thinly sliced
- ½ red bell pepper, chopped
- 2 cups kale, chopped
- ½ cucumber, chopped
- ½ cup broccoli, chopped
- 2 sausage links, halved & sliced
- 1-2 Tbsp olive oil
- Yumm! Sauce to taste
- Chopped hazelnuts, cilantro to garnish

Cook wild rice in 2 cups water for 35-40 minutes, or until tender. Add more water during cooking, if needed. Heat a skillet and add sausage pieces; sauté until done. Drain and set aside. To assemble two bowls, layer half of each of the ingredients in individual serving bowls. Spoon Yumm! Sauce over top and garnish with hazelnuts and cilantro.

Note: pictured here and in the photo for Day 3 is Beyond Sausage, a plant-based option that works great. If you are a meat-eater, you might consider using locally produced sausages from Lonely Lane Farms or Deck Family Farm.

Spinach & Berry Salad

- ½ bunch spinach, stemmed
- ¼ small onion, cut into rings
- ¼ cup dried cranberries
(or use ½ cup fresh, local strawberries, sliced, if seasonally available)
- ½ tsp poppy seeds (optional)

Dressing:

- ¾ cup plain yogurt
- ¼ cup sour cream
- 2 Tbsp lemon juice
- 2 Tbsp fresh mint, minced
- 1 clove garlic, minced

- ½ tsp ground coriander
- ½ tsp ground cumin
- ½ tsp sea salt
- Black pepper to taste

Mix all dressing ingredients together until well blended. Let sit at least an hour. Clean and dry spinach leaves. Tear into bite-sized pieces and place in salad bowl; add cranberries (or strawberries) and onions. Toss with up to half the dressing and reserve the rest for Day 5. Sprinkle with poppy seeds and serve.

Note: Keep your mint fresh by storing it in a sealable plastic bag in the refrigerator.



DAY 2

Black Bean Burgers in Lettuce Wraps, Steamed Asparagus, and Raw Veggies



Black Bean Burgers

1 can black beans, drained and rinsed
2 oz crimini mushrooms, diced
2 green onions, sliced
1 clove garlic, minced
2 Tbsp roasted red peppers, chopped
½ tsp ground cumin
½ tsp ground coriander
½ tsp chili powder
¼ tsp salt
1 Tbsp cilantro, chopped
1 Tbsp flour
1 Tbsp olive oil

4 lettuce leaves

Condiments, as desired

Mash beans and add remaining ingredients, except olive oil, lettuce, and condiments. Form into 4 patties. Heat olive oil in a skillet, and brown patties on both sides. Serve on a lettuce leaf topped with your choice of condiments. Serve carrot sticks, snap peas, and turnips on the side.

Note: This recipe also works with ¾ cup bulk dry black beans. Soak them overnight, drain, rinse, and cook in simmering water about 60-90 minutes or until tender.

Steamed Asparagus

1 bunch asparagus
¼ cup water
Pinch of sea salt

End each spear by holding at the bottom end and just below the shoot; wherever it breaks naturally is where it starts to become tender. Place in a skillet, add water and salt and steam for 5 minutes.

DAY 3

Sausage with Sauerkraut and Green Salad

Sausage with Sauerkraut

Grill or sauté 2 links of sausage until done. Serve atop raw sauerkraut.

Make a green salad using ½ head lettuce, ½ bunch watercress, ½ red bell pepper, ½ cucumber, and 3 radishes (reserve radish tops). Set aside half of salad for Day 4. Dress tonight's salad with your favorite dressing.

Note: Locally produced, raw sauerkraut is available in our bulk chill case or there are packaged options in our grocery chill case.



DAY 4

Spiced Garbanzo Beans with Caramelized Onions, Roasted Veggies with Root-Top Pesto Dip, and Green Salad



Spiced Garbanzo Beans with Caramelized Onion

2 Tbsp butter

½ cup onion, chopped

½ tsp ground coriander

½ tsp ground cumin

¼ tsp chili flakes

1 - 15 oz can garbanzo beans,
drained and rinsed

¼ tsp salt

Black pepper to taste

1 Tbsp water

1 tsp lemon juice

Cilantro, chopped, for garnish

Melt butter in a large skillet. Add onions and cook slowly until light brown, about 20-25 minutes. Add coriander, cumin, and red pepper; cook for 1-2 minutes. Add beans, salt, pepper, water, and lemon juice. Cook until beans are heated through. Sprinkle with cilantro just before serving.

Serve with reserved green salad from Day 3 with favorite dressing.

Note: This recipe also works with a ½ cup bulk dry garbanzo beans. Soak overnight, drain, rinse, and cook in simmering water about 90 minutes or until tender.

Roasted Veggies with Root-Top Pesto Dip

2 carrots, peeled, cut into spears

4 small beets, peeled, cut into ¾" cubes

2 medium potatoes, cut into 1" cubes

1 Tbsp olive oil

Sea salt and black pepper to taste

Root-Top Pesto Dip:

Green tops from 3 radishes

Green tops from 3 small turnips

¼ cup raw sunflower seeds

2 Tbsp Parmesan

2 Tbsp fresh mint leaves

⅛ tsp sea salt

1-2 Tbsp olive oil

Heat oven to 400°F. Line a baking sheet with parchment. Keep veggies grouped by type. Spray with olive oil, and sprinkle with salt and pepper. Roast beets 10 minutes, add carrots and roast 10 more minutes; add potatoes and roast 10 more minutes. For pesto dip, process root-top greens, sunflower seeds, Parmesan, mint, and salt in a food processor until smooth. With processor running, drizzle olive oil onto mixture, until desired texture is reached. Serve as a dip for veggies.



DAY 5

Garlic Butter Dal, Spinach Raita Salad, Raw Veggies,
and Frozen Fruit Parfaits



Garlic Butter Dal

¾ cup yellow split peas
3 - 3½ cups water
½ tsp turmeric
¼ tsp ground coriander
¼ - ½ tsp sea salt
Black pepper to taste
Cilantro, chopped, for garnish

Garlic Butter:

2 Tbsp butter
¾ tsp ground cumin
3 cloves garlic, minced
Chili flakes to taste

Place split peas in a saucepan, add water, turmeric, coriander, sea salt, and pepper; bring to a boil. Boil gently for 30-45 minutes, or until soft, stirring frequently. Add water if needed to keep peas from burning. Melt butter in a skillet. Add cumin, garlic, and chili flakes. Cook until garlic is browned. Pour butter over the dal and mix well. Spoon into bowls, top with cilantro, and serve.

Note: this soup reheats well. Consider doubling the batch to have a simple lunch ready for tomorrow. You can also freeze it for an easy meal on a future date.

Spinach Raita Salad

½ bunch spinach
½ cucumber, peeled and chopped
2 Tbsp dried currants (or raisins)
¼ cup walnut, chopped

Toss spinach and cucumbers with desired amount of dressing leftover from Day 1. Top with dried currants (or raisins) and walnuts.

Serve this meal with cut radishes, turnips, and cucumbers on the side. You may also like to add to this meal some warmed naan breads or samosas.

Frozen Fruit Parfaits

2 – 6 oz servings vanilla yogurt
Frozen berries of your choice
¼ cup granola

In glass bowls or parfait dishes, layer yogurt and berries. Sprinkle granola over the top and serve.

Note: Stahlbush Island Farms frozen berries work great for this dessert. They are local, sustainable, and available in bulk. If fresh, local strawberries are available, you can substitute or add them to this recipe!



DAY 6

Herb-Roasted Salmon, Mashed Potatoes with Watercress, and Smoky Kale Chips

Donna's Kitchen

SUSTAINABLE SHOPPING

Herb-Roasted Salmon

2 - 6 oz. salmon fillets

1 tsp each: dried parsley, dill, oregano
(or use 1-2 Tbsp fresh herbs if you prefer)

¼ tsp sea salt

Black pepper to taste

1 Tbsp olive oil

Preheat oven to 400°F. Line a baking dish with parchment paper (if desired, to make cleanup easier). Place salmon skin-side down. Sprinkle herbs, salt, and pepper over fish. Drizzle with olive oil. Bake 10-20 minutes or to desired finish. Salmon will continue cooking a bit after removal from the oven.

Mashed Potatoes with Watercress

2 medium potatoes, cut into 1" pieces

3 oz milk

2 Tbsp butter

¼ - ½ tsp sea salt

½ bunch watercress, chopped

Cook potatoes in boiling water for 15 minutes, or until tender. Drain well, then place in a mixing bowl and mash. Add milk, salt, and butter and whip until smooth. Add watercress and mix gently.

Smoky Kale Chips

½ bunch green curly kale

1 Tbsp olive oil

½ tsp smoked paprika

⅛ tsp sea salt

Heat oven to 350°F. Remove center ribs and stem from kale leaves; tear into 3-4" pieces. Toss with remaining ingredients. Spread in a single layer on a baking sheet and bake for 10-12 minutes, or until crisp.



Looking for a simple guide to improving the Earth-friendliness of your grocery shopping choices? Here is a mnemonic to help you remember some key points.

Remember, Earth Day is every day. P-L-E-A-S-E help our planet!



P
L
E
A
S
E

Prioritize organic - Choosing organic groceries is not just about what is healthiest to consume, but also about what is healthiest for our planet. Organic agriculture is better for the entire ecosystem—plants, soil, wildlife, and humans. If organic is not available or affordable, look for Non-GMO and/or local.

Local foods, in season - Select locally produced groceries to reduce emissions needed for transport. Buying locally grown produce also offers consumers seasonal variety, peak freshness, flavor, nutrition, and supports local farmers.

Eat more plants and plant protein - Vegetables have a much smaller carbon footprint than meats. Consider replacing some of your weekly meat consumption with legume-based proteins which actually sequester carbon.

Avoid single use packaging - As much as possible, purchase your groceries from the bulk and produce departments to avoid generating excess packaging waste. Always recycle packaging when possible.

Sustainable meats - When buying meats, select grass-fed beef and pasture-raised pork and lamb. The highest quality meats with the lowest environmental impact are from small, local farms. Sustainably wild-caught seafood and organic, free-range poultry also are the most earth-friendly choices.

Eliminate food waste - Be sure to use all parts of your meats, fruits, and vegetables. Make soups and stocks with leftovers and scraps. Use good food storage techniques. To learn more, check out nofoodleftbehindcorvallis.org.

DAILY MENU & SHOPPING LIST



Day 1 - Wild Rice Veggie Bowls Day 4 - Spiced Garbanzo Beans
Day 2 - Black Bean Burgers Day 5 - Garlic Butter Dal
Day 3 - Sausage with Sauerkraut Day 6 - Herb Roasted Salmon

BULK

½ tsp black pepper
½ tsp chili flakes
1¾ tsp ground coriander
2¼ tsp ground cumin
½ tsp poppy seeds
1 Tbsp sea salt
½ tsp smoked paprika
½ tsp turmeric
½ tsp chili powder
1 tsp oregano
1 tsp dill
1 tsp parsley
¼ cup dried cranberries
(or ½ cup fresh strawberries)
1 ½ cups frozen berries
2 Tbsp roasted red pepper
2 servings sauerkraut
½ cup olive oil
¼ cup sunflower seeds
2 Tbsp hazelnuts

¼ cup walnuts
2 Tbsp dried currants
1 Tbsp flour
¼ cup granola
½ cup wild rice
¾ cup yellow split peas

PRODUCE

1 bunch asparagus
4 small beets
1 stalk broccoli
8 small Brussels sprouts
3 carrots
2 small cucumbers
1 bunch green curly kale
1 head red leaf lettuce
1 bunch radishes
1 red bell pepper
2 servings snap peas
1 bunch spinach
1 bunch baby turnips
1 bunch watercress
1 bunch cilantro
1 bunch mint

1 head garlic
1 large lemon
2 oz crimini mushrooms
1 onion
1 bunch green onions
4 medium potatoes

GROCERY

1 pkg *Beyond* Sausage
1 small jar *Yumm!* Sauce
1# butter
8 oz milk
½ pint sour cream
12 oz vanilla yogurt
6 oz plain yogurt
1 bottle salad dressing
1 can garbanzo beans
1 can black beans
Burger condiments

DELI

2 Tbsp Parmesan cheese, shredded
2 - 6 oz salmon fillets

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