



BUDGET BITES

A budget-minded meal plan

6 dinners for 2 adults. Menu on back page.

“WHOLE-ISTIC” COOKING *SPRING 2023 VOL. 20*

**Cooking a
whole chicken
for a week's
worth of meals!**



DAY 1

Spatchcocked Chicken with Cabbage Slaw and Apple Slices



Spatchcocked Chicken

Whole chicken

Sea salt

Olive oil

The day before you plan to cook the chicken, spatchcock it. Use kitchen shears to snip along both sides of the backbone. Remove the spine and wingtips (*reserve for stock for Day 6*). Lay the chicken on a cutting board breast side up. Push down until you hear it pop and the bird lies flat. Generously season with salt on both sides.

Refrigerate on a rimmed baking sheet, uncovered, overnight.

1 hour before cooking, remove chicken from fridge. Preheat oven to 425°F. Heat a cast iron skillet and add enough olive oil to coat the bottom. When hot, add the chicken, breast side down and brown for 6 minutes. Flip the bird over and place it, skillet and all, in the oven. After 20 minutes, rotate the pan 180°. Cook 45 minutes more, until juices run clear. Remove from oven and let chicken rest 10 minutes.

Cut into pieces; 2 breasts, 2 thighs, 2 drumsticks, 2 wings (*reserving all remaining chicken, skin, and bones for stock*). Serve drumsticks and wings for tonight's dinner.

Cabbage Slaw

¼ head cabbage (approx. ¾ lb)

¼ cup thinly sliced red onion, roughly chopped

2 Tbsp lemon juice

Sea salt to taste

¼ cup chopped parsley

4 ½ tsp red wine vinegar

3 Tbsp olive oil

Remove core from cabbage (*reserve for stock for Day 6*). Thinly slice cabbage crosswise, chop, and place in a mixing bowl with all remaining ingredients. Toss to coat. (*Set aside ½ for Day 3.*)

Apple Slices

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



DAY 2

Sicilian Chicken Salad with Minted Snap Peas and Carrot Sticks



Sicilian Chicken Salad

- 1/4 cup diced red onion
- 2 Tbsp red wine vinegar
- 1/4 cup currants
- 1 cooked chicken breast, cubed
- 1/4 cup mayonnaise
- 1 Tbsp lemon juice
- 2 Tbsp finely chopped parsley
- 1/4 cup sunflower seeds, toasted
- 1 celery stalk, diced

- 1/4 cup fresh fennel bulb, diced
(reserve top for soup stock on Day 6)
- 1 tsp ground fennel seed
- 1/4 - 3/8 tsp sea salt

Combine onion and vinegar in a small bowl and let sit for 15 minutes. Place remaining ingredients in a mixing bowl and stir to combine. Drain onions, reserving vinegar, and add to salad. Add salt and vinegar as desired. Serve on toasted bread.

Snap Peas with Chilies & Mint

- 1 Tbsp olive oil
- 3/4 lb sugar snap peas, trimmed
- 1/4 tsp sea salt
- 1 tsp lemon juice
- 1/4 tsp chili flakes
- 6 mint[†] leaves, julienned

Add olive oil to a hot skillet. Add snap peas and season with salt. Sauté over high heat 3-4 minutes. Remove from heat and add remaining ingredients.

Carrot Sticks

Slice 2 carrots into wedges and serve with dinner.



DAY 3

Spaghetti with Pepper & Pecorino, with Leftover Cabbage Slaw (Day 1), Celery with Peanut Butter, and Boiled Eggs

Spaghetti with Pepper & Pecorino

½ lb spaghetti noodles
¾ tsp sea salt
Olive oil
Ground black pepper
1 cup pecorino Romano,
grated or shredded

Bring a large pot of water to a boil; add salt. Add pasta and cook, stirring occasionally, until al dente. Reserve cooking water when you drain pasta. In the meantime, heat a skillet and add enough olive oil to coat the bottom. Add pepper and cook 20 seconds.

Add 6 Tbsp of the cooking water into the pan and let it boil. Add drained pasta, toss to coat, then sprinkle in the cheese. Toss. Add more pasta water as needed to create a creamy sauce. Adjust salt as needed. Garnish with ground pepper. Serve with leftover cabbage slaw. (Day 1)

Celery w/peanut butter

Slice 2 celery sticks into wedges and serve with peanut butter for dinner.

Boiled Eggs

Add 2 eggs to water then bring to a boil. Boil for 8-10 for hard boiled eggs. Peel and serve as a side with dinner.



DAY 4

Butternut Squash & Brussels Sprouts, with Roasted Cabbage, and Cucumber Spears



Butternut Squash & Brussels Sprouts

1 medium butternut squash,
peeled, halved, and seeded
2 Tbsp olive oil
Salt to taste
½ lb Brussels sprouts, trimmed & halved
2 thin slices red onion
3 Tbsp red wine vinegar
1 ½ tsp honey
¼ tsp red chili flakes
1 garlic clove, minced
8 fresh mint leaves, chopped

Preheat oven to 425°F. Slice squash crosswise into ½" thick crescents and place in a large bowl. Toss with 2 Tbsp olive oil, to coat. Season with salt and place in a single layer on a baking sheet. Toss halved Brussels sprouts in same bowl, adding more olive oil if needed; add salt to taste. Place on a second baking sheet, in a single layer. Bake until tender, 15-20 minutes.

Meanwhile, pour vinegar over onion and let sit for 20 minutes. Add end of 20 minutes, remove onion, leaving vinegar in bowl. *Continued on the next page.*



DAY 5

Herb & Greens Frittata with Chicken, Tossed Salad and Garlic Toast



To the vinegar, add 3 Tbsp olive oil, honey, chili flakes, garlic, and a pinch of salt; combine to make dressing. When veggies are done, combine them in a large bowl; pour dressing over vegetables. Add mint; toss to combine. Serve at room temperature (*allow it to cool while your cabbage is roasting*).

Roasted Cabbage

1/4 head cabbage
Olive oil
Salt & pepper

Slice cabbage into 1/2" thick slices and place on a baking sheet. Spray with olive oil and season with salt & pepper. Roast at 425°F 15-20 minutes, or until it reaches your desired finish.

Cucumber Spears

Slice 1 cucumber into wedges and serve with dinner.

Herb & Greens Frittata with Chicken

1 bunch chard
1 leek
2 Tbsp olive oil, divided
Salt
1 Tbsp butter
2 cups cilantro, chopped
1 Tbsp dried dill
4 eggs, beaten
1 cooked chicken breast, diced

Preheat oven to 350°F. Remove center rib from chard (*reserve for stock for Day 6*) and chop leaves. Cut white and very light green part of leek in half, lengthwise and wash well. Slice into 1/4" slices. Heat a cast iron skillet and add olive oil. Add chard, leeks, and salt and cook until wilted, 4-5 minutes. Remove from pan. Serve with tossed salad. Recipe found with (*Day 6*)

Garlic Toast

Toast bread slices and spread with butter; sprinkle lightly with garlic salt and broil.



DAY 6

Chicken & Green Garlic Soup with Bread and Leftover Tossed Salad (Day 5)



Chicken & Green Garlic Soup

For chicken stock:

Carcass, bones, chicken skin, chard ribs, cabbage core, carrot peels, and top part of fennel bulb with fronds reserved from this week

5 cups water

1 – 1 ½ tsp salt

- 1 medium onion, diced
- 2 carrots, peeled and diced
- 1 large celery stalk, diced
- 3 stalks green garlic, chopped,
or 3 cloves garlic, minced
- 2 bay leaves
- 2 chicken thighs, chopped
- 2 Tbsp butter
- 2 Tbsp flour

In a soup pot, place chicken carcass, bones, skin, chard ribs, cabbage core, carrot peels, top of fennel bulb, water, bay leaves, and 1 tsp salt. Cook 30 minutes then strain out solids. If desired, chop chard ribs and add to stock.

In the same pot, add 1 Tbsp olive oil and sauté onion, carrot, celery, green garlic, about 8 minutes. Pour broth back into soup pot and add vegetables. Simmer 30 minutes. Add chicken and simmer 10 minutes. Melt butter in a saucepan and whisk in flour. Cook until combined, then pour slowly into soup, whisking the soup as you pour. Allow to cook for 2-3 minutes to thicken. Serve with bread and tossed salad.

Tossed Salad

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

Make salad; serve ½ with meal.



DAILY MENU & SHOPPING LIST



Day 1 - Spatchcocked Chicken

Day 4 - Butternut Squash & Brussels Sprouts

Day 2 - Sicilian Chicken Salad

Day 5 - Herb & Greens Frittata

Day 3 - Pecorino Spaghetti

Day 6 - Chicken & Green Garlic Soup

Produce

1 apple
½ lb Brussels sprouts
1 medium
butternut squash
5 carrots
4 sticks celery
1 bunch chard
1 bunch cilantro
2 cucumbers
1 bulb fennel
1 head garlic
3 stalks green garlic
1 leek
2 lemons
1 head lettuce
1 bunch mint†

1 yellow onion
1 bunch parsley
1 red bell pepper
½ head red cabbage
1 red onion
¾ lb sugar snap peas

Deli

1 whole chicken
1 cup grated
pecorino Romano

Grocery

1 lb butter
1 bottle salad dressing
1 loaf crusty bread
6 eggs

Bulk

2 bay leaves
½ tsp black pepper
½ tsp chili flakes
¼ cup currants
1 Tbsp dried dill
1 tsp fennel seed
2 Tbsp flour
¼ tsp garlic salt
1 ½ tsp honey
¼ cup mayonnaise
¾ cup olive oil
¼ cup peanut butter
2 Tbsp sea salt
½ lb spaghetti pasta
¼ cup sunflower seeds
½ cup red wine vinegar

† **Tip for storing mint** – Place bunch of fresh mint into a Ziploc bag. Remove some, but not all the air. Place the bag in the refrigerator, not too close to the refrigerator wall or top. Mint will keep fresh and crisp for several days.

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