



BUDGET BITES

A budget-minded meal plan

6 dinners for 2 adults. Menu on back page.

EASY SUMMER MEALS

SUMMER 2024 VOL. 23



Reprinted from
grocery.coop

DAY 1

Soy-Ginger Tuna Salad, Toasted Bread Rounds, Snap Peas, and Apples



Soy-Ginger Tuna Salad

Dressing:

2 Tbsp olive oil

1 ½ tsp tamari

1 Tbsp white vinegar

½ cup coconut milk
(reserve remaining for Day 2)

½ tsp ground ginger

Juice of ½ lemon

¼ tsp sea salt

Pepper to taste

Place all dressing ingredients in a small mixing bowl. Whisk to combine.

Salad:

½ cucumber, thinly sliced

1 tomato, diced

¼ head purple cabbage, diced

¼ lb fresh spinach

½ can garbanzo beans, drained
(reserve remaining for Day 3)

1 can water-packed tuna, drained

½ cup almonds

2 Tbsp chopped fresh basil *

Add cucumber and tomato to dressing and gently stir to coat the vegetables with dressing. Marinate at room temperature while making the rest of the salad.

Place cabbage, spinach, garbanzo beans, tuna, almonds and basil in a large salad bowl. Add marinated vegetables and toss to combine.

Serve Soy-Ginger Tuna Salad with fresh snap peas and apple slices.

Adapted & reprinted from grocery.coop

** To keep basil fresh, place in a zippered plastic bag and store on counter at room temperature.*

Toasted Bread Rounds

1 baguette

Olive oil

Slice half of a baguette into ½" slices (reserve ½ baguette for Day 3) and spray or brush with olive oil. Bake oiled rounds at 400°F until desired crispiness is reached.

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DAY 2

Noodles with Peanut Sauce, Beet Salad, and Peas



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Noodles with Peanut Sauce

- 1 chicken breast or ½ cup tofu, cubed
(freeze remaining chicken or tofu)
- 1 Tbsp olive oil
- ¼ lb spaghetti noodles
- 1 carrot, cut into matchsticks
- ¼ red bell pepper, cut in strips
- 2 cups purple cabbage, thinly sliced
- ¼ cup peanut butter
- 2 tsp tamari

- ¼ tsp ground ginger
- ¼ tsp chopped garlic
- ½ tsp honey
- 1 Tbsp lime juice
- ¼ cup coconut milk
- 3 Tbsp water
- Dash of red pepper flakes

Heat olive oil in a medium skillet and add chicken or tofu. Cook, stirring frequently until done. Set aside.

Bring water to boil in a medium pot. Break noodles in half and drop into

boiling water. Cook for 6-7 minutes, or until al dente. Drain and rise with cold water; set aside.

Heat about 1" of water in a pan and place carrots into boiling water. Cover and cook 3 minutes, then add bell pepper and cabbage and steam for 2-3 minutes.

Blend all remaining ingredients together in a food processor or blender.

Pour noodles, chicken or tofu, and veggies into the pasta pan, add sauce and mix well.

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Beet Salad

- 1 lb red beets, trimmed and peeled
- 3 Tbsp balsamic vinegar
- 1 Tbsp olive oil
- ½ tsp stoneground mustard

- 2 Tbsp fresh mint, finely chopped *
- ¼ cup feta cheese, chopped

In a small bowl, whisk together the balsamic vinegar and mustard. Slowly whisk in olive oil to make the dressing. Add chopped mint and mix well.

Grate beets in a food processor or on a box grater.

Add beets and feta cheese to dressing and toss well. Let marinate at least 15 minutes before serving.

** To keep mint fresh, place entire bunch in a zippered plastic bag and store in refrigerator.*

Peas

Place frozen peas in a small pan of water, add salt to taste, bring to a boil and cook 3-4 minutes.



DAY 3

Kielbasa, Rice & Egg, Braised Greens, and Baguette



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Kielbasa, Rice & Egg

1 Tbsp olive oil
6 oz kielbasa sausage
(freeze remaining sausage)
½ cup onion, diced
½ small eggplant, peeled and diced
½ cup carrot, diced
½ cup celery, diced
½ tsp paprika
2 sprigs fresh thyme leaves
¼ tsp dried dill
1 ½ cups uncooked white rice

Sea salt & pepper to taste
4 eggs

Rinse rice and add to saucepan or rice cooker along with 3 cups water and ½ tsp sea salt. Cook until done. (Reserve 2 cups of cooked rice for Day 4.)

In a large stock pot, heat olive oil. Add kielbasa and brown for a few moments. Remove from pan and set aside.

Add more oil, if needed, to the pan and sauté onions, celery, carrots, and eggplant for about 5 minutes, or until the vegetables begin to soften.

Add cooked rice, sausage, and seasonings and heat through.

Heat 1 Tbsp butter in a skillet and fry eggs to your desired finish.

Serve Kielbasa dish with eggs on top, and sliced baguette (reserved from Day 1) with butter.

Adapted & reprinted from grocery.coop

Braised greens

1 Tbsp olive oil
1 bunch greens (kale, collard, mustard, turnip, beet, etc.)

½ can garbanzo beans
1 clove garlic, minced
⅛ tsp sea salt
Dash of red pepper flakes

Heat oil in a 9 inch skillet over med-high heat. Add greens stirring to coat with oil. Stir until greens are barely wilted then add garbanzos, garlic, salt and pepper flakes. Continue stirring until tender.

DAY 4

Tempeh-licious Burritos,
Spanish Rice, and Green Salad



Tempeh-licious Burritos

4 tortillas
1 pkg tempeh
1 tsp olive oil
½ tsp Yakima smoked salt
½ cup cheese, grated
1 cup cabbage, shredded
Salsa
Sour cream
Sliced black olives
Sliced avocado

Cut tempeh into ½"x 2" strips and brush or spray with oil. Place on a parchment lined baking sheet in a single layer and sprinkle with smoked salt.

Bake or cook in skillet if it's too hot to turn on the oven, at 400°F until golden brown, about 10-15 minutes. (Reserve ½ tempeh for Day 5.)

Melt cheese on tortillas and top with tempeh, cabbage, salsa, sour cream, olive, and avocado. Roll up and enjoy!

Adapted & reprinted from grocery.coop



Spanish Rice

2 cups cooked rice (reserved from Day 3)
1 Tbsp butter (or bacon fat)
¼ cup onion, diced
14 oz canned fire roasted tomatoes
Sea salt to taste
Red pepper flakes to taste

Sauté onion in butter until translucent. Add cooked rice and stir.

Add tomatoes, salt and red pepper flakes to your liking. Cook, stirring occasionally, until tomatoes are absorbed into rice.

Green Salad

1 head lettuce
¼ head purple cabbage
½ cucumber
¾ red bell pepper
1 carrot

Cut lettuce and cabbage, cucumber, bell pepper, and carrot into bite sized pieces. Serve with salad dressing of choice. (Reserve ½ of salad for Day 5.)



DAY 5

Callaloo Style Greens, Corn On The Cob, and Green Salad



DAY 6

Garlic Basil Ratatouille, Quinoa, and Green Beans



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Callaloo Style Greens

Tempeh (reserved from Day 4)

1 bunch greens (kale, collard, mustard, etc.)

1 Tbsp olive oil

2 cloves garlic, sliced

½ medium onion, chopped

½ red bell pepper, chopped

4 sprigs fresh thyme

1 large tomato, chopped

1 jalapeño pepper, seeded & chopped

2-3 Tbsp hot water

1 Tbsp butter

½ tsp seasoned salt

¼ tsp sea salt

Pepper to taste

Avocado & hot sauce

Remove thick stalks from the greens, and chop leaves into bite-sized pieces.

In a large frying pan, heat olive oil, then

sauté onion, garlic and bell pepper 3-4 minutes or until vegetables are tender.

Add tomato, thyme and jalapeño and cook about 2-3 minutes. Add greens and hot water. Reduce heat to low, cover and steam for 5-7 minutes, or until greens are tender.

Add butter, tempeh, and seasonings. Heat through then serve with avocado and hot sauce.

Serve Callaloo Style Greens with Green Salad (reserved from Day 4) and warmed tortillas with butter.

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Corn on the cob

Heat enough water to cover corn in a large pot. When boiling, add shucked corn, return to a boil, and cook for 5 minutes. Drain and serve with butter, salt & pepper.

Garlic Basil Ratatouille

1 Tbsp olive oil

¼ yellow onion, diced

½ red bell pepper, seeded and diced

2 cloves garlic

1 small yellow squash, diced

½ small eggplant, peeled & diced

14 oz canned fire roasted tomatoes

3 Tbsp minced fresh basil

2 Tbsp raw sunflower seeds

¼ tsp sea salt

Pepper to taste

In a large soup pot, heat olive oil, then sauté onion, bell pepper and garlic for a few minutes.

Add squash, eggplant and tomatoes and bring to a simmer.

Cover pot and simmer for 10-15 minutes, stirring frequently. When the

vegetables are tender, stir in basil and sunflower seeds. Add salt & pepper to taste. Serve over quinoa.

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Quinoa

1 cup quinoa, rinsed

1 cup water

Sea salt to taste

Mix quinoa, water, and salt in a saucepan. Bring to a boil, reduce heat, cover and cook 10-15 minutes or until water is absorbed. Fluff with a fork and serve.

Green beans

1 cup fresh green beans

¼ tsp sea salt

Trim beans into about 2" lengths. Place in a saucepan with water and salt, bring to a boil and cook to your desired finish.



DAILY MENU & SHOPPING LIST



Day 1 - Soy-Ginger Tuna Salad

Day 2 - Peanut Sauce Noodles

Day 3 - Kielbasa, Rice, & Egg

Day 4 - Tempeh-licious Burrito

Day 5 - Callaloo Style Greens

Day 6 - Garlic Basil Ratatouille

Grocery

1 baguette
1 lb butter
28 oz can Fire Roasted
diced tomatoes
1 can coconut milk
4 eggs
1 can garbanzo beans
1 can water-packed tuna
1 bottle salad dressing
1 small sour cream
1 pkg tempeh
1 pkg large flour tortillas

Bulk

¼ tsp dried dill
¾ tsp ground ginger
½ tsp paprika
½ tsp pepper
½ tsp red pepper flakes
4 tsp sea salt
½ tsp seasoned salt
½ tsp Yakima smoked salt
3 Tbsp balsamic vinegar

½ tsp honey
¾ cup olive oil
2 Tbsp tamari or soy sauce
1 Tbsp white vinegar
½ cup black olives, sliced
1 cup frozen peas
½ cup salsa
½ tsp stoneground mustard
½ cup almonds
2 Tbsp sunflower seeds, raw
¼ cup peanut butter
1 cup quinoa
¼ lb spaghetti noodles
1 ½ cups white rice

Produce

1 apple
1 avocado
1 bunch basil
1 lb beets
3 carrots
1 celery stick
2 ears of corn
1 cucumber

1 small eggplant
1 bunch fresh thyme
1 head garlic
1 cup green beans
2 bunches greens (collard,
kale, mustard or turnip)
1 jalapeño
1 lemon
1 head lettuce
1 lime
1 bunch mint
2 onions
1 head purple cabbage
2 large red bell peppers
½ lb snap peas
¼ lb spinach
2 large tomatoes
1 yellow squash

Deli

½ cup grated cheddar cheese
1 small pkg feta cheese
1 pkg chicken breast or tofu
12 oz kielbasa

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