BUDGET BITES

A budget-minded meal plan

Plan 6 dinners for 2 adults. Menu on back page.

FUSION BITES *SUMMER 2018 VOL. 2*

DAY 1

Beef Enchiladas and Green Salad

Beef Enchiladas

1 lb. ground beef
1 onion, chopped
½ cup sour cream
1½ cups shredded cheddar cheese, divided
1 Tbsp. dried parsley
1 tsp. sea salt
⅛ tsp. pepper
1 recipe *Enchilada Sauce*
1 pkg. corn tortillas
1 lime, cut in wedges

Sauté ground beef with onion in a 10" skillet until beef is browned. Stir in sour cream, 1 cup cheese, parsley, salt, and pepper. Remove ½ of mixture to use in *Mexicali Skillet* on Day 5. Cover remaining ground beef mixture and reserve. Make *Enchilada Sauce*. Place 2 Tbsp. *Enchilada Sauce* in 9x13 baking dish. Dip tortilla in remaining sauce to soften, place 1 spoonful filling in center of tortilla and roll. Place seam down in prepared baking dish. Repeat. Pour remaining sauce over top. Sprinkle remaining cheese over top. Bake at 350°F, uncovered, 20 minutes. Serve with lime wedges, to squeeze over enchiladas.

Enchilada Sauce

1-15 oz. can tomato sauce
1 to 1½ tsp. chili powder
⅔ cup water
½ tsp. oregano
¼ tsp. ground cumin
1- 4 oz. can mild green chiles, chopped
1 clove garlic, finely chopped

Heat all ingredients to boiling, stirring occasionally; reduce heat. Simmer uncovered 5 minutes.

Tip: Make salad tonight using 1 head lettuce, 1 cucumber, and 1 carrot. Use ½ tonight and save the rest, undressed, to serve with Pan-fried Falafel on Day 3.

Save for later: ½ recipe enchilada filling for *Mexicali Skillet*, ½ green salad for Day 3, sour cream for *Mexicali Skillet*.

DAY 2

Baked Chicken, Deep Dish Bake, and Carrot Sticks

Deep Dish Bake

4 Yukon Gold potatoes

½ can green beans

3 Tbsp. butter, divided

¼ cup onion, chopped

1 tsp. salt, divided

1 tsp. paprika, divided

1 tsp. dried basil, divided

Boil potatoes until barely tender. Slice into ¼" thick slices. Sauté onion in 2 Tbsp. butter 2-3 minutes. Add ½ of spices to onions and mix. In a small baking dish, place ½ of onion mixture evenly in bottom of pan. Place ½ of potatoes over onions in a single layer. Layer ½ of green beans on top. Repeat. Melt remaining 1 Tbsp. of butter and pour over top. Sprinkle with remaining spices. Bake at 350°F for 15-20 minutes.

Baked Chicken

3 chicken breasts

1 tsp. garlic granules

½ tsp. sea salt

¼ tsp. pepper

Sprinkle both sides of chicken breast with garlic granules, salt, and pepper. Place in baking dish and bake at 350°F for 30-35 minutes or until internal temperature reaches 165°F. Set 1 breast aside for *Chicken & Rice Salad.*

Tip: For a healthy side dish, serve 2 raw carrots, peeled, and sliced. Carrots reduce cholesterol, lower blood pressure, and lower risk of heart attack and stroke. They contain Vitamins A, K & B6, as well as biotin and potassium.

Save for later: 1 cup cooked chicken breast & 1 can green beans for *Chicken & Rice Salad,* 2 potatoes for *Mexicali Skillet.*

DAY 3

Pan-fried Falafel, Steamed Rice, and Green Salad

Pan-fried Falafel

¾ cup falafel mix
½ cup water
⅓ cup cheddar cheese, grated
Olive oil
Lemon wedges

Mix falafel and water, let stand 15 minutes. If it is too dry to hold together add a little water until it forms a ball. Stir in grated cheese. Heat oil in a large skillet. Drop spoonfuls of falafel into pan, then flatten. Cook over medium heat until golden brown, 3-4 minutes. Turn and cook second side. Serve with lemon wedges, green salad reserved from Day 1, and *Co-op Kitchen Classic Hummus*.

Tip: Rinse 1 cup rice 3-4 times, draining water when it becomes murky. Place in saucepan with 2 cups water and ½ tsp. sea salt. Bring to boil; cover and simmer 20-25 minutes. Set aside 2 cups for Chicken & Rice Salad. *Serve remaining rice with butter.*

Save for later: some hummus, 2 cups rice, 1 Tbsp. lemon juice

DAY 4

Chicken & Rice Salad, Apple Slices, and Bell Pepper Wedges

Chicken & Rice Salad

2 Tbsp. olive oil
2 Tbsp. balsamic vinegar
1½ tsp. tamari
1 small clove garlic, minced
Sea salt & pepper to taste
2 cups cooked rice
1-14.5 oz. can green beans, drained
1 cup cooked chicken breast
2 Tbsp. sliced almonds
¼ cup raisins

Mix oil, vinegar, tamari, garlic, salt, and pepper in a shaker, or whisk together. Mix rice, green beans, chicken, almonds, and raisins. Add dressing and mix well. Serve with apple slices, bell pepper wedges, and *Co-op Kitchen Classic Hummus,* for dipping.

Save for later: ¼ cup almonds for Super Speedy Pasta.

DAY 5

Mexicali Skillet and Cucumbers in Sour Cream

Mexicali Skillet

2 Yukon Gold potatoes
1 Tbsp. olive oil
Sea salt & pepper, to taste
Filling set aside from Enchiladas
1 Tbsp. lime juice
1 cup corn kernels
1 stalk broccoli florets and peeled, sliced stems
Salsa & sour cream (as sides)

Boil potatoes until tender-crisp; drain and cube. Steam broccoli until tender-crisp; drain. Heat oil in a large skillet. Add potatoes and cook until golden on all sides. Add salt, pepper, *Beef Enchilada* filling, lime juice, corn kernels, and broccoli. Cook until just heated through. Serve with salsa and sour cream.

Tip: Use the broccoli florets as well as the stem by peeling the stem and slicing it into ¼" thick slices.

Cucumbers in Sour Cream

½ cup sour cream (use Tofutti for a dairy-free version)
1½ Tbsp. minced onion
1 Tbsp. lemon juice
¾ tsp. sea salt
Dash of white pepper
1½ large cucumbers

In a medium bowl, combine first five ingredients. Peel and thinly slice cucumbers; add to dressing and mix well. Cover and refrigerate at least 1 hour before serving, stirring occasionally.

Save for later: 1 stalk broccoli for Super Speedy Pasta

DAY 6

Super Speedy Pasta and Steamed Carrots

Super Speedy Pasta

8 oz. elbow macaroni
1 stalk broccoli florets and peeled, sliced stems
⅓ cup olive oil, divided
¼ cup almonds, sliced
2 cloves garlic, minced
⅛ tsp. chili flakes
1 can tuna, drained
¼ cup grated Parmesan

Bring 3 cups water to boil in a saucepan. Add pasta and cook 5 minutes; add broccoli and cook 2-3 minutes more, until pasta is al denté. Drain and rinse with cold and then hot water. In a large pan, sauté garlic and almonds in 1 Tbsp. oil until fragrant. Add chili flakes, remaining oil, and tuna to the garlic and heat until just warm. Add pasta and toss with Parmesan.

Tip: Peel and slice 3 carrots. Place in a small amount of water, add ½ tsp. sea salt. Bring to a boil, cover and steam for 8-10 minutes or to desired finish.

Donna's Kitchen
HEALTHY COOKING

Several herbs & spices used in this week's recipes provide some great health benefits. The real stars this week are cumin and garlic!

Cumin

Cumin aids digestion and acts as an antioxidant, containing chemicals that reduce damage to your body from free radicals.

Garlic

Garlic boosts the function of the immune system, and has a significant impact on reducing blood pressure and cholesterol.

Chili Flakes

Chili flakes have been used to treat digestive problems, circulatory problems, infections, and arthritis.

Oregano

Oregano is very high in anti-oxidants and has demonstrated antimicrobial properties against food-borne pathogens.

Basil

Basil has anti-inflammatory and antiviral properties and can help prevent osteoarthritis.

Chili Powder

Chili powder can act as an anti-inflammatory agent, which helps decrease swelling of sore joints.

DAILY MENU & SHOPPING LIST

Day 1 - Beef Enchiladas
Day 2 - Baked Chicken
Day 3 - Pan-fried Falafel
Day 4 - Chicken & Rice Salad
Day 5 - Mexicali Skillet
Day 6 - Super Speedy Pasta

PRODUCE:
2 onions
1 red bell pepper
1 head lettuce
3 cucumbers
6 Yukon Gold potatoes
2 limes
1 lemon
2 stalks broccoli
1 head garlic
6 carrots
1 apple

BULK:
8 oz. elbow macaroni
¾ cup falafel mix
1 cup basmati rice
6 Tbsp. sliced almonds
½ cup salsa
¼ cup raisins
¼ cup balsamic vinegar
2 tsp. granulated garlic
1 tsp. basil
1½ tsp. chili powder
¼ tsp. ground cumin
1 cup olive oil
½ tsp. oregano
1 tsp. paprika
½ tsp. black pepper
⅛ tsp. white pepper
⅛ tsp. chili flakes
2 Tbsp. sea salt
1 Tbsp. tamari
1 cup frozen corn
1 Tbsp. dried parsley

GROCERY:
1 bottle salad dressing
1-15 oz. can tomato sauce
1 can tuna
1-4 oz. can mild green chiles
2-14.5 oz. cans green beans
1 pkg. corn tortillas
1 container *Co-op Kitchen Classic Hummus*

MEAT & DELI:
1 lb. ground beef
3 chicken breasts

DAIRY & CHEESE:
1 lb. butter
8 oz. cheddar cheese
¼ cup Parmesan, grated
1 pt. sour cream

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