

Getting the Most for Your Food Dollars  
Healthy and Delicious Eating for Less  
**10 Healthy Meals for Under \$1.00 per Serving**

Healthy eating can fit into everyone's food budget. There are plenty of healthy foods to buy when food dollars are limited. Eating healthy means:

- Buying more unpackaged foods, like fruits and vegetables in season.
- Selecting whole grain foods like brown rice, unsweetened cereals and whole grain pasta
- Eating smaller amounts of meat, chicken, pork or fish
- Using beans in place of meat
- Limiting foods and drinks that are high in sugar, salt and fat like soft drinks, candy, chips and other snacks.

**To enjoy healthy, economical meals, try these delicious recipes.**

**Chicken and Broccoli Bake** **Makes 8 servings**

**Ingredients:**

1 cup instant brown rice, uncooked	¼ cup flour
1 package (10-ounces) broccoli, frozen	2 cups lower sodium chicken broth
3 cups cooked chicken, cut in small pieces	¼ cup Parmesan cheese
2 tablespoons margarine	

**Directions:**

1. Cook rice according to package directions omitting salt and margarine. While rice is cooking, take broccoli from freezer; let thaw.
2. Melt margarine in a large pan. Add flour to melted margarine and stir. This will be lumpy.
3. Slowly add broth to margarine and flour. Stir to remove lumps and thicken.
4. Remove from stove once mixture is thick. Add cheese and stir.
5. Add cooked rice, broccoli and cooked chicken pieces. Stir to combine. Put mixture in casserole dish.
6. Bake at 350° for 30 minutes or until thoroughly heated.

Recipe adapted from: **Supermarket Smarts:** The 5 a Day Way, Produce for Better Health & Connecticut Departments of Public Health and Social Services.

*Nutrition Information per serving: 228 calories, 19 gm protein, 22 gm carbohydrate, 2 gm fiber, 6 gm fat, 43 mg cholesterol, 221 mg sodium.*

**Easy Bean Burritos** **Makes 8 servings**

**Ingredients:**

1 can (15-oz.) refried beans	8 whole wheat flour tortillas
½ cup salsa	2 medium tomatoes, diced
1 cup shredded reduced fat cheddar cheese	

**Directions:**

1. In a bowl, mix the refried beans and salsa. Stir until combined.
2. Put tortillas on a flat surface. Spread about 2-3 tablespoons of the bean-salsa mixture in the middle of each tortilla. Sprinkle each with 2 tablespoons of cheese and 2 tablespoons of tomato.
3. Roll each tortilla and place seam side down on a microwave safe dish or pan. Cover with a paper towel.
4. Microwave on medium-high for 2 minutes or until bean mixture is hot and cheese is melted.
5. Serve immediately with extra salsa and fat free sour cream if desired.

Recipe adapted from: Pennsylvania Nutrition Education Network

*Nutrition Information per serving: 169 calories, 10 gm protein, 31 gm carbohydrate, 5 gm fiber, 4 gm fat, 10 mg cholesterol, 574 mg sodium.*

## Stove Top Casserole

Makes 5 servings

### Ingredients:

1 tablespoon vegetable oil  
1 small onion, chopped  
4 medium potatoes, peeled & sliced (¼ -inch thick)  
1½ cups (12-ounces) low sodium chicken broth  
2 cups shredded green cabbage  
1 cup reduced fat Swiss cheese, shredded  
¼ cup chopped nuts

### Directions:

1. Heat oil in a large skillet or pan. Add onions and stir over medium heat until golden. Add potatoes and chicken broth. Cover with a lid, lower heat and simmer until potatoes are almost soft.
2. Add cabbage, cover and simmer for another 5 minutes. Remove from heat.
3. Remove lid, sprinkle with cheese and nuts. Let stand just until cheese is melted, about 2 minutes.

Recipe adapted from: Oregon's Healthy Harvest Recipes, Oregon State University Extension Service

*Nutrition Information per serving: 210 calories, 13 gm protein, 26 gm carbohydrate, 4 gm fiber, 9 gm fat, 11 mg cholesterol, 173 mg sodium.*

## Enchilada Rice

Makes 6 Servings

### Ingredients:

½ pound lean ground beef or turkey  
½ cup chopped onions or 1 tablespoon onion powder  
1 can (14-oz.) whole corn, drained and rinsed  
1 package (1.25-oz.) reduced sodium taco seasoning  
2 cups cooked brown rice  
1 can (14.5-oz.) pinto beans, drained and rinsed  
½ cup grated reduce fat cheese

### Directions:

1. Cook meat and onion until onions are clear. Drain juice and fat from cooked meat and onions.
2. Add corn, taco seasoning, rice & beans. Cover pan with a lid; heat on low-medium for 10 minutes.
3. Remove pan from heat. Add shredded cheese on top; cover again and let set for 5 minutes. Enjoy.

Recipe adapted from: Pictorial Recipes, Lynn Myers Steele, 2000. Oregon Family Nutrition Program, Oregon State University Extension Program

*Nutrition Information per serving: 324 calories, 17 gm protein, 50 gm carbohydrate, 7 gm fiber, 7 gm fat, 37 mg cholesterol, 708 mg sodium.*

## Quick Hoppin' John with Cabbage

Makes 4 servings

### Ingredients:

½ cup chopped onion  
½ cup chopped green pepper  
¼ pound turkey ham, diced (optional)  
2 teaspoons vegetable oil  
2 cups chopped cabbage  
2 cups hot cooked brown rice  
1 cup reduced sodium chicken broth  
⅛ teaspoon red-pepper flakes  
1 tablespoon fresh parsley  
1 bay leaf  
1 can (14-ounce) black-eyed peas

### Directions:

1. In a large heavy pot or electric skillet, fry onion, green pepper and ham in oil over medium high heat for 5 minutes.
2. Add cabbage, chicken broth, red-pepper flakes, bay leaf and parsley. Stir; bring to a boil. Cover; reduce heat to low. Simmer for 15 minutes or until cabbage is tender.
3. Drain & rinse black-eyed peas. Add to pot; stir. Then simmer, uncovered, for 5 minutes. Remove bay leaf. Stir rice into peas and cabbage.

*Nutrition information per serving: 238 calories, 4 gm fat, 13 gm protein, 41 gm carbohydrate, 5 gm fiber, 12 mg cholesterol, 3 mg iron, 804 mg sodium.*

## Unstuffed Cabbage

Makes 4 Servings

### Ingredients:

½ pound lean ground beef	1 tablespoon cider vinegar
¼ cup chopped onion	8 ounces tomato sauce
1 cup cooked brown rice	black pepper to taste
2 cups shredded cabbage	

### Directions:

1. Preheat oven to 350°. Spray a small casserole dish with nonstick cooking spray.
2. Cook meat in a nonstick pan until browned. Drain off fat. Spoon meat into the prepared casserole dish. Top with onions, then rice and then cabbage.
3. In a small bowl, combine vinegar, tomato sauce and pepper. Pour tomato sauce mixture over meat mixture.
4. Cover and bake 35 minutes or until cabbage is tender.

*Nutrition Information per serving: 180 calories, 14 gm protein, 23 gm carbohydrate, 3 gm fiber, 3.5 gm fat, 30 mg cholesterol, 510 mg sodium.*

Recipe from: *WIC – Ohio; From Market to Table*

## Pasta Fagioli with Vegetables

Makes 6 Servings

### Ingredients:

1½ teaspoons vegetable or canola oil	2 cups sliced carrots
¾ cup chopped onion, fresh or frozen	2 cups water
1 teaspoon minced garlic	1½ teaspoons dried basil
1 can (14.5-oz.) diced Italian-style tomatoes	1 cup uncooked pasta
2 cans (15-oz. each) Great Northern beans, drained & rinsed	1 can (15-oz.) no salt tomato sauce

### Directions:

1. In large a saucepan heat oil for 1-2 minutes. Add onion & garlic; cook for 3-4 minutes.
2. Add tomatoes with juice, tomato sauce, carrots, water & basil. Simmer for 5 minutes then bring to a boil.
3. Add beans & uncooked pasta; stir gently to combine. Cook until pasta is tender, about 7-10 minutes. Season with salt & pepper if desired. Serve with Parmesan cheese.

*Nutrition Information per serving: 266 calories, 12 gm protein, 45 gm carbohydrate, 9 gm fiber, 3 gm fat, 0 mg cholesterol, 459 mg sodium.*

Recipe from: *More Nutritious Still Delicious*, Nutrition Council 2006

## 30-Minute Minestrone Soup

Makes 8 servings

### Ingredients:

6 cup reduced sodium chicken broth	¾ teaspoon dried basil
2 cup sliced carrots	½ teaspoon dried oregano
1 can Great Northern beans, drained & rinsed	¼ teaspoon black pepper
1 can (14.5-oz.) diced tomatoes	3 cups packed kale, chopped
1 cup chopped onion	½ cup uncooked elbow macaroni
1 teaspoon minced garlic	½ cup grated Parmesan cheese

### Directions:













1. In a large pan, combine chicken broth, carrots, beans, tomatoes, onion, garlic, basil, oregano and black pepper. Bring to a boil over high heat.
2. Add kale & elbow macaroni. Return to a boil then reduce heat.
3. Cover; simmer for 10 minutes until macaroni is tender.
4. To serve, spoon into bowls. Sprinkle with 1 tablespoon Parmesan cheese.

*Nutrition Information per serving: 140 calories, 8 gm protein, 22 gm carbohydrate 5 gm fiber, 2.5 gram fat, 5 gm carbohydrate, 630 mg sodium.*

Recipe from: *More Nutritious Still Delicious*, Nutrition Council 2006

<b>Stovetop Pasta</b>	<b>Makes 6 Servings</b>
<b>Ingredients:</b>	
1 pound lean ground beef	½ teaspoon garlic powder
2 large carrots, shredded (about 2 cups)	½ teaspoon onion powder
2 cans (10.75-ounce each) 30% less sodium tomato soup	1 cup part-skim mozzarella cheese, shredded
2½ (8-ounces) cups uncooked pasta (like elbow macaroni)	¼ cup Parmesan cheese
1 teaspoon dried basil	
<b>Directions:</b>	
1. Place a large saucepan over medium-high heat. Add ground beef and carrots. Cook, breaking meat into smaller pieces until the meat is no longer pink, about 5 minutes. Drain any fat.	
2. Add tomato soup, 2 cans of water, pasta, basil, garlic powder and onion powder; stir until well blended.	
3. Bring to a boil; reduce heat, cook covered at a low boil until pasta is tender, about 25 minutes. Stir occasionally.	
4. Remove from heat; stir in mozzarella cheese. Serve in individual bowls and sprinkle with Parmesan cheese.	
<i>Nutrition Information per serving: 386 calories, 38 gm protein, 38 gm carbohydrate, 3 gm fiber, 13 gm fat, 62 mg cholesterol, 230 mg sodium.</i>	

<b>Breakfast Burritos with Salsa</b>	<b>Makes 4 Servings</b>
<b>Ingredients:</b>	
4 large eggs	1 teaspoon mustard
2 tablespoons frozen corn	¼ teaspoon chopped garlic
1 tablespoon low fat milk	¼ teaspoon hot pepper sauce (optional)
2 tablespoons diced green peppers	¼ teaspoon salt
¼ cup minced onions	4 – 8-inch whole wheat flour tortillas
1 tablespoon diced fresh tomatoes	¼ cup salsa
<b>Directions:</b>	
1. Preheat oven to 350°. In a large mixing bowl, blend eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce and salt for 1 minute until eggs are smooth.	
2. Pour egg mixture into a 9x9x2-inch baking dish sprayed with nonstick cooking spray. Cover with foil; bake for 20-25 minutes until eggs are set and thoroughly cooked.	
3. Wrap tortillas in plastic and microwave for 20 seconds until warm.	
4. Cut baked egg mixture into 4 equal pieces. Roll 1 piece of cooked egg in each tortilla. Serve each burrito topped with 2 tablespoons salsa.	
<i>Nutrition Information per serving: 160 calories, 10 gm protein, 24 gm carbohydrate, 2gm fiber, 6 gm fat, 210 mg cholesterol, 470 mg sodium.</i>	

<b>12 Foods to Help Your Family Eat Healthfully and Economically</b>		
 Oatmeal	 White potatoes	 Brown Rice
 Bananas	 Cabbage	 Low fat yogurt
 Eggs	 Apples	 Beans, canned or dry
 Kale	 Broccoli, fresh or frozen	 Carrots