



BUDGET FRIENDLY RECIPES

One-Pot Farro Risotto

Serves 4. Prep time: 10 minutes active; 40 minutes total.

1 1/2 cups farro	1/2 teaspoon onion powder
2 cups chicken broth	1 3.8-ounce can sliced ripe black olives
3/4 cup water	1/3 cup grated Parmesan cheese
1 tablespoon olive oil	1 teaspoon ground black pepper
I bunch kale, tough ribs removed, loosely torn	Salt to taste

Preparation

Add farro, chicken broth and water to a large sauté pan or skillet. Bring to a boil over high heat. Reduce heat to low, cover, and simmer for 15 to 20 minutes, stirring occasionally. Uncover, add kale, onion powder and olive oil. Continue to cook for 5 to 7 more minutes, stirring occasionally.

Turn off heat. Add olives and Parmesan cheese to the pot, stirring to combine. Add black pepper and salt to taste.

One-Pot Farro Risotto

Ingredient checklist

PRODUCE

- Kale

GROCERY

- Farro
- Olive oil
- Chicken broth
- Sliced ripe olives

REFRIGERATED/DAIRY

- Parmesan cheese

SPICES/SEASONINGS

- Onion powder
- Black pepper
- Sea salt

Serving suggestion

This one-pot meal is sure to please with its super-savory flavors and heartiness. It is cheesy, gooey, satisfying and surprisingly good for you! Add leftover cubed chicken or some seasoned baked tofu to really rev up the protein.

Nutritional information per serving

430 calories	66 g. carbohydrate
10 g. fat	13 g. fiber
10 mg. cholesterol	17 g. protein
580 mg. sodium	

Estimated cost

Total:	\$9.97
Cost per serving:	\$2.49

The nutritional values and information are approximations, and ingredient costs are estimated.



Kale and Blood Orange Salad

Serves 6. Prep time: 20 minutes.

4 medium blood oranges	1/4 cup olive oil
Juice of 1 large lemon	1 bunch kale, washed, stems removed
3/4 teaspoon salt	1/2 cup slivered red onions
1/2 teaspoon freshly ground black pepper	8 ounces feta cheese, crumbled or cubed
1 clove garlic, smashed	

Preparation

For the dressing, zest and juice one of the blood oranges into a small bowl or jar. Taste the juice. If it is very tart, add a tablespoon of lemon juice; if it is very sweet, use two tablespoons blood orange juice and 2 tablespoons of lemon juice. Add salt, pepper, garlic and olive oil and whisk well or shake to combine. Set aside.

Roll the kale leaves up, cut crosswise into thin ribbons and place into a serving bowl. Pour the dressing over the kale and use your hands to toss, then massage for a minute or two to tenderize the leaves.

Peel and segment the remaining blood oranges, either with your fingers or with a knife, cutting between the membranes to make neat sections. Cut each segment into 2 or 3 pieces and add to the bowl with the kale. Add the red onions and feta, toss to mix and serve.

Kale and Blood Orange Salad

Ingredient checklist

PRODUCE

- Blood oranges
- Kale
- Lemon
- Red onion
- Garlic

GROCERY

- Olive oil

REFRIGERATED/DAIRY

- Feta cheese

SPICES/SEASONINGS

- Salt
- Black pepper

Serving suggestion

This salad is a great make-ahead, since, unlike many tossed salads, it keeps for up to 3 days in the refrigerator. Serve with roasted meats, or top with leftover cooked sliced chicken for a hearty lunch salad. Substitute navel oranges for the blood oranges if you prefer; just be sure to use 2 tablespoons of lemon juice with the sweeter navel orange juice in the dressing.

Nutritional information per serving

270 calories	24 g. carbohydrate
18 g. fat	4 g. fiber
35 mg. cholesterol	9 g. protein
750 mg. sodium	

The nutritional values and information provided are approximations.



Pumpkin Spice Oat Bakes

Makes 12. Prep time: 15 minutes active, 50 minutes total.

1 ½ cups old-fashioned rolled oats	½ teaspoon ground cloves
1 cup canned pumpkin	½ teaspoon ground nutmeg
2 large eggs	½ teaspoon salt
½ cup honey	1 cup milk
1 tablespoon molasses	1 cup water
1 ½ teaspoons ground cinnamon	1 teaspoon vanilla

Preparation

Heat the oven to 375 F. Butter or oil a 12-cup muffin tin.

Place the oats in a large skillet over medium-high heat. Swirl and stir the oats for 2-3 minutes, until they smell toasty. Transfer the oats to a medium bowl or plate to cool. In a large bowl, combine the pumpkin, eggs, honey, molasses, cinnamon, cloves, nutmeg and salt and whisk to combine. When the mixture is smooth and well-combined, whisk in the milk, water and vanilla. Stir in the toasted oats.

Divide the mixture between the muffin cups, filling them to the top. Stir the mixture between scoops to keep the oats evenly distributed. Bake for about 35 minutes, until lightly puffed and dry on top; a toothpick inserted into the center of a muffin cup should come out with no batter sticking to it.

Cool the pumpkin bakes in the pan on a rack for at least 5 minutes before serving. If desired, cool completely, then transfer to a storage container with a tight-fitting lid and store in the refrigerator for up to a week. You can also transfer to a zip-close freezer bag and keep frozen for up to 2 months. Thaw overnight in the refrigerator prior to use, or pack the frozen bakes in your lunch; they'll be ready to eat by lunchtime.

Pumpkin Spice Oat Bakes

Ingredient checklist

BULK

- Rolled oats

GROCERY

- Canned pumpkin
- Molasses
- Honey

REFRIGERATED/DAIRY

- Eggs
- Milk

SPICES/SEASONINGS

- Cinnamon
- Salt
- Cloves
- Vanilla
- Nutmeg

Serving suggestion

Baking pumpkin spiced oats in a muffin tin produces neat little cylinders of pumpkin oat goodness that are just as good cold as they are warm from the oven. Try them with a dollop of vanilla yogurt and a drizzle of maple syrup, or a spoonful of your favorite fruit spread.

Nutritional information per serving

80 calories	16 g. carbohydrate
1 g. fat	1 g. fiber
35 mg. cholesterol	2 g. protein
170 mg. sodium	

The nutritional values and information provided are approximations.



BUDGET FRIENDLY RECIPES

Soy-Ginger Dinner Salad with Tuna

Serves 4. Prep time: 15 minutes.

Dressing:

2 tablespoons olive oil
½ tablespoon soy sauce, preferably low-sodium
1 tablespoon white vinegar
½ cup plain, low-fat yogurt
½ teaspoon ground ginger
Juice of ½ lemon
Salt and pepper to taste

Salad:

½ cucumber, thinly sliced
1 medium tomato, diced
½ pound fresh spinach
1 cup canned garbanzo beans, drained
1 can water-packed tuna, drained

Preparation

Place all dressing ingredients in a small- to medium-sized mixing bowl. Whisk to combine. Add the cucumber and the tomato, and gently stir to coat the vegetables with dressing. Allow this mixture to sit, marinating the vegetables a bit, while preparing the rest of the salad.

Next, place spinach, garbanzo beans, and tuna in a very large salad bowl or large stainless-steel mixing bowl. Add the dressing and veggie mixture and toss thoroughly but gently to combine.

Soy-Ginger Dinner Salad with Tuna

Ingredient checklist

PRODUCE

- Lemon
- Tomato
- Cucumber
- Spinach

GROCERY

- Olive oil
- Garbanzo beans
- Soy sauce
- Water-packed tuna
- White vinegar

REFRIGERATED/DAIRY

- Plain low-fat yogurt

SPICES/SEASONINGS

- Ginger
- Black pepper
- Sea salt

Serving suggestion

This salad wows diners with its seemingly complicated flavor profile. Packed with protein and fiber, it can easily be incorporated into your meal plan to get you out of a dinner rut. Add nuts on top for extra substance, crunch and pizazz.

Nutritional information per serving

190 calories	17 g. carbohydrate
9 g. fat	5 g. fiber
10 mg. cholesterol	12 g. protein
220 mg. sodium	

Estimated cost

Total:	\$10.01
Per serving:	\$2.50

The nutritional values and information are approximations, and ingredient costs are estimated.