



BUDGET FRIENDLY RECIPES

Peanut Sesame Noodles

Serves 4. Prep time: 25 minutes active; 35 minutes total.

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| 1 pound spaghetti | 1 tablespoon lime juice |
| 2 carrots, cut into matchsticks | ¼ cup coconut milk |
| ½ red bell pepper, cut in strips | ¼ cup water |
| 4 cups thinly-sliced purple cabbage | 1 pinch red pepper flakes |
| ¼ cup smooth peanut butter | 1 teaspoon toasted sesame oil |
| 2 teaspoons soy sauce | |

Preparation

In a large pot, bring water to a boil. Break noodles in halves or thirds and drop into water. Cook for 6 to 7 minutes and test for doneness. When done, drain immediately and rinse with very cold water. Set aside.

Put about an inch of water in a large pot with a lid, and place a steamer basket inside. Bring water to a boil and add carrots to the steamer basket. Cover the pot and steam for 3 minutes, then add bell pepper and steam for another minute. Add cabbage and steam for 2 more minutes.

Blend all remaining ingredients together in a food processor, or use a fork to mix thoroughly in a bowl. Pour noodles and veggies into the pasta cooking pot, add sauce and mix well. Add more soy sauce or lime juice to taste. Serve chilled or at room temperature.

Peanut Sesame Noodles

Ingredient checklist

PRODUCE

- ☐ Carrots
- ☐ Red bell pepper
- ☐ Purple cabbage
- ☐ Lime

GROCERY

- ☐ Spaghetti
- ☐ Peanut butter
- ☐ Soy sauce
- ☐ Coconut milk
- ☐ Sesame oil

SPICES/SEASONINGS

- ☐ Red pepper flakes

Serving suggestion

Noodles with peanut sauce is a family favorite, served warm or cold. Creamy peanut sauce over noodles and veggies create an intoxicating dish that's just as good the next day, too. Substitute almond or other nut butters for those with a peanut allergy.

Nutritional information per serving

600 calories	102 g. carbohydrate
12 g. fat	9 g. fiber
0 mg. cholesterol	19 g. protein
260 mg. sodium	

Estimated cost

Total:	\$7.21
Per serving:	\$1.80

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



Spicy Korean Pork Stir Fry

Serves 4. Prep time: 30 minutes.

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| 1 tablespoon sesame oil | 1 pound pork tenderloin, thinly sliced |
| 1 tablespoon sesame seeds | 2 cups chopped cabbage |
| 2 tablespoons tamari | 1 red pepper, thinly sliced |
| 2 tablespoons mirin | 4 medium scallions, sliced lengthwise into thin strips |
| 2 tablespoons hot chili sauce, gochujang or Sriracha | 8 ounces udon noodles, cooked according to package directions |
| 1 tablespoon chopped fresh ginger | |
| 1 tablespoon vegetable oil | |

Preparation

In a small bowl, mix together the sesame oil, sesame seeds, tamari, mirin, chili sauce and ginger. Add the sliced pork, and stir thoroughly. Heat the vegetable oil in a large frying pan or wok over high heat. Add the pork and sauce mixture, and fry for 3-4 minutes, turning, until the pork is browned on the outside but still pink in the middle. Add the cabbage and red peppers and cook for 4-5 minutes more, until the vegetables have softened and the pork is cooked through. Stir in the scallions and cooked noodles and turn to coat with sauce. When the mixture is hot and the noodles are covered with sauce, serve immediately.

Spicy Korean Pork Stir Fry

Ingredient checklist

PRODUCE

- ☐ Ginger
- ☐ Cabbage
- ☐ Red pepper
- ☐ Scallions

GROCERY

- ☐ Sesame oil
- ☐ Tamari
- ☐ Mirin
- ☐ Chili sauce
- ☐ Vegetable oil
- ☐ Udon noodles

MEAT/SEAFOOD

- ☐ Pork tenderloin

SPICES/SEASONINGS

- ☐ Sesame seeds

Serving suggestion

Looking for flavor without the heat? Simply use half or none of the chili sauce in the mixture, and offer a dish of hot sauce on the side so your guests can add spice to their liking.

Nutritional information per serving

280 calories	27 g. carbohydrate
14 g. fat	3 g. fiber
75 mg. cholesterol	29 g. protein
520 mg. sodium	

The nutritional values and information provided are approximations.



Italian Sausage with Fall Veggies

Serves 4. Prep time: 15 minutes active; 1 hour total.

2 medium parsnips, peeled and sliced

1 small sweet potato, cubed

1 small red onion, thinly sliced

4 cloves garlic, peeled and chopped

1 tablespoon fresh sage (or 1 teaspoon dried)

½ teaspoon freshly ground black pepper

½ teaspoon salt

2 teaspoons vegetable oil

1 pound uncooked Italian sausage links

½ bunch kale, stemmed and chopped

Preparation

Heat the oven to 400 degrees F. In a large roasting pan, combine the parsnips, sweet potato, red onions, garlic, sage, pepper and salt, and drizzle with vegetable oil. Toss to coat. Pierce each sausage link four times on one side with a paring knife, then turn over and pierce four more times. Place the sausages on the vegetables and cover the pan tightly with foil.

Bake for 20 minutes, then uncover the pan, stir and turn the sausages, and roast for 15 minutes longer, uncovered. The vegetables should be tender when pierced with a paring knife; if the vegetables are in larger chunks, they may need more time to cook. When the vegetables are tender, add the kale to the hot pan and stir, then roast for 10 minutes longer. Serve hot.

Italian Sausage with Fall Veggies

Ingredient checklist

PRODUCE

- ☐ Parsnip
- ☐ Sweet potato
- ☐ Red onion
- ☐ Garlic
- ☐ Sage
- ☐ Kale

GROCERY

- ☐ Vegetable oil

MEAT/SEAFOOD

- ☐ Italian sausage links

SPICES/SEASONINGS

- ☐ Salt
 - ☐ Pepper
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Serving suggestion

This is an easy and filling fall dish, and the ingredients are very flexible. Substitute your favorite root vegetables for the parsnip and sweet potato, or use any type of link sausage.

Nutritional information per serving

570 calories	37 g. carbohydrate
38 g. fat	7 g. fiber
85 mg. cholesterol	20 g. protein
1160 mg. sodium	

The nutritional values and information provided are approximations.



Roasted Cauliflower and Potatoes with Feta

Serves 4. Prep time: 15 minutes active; 45 minutes total.

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| 1 small cauliflower | 1 teaspoon paprika |
| 2 medium Yukon Gold potatoes, unpeeled | ½ teaspoon salt |
| 1 large carrot | 4 ounces feta cheese, crumbled |
| 2 tablespoons olive oil | ½ cup chopped parsley |

Preparation

Heat the oven to 425 degrees F. Slice the cauliflower into large florets with a knife so that the flat side of the florets can make full contact with the pan and caramelize during baking. Dice the potatoes into ½-inch cubes and slice the carrots crosswise, about ⅓-inch thick. Place on a large rimmed baking sheet, drizzle with olive oil and sprinkle with paprika and salt. Toss vegetables to coat and spread out on the pan. Bake for 30 minutes, shaking and turning the pan halfway through. When the vegetables are tender and easily pierced with a knife, remove from the oven and toss with feta and parsley. Serve hot.

Roasted Cauliflower and Potatoes with Feta

Ingredient checklist

PRODUCE

- ☐ Cauliflower
- ☐ Yukon Gold potatoes
- ☐ Carrot
- ☐ Parsley

GROCERY

- ☐ Olive oil

DAIRY/REFRIGERATED

- ☐ Feta cheese

SPICES/SEASONINGS

- ☐ Paprika
- ☐ Salt

Serving suggestion

A great side for a grilled chicken breast or tempeh steak, these baked veggies with feta can also be a main dish, served over orzo pasta, brown rice or polenta.

Nutritional information per serving

360 calories	49 g. carbohydrate
14 g. fat	12 g. fiber
25 mg. cholesterol	15 g. protein
680 mg. sodium	

The nutritional values and information provided are approximations.