



BUDGET FRIENDLY RECIPES

Vegetarian Paella

Serves 4 to 6. Prep time: 30 minutes active; 1 hour total.

- | | |
|---|--|
| 1 tablespoon olive oil | 1 ½ cups rice, medium- or short-grain |
| 1 medium yellow onion, diced | 3 cups vegetable stock, room temperature |
| 1 large red bell pepper, seeded and diced | ½ cup canned artichoke hearts, drained and quartered |
| 3 cloves garlic, minced | 2 cups canned garbanzo beans, rinsed and drained |
| 1 medium zucchini, diced | ½ teaspoon salt |
| 2 cups canned diced tomatoes and juice | ½ teaspoon ground black pepper |
| 5 to 10 saffron strands | |
| 2 teaspoons smoked paprika | |
| ½ teaspoon crushed red pepper flakes | |

Preparation

In a large oven-proof stock pot or Dutch oven, heat the oil over medium-high heat. Add the onions and bell peppers and sauté for 10 minutes or until softened. Add the garlic, zucchini, diced tomatoes with juice, saffron, paprika and chili flakes, and sauté for 5 to 10 minutes. Add the rice and stock; stir and bring to a boil. Reduce heat to low and simmer for 10 minutes.

Preheat the broiler on the stove while the rice is cooking. Add the artichokes, garbanzo beans, salt and pepper. Cover the pot and simmer for 10 to 15 more minutes. When the liquid is mostly absorbed and the rice is tender, transfer to the broiler for 5 to 10 minutes until the edges of the rice begin to brown and get a bit crispy. Remove from broiler and serve.

Vegetarian Paella

Ingredient checklist

PRODUCE

- ☐ Yellow onion
- ☐ Red bell pepper
- ☐ Garlic
- ☐ Zucchini

GROCERY

- ☐ Olive oil
- ☐ Canned diced tomatoes
- ☐ Vegetable stock
- ☐ Canned artichoke hearts
- ☐ Canned garbanzo beans

BULK

- ☐ Medium- or short-grain rice

SPICES/SEASONINGS

- ☐ Saffron
- ☐ Smoked paprika
- ☐ Red pepper flakes
- ☐ Salt
- ☐ Black pepper

Serving suggestion

There are a lot of layers of flavor in paella, so keep it simple with the side dishes. A tapas-style selection of olives, chewy bread and Spanish cheeses along with a crisp green salad dressed in a vinegar or lemon vinaigrette work well.

Nutritional information per serving

| | |
|-------------------|--------------------|
| 361 calories | 71 g. carbohydrate |
| 4 g. fat | 8 g. fiber |
| 0 mg. cholesterol | 11 g. protein |
| 399 mg. sodium | |

Estimated cost

| | |
|-------------------|---------|
| Total: | \$12.13 |
| Cost per serving: | \$2.21 |

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



Rhubarb Snacking Cake

Serves 9. Prep time: 15 minutes active; 50 minutes total.

| | |
|--------------------------------|-----------------------------|
| 1 cup rolled oats | 1 teaspoon baking soda |
| 1 ¼ cup brown sugar, divided | ½ teaspoon salt |
| 6 tablespoons butter, divided | ¾ cup nonfat plain yogurt |
| 1 cup whole wheat pastry flour | 1 large egg |
| ½ cup unbleached flour | 1 cup thinly sliced rhubarb |

Preparation

Heat the oven to 350 degrees F. Lightly oil or butter a 9-inch square baking pan. Melt the butter. In a medium bowl, combine 2 tablespoons of the melted butter with the oats and ¼ cup of brown sugar. Mix well and set aside.

In a large bowl, mix the flours, remaining brown sugar, soda and salt. In a separate bowl, whisk together the yogurt and egg; slowly add the remaining 4 tablespoons melted butter, while whisking the mixture. Pour the yogurt mixture over the dry ingredients and stir just to combine. Quickly stir in the rhubarb. Scrape the batter into the prepared pan. Sprinkle with the topping, then bake for 30 to 35 minutes. A toothpick inserted in the center of the cake should come out with no wet batter sticking to it. Cool the cake on a rack. Serve warm, or wrap tightly and refrigerate for up to a week.

Rhubarb Snacking Cake

Ingredient checklist

PRODUCE

- ☐ Rhubarb

GROCERY

- ☐ Baking soda

BULK

- ☐ Rolled oats
- ☐ Brown sugar
- ☐ Whole wheat pastry flour
- ☐ Unbleached flour

REFRIGERATED/DAIRY

- ☐ Butter
- ☐ Egg
- ☐ Yogurt

SPICES/SEASONINGS

- ☐ Salt

Serving suggestion

When rhubarb is in season, make the most of its tangy, pink stalks in this quick cake. You can even make this with frozen rhubarb in the middle of winter, if you like; just bake it 5 or 10 minutes longer. Top with a dollop of whipped cream or coconut sorbet for special occasions, or just slice and enjoy!

Nutritional information per serving

| | |
|--------------------|--------------------|
| 240 calories | 38 g. carbohydrate |
| 9 g. fat | 2 g. fiber |
| 45 mg. cholesterol | 5 g. protein |
| 360 mg. sodium | |

The nutritional values and information provided are approximations.



Chicken Antipasto Sandwich

Serves 4. Prep time: 25 minutes.

- | | |
|--------------------------------------|-------------------------------|
| 1 cup chopped cooked chicken | ¼ cup chopped fresh parsley |
| 1 6-ounce jar marinated artichokes | 2 cups shredded Asiago cheese |
| ½ cup chopped pitted Kalamata olives | 1 large baguette or focaccia |
| ½ cup slivered roasted red peppers | ¼ cup prepared pesto sauce |
| | 4 slices ham |
| | Olive oil |

Preparation

Drain the artichokes, reserving 1 tablespoon of the marinade. Place the chicken, artichoke hearts, reserved marinade, olives, peppers, parsley and cheese in a medium bowl and toss to mix. Slice the focaccia or baguette in half lengthwise. Spread the pesto over one cut side and cover with the chicken mixture. Top with sliced ham and the remaining half of the bread.

Cut the sandwich into four sections or wedges. Heat a griddle or large cast iron pan over medium-high heat until hot (holding your hand an inch away will feel very hot). Lightly brush the top and bottom of the sandwich sections with olive oil and place in the hot pan, then place a second pan or a heavy pot on top. Cook for 2 minutes per side, until the cheese is melted and the bread is toasted. You can also use a panini grill to heat the sandwiches, or, in a pinch, wrap sandwiches in waxed paper and microwave them to melt the cheese. Serve warm.

Chicken Antipasto Sandwich

Ingredient checklist

PRODUCE

- ☐ Parsley

GROCERY

- ☐ Marinated artichokes
- ☐ Kalamata olives
- ☐ Roasted red peppers
- ☐ Baguette or focaccia
- ☐ Pesto sauce
- ☐ Olive oil

REFRIGERATED/DAIRY

- ☐ Asiago cheese

MEAT/SEAFOOD

- ☐ Chicken
- ☐ Ham

Serving suggestion

If you like the slight tanginess of Italian marinated vegetables, you will love them paired with pesto, Asiago cheese, chicken and ham in this super sandwich. Look for a focaccia bread thick enough to split and stuff with goodies, or a wide baguette that will cradle all the delicious fillings.

Nutritional information per serving

| | |
|--------------------|--------------------|
| 630 calories | 49 g. carbohydrate |
| 31 g. fat | 4 g. fiber |
| 85 mg. cholesterol | 31 g. protein |
| 1750 mg. sodium | |

The nutritional values and information provided are approximations.



Great Green Goddess Salad

Serves 4. Prep time: 20 minutes.

- | | |
|---|---|
| 1 clove garlic | 1 tablespoon white wine vinegar |
| 1 small anchovy (optional) | ½ teaspoon salt |
| ½ cup lightly packed fresh parsley | 2 tablespoons olive oil |
| 2 medium scallions, white and green parts separated | 5 ounces baby spinach, washed and dried |
| ½ teaspoon dried tarragon | 1 medium cucumber, peeled and sliced |
| ¼ cup plain Greek yogurt | 1 medium avocado, sliced |
| 2 tablespoons mayonnaise | |

Preparation

In the food processor, combine the garlic, anchovy (if using), parsley and the white parts of the scallions. Process to mince very finely. Scrape down and process again. Add the tarragon, yogurt, mayonnaise, vinegar and salt and process until smooth. With the machine running, drizzle in the olive oil until well mixed. Transfer to a pouring cup or jar; keeps for four days, tightly covered, in the refrigerator.

For the salad, spread the spinach on a platter or four small dinner plates. Cover with cucumber and avocado, and drizzle with dressing, then chop and sprinkle the scallion greens over the salads. Serve immediately.

Great Green Goddess Salad

Ingredient checklist

PRODUCE

- ☐ Garlic
- ☐ Parsley
- ☐ Scallions
- ☐ Baby spinach
- ☐ Cucumber
- ☐ Avocado

GROCERY

- ☐ Anchovy (optional)
- ☐ Mayonnaise
- ☐ White wine vinegar
- ☐ Olive oil

REFRIGERATED/DAIRY

- ☐ Greek yogurt

SPICES/SEASONINGS

- ☐ Dried tarragon
- ☐ Salt

Serving suggestion

The classic Green Goddess dressing has a hint of anchovy for umami, but if you want to leave it out, you can. Top with cooked chicken or ham for a main course salad, or serve alongside grilled shrimp. Double the amounts in the dressing ingredients to make extra for salads throughout the week!

Nutritional information per serving

| | |
|-------------------|--------------------|
| 190 calories | 12 g. carbohydrate |
| 15 g. fat | 4 g. fiber |
| 5 mg. cholesterol | 4 g. protein |
| 390 mg. sodium | |

The nutritional values and information provided are approximations.