



*tasty and easy*  
**Daily Recipes**

**budget-friendly**



# eating healthy on a budget

Eating healthy doesn't mean you have to break the bank; it is possible to nourish your body and stay within your budget.

## Get the best price

Check the local newspaper coupons, online store ads or grocery store sale ads to see which items are on sale for that week. Certain grocers may also have coupons only found online or in their mobile app.

## Create a weekly game plan

Plan recipes that incorporate on-sale food items. If broccoli is on sale, try making a chicken broccoli casserole. Leftover broccoli can then be added as a side dish for a meal later in the week. Be sure to add eggs and beans to your menu. These are two low-cost, high-protein food options.

## Stick to the list

Make a list of all the items you need. Keep a running list on your phone or near the refrigerator. Sticking to your grocery list ensures you stay on budget and avoid impulsive purchases, helping you maintain financial discipline while shopping.

## Don't shy away from canned or frozen food

Fresh isn't always best. In fact, frozen and canned produce may offer just as much nutritional value, if not more, compared to fresh produce. Look for low sodium produce varieties both on the shelf and in the freezer. If choosing canned fruits, look for fruits canned in 100% fruit juice or water rather than syrup. For food safety reasons, avoid eating any foods out of dented cans.



## Understand the price tag

Price tags can tell you a lot about how much you're spending.

- **Retail:** How much you pay for each item.
- **Unit Price:** how much an item costs per pound, quart, unit, etc.

## Buy in bulk

Pantry staples with a long shelf life are great to purchase in bulk and are often more affordable. Budget-friendly foods include brown rice, whole grain pasta, oats, beans, onions and potatoes. Large bags of frozen fruits or vegetables are also great additions to the freezer, just make sure there's enough room first!

## Compare brands

Store brands are typically less expensive than name brands, but the quality is often quite similar. Compare prices to see which saves more money.

## Buy in season

Seasonal produce is often less expensive. Apples and bananas are almost always the same price year-round. Popular seasonal produce includes:

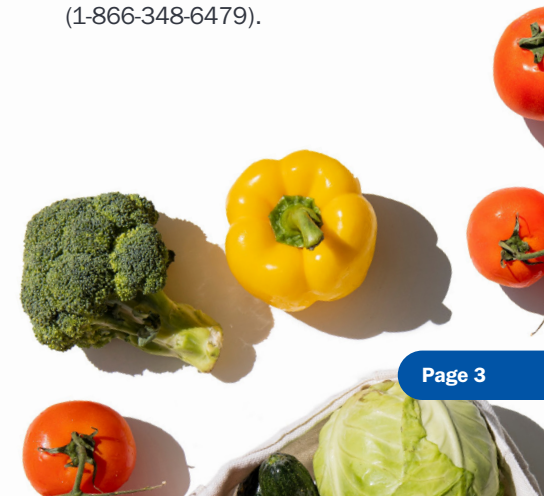
- **Spring:** Asparagus, lettuce, peas, radishes, sugar snap peas.
- **Summer:** Berries, corn, lettuce, melon, peppers, tomatoes.
- **Fall:** Apples, carrots, celery, some berries, squash.
- **Winter:** Broccoli, Brussels sprouts, cabbage, cauliflower, citrus fruits, potatoes, squash.

## Make your own convenience meals

Pre-packaged meals can be costly. For convenience and to save money, prepare a large batch (or two) of your favorite recipe, then freeze in individual containers. Use throughout the week or when you need a quick meal. It can also be fun to invite friends or family members over for a cooking party and prepare multiple meals to freeze for days when cooking isn't a high priority.

## Don't be afraid to seek out additional resources









Sometimes, no matter how hard we try, we just need a bit of extra help. The good news is there are many food assistance and emergency food programs available. For more information, go to [www.nutrition.gov/topics/food-assistance-programs](http://www.nutrition.gov/topics/food-assistance-programs). You can also find food banks in your area by going to [www.feedingamerica.org](http://www.feedingamerica.org). If you don't have access to the internet, call 1-866-3-HUNGRY (1-866-348-6479).








# kitchen basics








Keeping it simple in the kitchen helps reduce clutter. Buying basic kitchen equipment that can serve multiple purposes is key to having a well-equipped kitchen. Below you'll find a comprehensive list of kitchen basics that will help you achieve an efficient kitchen. You don't have to acquire all these items immediately; instead, aim to collect them gradually over time.

Kitchen Basics	
- Pots and Pans -	
	<p><b>2 Quart Sauce Pot</b> Versatile but small, this size pot is perfect for preparing sauces, soups, grains and reheating leftovers.</p>
	<p><b>6 Quart Stock Pot</b> From boiling to braising, this pot is deep enough to cook large meals. Good for batch cooking and meal prepping.</p>
	<p><b>8-Inch Skillet</b> Great for eggs or to whip up a side dish. This pan is also good for compact spaces.</p>
	<p><b>10-Inch Skillet</b> This pan is ideal for frying, sautéing, searing, and even baking, offering a medium-sized cooking surface suitable for a variety of dishes.</p>
	<p><b>Deep Sauté Pan</b> This pan can be used as a skillet or pot and can often take the place of two different pans.</p>
- Bakeware -	
	<p><b>Baking Sheets</b> Versatile piece in the kitchen. Recommend purchasing various sizes.</p>
	<p><b>Muffin Tin</b> Use for muffins, egg cups or mini meatloaves, etc.</p>
	<p><b>Casserole Dishes</b> Recommend one large and one small. Not only for casseroles but for roasting meats and vegetables.</p>



# kitchen basics

Kitchen Basics	
- Small Appliances -	
	<p><b>Slow Cooker</b></p> <p>While a slow cooker adds convenience to the kitchen, it is an optional item and not essential.</p>
	<p><b>Air Fryer</b></p> <p>While enhancing kitchen convenience, air fryers offer optional features and healthier cooking, making them a versatile choice but not essential.</p>
	<p><b>Food Processor</b></p> <p>While enhancing kitchen efficiency, food processors provide optional features for versatile food preparation, making them a convenient choice but not essential.</p>

Kitchen Basics	
- Prep Tools -	
	<p><b>Mixing Bowls</b></p> <p>Recommend purchasing various sizes.</p>
	<p><b>Cutting Board</b></p> <p>Recommend purchasing various sizes.</p>
	<p><b>Measuring Cups</b></p>
	<p><b>Measuring Spoons</b></p>
	<p><b>Mixing Spoons</b></p>
	<p><b>Spatulas</b></p>
	<p><b>Whisks</b></p>
	<p><b>Meat Thermometer</b></p>
	<p><b>Can Opener</b></p>
	<p><b>8-Inch Chef's Knife</b></p> <p>Invest in this if you can</p>
	<p><b>Paring Knives</b></p> <p>Great for small jobs (peeling fruits, veggies and trimming small items like mushrooms or herbs)</p>
	<p><b>Colander</b></p>





## pantry staples

Having a stocked pantry and fridge is a key factor in making budget-friendly recipes. When you have these basic supplies on hand, you'll be able to easily put together a nutritious meal. Consider the ideas below as a guideline; only you can determine the staples needed for your personal pantry.

### Dry and canned goods

Dry and canned goods are usually inexpensive and versatile ingredients in the kitchen.

- Whole wheat flour
- Whole wheat pasta
- Brown rice
- Beans: black, white, kidney and garbanzo
- Lentils
- Pasta sauce
- Tomatoes: diced, paste, sauce and crushed

### Sauces, vinegars, and oils

Sauces, vinegars, and oils add flavor that can liven up any meal. They can be used to make many different

dressings, sauces, or marinades. Many of these items have a long shelf life and are inexpensive.

- **Oil:** Extra virgin olive oil, avocado oil and non-stick spray
- **Vinegar:** apple cider, rice or balsamic
- Soy sauce
- Worcestershire sauce
- Nut butters
- Mustard

### Herbs and spices

The herbs and spices in your pantry will vary based on which cuisines you enjoy. They can turn flavorless food into a mouth-watering creation. Spices have a long shelf life, especially if kept in an air-tight container and out of direct sunlight. A good way to determine their potency is to sniff them. A strong scent indicates fresh and flavorful seasonings.

- Salt
- Pepper
- Crushed red pepper
- Cinnamon
- Chili powder
- Garlic powder
- Onion powder
- Cumin
- Basil
- Ground ginger
- Cayenne pepper
- Paprika
- Oregano

### Refrigerated items

Refrigerated staples have a shorter shelf life but are good to have on hand.

- Eggs
- Shredded cheese
- Whole wheat tortillas
- Milk of choice

### Frozen items

Frozen items are a great way to add extra nutrients to meals. Frozen fruits and vegetables often don't have any extra salt, preservatives or added sugar, so they are just as nourishing as fresh! Stock up on these items, especially when on sale.

- Broccoli florets
- Fruit: blueberries, strawberries, and peaches
- Corn
- Riced cauliflower
- Green beans
- Spinach
- Brussels sprouts



# budget-friendly recipes

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# Banana Coconut Baked Oatmeal

Breakfast

🕒 10 Mins Prep • 45 Mins Cook • 55 Mins Total

🚫 Allergens: Eggs, Gluten • 💰 Total Cost \$5.47 • Cost Per Serving \$0.91

👤 6 Servings • 1 Bar Serving Size

This quick and easy baked banana coconut oatmeal is a warm and delicious way to start your day.

## ingredients

2-3 Large Bananas, Mashed

1 Large Egg

¼ Cup Brown Sugar

½ Tsp Vanilla

½ Tsp Nutmeg

1 Tsp Baking Powder

½ Tsp Salt

⅓ Cup Unsweetened Shredded Coconut

13.5 oz Can Coconut Milk

3 Cups Old Fashioned Rolled Oats

## what you'll need

Large Bowl

Measuring Cups

Measuring Spoons

Whisk

9x9-inch Casserole Dish

Non-stick Cooking Spray

## nutritional info

394 Calories 16g Fat

48g Carbs 7g Protein

7g Fiber 306mg Sodium



# Banana Coconut Baked Oatmeal

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Preheat Oven

Preheat oven to 375°F and coat a casserole dish with non-stick spray.

### 3. Combine Ingredients

In a large bowl, add mashed bananas, egg, brown sugar, vanilla, nutmeg, baking powder, salt, and shredded coconut and whisk together until fully combined.

### 4. Add Coconut Milk

Add the coconut milk and stir until smooth.

### 4. Stir

Stir in the rolled oats. Once mixture is combined, spread evenly in casserole dish.

### 5. Bake

Bake for 45 minutes and serve warm.

### 6. Wash Hands

Wash hands with soap and warm water.

## Thrifty Tips

- Add in any of your favorite spices, like cinnamon, for additional flavor.
- Look at the shelf tag for how much an item costs per pound, quart, unit, etc. Buying a larger quantity may be more cost effective if it's something you'll use frequently.

## allergen swap

**Gluten:** Look for gluten-free certified oats.

**Egg:** Swap egg for 1 tablespoon of ground flaxseed combined with 3 tablespoons of water.



# PB&J Smoothie

Breakfast

🕒 5 Mins Prep • 0 Mins Cook • 5 Mins Total

🍷 Allergens: Nuts • 💰 Total Cost \$1.96 • Cost Per Serving \$1.96

👤 1 Servings • 1 Smoothie Serving Size

This smoothie tastes like peanut butter and jelly but is full of antioxidants and fiber.

## ingredients

¾ Cup Unsweetened Vanilla Almond Milk

1 Banana

½ Cup Frozen Blueberries

6 Strawberries, Fresh or Frozen

2 Tbsp Peanut Butter

## what you'll need

Measuring Cups

Measuring Spoons

Blender

Cup

## nutritional info

394 Calories 18g Fat

51g Carbs 10g Protein

8g Fiber 245mg Sodium

# PB&J Smoothie

## Instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Blend Ingredients

Place all ingredients in blender and blend until smooth

### 3. Serve

Serve and enjoy immediately!

### 4. Wash Hands

Wash hands with soap and warm water.

## Thrifty Tips

- It may be more economical to purchase frozen fruit if fresh is not in season.

## allergen swap

**Nuts:** Replace peanut butter with sunflower butter. Replace almond milk with cow's milk or milk alternative.





# Sausage Hashbrown Breakfast Casserole

🕒 15 Mins Prep • 70 Mins Cook • 85 Mins Total

🚫 Allergens: Eggs, Dairy • 💰 Total Cost \$10.20 • 💵 Cost Per Serving \$1.27

👤 8 Servings • 1 Slice Serving Size

Hearty and filling hash brown breakfast casserole.

## ingredients

1 lb Breakfast Sausage, Crumbled

32 oz Bag Frozen Shredded Hashbrowns

12 Eggs

1 Cup Milk of Choice

1 Cup Sharp Cheddar Cheese

1 Tsp Yellow Mustard

1 Tsp Black Pepper

1 Tsp Salt

## what you'll need

Large Skillet

Medium Bowl

Large Bowl

Measuring Cups

Measuring Spoon

Whisk

Spatula

9x13-inch Pan

Aluminum Foil

Non-stick Cooking Spray

## nutritional info

203 Calories 32g Fat

21g Carbs 23g Protein

1g Fiber 806mg Sodium

# Sausage Hashbrown Breakfast Casserole

## instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Preheat

Preheat oven to 375 °F. Put breakfast sausage in a large skillet, and brown over medium heat. While sausage is browning, add the frozen hashbrowns to a medium bowl and soak in water to help them thaw quicker.

### 3. Combine Ingredients

Crack eggs in a large bowl. Wash hands with soap and water. Whisk eggs, milk, cooked sausage, cheese, salt, pepper, and mustard until combined.

### 4. Strain

Strain the hashbrowns and add to the egg mixture.

### 5. Prep & Bake

Spray a 9x13-inch pan with cooking spray. Evenly spread the mixture into the pan. Cover with aluminum foil and bake for 50 minutes.

### 6. Cook

Take aluminum foil off and cook for an additional 20 minutes until golden brown.

### 7. Clean Up

Wash hands with soap and water.

## Thrifty Tips

- Use yellow or dijon mustard over ground mustard, as ground mustard tends to be more expensive .

## allergen swap

**Eggs:** Replace eggs with plant-based eggs (ex. Bob's Red Mill™ Gluten-Free Egg Replacer).

**Dairy:** Replace cheese with a non-dairy cheese alternative.





# Yogels (Yogurt Bagels)

Breakfast

🕒 10 Mins Prep • 20 Mins Cook • 30 Mins Total

🚫 Allergens: Dairy, Gluten • 💰 Total Cost \$2.16 • Cost Per Serving \$0.54

👤 4 Servings • 1 Bagel Serving Size

Three ingredient everything bagels.

**what you'll need**

## ingredients

1 Cup Nonfat Plain Greek Yogurt

1 Cup Self-Rising Flour

4 Tsp Everything Bagel Seasoning

Cooking Spray

Mixing Bowl

Spatula

Measuring Cup

Measuring Spoon

Baking Sheet

## nutritional info

140 Calories 0g Fat

24g Carbs 8g Protein

0g Fiber 382mg Sodium



# Yogals (Yogurt Bagels)

## instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Preheat

Preheat the oven to 375°F. Lightly coat the baking sheet with a layer of cooking spray.

### 3. Combine Ingredients

In a large bowl, combine the self-rising flour and yogurt until the mixture has a dough consistency.

### 4. Knead the Dough

Knead the dough together by hand for about 5 minutes until the dough is smooth and elastic. If your dough is sticky, add more flour.

### 5. Divide Dough

Divide the dough into four equal parts. Roll each section of dough into a log shape, then connect each end forming a circular bagel shape. Flour your hands if the dough sticks to your hands.

### 6. Seasoning

Sprinkle bagel seasoning on top of the dough (add as much or as little as preferred).

### 7. Bake

Bake for 20 minutes or until golden brown.

### 8. Clean Up

Wash hands with soap and water.

## Thrifty Tips

- Swap everything bagel seasoning for salt and pepper or sprinkle with shredded cheese.

## allergen swap

**Dairy:** Replace with dairy-free Greek yogurt

**Gluten:** Replace self-rising flour with gluten-free self-rising flour



# Honey Sriracha Tofu

Lunch

🕒 30 Mins Prep • 10 Mins Cook • 40 Mins Total

🚫 Allergens: Soy, Gluten • 💰 Total Cost \$4.48 • Cost Per Serving \$1.12

👤 4 Servings • 3 Ounces Serving Size

Elevate your taste experience  
with this easy and flavorful recipe

## ingredients

14 oz Extra Firm Tofu

2 Tbsp Sriracha

2 Tbsp Honey

2 Tbsp Reduced-Sodium Soy  
Sauce, divided

¼ Tsp Red Pepper Flakes

1 Tsp Cornstarch

## what you'll need

Large Bowl

Small Bowl

Spatula

Skillet or Air Fryer

Measuring Spoons

Tea Towel

Plate

## nutritional info

142 Calories    4.5g Fat

16g Carbs    16g Protein

377mg Sodium    0g Fiber

# Honey Siracha Tofu

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Press Tofu

Wrap the block of tofu in a clean tea towel then put it on a large plate with a lip. Top with something heavy, like a frying pan. Weigh down further with cans and jars, if necessary, and leave for 30 minutes.

### 3. Cut Tofu

Cut the pressed tofu into ½-inch chunks. Add the tofu chunks to a bowl. Coat the tofu with 1 Tbsp soy sauce and cornstarch.

### 4. Cook Tofu

Air fry tofu for 10 minutes at 400°F. If you do not have an air fryer, pan fry until tofu is crispy.

### 5. Combine Ingredients

While the tofu is cooking, make the sauce. In a small bowl, combine sriracha, honey, 1 Tbsp soy sauce and red pepper flakes.

### 5. Cover Tofu with Sauce

Cover the tofu with the sauce once cooked. Serve over greens, rice, or quinoa.

### 7. Clean Up

Wash hands with soap and water.

## Thrifty Tips

- Freeze unseasoned leftover tofu to add to smoothies or soups.

## allergen swap

**Soy:** Use chicken instead of tofu. Adjust cooking times accordingly.

**Gluten:** Substitute coconut aminos for soy sauce as a gluten-free and soy-free alternative.





# Tilapia Tacos

Lunch

🕒 15 Mins Prep • 12 Mins Cook • 27 Mins Total

🚫 Allergens: Fish, Dairy, Gluten • 💰 Total Cost \$11.68 • Cost Per Serving \$2.92

👤 4 Servings • 2 Tacos Serving Size

A fast and fresh meal, zesty enough for the whole family

## ingredients

¼ Cup Low-Fat Sour Cream

1 Lime, **washed** and juiced

¼ Small Red Cabbage, **washed** and thinly shredded

4 Green Onions, **washed** and thinly sliced

1 Jalapeno Pepper, **washed** and sliced in half lengthwise, remove seeds and mince one half of pepper

2 Tbsp Olive Oil

1 lb. Frozen Tilapia Fillets, thawed

8 Flour Tortillas

Fresh Cilantro, **washed** and chopped

Salt and Pepper, to taste

## what you'll need

Knife

Cutting Board

Small Bowl

Large Bowl

Measuring Cups

Measuring Spoons

Large Skillet

Small Skillet

Tongs

## nutritional info

430 Calories 15g Fat

44g Carbs 31g Protein

2g Fiber 730mg Sodium

# Tilapia Tacos

## instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Combine Sour Cream and Lime

In a small bowl, mix the sour cream and the lime juice. Season with salt and pepper. Set aside.

### 3. Make the Slaw

In a large bowl, combine the red cabbage, sliced green onions and minced jalapeno. Add ½ of the sour cream and lime mixture and stir well. Season again with salt and pepper.

### 4. Cook

Add the oil to a skillet and heat over medium-high. Add the remaining jalapeno half and swirl around the skillet to season the oil. Season the tilapia fillets with salt and pepper and, working in batches, add the fish to the pan with the jalapeno. Sauté the fish until cooked through and golden brown, about 5-6 minutes.

### 5. Heat Tortillas

While the fish cooks, heat the tortillas in a small skillet or wrap in a damp paper towel and microwave for 30 seconds.

### 6. Assemble and Serve

To serve, fill the tortillas with the cooked fish and top with slaw and chopped cilantro. Drizzle with remaining sour cream and lime mixture. Enjoy!

### 7. Clean Up

Wash hands with soap and water.

## Thrifty Tips

- If budget allows, top with chopped avocado.
- Replace the sour cream with plain Greek yogurt if you use sour cream infrequently.

## allergen swap

**Fish:** Replace fish with chicken. Adjust cooking times accordingly.

**Dairy:** Omit sour cream and choose a dairy-free sour cream.

**Gluten:** Omit flour tortillas and replace with corn tortillas.





# Creamy Tortellini Tomato Soup

Lunch

🕒 5 Mins Prep • 30 Mins Cook • 35 Mins Total

🚫 Allergens: Gluten, Dairy • 💰 Total Cost \$12.56 • 💵 Cost Per Serving \$1.57

👤 8 Servings • 1 Cup Serving Size

Warm up with this spin on classic tomato soup

## ingredients

1 Tbsp Olive Oil

½ Cup Chopped Onion

3 Cloves Garlic, minced

Dash of Crushed Red Pepper Flakes

30 oz Vegetable Broth

2 (28 oz) Cans Diced Tomatoes

1 Cup Plain Greek Yogurt, at room temperature

¼ Cup Heavy Whipping Cream

18 oz Frozen Cheese Tortellini

Optional: Parmesan Cheese and Basil

## what you'll need

Cutting Board

Large Pot

Measuring Cups

Measuring Spoons

Knife

Ladle

Can Opener

Immersion Blender or Blender

## nutritional info

281 Calories 6g Fat

46g Carbs 9g Protein

490mg Sodium 9g Fiber

# Creamy Tortellini Tomato Soup

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Cook Onion and Garlic

In a large pot, heat the olive oil over medium heat. Add the onions and garlic, cooking until tender, about 5 minutes. Stir in crushed red pepper flakes.

### 3. Add Tomatoes and Broth

Add the diced tomatoes and vegetable broth. Simmer on low for 15 minutes.

### 4. Blend Soup and Add Ingredients

Use a hand immersion blender to blend the soup (or carefully transfer soup to a blender to blend and return to the pot). Stir in the Greek yogurt and heavy whipping cream. Stir in the cheese tortellini and cook on medium-low for about 7-8 minutes. Serve warm.

### 7. Clean Up

Wash hands with soap and water.

## Thrifty Tips

- Use minced garlic to save time cooking this recipe.
- Purchase no added salt canned diced tomatoes to decrease the sodium content.
- Substitute one 15 ounce can of cannellini beans (pureed in a blender) for the plain Greek yogurt. It will save money and keep the soup creamy.

## allergen swap

**Dairy:** Replace Greek yogurt with dairy-free sour cream and omit heavy whipping cream.

**Gluten:** Use a gluten-free tortellini





# Hummus Chicken Wraps

Lunch

🕒 8 Mins Prep • 0 Mins Cook • 8 Mins Total

🚫 Allergens: Sesame • 💰 Total Cost \$11.43 • Cost Per Serving \$2.85

👤 4 Servings • 2 Lettuce Wraps Serving Size

A delightful and nutritious treat for your taste buds

## ingredients

4 Pouches (2.6 oz each) White Meat Chicken

1 Large Cucumber, washed and sliced

8 Large Lettuce Leaves, washed and separated

½ Cup Hummus, divided

4 Tsp Everything Bagel Seasoning, divided

## what you'll need

Knife

Cutting Board

Spoon

Butter Knife

Measuring Cup

Measuring Spoon

## nutritional info

161 Calories 7g Fat

10g Carbs 16g Protein

539mg Sodium 2g Fiber



# Hummus Chicken Wraps

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Spread Hummus

Spread 1 Tbsp hummus on to each lettuce leaf.

### 3. Place Cucumber Slices

Place cucumber slices on top of the hummus

### 4. Top with Chicken

Scoop chicken into lettuce leaves, using one pouch per two lettuce leaves.

### 5. Sprinkle Seasoning

Sprinkle ½ Tsp of everything bagel seasoning onto each lettuce wrap.

### 6. Roll

Take the lettuce sides and roll it up like a burrito or keep it open like a taco and enjoy!

### 7. Clean Up

Wash hands with soap and water.

## Thrifty Tips

- Use leftover cucumber and hummus for a snack.
- Use leftover lettuce for a salad.
- Substitute leftover chicken from a previous meal for the pouched chicken

## allergen swap

**Sesame:** Swap hummus for sesame-free hummus or other dressing. Choose a seasoning without sesame seeds.



# Tomato Braised Cannellini Beans with Herbs and Garlic

🕒 5 Mins Prep • 25-30 Mins Cook • 30-35 Mins Total

🚫 Allergens: Gluten • 💰 Total Cost \$4.92 • Cost Per Serving \$1.23

👤 4 Servings • 1 Cup Serving Size

A flavorful masterpiece that turns simplicity into a culinary delight!

## Ingredients

4 Tbsp Extra-Virgin Olive Oil, divided

1 Large White Onion, halved and thinly sliced

6 Cloves Garlic, peeled and thinly sliced

2 Tsp Fresh Rosemary, **washed** and minced (or ½ tsp dried rosemary)

2 Tsp Fresh Thyme, **washed** and minced (or ½ tsp dried thyme)

¼ Tsp Red Pepper Flakes

2 (15-oz) Cans Cannellini Beans, drained and rinsed

1 (15-oz) Can No Salt Added Diced Tomatoes

Zest of 1 Lemon, **washed**

Salt, to taste

Crusty Bread for serving

## what you'll need

Knife

Cutting Board

Large Skillet

Plate

Paper Towel

Spoon

Can Opener

Zester

Measuring Spoons

## nutritional info

342 Calories 14g Fat

44g Carbs 13g Protein

475mg Sodium 12g Fiber

# Tomato Braised Cannellini Beans with Herbs and Garlic

## instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Cook Onion

In a large skillet, heat 2 Tbsp of olive oil over medium heat. Add the sliced onions and cook, until browned, 7-10 minutes. Remove half the onions and place on a paper-towel lined plate. Sprinkle onions with salt and set aside.

### 3. Add Spices to Skillet

Add remaining 2 Tbsp of olive oil to the skillet along with the sliced garlic, rosemary, thyme, red pepper flakes and a pinch of salt. Sauté until the garlic is lightly golden in color, being careful not to burn.

### 4. Add Ingredients to Skillet

Add the beans, tomatoes (including liquid) and an additional pinch of salt to the skillet and stir well. Bring contents to a simmer over medium-low heat and allow sauce to thicken, stirring occasionally, for 10-15 minutes.

### 5. Add Lemon Zest

Finally, add lemon zest and additional salt, to taste. Stir well and serve with crusty bread and topped with the reserved onions and additional lemon zest.

### 7. Clean Up

Wash hands with soap and water.

## Thrifty Tips

- Look for sales on canned goods to keep a well stocked pantry.
- Instead of buying herbs, grow those you may use frequently on a sunny windowsill.

## allergen swap

**Gluten:** If serving with bread, chose a gluten-free option.





# Sheet Pan Chicken Sausage with Vegetables

🕒 20 Mins Prep • 25 Mins Cook • 45 Mins Total

🚫 Allergens: None • 💰 Total Cost \$11.04 • Cost Per Serving \$2.85

👤 4 Servings • 1 Cup Serving Size

This sheet pan dinner is a convenient, easy, and well-balanced meal the whole family can enjoy.

## Ingredients

4 Links Chicken Sausage, sliced

1 Large Red Bell Pepper, washed and chopped

1 Red Onion, chopped into thin strips

1 Large Head of Broccoli, washed and cut into small florets

1 Sweet Potato, washed, peeled and diced into cubes

3 Tbsp Olive Oil

Salt and Pepper to taste

1½ Tsp Garlic Powder

1½ Tsp Dried Oregano

Dried Parsley, to taste

## what you'll need

Cutting Board

Knife

Large Bowl

Sheet Pan

Spoon

Measuring Spoons

Peeler

Parchment Paper

## nutritional info

350 Calories 17g Fat

24g Carbs 18g Protein

425mg Sodium 7g Fiber

# Sheet Pan Chicken Sausage With Vegetables

## Instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Preheat the Oven

Preheat the oven to 425°F, and line a sheet pan with parchment paper.

### 3. Add Ingredients to Bowl

Add chicken sausage, red bell pepper, red onion, broccoli, and sweet potatoes to a large bowl.

### 4. Add Seasoning

Mix in olive oil, salt, pepper, garlic powder, and dried oregano.

### 5. Place onto Sheet Pan

Evenly spread ingredients onto the sheet pan.

### 6. Bake

Bake for 30 minutes or until sweet potatoes are tender.  
Garnish with dried parsley.

### 7. Clean Up

Wash hands with soap and water.

## Thrifty Tips

- Purchase chicken sausage when on sale and freeze until ready to use.
- Sweet potatoes and onions are great pantry staples.





# Nashville Hot Salmon

Dinner

🕒 3 Mins Prep • 15 Mins Cook • 18 Mins Total

🚫 Allergens: Fish • 💰 Total Cost \$17.46 • Cost Per Serving \$2.91

👤 6 Servings • 4 Ounce fillet Serving Size

A spicy fish fillet to wake up your taste buds.

## ingredients

### Nashville Hot Rub

1 Tbsp Cayenne Pepper

¼ Tsp Brown Sugar

¼ Tsp Paprika

¼ Tsp Garlic Powder

¼ Tsp Onion Powder

¼ Tsp Pepper

¼ Tsp Salt

### Fish

24 oz Salmon, cut into 4 oz fillets

## what you'll need

Small Bowl

Measuring Spoons

Spoon

Baking Sheet

Parchment Paper

## nutritional info

165 Calories 7g Fat

1g Carbs 22g Protein

115mg Sodium 0g Fiber



# Nashville Hot Salmon

## instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Preheat Oven

Preheat the oven to 450°F.

### 3. Make Hot Rub

In a small bowl, mix together Nashville hot rub ingredients.

### 4. Prepare Salmon

Place the salmon fillets on a parchment-lined baking sheet. Spoon the Nashville hot rub onto the salmon, pat into an even layer.

### 5. Bake

Place in preheated oven and bake until salmon is cooked through and easily flakes with a fork, about 15 minutes. Serve and enjoy!

### 6. Clean Up

Wash hands with soap and water.

## Thrifty Tips

- Use leftover rub on cooked vegetables, chicken or even on popcorn.
- Use frozen salmon, tilapia, or cod.

## allergen swap

**Fish:** Swap fish for another protein source.



# Slow Cooker Pulled Pork

Dinner

🕒 10 Mins Prep • 4 Hours Cook • 4 Hours and 10 Mins Total

🚫 Allergens: None • 💰 Total Cost \$14.72 • Cost Per Serving \$1.84

👤 8 Servings • ½ Cup Serving Size

An easy way to cook juicy pulled pork. Add it to tacos, rice, mixed vegetables or on a bun.

## Ingredients

3 lbs Pork Butt

1 Large Yellow Onion, diced

4 Cloves Garlic

Dry Rub

2 Tsp Paprika

2 Tbsp Brown Sugar

1 Tsp Garlic Powder

1 Tsp Onion Powder

2 Tsp Salt

1 Tsp Pepper

## what you'll need

Knife

Cutting Board

Medium Bowl

Measuring Spoons

Spoon

Slow Cooker

Two Forks

## nutritional info

336 Calories 25g Fat

0g Carbs 35g Protein

268mg Sodium 0g Fiber

# Slow Cooker Pulled Pork

## instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Mix Spices

Combine the spices for the dry rub in a bowl.

### 3. Chop Onions

Dice the yellow onion and add to the bottom of the slow cooker. Roughly chop the garlic and set aside.

### 4. Prepare Pork

Cut the pork butt into large chunks. Add the pork pieces to the spice rub and toss until the pork is evenly coated. Wash hands with soap and water.

### 5. Add Pork

Place the seasoned pork on top of the diced onion and top with the chopped garlic.

### 6. Cover and Cook

Place the lid on the slow cooker and cook on low for 8 hours or high for 4 hours.

### 7. Shred Pork

Once pork is tender, use two forks to shred the meat.

### 8. Clean Up

Wash hands with soap and water.

## Thrifty Tips

- Buy pork butt when on sale and make the recipe. This recipe is good in the freezer for three months.





# Cannellini Spinach Pasta

Dinner

🕒 5 Mins Prep • 15 Mins Cook • 20 Mins Total

🚫 Allergens: Gluten, Dairy • 💰 Total Cost \$5.52 • Cost Per Serving \$0.92

👤 6 Servings • 1 Cup Serving Size

Enjoy this 15-minute, one-pot meal packed with fiber and fresh flavor.

## ingredients

16 oz Whole Grain Rotini Pasta

1 (15 oz) Can Italian Style Diced Tomatoes

6 oz Frozen Spinach

1 (15-oz) Can Cannellini Beans, drained and rinsed

2 Tbsp Extra Virgin Olive Oil

½ Cup Parmesan Cheese, shredded

Salt and Pepper, to taste

## what you'll need

Large Pot

Colander

Can Opener

Measuring Cups

Measuring Spoons

Serving Spoon

## nutritional info

409 Calories 9.5g Fat

74g Carbs 18g Protein

446mg Sodium 14.5g Fiber

# Cannellini Spinach Pasta

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Cook Pasta

Bring water to a boil in a large pot and cook pasta according to package directions.

### 3. Drain Pasta

Drain water from pasta and return pasta to large pot.

### 4. Add Ingredients

Keep pasta on low heat. Pour tomatoes, beans, spinach and cheese over the pasta. Drizzle olive oil onto mixture.

### 5. Stir Ingredients

Stir all ingredients, allowing cheese to melt.

### 6. Serve

Add salt and pepper, to taste. Serve and enjoy!

### 7. Clean Up

Wash hands with soap and water.

## Thrifty Tips

- Add 2 cans of beans and tomatoes to extend the recipe for more leftovers.

## allergen swap

**Gluten:** Replace whole grain pasta with a gluten-free pasta.

**Dairy:** Remove cheese from recipe, sprinkle with nutritional yeast instead.





# Crunchy Chicken Ramen Stir Fry

🕒 5 Mins Prep • 15 Mins Cook • 20 Mins Total

🚫 Allergens: Gluten, Sesame, Eggs • 💰 Total Cost \$10.80 • Cost Per Serving \$1.80

👤 6 Servings • 1 Cup Serving Size

The perfect balance of comfort and excitement, offering familiar flavors with an unexpected crunch.

## ingredients

### Stir Fry Sauce

3 Tbsp Low-Sodium Soy Sauce

2 Tbsp Toasted Sesame Oil

1 Tbsp Brown Sugar

### Sriracha Mayo Drizzle

2 Tbsp Light Mayonnaise

2 Tbsp Sriracha

### Stir Fry

2 Boneless, Skinless Chicken Breasts

3 Tbsp Olive Oil

1 Tbsp Minced Garlic

1 Tbsp Ground Ginger

1 Medium Onion, Diced

2 Packages (3 oz each) Ramen Noodles (remove seasoning packet)

12 oz Frozen Broccoli Florets

1 Bag Cole Slaw Mix

## what you'll need

Knife

Cutting Board

2 Small Bowls

Measuring Spoons

Skillet

## nutritional info

350 Calories 10g Fat

21g Carbs 20g Protein

441mg Sodium 3g Fiber



# Crunchy Chicken Ramen Stir Fry

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Prepare Sauces

Prepare the sauces first. In a small bowl, stir together the soy sauce, sesame oil, and brown sugar. In a separate small bowl, stir together sriracha and mayonnaise.

### 3. Crush Noodles

Without opening the packets of ramen, crush the noodles into small pieces.

### 4. Cut Chicken

Cut the chicken into ½-inch pieces.

### 5. Cook Chicken

Place a large skillet over medium heat. Once hot, add olive oil and chicken. Saute chicken until the chicken pieces reach an **internal temperature of 165°F**.

### 6. Add Ingredients to Skillet

Add minced garlic, ginger and coleslaw mix to skillet. Cook for 2-3 minutes until cabbage begins to soften. Add stir fry sauce to mixture and turn off heat.

### 7. Steam Broccoli

Steam frozen broccoli according to package directions. Add cooked broccoli to skillet.

### 8. Add Noodles

Finally, stir in the crushed ramen and top with sriracha mayo.

### 9. Clean Up

Wash hands with soap and water.

## Thrifty Tips

- Do not throw away the ramen seasoning packet. Repurpose it in rice, potatoes, or even as a popcorn seasoning.

## allergen swap

**Sesame Oil:** Omit sesame oil and replace with olive oil.

**Gluten:** Replace ramen noodles with cooked gluten-free rice noodles.

**Eggs:** Replace mayonnaise with an egg-free version.



# Cheeseburger Pasta

Dinner

🕒 5 Mins Prep • 25 Mins Cook • 30 Mins Total

🍷 Allergens: Gluten, Dairy • 💰 Total Cost \$13.32 • Cost Per Serving \$2.22

👤 6 Servings • 1 Cup Serving Size

An easy, one pot deconstructed cheeseburger.

## ingredients

1 Medium Onion, diced

1 lb Lean Ground Beef

2 Tbsp All-Purpose Flour

1 (8 oz) Can Tomato Sauce

3 Cups Low Sodium Beef Broth

1 lb Whole Grain Pasta

1 Cup Shredded Cheddar Cheese

4 Tbsp Dill Hot Dog Relish

2 Tbsp Ketchup

2 Tbsp Mustard

## what you'll need

Knife

Cutting Board

Large Skillet With Lid

Measuring Spoons

Measuring Cup

Spatula

## nutritional info

430 Calories    11g Fat

56g Carbs    30g Protein

777mg Sodium    7g Fiber

# Cheeseburger Pasta

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Cook Onion and Meat

Add the onion and ground beef to a large, deep skillet and sauté until meat is fully browned. Drain any excess fat, if needed.

### 3. Add Flour to Skillet

Add the flour to the skillet and continue to cook for approximately one minute.

### 4. Add Ingredients

Add the tomato sauce and beef broth to the skillet. Stir to dissolve the flour.

### 5. Add Pasta to Skillet

Add the uncooked pasta to the skillet and stir to combine. The liquid may not fully cover the pasta. Place a lid over the mixture and turn the heat up until the liquid starts to boil.

### 6. Reduce Heat

Once the liquid reaches a boil, turn the heat to low. Let the pasta simmer for 10 minutes. Stir occasionally.

### 7. Finish with Toppings and Serve

Turn off the heat and add the cheese, relish, ketchup, and mustard. Mix until combined.

### 8. Clean Up

Wash hands with soap and water.

## Thrifty Tips

- Purchase whole grain pasta when on sale to save for later. Dried goods have a longer shelf life.

## allergen swap

**Gluten:** Omit flour. Use gluten-free pasta instead of whole wheat pasta.

**Dairy:** Substitute dairy-free cheese.





# Goulash

Dinner

🕒 5 Mins Prep • 15 Mins Cook • 20 Mins Total

🚫 Allergens: None • 💰 Total Cost \$7.38 • Cost Per Serving \$1.23

👤 6 Servings • 1.5 Cup Serving Size

A quick and easy one pan dinner that's pure comfort food.

## ingredients

1 lb Lean Ground Beef

1 Medium Onion, Diced

1 Bell Pepper, **Washed** and Diced

1 Tsp Garlic Powder

1 (15 oz) Can No Salt Added Tomato Sauce

1 (14.5 oz) Can No Salt Added Stewed Tomatoes

1 Tbsp Worcestershire Sauce

1 Tbsp Ketchup

1 Cup Dry Brown Minute Rice

## what you'll need

Large Pan

Spatula

Measuring Cup

Measuring Spoons

Can Opener

Bowl with Cover

Knife

Cutting Board

## nutritional info

342 Calories    13g Fat

40g Carbs    21g Protein

187mg Sodium    1.5g Fiber

# Goulash

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Cook Ground Beef

In a large skillet, brown the ground beef, onion, bell pepper and garlic powder.

### 3. Cook Rice

Cook the brown rice according to the package while the meat mixture is cooking.

### 4. Add Ingredients

Add the tomato sauce, stewed tomatoes, ketchup, and Worcestershire sauce to the skillet. Bring to a simmer.

### 5. Add Rice to Skillet

Once the rice is cooked, add to the skillet.

### 6. Clean Up

Wash hands with soap and water.

## Thrifty Tips

- Purchase ground beef when on sale. Freeze what you do not need for later use.



# we're here for you.

If you have any nutritional questions, please email our registered dietitians at: [MSP.Dietitians@Meijer.com](mailto:MSP.Dietitians@Meijer.com)



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