



## Menu Planning on a Budget: Creating Memorable Meals for Four for Less Than \$20

*The following six menus are composed of delicious, healthful, budget-friendly foods. Recipes are included for entrees and some sides. (A check mark next to an item means the recipe is included in this document.) Have fun using these menus as jumping off points for creating your own great-tasting, healthful, budget-friendly meals.*

### **MENU #1: Salmon Burgers with Fresh Slaw**

- ✓ **Salmon (or Tuna) Burgers with Spinach and Lemon**
- ✓ **Fresh Slaw or A Simple Green Salad with Vinaigrette**
- Whole Grain Rolls
- Fragrant, Ripe Sliced Tomatoes or Roasted Red Bell Peppers

### **MENU #2: Slow Cooked Beef Stew with Garlicky Greens**

- ✓ **Slow Cooked Beef Stew**
- ✓ **Garlicky Greens**
- ✓ **Whole Grain Side Dish** (see Basic Whole Grains recipe & accompanying chart)

### **MENU #3: Honey and Mustard Roasted Chicken with Roasted Root Vegetables**

- ✓ **Honey and Mustard Roasted Chicken**
- ✓ **Whole Grain Side Dish or Roasted Root Vegetables**
- ✓ **Steamed Green Beans dressed with John Ash's Basic Vinaigrette**

### **MENU #4: Pasta with Marinara Sauce**

- ✓ **Whole Grain Pasta with Marinara Sauce** (**Quick Marinara** or **My Grandmother's Marinara**)
- ✓ **Green Salad with John Ash's Balsamic Vinaigrette** (see vinaigrette recipes for Menu #1)

### **MENU #5: A Small Plates Mediterranean Meal**

- ✓ **Spicy Lentils**
- ✓ **Ginger Garlic Hummus**
- Whole Wheat Pita Bread
- ✓ **Mediterranean Chopped Salad**
- ✓ **Honey and Mustard Roast Chicken** (use leftovers from Menu #3)

### **MENU #6: Curried Tomato Soup**

- ✓ **Curried Tomato Soup** with Brown Rice or Quinoa and Shrimp or **Honey and Mustard Roast Chicken** (use leftovers from Menu #3)
- Whole Grain Rolls

# MENU #1

## Salmon (or Tuna) Burgers with Spinach & Lemon

*Salmon and tuna are both good sources of omega-3 polyunsaturated fatty acids which have been touted for their numerous health benefits. When purchasing canned fish, be sure to purchase “water-packed” versus “oil-packed” varieties as the omega-3 fatty acids are soluble in the packing oil. Drained oil-packed tuna, for instance, will contain one-half to two-thirds less omega-3s than its water-packed counterpart, depending on variety.<sup>1</sup> Most canned salmon and light (not white) tunas are lower mercury and more sustainably fished than widely available fish counter or sushi types.<sup>2</sup>*

### **Ingredients**

**2-6oz. cans salmon or tuna (packed in water), drained well**

**(1# fresh salmon can substituted, chop well)**

**1 scant cup whole grain bread crumbs (approximately 2 slices whole grain bread), unpacked**

**2 large eggs (or 3 egg whites)**

**½ teaspoon jarred crushed garlic (or 2 cloves crushed to a paste)**

**1-1/2 teaspoons dried basil**

**½ large lemon, zest and juice (approximately 2 Tablespoons lemon juice, zest is optional)**

**¼-1/2 cup minced onion**

**4 oz. frozen spinach, thawed and squeezed to remove as much moisture as possible, resulting in ½ cup**

**Freshly ground black pepper**

**1 Tablespoon olive or canola oil**

### **Directions:**

1. Drain canned fish well.

2. Whole grain bread crumbs are available in some markets. If making bread crumbs at home, use 2 slices of whole-grain or sprouted-grain bread and do any of the following: (a) tear into 1” pieces and pulse in a blender or food processor until uniform crumbs result, or (b) chop finely with a knife (rough, large crumbs are OK if using this method).

3. In a medium-sized mixing bowl, stir together eggs, garlic, dried basil, lemon zest and juice, onion and spinach until well combined. Stir in fish and bread crumbs until moistened evenly. Season with freshly ground black pepper. Unless you are using “no salt added” canned fish or fresh fish, you will not need to add salt.

4. Heat a large frying pan over medium-low heat while forming burger mixture into 5-6 patties. Add the oil to the pan, swirling it around until the bottom of the pan is evenly coated. Cook patties until golden brown, approximately 4-5 minutes per side. Make sure to leave patties alone during the initial few minutes of cooking so that the proteins can “set” and hold the burgers together; flipping or moving them around multiple times during cooking will cause them to fall apart.

**Yield: 5-6 burgers or servings**

**Serving Suggestion:** Serve with a fresh cabbage slaw or green salad dressed with vinaigrette. These burgers are great eaten “steak-style” (no bun), but if you could also serve on a whole-grain roll, if desired.

**Notes for freezing:** If you’d like to save extra patties for a later meal, you can put them on a plate or sheet pan in the freezer. Once they’ve frozen through, transfer to an airtight storage bag or container for 1-2 months. To thaw later, do so under refrigeration for 6+ hours.

<sup>1</sup> Calculations from data found at USDA Nutrient Data Laboratory, <http://www.nal.usda.gov/fnic/foodcomp/search/>.

<sup>2</sup> Environmental Defense Fund’s *Eco-friendly Seafood Selector*, <http://www.edf.org/page.cfm?tagID=1521>

Michelle Hauser

# MENU #1

## Fresh Slaw

*The following recipe is meant only to be a guideline – experiment with different oils, vinegars, shredded vegetables, chopped fresh and dried fruits, additions of nuts or seeds, herbs and spices, and the sweetening agent. There are infinite variations that can be made to this outline. Cabbage – or other slaws – with a vinegar-and-oil base are good fresh, even better than next day and perfect for potlucks or picnics since they don't contain mayonnaise or other highly perishable ingredients.*

### Ingredients

**10 cups shredded cabbage, vegetables and/or fruits of your choice\***

**5 Tablespoons of vinegar, your choice**

**1-2 Tablespoons brown sugar, or other sweetener, to taste**

**3 Tablespoons of oil, your choice**

**Salt and Freshly ground black pepper, to taste**

**Optional additions: dried fruits, nuts, seeds, herbs, spices**

### Directions:

1. Thinly slice or shred the vegetable or fruit ingredients you will be using in the recipe. Alternatively, you can buy pre-shredded coleslaw mix in the produce section of most grocery stores.

2. Whisk together vinegar and sweetener, until sweetener dissolves; drizzle mixture and oil over shredded ingredients. Toss in optional ingredients/additions; season to taste with salt and pepper. Serve immediately or keep covered in refrigerator for up to 3 days.

**Yield: 8 servings**

**Classic Oil-and-Vinegar Coleslaw:** 1 medium head of cabbage (about 2#), 1-2 carrots, 1 small white onion; add ½ teaspoon dry mustard and 1 teaspoon celery seed to the vinegar mixture.

Michelle Hauser 2008

**For other ingredient options, please see next page.**

**Other Options:**

(This is far from an exhaustive list, and is meant to help inspire your own creative ideas.)

<b>Vegetables</b>	<b>Fruits</b>	<b>Nuts/Seeds/dried fruits</b>	<b>Herbs/Spices/Other</b>	<b>Vinegars/Acidic Ingredients</b>
Green, Red, Napa or Savoy Cabbage	Apple	Sunflower, sesame, pumpkin, or other seeds	Garlic	Rice Vinegar
Carrots	Grapes	Macadamias	Ginger	Apple Cider Vinegar
Fennel	Pears	Almonds	Basil	Balsamic Vinegar
Sweet Potato	Peaches/Nectarines	Pecans	Parsley	Red or White Wine Vinegar
Jicama	Plums	Walnuts	Cilantro	Lemon, Lime or other Citrus juice
Onion (Sweet, Red, Yellow or White)	Mango	Figs	Rosemary	White Vinegar
Scallion	Tomato	Apricots	Thyme	
Cucumber	Avocado	Raisin or currants	Curry	<b>Oils</b>
Bean, radish or other sprouts	Papaya	Olives	Paprika/Other ground peppers	Olive
Red, Green or other colored Bell Pepper	Orange, Grapefruit or other Citrus	Sun-dried tomatoes	Cumin	Canola
Pea Pods			Coriander	Walnut, hazelnut or other nut oil
Spinach			Clove	Vegetable
Zucchini or Summer Squash			Cinnamon	Safflower
			Nutmeg	Sunflower
			Mint	Sesame
			Dijon Mustard, Other Mustard	
			5-Spice	

# MENU #1

## Simple Green Salad

### Serves 4

4 cups salad greens

2 tablespoons vinaigrette of your choice

Salt, to taste

Black pepper, freshly ground

Optional flavor enhancers: fresh herbs (e.g. basil, dill, chives, cilantro), vegetables, fresh or dried fruits, nuts, olives

### Method

1. Wash and dry greens.
2. Place the greens in a salad bowl. Pour the vinaigrette on top. Gently toss the salad, seasoning with salt and pepper.

# MENU #1

## Basic Vinaigrette and Some Variations

*Included below is a typical version of the classic vinaigrette that the French have used for as long as anyone can remember. There are all kinds of variations on this theme of course and you should feel free to experiment with different oils and vinegars or other acids.*

Makes 1 cup

3 - 4 tablespoons wine or cider vinegar  
2 teaspoons finely minced shallots or garlic  
1/2 teaspoon dry mustard  
Sea salt and freshly ground pepper to taste  
2/3 cup olive oil\*

In a bowl whisk the first 4 ingredients together. Continue to whisk as slowly add the oil. This will form an emulsion in which the sauce will thicken. Alternately you can put all the ingredients in a jar with a tight fitting lid and shake vigorously. The emulsion won't be quite as thick or stable but it's another way to combine the ingredients. Vinaigrettes are best served within a couple of hours or so and at room temperature for maximum flavor. Whisk or shake again if it has stood for more than a few minutes.

*\* Note: With this and the recipes that follow (unless otherwise specified) you can decide whether to use extra virgin olive oil with its more pronounced aromatic flavors or more subdued virgin olive oil. It's all to your taste!*

### **Variations:**

**Roasted Garlic and Mustard Vinaigrette:** Whisk in 1 – 2 tablespoons Dijon mustard and 1 tablespoon roasted garlic that has been mashed to a paste. Great on savory greens and delicious as a marinade for simply broiled or grilled chicken. Rub it on and allow to sit for at least 30 minutes before cooking.

**Fresh Herb and Lemon Vinaigrette:** Add 1/4 cup fresh lemon juice in place of the vinegar and whisk in 2 tablespoons finely chopped fresh herbs such as chives, parsley, basil, tarragon or a combination. I love this on pan-seared white fish. Also makes a great marinade for chicken that you are going to roast or grill.

**Balsamic Vinaigrette:** Replace wine vinegar with Balsamic vinegar (either dark or white). The tart sweet flavor of the balsamic goes great with roasted or grilled vegetables such as mushrooms and meats.

Walnut Oil Vinaigrette: Replace half or all of the olive oil with fragrant walnut or hazelnut oil. Replace wine vinegar with Sherry Vinegar. The toasty, nutty flavor that comes from both the oil and the vinegar are great in a number of ways but I especially like this in a savory salad with crisp greens and shavings of a nutty cheese like Parmesan.

Caper Dill Vinaigrette: Add 1 tablespoon chopped fresh dill, 1 tablespoon chopped drained capers and 1/2 teaspoon finely grated lemon zest. This is great with poached or grilled fishes like salmon and with simply cooked chicken breasts.

John Ash 2008

## MENU #2

### Slow Cooked Beef Stew with Gremolata

*This is a variation of an ancient Italian recipe called "Peposo", which is so named because it uses a lot of pepper. It's a very simple recipe and something happens in the long slow cooking that gives the meat great flavor and texture and mellows the pepper. Start this in the morning and your house will smell delicious all day long! This is perfect for the crock pot. Traditionally this was served over day old crusty bread topped with the braising liquid. You could also serve it with potatoes (mashed or roasted), polenta or pasta. Here I've cut the beef up but you could also leave it in a whole piece. Recipe calls for cracked pepper, which is best done at the last moment. Use a coffee grinder, mortar and pestle if you have one or the bottom of a heavy cast iron pan rolled around on whole peppercorns works great.*

Serves 4 – 6

2-1/2 pound lean stewing beef, cut in 2-inch square portions  
3 tablespoons olive oil  
16 whole cloves of garlic, peeled and left whole  
2 tablespoons or so cracked black pepper (not ground)  
4 cups canned diced tomatoes in juice  
2 cups hearty red wine  
1 cup chopped basil leaves  
Salt to taste  
Garnish: Gremolata (recipe follows), optional

Brown the beef quickly in the oil in a large heavy Dutch oven or pot, preferably ceramic or enamel. Pour off fat and place all remaining ingredients except salt into the pot. Cover tightly and place in a preheated 275-degree oven for 8 - 10 hours. Alternately you could do this on the stovetop over very low heat. The idea is to bring the mixture to a very gentle simmer. Check occasionally and if the liquid begins to boil away add a little boiling stock, wine or water and turn heat down lower. Cook until meat is very tender. Remove meat to a deep platter and keep warm. Degrease cooking liquid if needed and add salt to taste. Return meat to braising liquid and serve topped with a sprinkling of gremolata, if using.

#### **GREMOLATA**

Makes about 1/2 cup

This is a fast one to do with a mini food processor or you can do it by hand.

3 large cloves garlic  
1 cup packed parsley leaves

2 – 3 tablespoons finely grated lemon zest  
1/2 teaspoon or so salt

Turn processor on and drop the garlic in to chop. Add the parsley and lemon and pulse to finely chop it all. Be careful not to turn it into a paste. It should be light and airy. Add salt to taste.

John Ash 2001

## MENU #2

### Garlicky Greens

*A quick, easy way to utilize whichever greens look best at the market. This recipe is quite versatile – it makes a great warm or room temperature side dish, but can be tossed with whole grain pasta that has been coated with olive oil and served as an entrée.*

**Serves 4**

#### **Ingredients**

**1 pound kale, collard greens, broccoli raab, Swiss chard, or other green (stems removed is wider than ¼")**

**2 Tablespoons Olive oil**

**2-4 cloves garlic, minced (depending on your taste)**

**Pinch crushed red pepper flakes, optional**

**Salt & Freshly-ground black pepper, to taste**

**2 teaspoons red wine vinegar, optional (can substitute lemon juice or other vinegar)**

#### **Directions:**

1. Wash greens and shake off excess water, leaving a little behind to provide moisture for cooking, then chop the greens removing any stems that are wider than ¼". Stems can be easily removed by folding the leaves in half, using the stem as the crease, and then slicing right next to the stem (between the stem and leafy part). This will look like a lot of greens, but will cook down significantly.
2. Heat a large, deep skillet on the stove top, and add olive oil when you hold your hand an inch or two away from the bottom and feel warmth emanating from the pan; swirl to coat the entire surface with the oil.
3. Add enough chopped greens to fill the pan about halfway, allow them to wilt, and then repeat, stirring occasionally, until all of the greens have been added to the pan (usually 2 or 3 batches).
4. Stir in the garlic, red pepper flakes, and a sprinkling of salt and pepper. Cover the pan and allow greens to cook until tender. Very young, tender leaves will take only a few minutes; older, tougher leaves may take up to 15 minutes.
5. Uncover and cook away excess liquid. Remove from heat, stir in vinegar or lemon juice and adjust seasoning with salt and pepper. This can be served immediately (warm) or at room temperature.

**Yield: 4 side dish servings, 2 entrée servings (see introductory note)**

Michelle Hauser 2008

## MENU #2

### Basic Whole Grains

*These are the most basic cooking instructions for a variety of whole grains. Liquids can be wholly or partially substituted with broths, vegetable or fruit juices, teas – creativity and individual tastes are the limit. Be sure to decrease the salt (if using), when substituting salt-containing liquids for the water.*

#### BASIC METHOD FOR WHOLE GRAINS

(see accompanying chart for specific grain information)

**1. RINSE:** two methods

- a. Measure grain into a fine mesh strainer and run cold water over it, shaking the strainer to make sure to rinse all of the grains (this takes about 30 seconds to 1 minute). Shake a bit more to remove excess water that clings to the grains.
- b. Measure grain in a mixing bowl or other container much larger than the amount of grain, and fill the bowl with cool water. Use your hands to swirl the grains in the water to rinse them. Drain the water from the bowl slowly and the grains generally sink to the bottom. When nearing the end of draining, use your hand with fingers spread just far enough apart to allow water, but not grain to flow between them – basically using your hand as a guard to prevent dumping the grains into the sink.

**2. TRANSFER** grains to a sauce pan (for up to 2 cups of dry grain) or stock/soup pot (for 3 cups or more of dry grain).

**3. ADD WATER** (or other liquid – can be hot or cold) and stir.

[NOTE: The amounts of liquid listed for each grain, below, may seem like slightly less than you are used to adding because the amounts have been adjusted for the liquid that clings the drains after rinsing. When a range is given (i.e. 1 to 1-1/2 cups), the lesser amount is for firmer, and the greater amount for softer, end product – choose depending on your preference.]

**4. COOK:** Place pot over high heat, uncovered, and bring to a rolling boil. Stir thoroughly adding salt now, if using. Immediately turn heat to the very lowest setting, cover the pot (use a dinner plate if you don't have a lid that fits the pan), and set the timer.

**5. STAND:** When the timer goes off, remove pot from heat without uncovering, and allow to stand for time given in chart (more time is fine). If you are cooking a grain that you haven't cooked before, quickly test a grain to make sure it is tender before removing from heat to stand; try to keep the time that the lid is off of the pot to a minimum. Fluff with a fork and either serve or store as described below.

[NOTE: a couple of grains are best is fluffed prior to standing; they are noted in the "Standing time" column.]

**\*Soaked overnight:** Grains marked with an asterisk (\*) cook quicker and yield a superior product if soaked overnight before cooking. To soak overnight: rinse grains as described in the directions above, but transfer to a bowl or other contain that you can cover. Cover the grains by at least 1 inch in cool water and place in the refrigerator overnight. When you're ready to cook the grains, drain the soaking liquid and proceed with the directions above, making sure to use the cooking time in the "**Soaked overnight**" column.

**Notes for storing and freezing:** Allow grains to cool to near room temperature before storing in the refrigerator or freezer. These easily last 5 days when stored in a covered container in the refrigerator. Alternatively, you can freeze leftovers in convenient single-serving sizes if you would like to have “instant” whole grains at your disposal. To do this, use a ½ or 1-cup dry measuring cup, pack full of grain, invert onto a dinner plate or sheet pan (or whatever else fits into your freezer) repeating until you’ve done this with all of the leftover grain. Place the plate/pan into the freezer and allow the servings of rice to freeze solid. Remove the plate/pan from the freezer and transfer individual servings to an airtight plastic storage bag (you may need to run hot water over the bottom of the plate/pan to loosen the blocks of grain). These individual servings are great to take for lunch or to use for a busy weeknight dinner – all that needs to be done is to microwave each portion for 1 to 1-1/2 minutes on high, and viola, instant (and very inexpensive), whole grains.

**Variations:** any grain can be toasted in a dry pan, or with a bit of oil, over medium heat, stirring frequently, until it gives off a toasted aroma.

Michelle Hauser 2008

## Grain Cooking Chart

GRAIN (1 cup dry grain)	WATER	Cooking Time (unsoaked)	Cooking Time (soaked overnight*)	Yield	Standing Time
<b>RICE (all gluten-free)</b>					
Brown Rice (Long, medium or short grain; Basmati; Jasmine, Texmati, Sweet brown)	1-3/4 cups	35-40 min.		3 cups	10 min.
Wehani rice (red rice)	1-3/4 cups	35-40 min.		3 cups	10 min.
Wild Rice	2-1/2 to 2-3/4 cups	50-55 min.			10 min.
Forbidden rice	1-1/2 to 1-3/4 cups	30 min.		3 cups	10 min.
<b>OTHER GRAINS</b>					
Quinoa (gluten-free)	1-3/4 cups	15 min.		4 cups	(fluff first) 10 min.
<i>Amaranth (gluten-free)</i>	2-1/2 to 3 cups	25 - 30 min.		2-2 1/2 cups	10 min.
Teff (gluten-free)	3-1/2 to 3-3/4 cups	15 min.		3 cups	(fluff first) 10 min.
Millet (gluten-free)	2-1/4 to 2-1/2 cups	20-25 min		5 cups	(fluff first) 10 min
Buckwheat, groats, roasted (gluten-free)	1-3/4 to 2 cups	20 min.		3 1/2 cups	10 min.
Barley, hulled	3 to 3-1/2 cups	90 min.		3 1/2-4 cups	10 min.
Barley, pearled	3 to 3-1/2 cups	60 min.		3 1/2-4 cups	10 min.
Kamut*	<b>2-1/2</b> to 3 cups	90 min.	<b>30-45 min.</b>	2 3/4 cups	10 min.
Oat groats*	<b>1-1/2</b> to 2 cups	1 hour	<b>35 min.</b>	2 1/2 cups	10 min.
Rye, berries	3 to 3-1/2 cups	1-1/2 hours		3 cups	10 min.
Spelt*	<b>2-1/2</b> to 3 cups	1-1/2 to 2 hrs	<b>45 min.</b>	2 1/2 cups	10 min.
Wheat Berries, Hard	2-1/2 to	1-1/2 to 2 hrs		3 cups	10 min.

(Red)	3 cups				
Wheat Berries, Soft (White)	2-1/2 to 3 cups	1 hour		3 cups	10 min.
Bulgur (alternate: steep - see below)	1-3/4 cups	10 min.		3 cups	10 min.
Wheat, cracked	2-3/4 cups	20 min.		3 cups	10 min.
<b>GRAINS THAT CAN STEEP</b>					
<b>(Don't rinse, just stir in boiling water, cover and rest for time given for "standing.")</b>					
Couscous, whole wheat	1-1/4 to 1-1/2 cups	5-10 min.		2 1/2 cups	10 min.
Bulgur	2 cups boiling water			3 cups	1 hour

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## MENU #3

### Honey and Mustard Roast Chicken

*Roast chicken is one of life's great pleasures and easy to do. The coating here could also be used for roast pork tenderloin or loin and would be delicious of fillets of fish.*

Serves 4

1 whole chicken, about 3-1/2 pounds  
Salt and freshly ground black pepper to taste  
3 sprigs of fresh rosemary (1 tablespoon dried)  
1 tablespoon Dijon mustard  
1/4 cup honey  
1 lemon, zested, halved and juiced  
1/2 yellow onion, quartered  
3 cloves garlic, peeled and halved

Preheat oven to 375°F. Rinse the chicken under cold water and pat dry with paper towels. Season inside and out generously with salt and pepper. Place the chicken in a large roasting pan, on a rack if available.

Roughly chop two sprigs of the rosemary. In a small bowl, mix together Dijon mustard, honey, chopped rosemary, lemon juice and lemon zest.

Place the remaining sprig of rosemary, lemon half, the onion quarters and garlic in the cavity of the bird. Using a brush or with your fingers, coat the outside of the bird with the lemon honey glaze.

Place the roasting pan in the oven and baste the chicken every 15 minutes with any remaining glaze. Roast until a thermometer inserted into the thigh reaches 170° and juices run clear, about one hour. Carve and serve hot or at room temperature.

John Ash 2001

## MENU #3

### Roasted Root Vegetables

*Yield: 8 servings*

2 pounds assorted root vegetables, cut into ½ inch cubes  
2 medium red onions, chopped  
4 cloves garlic, crushed  
2 tablespoons olive oil  
¾ teaspoons salt  
¼ teaspoons freshly ground pepper  
1 teaspoon dried herbs or Italian seasoning (If using fresh herbs, double the amount.)  
¼ cup parsley, chopped

#### **Method**

1. Preheat oven to 400°F and set racks on the upper and lower levels.
2. Combine all ingredients except the parsley. Mix well and divide the mixtures between two 15 x 10 inch pans. Make sure the vegetables are in a single layer and do not overcrowd the pans.
3. Roast the vegetables for about 40 minutes or until tender and browned, stirring them occasionally and rotating the pans between the upper and lower levels halfway through the roasting time.
4. Once the vegetables are tender, sprinkle with parsley, gently toss, and serve.

**Variations:** You can use any root vegetable for this recipe, including turnips, rutabagas, parsnips, carrots, potatoes, cauliflower, butternut squash, etc

## **MENU #4**

### **Pasta with Marinara**

**Cook whole grain/high protein pasta according to packaged instructions. Barilla Plus is a wonderful multi-grain pasta with added omega-3 fatty acids (alpha-linolenic acid/ALA). It is also rich in protein and dietary fiber, and it has a lower glycemic index than traditional pasta.**

### **Marinara Sauce: Two Variations**

The second recipe is for the simplest marinara, one that doesn't include anchovies and can be put together in just a few minutes with ingredients from your pantry.

## MENU #4

### My Grandmother's Marinara

*One of the simplest all-purpose sauces one can make is a marinara. It's the classic Italian tomato sauce that can be used to dress pasta, rice and cooked vegetables of any kind. There are as many variations on marinara as there are cooks who make them. I like to think that marinara sauce has in it something of the sea and the following is a recipe that my grandmother passed on to me. You'll note that it uses anchovies to flavor the sauce. Try it even if you don't like anchovies. You'll never know they are there and they add wonderful richness and flavor.*

Makes ~ 8 cups

4 tablespoons extra virgin olive oil  
1 small yellow onion, diced  
3 large cloves garlic, peeled and chopped  
4 - 6 anchovy fillets packed in oil, chopped \*\*  
3 cans (28 ounces each) whole peeled tomatoes with basil, preferably Italian\*\*  
6 whole basil leaves or 1 tablespoon dry basil  
2 cups chicken or vegetable stock or water\*\*  
Salt and freshly ground black pepper to taste

Heat the olive oil in a 4- to 5-quart saucepan over medium heat. Add the onion and garlic and cook stirring until vegetables are softened and lightly browned, about 3 minutes. Add anchovies and cook for another 2 – 3 minutes, until they are soft and melting.

Crush the tomatoes with your hands to break them up. Add the tomatoes and basil leaves to the pot. Bring to a boil, pour in the stock or water (the sauce will lose a lot of liquid during cooking), and reduce the heat to low.

Partially cover the pan to allow steam to escape, and cook for 45 minutes to 1 hour until you have a thick, rich sauce. Stir occasionally to prevent tomatoes from sticking to the bottom of the pan and burning. Season to your taste with salt and pepper.

NOTE: This sauce freezes well.

John Ash 2000

## MENU #4

### Quick & Simple Marinara

*This is the simplest marinara, one that doesn't include anchovies and can be put together in just a few minutes with ingredients from your pantry.*

Makes 7 cups

If you like your sauce a little spicy add 1/4 teaspoon red chile flakes when you add the tomatoes.

Heat the oil in a 4-quart sauce pan over moderate heat and add the onions and garlic. Cook until vegetables are softened and just beginning to brown, about 3 minutes. Add the tomatoes, basil, water or wine and simmer partially covered for 15 minutes or so. Season to your taste with salt and pepper.

3 tablespoons olive oil  
1 cup finely chopped onion  
1 tablespoon finely chopped garlic  
2 cans (28 ounces each) crushed tomatoes with basil  
2 teaspoon dry basil (optional)  
1 cup water or dry red wine  
Salt and freshly ground pepper

John Ash 2000

## MENU #5

### Spicy Lentils

*Delicious served cold as a salad with greens or hot as an accompaniment to simply prepared meats, chicken and sausages.*

Makes 4 cups

1 tablespoon olive oil  
1/4 cup minced shallots or green onions  
2 tablespoons minced garlic  
1/3 cup diced carrots  
1/3 cup diced celery  
1/2 cup chopped shiitake or cremini mushrooms  
3 tablespoons red wine vinegar (or to taste)  
1 teaspoon minced canned chipotle chiles in adobo (or to taste)  
8 ounces green or brown lentils  
2 - 3 cups clear vegetable or chicken stock or water  
Salt and freshly ground pepper

In a saucepan over medium heat add the oil, shallots, garlic, carrots, celery and shiitakes. Sauté slowly until soft but not brown. Add the vinegar and chipotles. Raise the heat to high and stir for 3-4 minutes or until liquid is reduced by half. Add the lentils and stock. Bring the liquid to a boil, reduce the heat to a simmer and cover. Cook for 20 minutes or until the lentils are tender but still firm and not mushy. Add more stock if necessary. Season to taste with salt and pepper.

John Ash 1995

## MENU #5

### Ginger Garlic Hummus

*Classic hummus is made with garbanzos and tahini (sesame butter). I've changed the mix a bit as you'll note. It's very simple to make and delicious as a dip for raw vegetables, as a spread for grilled vegetable sandwiches or served as is with crisp pita chips.*

Makes about 2-1/2 cups

- 2 teaspoons chopped garlic
- 1 tablespoon peeled and finely chopped fresh ginger
- 2 cups garbanzo beans (from two 15-ounce cans), drained and rinsed
- 1/4 cup cashew or peanut butter
- 1 tablespoon soy sauce
- 1 teaspoon Asian chili sauce such as Sriracha\*, or to taste
- 1/4 teaspoon ground cumin
- 1/3 cup chicken or vegetable stock or water
- 1/4 cup fresh lemon juice, or to taste
- 1/4 cup chopped fresh cilantro
- 1 green onion, chopped

Add garlic, ginger, beans, cashew butter, soy sauce, chili sauce, and cumin to a food processor and pulse to chop. Add the stock and lemon juice and process till nearly smooth but still with a little texture. Add cilantro and green onion and pulse a couple of times to just combine. Store covered and refrigerated up to a week.

*\*Available in the Asian foods section of many supermarkets and at Asian markets.*

John Ash 2006

## MENU #5

### Mediterranean Chopped Salad

*This a version of a salad known as “Vegetable Salad” that is traditionally served with each meal of the day in Israel and surrounding areas. True to form, it is included in this menu of small plates that resembles a simplified version of Israeli breakfast. As the stories go, Israelis would go to work early to avoid the hot sun, and once they had worked up an appetite, would meet over a hearty meal composed mainly of numerous small plates. In addition to vegetable salad, these include flatbreads with a variety of dips and spreads [hummus, tehina (a thick, sesame-based dip), baba ghanouj (a roasted eggplant spread), labaneh (a homemade yogurt cheese)], shakshouka (a well-spiced dish made from egg and tomato), salad of mixed cheeses and vegetables, and rugelach (a cream cheese pastry filled with sweetened goodies and nuts). It is usually served with sweetened black coffee spiced with cardamom.*

#### **Ingredients**

**2 large ripe tomato, or 2-3 Roma tomatoes, 1-inch diced**

**2 medium cucumber, peeled if waxed, 1-inch diced** 2-6oz. cans salmon or tuna (packed in water),  
**drained well**

**½ red bell pepper, ½-inch diced**

**2 scallions (aka. green onions), sliced thinly OR ½ small red onion, ¼-inch diced**

**1-1/2 tablespoons olive oil**

**2 tablespoon fresh lemon juice**

**Salt, to taste**

**Black pepper, to taste (freshly ground is best)**

**Optional ingredients – these are great-tasting additions when cost and availability permit**

**4 oz. feta cheese or firm regular tofu, crumbled**

**½ cup kalamata or black olives**

**¼ cup chopped fresh mint**

#### **Directions:**

Toss all vegetables (and olives, cheese, tofu, and mint, if using) together in a large mixing bowl. Drizzle with olive oil and lemon juice. Season to taste with salt and pepper. Great served immediately, in an hour or the following day.

**Yield: 4-6 large servings (depends on sizes of vegetable used)**

**Michelle Hauser 2008**

## MENU #6

### Curried Tomato Soup with Brown Rice or Quinoa

*This is a simple recipe, easily put together in a few minutes. Remember that curry powders vary greatly in strength. Taste the soup carefully to decide if you want more. To turn this into a main course soup, you could add cooked shellfish such as shrimp or scallops, leftover chicken or grilled or sautéed portabella mushrooms..*

Makes about 2 quarts, serving 6-8

2 cups onion, cut in 1/4 inch dice  
1 tablespoon chopped garlic  
1 tablespoon or more good curry powder  
1 tablespoon olive oil  
1 32 oz. can diced tomatoes in juice  
4 cups chicken or vegetable stock  
1 cup dry white wine or water  
1 tablespoon finely minced ginger  
1 teaspoon whole fennel seed  
1/4 teaspoon crushed red chili flakes, or to taste  
Salt and freshly ground pepper to taste  
3-4 cups warm, cooked brown rice or quinoa  
2 tablespoons chopped fresh cilantro

Add onion, garlic, curry powder and oil to a stock pot and cook over moderate heat until just beginning to color. Add tomatoes, stock, wine, ginger, fennel seed and red chile flakes and simmer for 10 minutes. Correct seasoning with salt, freshly ground pepper and additional curry if desired. To serve: Ladle soup into warm bowls, spoon warm rice into middle and top with cilantro.



## 25+ Healthy Foods That Cost Less Than \$2.50

*Looking for ways to eat well and spend less? Consider adding these healthful, budget-friendly foods to your cart the next time you go grocery shopping.*

### **FRUITS & VEGETABLES**

- 2 to 4 apples, bananas, pears or oranges
- 2 to 3 baking potatoes
- 1 quart of 100% fruit juice
- 6-4 oz. portion cups of applesauce or other fruit with no added sugar
- 1 pound of grapes
- 1 green or red pepper
- 1 head of cabbage
- 1 bag of baby or petite carrots
- 1 bag of frozen vegetables – many varieties
- 1 bag of shelled edamame

### **MEAT and SEAFOOD**

- 1-6 oz. can of tuna, salmon (pink/red), or chicken
- 5 oz. fresh turkey tenderloin
- 5 oz. beef round
- 1 lb. ground turkey or ground chicken
- 1 dozen eggs

### **WHOLE GRAINS**

- 1 box of whole wheat or multigrain crackers
- 1-13 oz. box of shredded wheat or whole grain oat unsweetened cereal
- 1-10 oz. box of hot cereal such as bulgur or old-fashioned oatmeal
- 1 box of whole wheat pasta enriched with omega-3 fatty acids
- 10-6" whole wheat tortillas
- 1 loaf of 100% whole wheat bread; 2 to 3 whole wheat, multigrain, or flax bagels
- 1 box of microwave popcorn

### **DAIRY/SOY PRODUCTS**

- ½ gallon of skim milk
- 8 oz. of part-skim mozzarella cheese
- 3 to 4 individual containers of yogurt or soy yogurt
- 1-32 oz. container of soy milk

### **DRY GOODS**

- 1- 8 oz. package of dried fruit – apples, apricots, cherries, cranberries, plums, pears, raisins
- ¼ pound of almonds or walnuts
- 1-8 oz. jar of peanut butter
- 1 to 2 packages of no salt added chili seasonings
- 1 package of soy nuts
- 6 to 8 oz. of dark chocolate with 60% cacao
- 1-10 oz. can of beans (black, kidney, pinto, or Great Northern)
- 1-18 oz. can of diced tomatoes with seasonings such as green chilies, basil or Italian seasoning

# The “Healthy Kitchens, Healthy Lives” Pantry

The following items are essential items for any “healthy kitchen.” Having these items on hand can make healthful cooking convenient, even for the busiest of people, especially if you develop a repertoire of meals you can make from memory with healthful ingredients you have on hand. Each section contains blank lines so you can add in items essential for your “healthy kitchen.”

## CANNED GOODS

- Canned tomatoes including whole, crushed, sauce, and paste
- Canned legumes like kidney beans, Great Northern beans, pinto beans, black beans, and lentils
- Canned tuna or salmon
- Canned reduced/low sodium broth (beef, chicken, vegetable)
- \_\_\_\_\_
- \_\_\_\_\_

## DRY GOODS

- Whole wheat/whole grain pasta like spaghetti, fettuccine, penne, and lasagna
- Whole grains like pearl barley, whole wheat couscous, brown rice, and quinoa
- Whole grain cereals
- Dried fruits like raisins, cranberries, figs, and apricots
- Nuts like almonds, pecans, pistachios, and walnuts (*NOTE: It's best to store nuts in the refrigerator or freezer to maintain fresh taste!*)
- Nut butters (natural peanut butter, almond butter)
- Dry beans, split peas and lentils (*NOTE: Canned beans, split peas, and lentils cook quickly while dry version may require soaking overnight as well as longer cooking time.*)
- \_\_\_\_\_
- \_\_\_\_\_

## SPICES, HERBS, & AROMATICS

- Black peppercorns
- Kosher salt or sea salt
- Red pepper flakes
- “Mediterranean” seasonings including basil, bay leaves, oregano, rosemary
- “Latin” seasonings including cumin, dried chiles, Mexican cinnamon, Mexican oregano
- “Indian” seasonings including turmeric, garam masala, cumin seeds, coriander seeds, mustard seeds
- Onions (white, yellow and red)
- Fresh garlic
- Fresh ginger root
- \_\_\_\_\_
- \_\_\_\_\_

**BAKING SUPPLIES**

- Real vanilla extract
- Cocoa powder
- Old-fashioned oats
- Honey
- Whole wheat pastry flour
- \_\_\_\_\_
- \_\_\_\_\_

**OILS, VINEGARS & SAUCES**

- Healthy oils like canola, olive, and sunflower
- Vinegars like red wine, apple cider or champagne
- Reduced sodium soy sauce
- Fish sauce
- Oyster sauce
- Mustards including yellow, whole grain, and Dijon
- \_\_\_\_\_
- \_\_\_\_\_

**FROZEN FOODS**

- Frozen vegetables (cauliflower, carrots, broccoli, peas, Brussels sprouts, bell peppers)
- Frozen fruit (pineapple, strawberries, blueberries, mixed berries)
- Frozen poultry (boneless, skinless chicken breasts and tenders, ground chicken, ground turkey)
- Frozen fish (salmon steaks, cod fillets)
- \_\_\_\_\_
- \_\_\_\_\_

**FRESH FRUITS, VEGETABLES & HERBS**

- An assortment of your favorite fresh fruit
- Fresh vegetables like lettuces, baby spinach, carrots, tomatoes, mushrooms, and avocados
- Fresh herbs like cilantro, chives, and basil
- \_\_\_\_\_
- \_\_\_\_\_

**DAIRY & OTHER REFRIGERATED FOODS**

- Dairy products like low-fat or non-fat milk
- Soy products like soy milk and tofu
- Plain yogurt
- Eggs
- Hard aged flavorful cheese like sharp cheddar, Parmesan and Pecorino-Romano
- \_\_\_\_\_
- \_\_\_\_\_