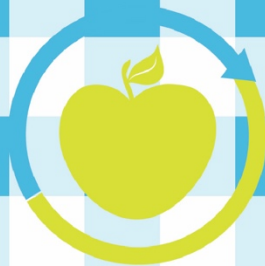


GET FIT PRESENTS



FRUGAL BITES



CENTER ON
NUTRITION
& DISABILITY

Get FIT

1st Edition

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Eliminate Excuses and Identify Parameters

Excuses, we all are extremely familiar with them, but it is important to overcome these excuses when grocery shopping. We eat multiple times a day and being strategic while grocery shopping is step one to healthy eating.

Money Saving Tips for the Grocery Store

- **Sign up for your store's value customer program.** Keep your store savings card on your keys or in your wallet. Have the cashier scan it every time you shop, this ensure you receiving your discounts. There is a possibility of receiving additional coupons as well.
- **Don't shop hungry.** Try to eat a snack before going to the grocery store. This causes fewer impulse buys and less chance of buying sugary foods you normally would not consume.
- **Shop from a list and only buy what's on the list.** Create a grocery list before going to the food store. The best way to reduce cost is buying what is on the list. ***Tip:** When an item runs out of the pantry, start a grocery list; this will reduce chances of forgetting items at the store and keeping down the cost.
- **Shop when you're not stressed or rushed for time.** When shopping when rushed, there can be a chance you will forget something and like shopping when hungry; shopping when stressed can lead to buying food that is high in calories and sugar.
- **Use the unit price to compare similar foods.** The unit price tells you how much you are paying per quantity. Compare the cost of different brands and size containers.
- **Avoid buying individually packaged foods that have been pre-cut or prepared.** The more packaging and preparation of a product, the higher the cost.
- **Buy fruits and vegetables that are in season.** When buying fresh foods in season, you are eating its full nutritional value, reducing your carbon footprint, and supporting local farmers. Buying in season will reduce the cost as well.
- **Freeze in season fruits and vegetables for longer use.** Consider stocking up on in season fruits and vegetables when you find a deal so they can be frozen and used later.

What you can do at Home

- **Safe leftovers for later.** Leftovers can be used for lunch or dinner the next day or freeze your leftovers.

- **Use leftovers for a different meal.** Get creative with your left overs, making a small change can make a big difference.
- **Plan 2-3 meatless meals each week.** Poultry is often expensive. By adding meals that are meatless but still offer protein, will help reduce cost overall. Good sources of protein besides meat are: beans, peas, lentils, and legumes. You may also add beans to your meats to prolong use.
- **Expand your culinary outlook.** Trying new fruits, vegetables, and recipes is part of the process of a healthy lifestyle.

Frugal Bites: Breakfast



Peanut Butter Brownie Baked Oatmeal

This indulgent oatmeal is healthy with rich chocolatey goodness and just a hint of sweetness.

Total Cost: \$3.77 recipe/ \$.63 serving

Prep Time: 10 minutes

Cook Time: 45 minutes

Total Time: 55 minutes

Servings: 6



INGREDIENTS

- 1.5 cups mashed ripe bananas (about 3 medium bananas) \$.68
- 1 large egg \$.27
- 1/4 cup natural peanut butter \$.31
- 1/4 cup brown sugar \$.04
- 1 tsp salt \$.02
- 1 tsp baking powder \$.06
- 1/2 tsp cinnamon \$.05
- 1/3 cup unsweetened cocoa powder \$.29
- 2 cups 2% milk \$1.12
- 3 cups old-fashioned rolled oats \$.50
- 2 Tbsp natural peanut butter (for topping) \$.15

INSTRUCTIONS

1. Preheat the oven to 375 degrees.
2. Mash the bananas well, then place them in a large mixing bowl along with the egg, peanut butter, brown sugar, vanilla, salt, baking powder, cinnamon, and cocoa powder. Whisk until the mixture is mostly smooth.
3. Add the milk to the chocolate banana mixture, and then whisk until smooth again. Add the dry rolled oats and then stir until combined.
4. Pour the oat mixture into a 2-3 quart casserole dish coated with non-stick spray. Drizzle the remaining 2 Tbsp peanut butter over the oats and drag a knife through to create swirls. If needed, warm the peanut butter slightly to make it runny enough to drizzle over the oats.
5. Bake the oats in the preheated oven for 45 minutes. Serve warm, or refrigerate until ready to eat.

5-Minute Microwave French Toast Mug

This 5 minute quick breakfast is a great single serving breakfast.

Total Cost: \$.84 each

Prep Time: 4 minutes

Cook Time: 1 minute

Total Time 5 minutes

Servings 1



INGREDIENTS

- 1 tsp butter \$.04
- 3 Tbsp 2% milk \$.07
- 1 tsp maple syrup \$.11
- ¼ tsp cinnamon \$.02
- ¼ tsp vanilla extract \$.21
- Pinch ground nutmeg \$.02
- 1 large egg \$.27
- 1 cup bread pieces \$.10

Optional Toppings or Add-Ins

- Berries
- Sliced bananas
- Nuts
- Powdered sugar
- Peanut butter
- Chocolate chips

INSTRUCTIONS

1. Place the butter in a large mug and microwave for 15-20 seconds, or until melted. Add the milk, maple syrup, cinnamon, vanilla, nutmeg, and the egg to the mug and whisk until everything is well mixed.
2. Add the bread pieces to the mug and gently stir until all the pieces are saturated with the egg and milk mixture. Be careful not to stir too roughly or the bread pieces may fall apart. Let the bread sit and absorb the liquid for about 1 minute.
3. Microwave the mug for 60-90 seconds, or until the mixture is solid.
4. Serve immediately

Creamed Spinach Baked Eggs

This recipe is fast and easy and most ingredients can be found in your pantry already!

Total Cost: \$4.97/ recipe/ \$1.24 serving

Prep Time: 5 minutes

Cook Time: 35 minutes

Total Time: 40 minutes

Servings: 4



INGREDIENTS

- 2 Tbsp butter \$.27
- 2 cloves garlic, minced \$.16
- 2 Tbsp all-purpose flour \$.02
- 1.5 cups 2% milk \$.57
- 1/4 tsp salt \$.02
- 1/8 tsp ground nutmeg \$.02
- Freshly cracked pepper \$.03
- 1/4 cup grated Parmesan \$.41
- 3/4 lb frozen chopped spinach \$1.27
- 4 large eggs \$1.08
- 2 oz feta \$1.12

INSTRUCTIONS

1. Preheat the oven to 400 degrees. Add butter and garlic to a skillet and sauté over medium heat for about one minute. Whisk the flour into the melted butter and continue to cook and stir for about two minutes. The butter and flour will form a paste.
2. Whisk milk into the butter and flour mixture until there are no lumps. Stir in the salt, nutmeg, and some freshly cracked pepper.
3. Allow the milk to come to a simmer, whisking often, at which point it will thicken to gravy like consistency. Whisk in the grated Parmesan until melted. Add the frozen chopped spinach and cook until it has heated through.
4. Use a large spoon to create four wells in the creamed spinach. Crack one egg into each well. Sprinkle crumbled feta.
5. Bake the spinach and eggs for about 15 minutes
6. Serve and enjoy!

Sriracha Egg Salad

Sriracha Egg Salad is simple and a quick dish! This egg salad is creamy, tangy, and spicy sauce.

Total Cost: \$3.11 recipe/ \$.78

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 4



INGREDIENTS

- 8 large eggs \$2.16
- 1/2 cup mayonnaise \$.56
- 2 Tbsp Sriracha \$.18
- 1/4 tsp salt \$.02
- 1/2 tsp lemon juice \$.03
- Freshly cracked pepper \$.02
- 2 green onions \$.14

INSTRUCTIONS

1. Place the eggs in a large sauce pot and add enough water to cover them by one inch. Place a lid on the pot and bring to a boil over high heat. Once it reaches a full rolling boil, turn off the heat and let it sit with the lid in place for 15 minutes. After 15 minutes transfer the eggs to an ice water bath to stop the cooking process. Let the eggs sit in the ice water bath to stop the cooking process. Let the eggs sit in the ice water for 5-10 minutes.
2. While the eggs are cooking, prepare the dressing. Combine the mayonnaise, sriracha, salt, lemon juice, and some freshly cracked pepper in a bowl.
3. Finally, slice the green onions and peel the eggs. Coarsely chop the eggs, place them in a large bowl with the sliced green onions, and pour the dressing over top. Stir to combine, then serve or refrigerate until ready to serve.

Cheddar Grits Breakfast Bowls

Cheddar Grits Breakfast Bowls is an indulgent breakfast or brunch option.

Total Cost: \$4.44 recipe/ \$1.11 serving

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 4



INGREDIENTS

- 4 cups water \$0.00
- 1 tsp salt \$.05
- 1 cup quick cooking yellow grits \$.27
- 2 Tbsp butter \$.22
- 1/2 cup whole milk \$.15
- 4 oz medium cheddar, grated \$.75
- 4 large eggs \$1.08
- 1 cup salsa \$1.67
- 4 green onions, sliced \$.23
- Freshly cracked pepper

INSTRUCTIONS

1. Add the water and salt to a medium sauce pot. Place a lid on top, turn the heat on high, and bring the water up to a rolling boil. Once boiling, stir in the grits. Turn the heat down to low, replace the lid, and let simmer for 5-7 minutes, or until thickened.
2. Add the butter and milk to the grits and stir until the butter has melted and the grits are smooth. Stir in the grated cheddar, once handful at a time, until fully melted in and smooth. Leave the lid on the pot with the burner turned off to keep the grits warm.
3. Cook four eggs using your favorite method. Slice the green onions.
4. To build the bowls, place one cup of the cheddar grits in a bowl, top with one egg, 1/4 cup salsa, some freshly cracked pepper, and a sprinkle of sliced green onions.

Banana Coconut Baked Oatmeal

The Banana Coconut Baked Oatmeal is rich in flavor and has just the right amount of sweetness to make your breakfast feel indulgent.

Total Cost: \$4.29 recipe/ \$.72

Prep Time: 10 minutes

Cook Time: 45 minutes

Total Time: 55 minutes

Servings: 6



INGREDIENTS

- 1.5 cups mashed ripe bananas \$.68
- 1 large egg \$.27
- 1/4 cup brown sugar \$.08
- 1/2 tsp vanilla \$.14
- 1/2 tsp nutmeg \$.05
- 1 tsp baking powder \$.06
- 1/2 tsp salt \$.03
- 1/3 cup unsweetened shredded coconut \$.31
- 13.5 oz can coconut milk \$2.17
- 3 cups old-fashioned rolled oats \$.51

INSTRUCTIONS

1. Preheat the oven to 375 degrees. Coat the inside of 2-3 quart casserole dish with non-stick spray.
2. In a large bowl, whisk together the mashed bananas, egg, brown sugar, vanilla, nutmeg, baking powder, salt, and shredded coconut until evenly combined. Add the coconut milk and whisk until smooth again. Add the rolled oats and stir with a spoon until combined.
3. Pour the oat mixture into the prepared casserole dish and bake, uncovered, for 45 minutes. Serve warm or refrigerate until ready to eat. Pairs well with cold milk poured over top.

Green Chile Breakfast Quesadillas

Goopy cheese, zesty green chilies, and a crispy tortilla dress up your morning eggs in these quick quesadillas.

Total Cost: \$4.20 recipe/ \$1.05 serving

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Servings: 4 quesadillas



INGREDIENTS

- 4 oz Monterrey Jack or Pepper Jack, shredded \$1.25
- 1 4 oz can diced mild green chiles \$.87
- ¼ bunch fresh cilantro, chopped \$.24
- 4 large eggs \$.89
- 4 fajita size 8" diameter tortillas \$.95

INSTRUCTIONS

1. Drain the green chiles well. Add them to a bowl with the shredded cheese and chopped cilantro, and stir until everything is evenly mixed.
2. Cook the four large eggs over easy in a large skillet.
3. Spread ¼ of the cheese and chile filling over half of each tortilla, then top each with an egg. Fold the tortillas closed to make a half circle.
4. Cook two quesadillas at a time in the large skillet over medium heat until the outsides are golden brown and crispy and the cheese is melted inside. Cut each quesadilla in half or into thirds to form triangles. A pizza cutter works well for this job. Serve hot.

Spinach Rice Breakfast Bowls

This bowl is fiber filled with rice, chopped spinach, and a creamy soft-boiled egg and a splash of sriracha make a quick, healthy, and delicious breakfast.

Total Cost: \$.64 recipe/ .64 serving

Prep Time: 5 minutes

Cook Time: 6 minutes

Total Time: 11 minutes

Servings: 1 bowl



INGREDIENTS

- 1/2 cup cooked seasoned rice
\$.11
- 1/2 cup frozen chopped spinach
\$.16
- 1/2 Tbsp butter \$.08
- 1 large egg \$.21
- pinch of salt and pepper \$.03
- splash of hot sauce \$.05

INSTRUCTIONS

1. Place one inch of water in a small sauce pan. Bring it up to a boil over high heat with the lid on top. Once it reaches a full boil, add the egg in the pot, replace the lid, and let boil/stem in the shallow water for exactly six minutes. After six minutes, pour out the hot water, rinse with cool water, then peel immediately.
2. While the egg is cooking, add 1/2 cup of precooked seasoned rice to a bowl along with 1/2 cup frozen spinach. Microwave on high until heated through. Season the spinach and rice with butter and a pinch of salt and pepper.
3. Once the egg is cooked and peeled, add it to the bowl with the spinach rice, drizzle hot sauce over top, and eat.

Zucchini and Corn Frittata

Zucchini and Corn Frittata is just choice for brunch!

Total Cost: \$4.75/ \$.79 serving

Prep Time: 10 minutes

Cook Time: 45 minutes

Total Time: 55 minutes

Servings 6- 1 slice each



INGREDIENTS

- 1 Tbsp olive oil \$.16
- 2 cloves garlic \$.16
- 1 medium zucchini \$.74
- 3 Roma tomatoes or one large tomato \$.94
- 1 cup frozen corn kernels \$.37
- 1 tsp cumin \$.10
- 1/2 tsp salt \$.05
- Freshly cracked pepper for taste \$.03
- 6 large eggs \$1.33
- 1/2 cup milk 2% or higher fat content \$.24
- 1/2 cup shredded Monterrey Jack cheese

INSTRUCTIONS

1. Mince the garlic and dice the zucchini and tomatoes. Add the garlic, zucchini, tomatoes, and corn kernels to a cast iron skillet along with the cumin, salt, and some freshly cracked pepper. Sauté the vegetables over medium heat until the tomatoes have broken down.
2. Preheat the oven to 350 degrees. In a large bowl, whisk together six large eggs and 1/2 cup of milk.
3. Once the vegetables have cooked down and most of their juices have evaporated from the skillet, sprinkle the Monterrey jack cheese over top. Pour the egg and milk mixture into the skillet. Move the vegetables around slightly with a fork or spoon to let the egg run underneath them.
4. Transfer the skillet to the oven and bake for 30-35 minutes, or until the top is golden brown and puffy. After baking, slice the frittata into six pieces and serve.

Funky Monkey Baked Oatmeal

Bananas, peanut butter, chocolate chips and coconut...a great sweet way to start your day off.

Total Cost: \$3.88 recipe/ \$.49 serving

Prep Time: 10 minutes

Cook Time: 45 minutes

Total Time: 55 minutes

Servings 6 to 8 servings



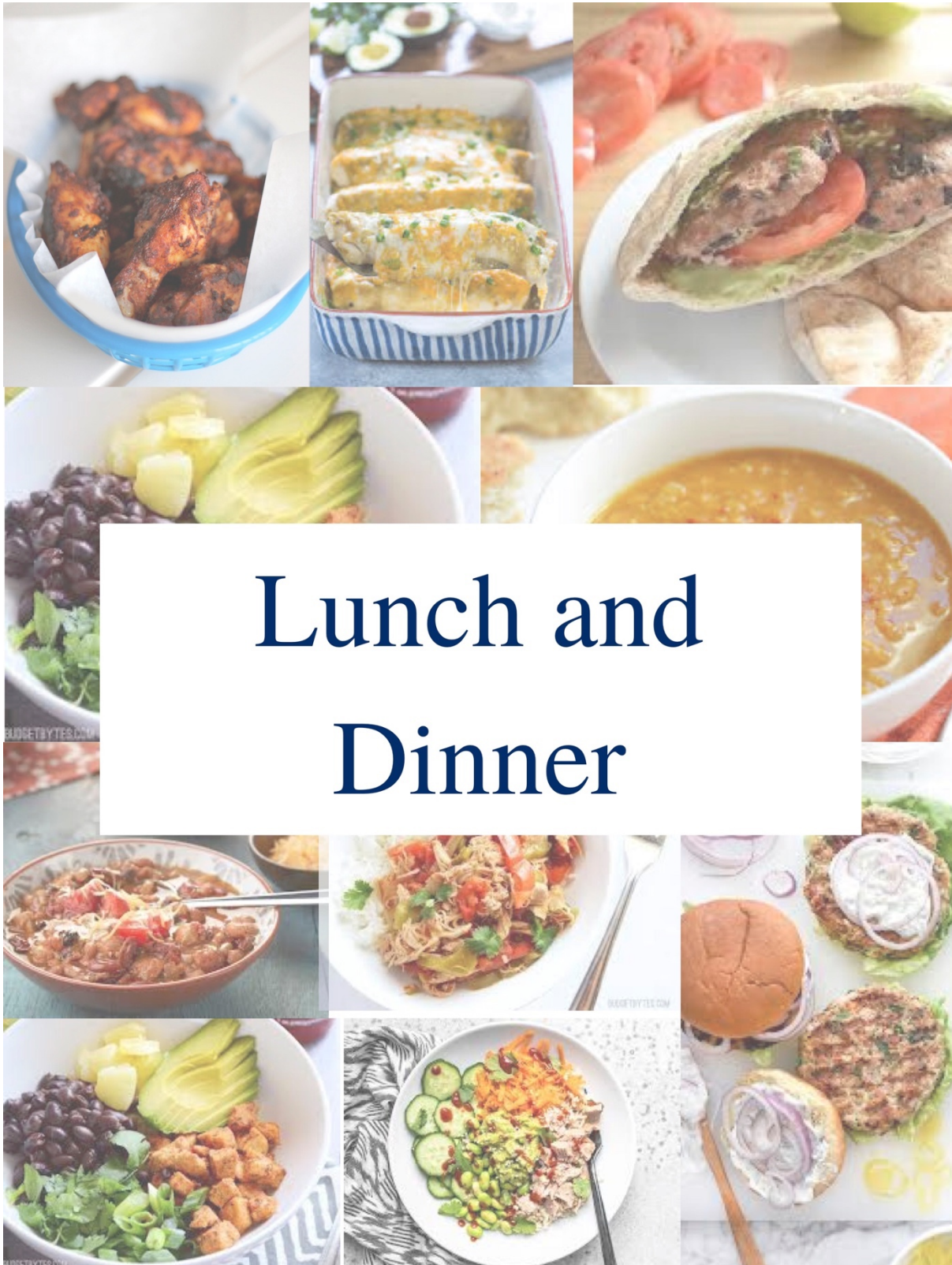
INGREDIENTS

- 3-4 medium bananas \$.88
- 2 large eggs \$.04
- 2 Tbsp brown sugar \$.04
- 1/2 tsp vanilla extract \$.14
- 1/4 cup natural peanut butter \$.57
- 2 cups milk \$.50
- 1/4 tsp salt \$.02
- 2.5 cups old fashioned rolled oats \$.43
- 1/3 cup semi-sweet chocolate chips \$.50
- 1/3 cup shredded coconut \$.26

INSTRUCTIONS

1. Preheat the oven to 375 degrees. Mash the bananas with a fork until they are about to liquify and half chunky. Start with just three bananas and add another if needed to make 1.5 cups.
2. Add the mashed bananas to a large bowl. Warm the peanut butter slightly in the microwave so that is more fluid and can mix in easier. Add the peanut butter, eggs, brown sugar, vanilla, baking powder, and salt to the bowl. Whisk these ingredients together until smooth. Add the milk and whisk again.
3. Add the dry oats, chocolate chips, and shredded coconut to the bowl. Stir everything together until evenly combined. Lightly coat the inside of an 8X8 inch casserole dish with non-stick spray. Put the mixture into the casserole dish and bake for 45 minutes.

Frugal Bites: Lunch and Dinner



Mini Black Bean Turkey Burgers

These mini black bean burgers are full of flavor, quick preparation, and easy to cook.

Total Cost: \$9.81 recipe/ \$1.96 serving

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Serving: 5 (two patties each)



INGREDIENTS

Burgers

- 15 oz can black beans \$.60
- 3 green onions \$.38
- 1/2 Tbsp chili powder \$.15
- 1/2 tsp garlic powder \$.02
- 1/8 tsp cayenne pepper \$.03
- 1/2 tsp salt \$.04
- 19 oz package lean ground turkey \$4.59

Avocado Sauce (optional)

- 1 ripe avocado \$1.00
- 1/2 lime \$.200
- 1/8 tsp garlic powder \$.020

Burger Toppings

- 5 pita halves \$.83
- 2 Roma tomatoes, sliced \$1.12

INSTRUCTIONS

1. Preheat oven to 375 degrees. Drain and rinse black beans. Place the black beans in a large bowl and mash them. Slice the green onions and add to the bowl, along with chili powder, garlic powder, cayenne pepper, and salt. Stir.
2. Mix ground turkey and black beans well. Form 10 small patties. Place patties on a roasting pan or baking sheet.
3. Bake the patties for 20 minutes or until browned on the outside and no longer pink in the center.
4. To prepare the sauce, add avocado (diced), juice from half a lime, garlic powder, salt, and 2 Tbsp of water to a blender. Blend the ingredients together, add the water slowly until a smooth, thick sauce forms.
5. Smear some of the sauce inside each pita half, add a couple tomato slices, and two of the turkey patties.

Spicy Tuna Guacamole Bowls

These bowls are packed with protein, fiber and flavor. This is a perfect lunch or light dinner!

Total Cost: \$7.45 recipe/ \$1.86 serving

Prep Time: 15 minutes

Total Time: 15 minutes

Servings: 4



INGREDIENTS

- 3 cups cooked rice \$.50
- 1 medium cucumber \$.95
- 1 cup frozen shelled edamame \$.82
- 1 medium carrot \$.14
- 2-5 oz cans chunky light tuna in water \$1.98
- 8 oz package guacamole \$2.50
- 1/4 bunch cilantro \$.22
- 4 Tbsp sriracha hot sauce \$.34

INSTRUCTIONS

1. Dice the cucumber and shred the carrot (use a cheese grater). Cook the edamame according to the package directions (microwave on high with a few Tbsp of water for 2-3 minutes). Drain the tuna and roughly chop the cilantro.
2. Place 3/4 cup of cooked rice in the bottom of each bowl. Top with 1/4 cup edamame, 1/2 a can of tuna, 1/4 cup guacamole, a handful of diced cucumber, a pinch of shredded carrots, and a few springs of fresh cilantro. Drizzle sriracha over top, then serve.

RECIPE NOTES

The bowls stay good refrigerated for about three days when stored in air tight containers.

Chipotle Chicken Chili

The chipotle chicken chili is filled with fresh vegetables and protein. This hearty meal will fill you up and satisfy your taste buds.

Total Cost: \$9.51 recipe/ \$1.19 serving

Prep Time: 10 minutes

Cook Time: 1 hour 10 minutes

Total Time: 1 hour 20 minutes

Serving: 8



INGREDINETS

- 2 Tbsp olive oil \$.24
- 1 medium yellow onion \$.28
- 2 cloves garlic \$.16
- ¾ lb chicken breast \$1.46
- 32 oz tomato juice \$.95
- 14.5 oz can diced tomato \$.95
- 15 oz can kidney beans \$.99
- 15 oz can black beans \$1.19
- 1 cup frozen kernels \$.54
- 1/2 – 4 oz can chipotle peppers in adobo sauce (\$.68)
- 1 Tbsp cumin powder \$.080
- 1 tsp oregano \$.050
- salt to taste \$.050

INSTRCUSTIONS

1. Dice the onion and mince the garlic. Cook both in a large pot with olive oil over medium heat until soft and transparent.
2. Add the chicken breast, tomato juice, diced tomatoes, beans (drained), corn, chili powder, cumin, and oregano. Stir to combine. Open the can of chipotle peppers and take two out. Mince them and add to the pot. Take 2 spoonfuls of the adobo sauce from the can and add to the pot as well and stir.
3. Bring the pot up to a boil over medium high heat with a lid. Once reaches a boil, reduce the heat to low and let the pot simmer for one hour with the lid on.
4. After an hour, carefully remove the chicken breast and shred the meat using two forks. Return the shredded meat to the pot.

Curry Beef with Peas

A hearty curry beef with sweet peas over rice is inexpensive, flavorful, and filling.

Total Cost: \$6.99 recipe/ \$1.17 serving

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Servings: 6



INGREDIENTS

- 2 Tbsp vegetable oil \$0.04
- 3-4 cloves of garlic \$0.16
- 1 Tbsp ginger \$0.21
- 1 1/2 Tbsp curry powder \$.23
- 1 tsp turmeric \$.050
- 1 lb. ground beef \$4.42
- 1 medium potato \$.81
- 1 cup beef broth .11
- 1 tsp flour \$.020
- 1/2 lb. frozen peas \$.82
- salt to taste \$0.50
- A pinch crushed red pepper (optional) \$.020

INSTRUCTIONS

1. Mince the garlic. Cook the garlic with vegetable oil over medium heat for 2-3 minutes.
2. Add the ginger, curry powder, turmeric, and red pepper flakes. Stir and cook for about 1-2 minutes more. Add the beef and continue to cook until fully browned.
3. While the beef is cooking, peel the potato and cut into small cubes. Once the beef is fully cooked, add the cubed potatoes, beef, broth, and flour. Allow the whole skillet to simmer, stirring occasionally, until the potatoes have softened (about 15 minutes).
4. Once the potatoes are tender, stir in the frozen peas and heat through. Serve over rice or naan bread.

RECIPE NOTES

To save money use the beef base to make on cup of broth rather than purchasing canned beef broth.

Slow Cooker Chicken Ropa Vieja

Chicken slowly stewed with tomatoes, peppers and onions makes this recipe a versatile favorite.

Total Cost: \$7.89 recipe/ \$1.32 serving

Cook Time: 15 minutes

Cook Time: 4 hours

Total Time: 4 hours 15 minutes

Servings: 6 (3/4 cup each)



INGREDIENTS

- 1.5 to 2 lbs chicken pieces (boneless skinless) \$ 3.41
- 4 cloves garlic
- 1/2 Tbsp oregano \$ 0.15
- 1 tsp cumin \$ 0.10
- 1/8 tsp red pepper flakes \$0.02
- Black pepper \$ 0.69
- 1 medium red bell pepper
- 1 15 oz can diced tomatoes \$ 0.75
- 3 Tbsp tomato paste \$ 0.22
- salt to taste \$ 0.20

INSTRUCTIONS

1. Place the chicken pieces in the bottom of the slow cooker. Mince the garlic and add it to the slow cooker. Sprinkle oregano, cumin, red pepper flakes, and black pepper over the chicken.
2. Slice the onion, green bell pepper, and red bell pepper into strips. Place the onion and bell peppers on top of the chicken in the slow cooker. Add the can of diced tomatoes (with juices) and tomato paste. The tomato paste can be added in dollops and will be stirred in after cooking.
3. Place the lid on the slow cooker and cook on high for four hours. After four hours, remove the lid and use spoon to stir. If the juices in the slow cooker are too thin, allow the pot to continue to simmer without the lid for about 15 minutes. Taste and season with salt as needed.
4. Serve the ropa in a bowl and enjoy!

Greek Turkey Burgers

Spinach, lemon and herbs pack a lot of flavor into these delicious Greek Turkey Burgers.

Total Cost: \$11.47 recipe/ \$1.91 serving

Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

Servings: 6



INGREDIENTS

- 7 oz plain Greek yogurt \$2.98
- 1 medium fresh lemon \$0.32
- 1/4 tsp minced garlic \$0.04
- 1/4 tsp dill
- 1.25 lb. ground turkey \$4.78
- 6 halves sundried tomatoes
- 1 medium red onion \$1.04
- 2 oz frozen spinach \$0.27
- 1/4 cup crumbled feta \$0.41
- 1 tsp dried oregano \$0.05
- 1/2 tsp minced garlic \$0.04
- 1/3 cup bread crumbs \$0.11
- 1 lg. egg \$0.12
- 1 medium cucumber \$0.50
- 6 hamburger buns \$1.64
- salt and pepper for taste \$0.05

INSTRUCTIONS

1. Prepare the sauce by combining the yogurt, 1/4 tsp minced garlic, dill, lemon juice and a dash of salt. Stir everything to combine and then refrigerate to allow the flavors to the blend while you make the burgers.
2. Thaw the frozen spinach and squeeze out as much moisture as possible. Roughly chop the spinach to prevent long stringy pieces. Also chop the sundried tomatoes and red onion.
3. In a bowl combine the ground turkey with the spinach, sun dried tomatoes, red onion, feta, minced garlic, dried oregano, egg, bread crumbs, 1/2 tsp of salt and some black pepper. Stir everything until well combined. Shape the mixture into six patties.
4. Cook the burgers in a non-stick skillet or baked in the oven.
5. Add sauce to the buns, add warm burger and top with thin slices of red onion and cucumber.

Chicken and Lime Soup

Looking for something fresh and light? This chicken and lime soup is refreshing and filling!

Total Cost: \$6.39 recipe/ \$1.07 serving

Prep Time: 10 minutes

Cook Time: 1 hour 15 minutes

Total Time: 1 hour 25 minutes

Serving: 6



INGREDIENTS

- 2 Tbsp olive oil \$0.24
- 1 medium yellow onion \$0.28
- 2 stalks celery \$0.45
- 1 medium jalapeño (scrape seeds out before slicing) \$0.09
- 4 cloves garlic \$0.32
- ¾ lb. chicken breast \$1.46
- 6 cups chicken broth \$0.42
- 1 14.5 oz can diced tomatoes with chilies \$0.95
- 1 tsp oregano \$0.05
- ½ Tbsp cumin \$0.08
- 1 medium lime \$0.33
- ½ bunch cilantro \$0.43
- 1 medium avocado \$1.29

INSTRUCTIONS

1. Dice the onion, celery, and jalapeño. Mince the garlic. Cook the onion, celery, jalapeño, and garlic in olive oil over medium heat for about 5 minutes or until tender.
2. Add the chicken breast, chicken broth, canned tomatoes with chilies, oregano, and cumin to the pot. Bring the whole pot up to a boil over high heat then reduce the heat to low and let simmer for one hour.
3. After simmering for an hour with a lid on, remove the chicken breast from the pot and use two forks to shred. Return the meat to the pot. Squeeze the juice of one lime into the soup.
4. Rinse the cilantro and then roughly chop the leaves. Add to the pot; stir and serve. Dice the avocado and add a few chunks to each bowl.

Sloppy Joes

What's a great way to make ground beef stretch a little more? Add lentils to increase texture, flavor, and nutrients!

Total Cost: \$10.28 recipe/ \$1.29 serving

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 8



INGREDIENTS

- 3/4 cup dry brown lentils \$0.34
- 1 Tbsp olive oil \$0.13
- 1 clove garlic \$0.08
- 1 medium sweet onion \$0.53
- 1 medium green bell pepper \$0.50
- 1lb lean ground beef \$4.57
- 15 oz can tomato sauce \$0.69
- 3 oz tomato paste \$0.29
- 3 Tbsp cider vinegar \$0.09
- 3 Tbsp brown sugar \$0.12
- 1/2 Tbsp Dijon mustard \$0.04
- 1/2 tsp chili powder \$0.05
- 8 medium hamburger buns \$2.29

INSTRUCTIONS

1. Clean lentils with water before cooking. Bring a large sauce pot to a boil over high heat, then add lentils. Reduce the heat to low, cover, and let simmer for 20 minutes. Test the lentils to make sure they are tender and then drain in a colander. Set the cooked lentils aside.
2. Mince the garlic and dice the onion. Add both to a skillet along with the olive oil and sauté on medium heat until they begin to soften (3-5minutes).
3. While the onion and garlic are cooking, finely dice the bell pepper. Add the diced bell pepper to the skillet and sauté for a few minutes.
4. Add the ground beef and continue to cook until the beef is fully browned.
5. Add the tomato sauce, tomato paste, cider vinegar, brown sugar, Dijon mustard, chili powder, and salt. Stir well and let simmer for 5-10 minutes.
6. Stir in the cooked lentils and heat through. Serve warm on a bun and enjoy!.

Sweet And Spicy Chicken Bowls

Add colors to your diet! The Sweet And Spicy Bowl adds color and flavor everyone can enjoy!

Total Cost: \$6.05

Prep Time: 20 minutes

Cook Time: 35 minutes

Total Time: 55 minutes

Servings: 4



INGREDIENTS

Spice Mix

- 1 tsp mild chili powder \$0.10
- 1/2 tsp cumin \$0.05
- 1/4 tsp garlic powder \$0.03
- 1/4 tsp paprika \$0.03
- 1/8 tsp cayenne pepper \$0.02
- Freshly cracked pepper for taste \$0.05
- 1 Tbsp honey
- 1/2 tsp apple cider vinegar \$0.02

Rice

- 1 cup uncooked brown rice \$0.60
- 1 3/4 cup chicken broth \$0.26

Bowl Ingredients

- 1 boneless skinless chicken breast (about 3/4 lb.) \$1.49
- 1 8 oz. can pineapple tidbits in juice \$0.86
- 1 15 oz can black beans \$0.98
- 2 green onions \$0.22
- 1/4 bunch cilantro \$0.20

INSTRUCTIONS

1. Begin by cooking the rice. Combine the uncooked rice and chicken broth in a small pot. Bring contents to a boil over high heat. As soon as it reaches a full boil, turn the heat down to low and let simmer for 25 minutes with the lid on. After 25 minutes, turn the heat off and let sit undistributed.
2. Prepare the honey spice mix by combining the chili powder, cumin, garlic, paprika, cayenne, freshly cracked pepper, salt, honey olive oil, and apple cider vinegar.
3. Chop the chicken breast into small pieces. Add the chicken to the bowl with the honey spice mix and toss to coat the chicken. Set the seasoned meat aside.
4. Rinse and drain the black beans, drain the pineapple and chop into smaller pieces. Slice the green onions. Chop the cilantro. Slice the avocado into cubes.
5. Heat a large non-stick skillet over medium heat. Add the chicken pieces and sauté until cooked through and slightly browned.
6. Build the bowls by adding 3/4 cup cooked rice to each bowl, followed by 1/4 of each of the following: cooked chicken, black beans, pineapple, avocado, green onions, and cilantro. Enjoy!

Eggplant Parmesan Pasta

A traditional comfort meal that is budget friendly and delicious.

Total Cost \$5.81 recipe/ \$.97

Prep Time: 1 hour 30 minutes

Cook Time: 40 minutes

Total Time: 2 hours 10 minutes

Servings: 4 to 6 servings



INGREDIENTS

- 1 small eggplant (1 lb). \$1.67
- 1/2 Tbsp salt \$0.05
- 1/3 cup flour \$0.05
- 1 large egg \$0.27
- 2 Tbsp milk \$0.04
- 1/2 cup plain breadcrumbs \$0.24
- 1/4 cup grated parmesan \$0.31
- 1/4 tsp garlic powder \$0.020
- 8 oz. rigatoni \$1.97
- 1 cup shredded mozzarella \$0.75

INSTRUCTIONS

1. Slice the eggplant. Generously sprinkle salt over the slice and let them sit in a colander for 45 minutes. After salting, gently press the slices with paper towels to blot the excess water away.
2. Preheat the oven to 425 degrees. Place the slices in a large zip lock bag, add flour, and shake until the slices are coated.
3. Whisk together the egg and milk. In a second bowl, stir together the breadcrumbs, parmesan, and garlic powder. Dip each slice of eggplant into the egg wash first, then in the seasoned breadcrumbs. Place the breaded slices onto a baking sheet.
4. Bake the breaded slices until crispy. While the slices are baking, cook the pasta. Drain the pasta, return it to the pot and add sauce.
5. Cut the eggplant slices into squares. Stir the eggplant squares into the pasta and sauce. Pour the pasta, sauce, and eggplant into a casserole dish then top with shredded mozzarella.
6. Bake the casserole in the oven until the cheese is melted and the dish is heated through (10-15 minutes). Enjoy!

Curried Red Lentil and Pumpkin Soup

This soup is soul warming and flavorful! You can customize with your favorite toppings!

Total Cost: \$5.89 recipe/ \$.98 servings

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Servings: 6 (1.33 cups each)



INGREDIENTS

- 1 Tbsp olive oil \$0.12
- 1 yellow onion \$0.31
- 2 cloves garlic \$0.16
- 1 Tbsp grated fresh ginger \$0.10
- 15 oz. can pumpkin puree \$2.00
- 1 cup dry red lentils \$1.34
- 6 cups vegetable or chicken broth \$0.78
- 1 Tbsp curry powder (or to taste) \$0.30

INSTRUCTIONS

1. Dice the onion, mince the garlic, and grate the ginger (use a small hole cheese grater). Sauté the onion, garlic, and ginger in a large pot with the olive oil over medium heat until the onions are soft and transparent.
2. Add the pumpkin puree, red lentils, broth, and curry powder. Stir to combine.
3. Place a lid on the pot, turn the heat up to medium-high, and allow it to come to a boil. Once it reaches a boil, turn the heat down and simmer on low for 20 minutes, stirring occasionally. After 20 minutes the lentils should be soft and the soup slightly thickened.
4. Taste to adjust the curry powder or salt as needed, then serve.

Frugal Bites: Dessert



Dessert



Pumpkin Cheesecake Mouse

This Pumpkin Cheesecake Mouse is a light and fluffy dessert packed with warm spices that add just enough sweetness.

Total Cost: \$2.28 recipe/ \$.57 serving

Prep Time: 15 minutes

Servings: 4- 1 cup each



INGREDIENTS

- 1 cup heavy whipping cream \$.84
- 1/2 tsp vanilla extract \$.84
- 4 Tbsp sugar, dived
- 4 oz. cream cheese, room temperature \$.60
- 1 cup pumpkin pure \$.57
- 1/2 tsp cinnamon \$.05
- 1/8 tsp ground cloves \$.02
- 1/8 tsp ground nutmeg

INSTRUCTIONS

1. Add the heavy cream to a mixing bowl and whip with a stand mixture or whisk until it begins to thicken and the beaters begin to leave a trail in the cream, Add the vanilla extract and 2 Tbsp of the sugar.
2. In a separate bowl, beat together the cream cheese, pumpkin pure, cinnamon, ground leaves, ground nutmeg, and the remaining 2 Tbsp sugar until smooth.
3. Transfer a large scoop of the whipped cream to the bowl with the pumpkin mixture and fold the two together to help lighten up the mixture.
4. Transfer about 1/3 of the pumpkin mixture back to the bowl with the whipped cream and gently fold them together. Add the second 1/3 of the mixture, and once again the final third of the pumpkin mixture.
5. Once the mixture is fully incorporated and smooth, the mouse is ready to serve.

Blueberry Buttermilk Coffee Cake

Blueberry Buttermilk Coffee Cake is a great morning treat! This recipe adds a twist to the regular coffee cake.

Total Cost: \$3.30 recipe/ \$.41 serving

Prep Time: 15 minutes

Cook Time: 45 minutes

Total Time: 1 hour

Servings: 8



INGREDIENTS

Streusel Topping

- 1/4 cup all-purpose flour \$0.04
- 1/4 cup brown sugar \$0.16
- 2 Tbsp softened butter \$0.18
- 1/2 tsp cinnamon

Coffee Cake

- 2 cups all-purpose flour \$0.33
- 1 Tbsp baking powder \$0.24
- 3/4 tsp baking soda \$0.02
- 1/4 tsp salt \$0.01
- 1/2 cup white sugar \$0.16
- 2 large eggs \$0.55
- 1 cup buttermilk

INSTRUCTIONS

1. Preheat oven to 350°F. In a small bowl, combine the ingredients for the streusel topping (flour, brown sugar, softened butter, and cinnamon) until they create a uniform, crumbly topping.
2. In a large bowl, stir together the flour, baking powder, baking soda, and salt for the coffee cake batter. In a separate bowl, whisk together the white sugar, eggs, buttermilk, and melted butter until smooth. Pour the bowl of wet ingredients into the bowl of dry ingredients, and stir just until a thick, fluffy batter forms.
3. Coat baking dish with nonstick spray. Spread the batter into the dish. Sprinkle the blueberries over top, then push them down into the batter with your fingers. Sprinkle the streusel topping over the top.
4. Bake the coffee cake in the fully preheated 350°F oven for 40-45 minutes, or until the top is golden brown. Slice into eight pieces, then serve.