<table>
<thead>
<tr>
<th><strong>1. Whole Grains</strong></th>
<th><strong>6. White Potatoes</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cost:</strong> Popcorn 16¢ per 1 cup popped, Oats 11¢ per 1/2 cup dry</td>
<td><strong>Cost:</strong> 17¢ per small potato</td>
</tr>
<tr>
<td>Nutritional Benefits:</td>
<td>Nutritional Benefits:</td>
</tr>
<tr>
<td>- Eating whole grains instead of refined grains can reduce the risk of many chronic diseases</td>
<td>- Kind to your heart because they are essentially saturated fat and cholesterol free, very low in sodium, and gives us fiber and vitamin C</td>
</tr>
<tr>
<td>- Full of soluble fiber that can help reduce cholesterol and insoluble fiber that can help keep you fuller longer</td>
<td>- Provides potassium and magnesium, two minerals important to blood pressure control</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>2. Eggs</strong></th>
<th><strong>7. Dried or Canned Beans</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cost:</strong> 16¢ per large egg</td>
<td><strong>Cost:</strong> Kidney beans 13¢ per 1/2 cup cooked</td>
</tr>
<tr>
<td>Nutritional Benefits:</td>
<td>Nutritional Benefits:</td>
</tr>
<tr>
<td>- Excellent source of protein that contains all of the essential amino acids our body needs daily plus numerous vitamins</td>
<td>- Beans are nutritionally rich as they are packed with protein, carbs, vitamins, minerals, fiber, and low in fat</td>
</tr>
<tr>
<td>- The yolk is a healthy source of fat that contains a higher proportion of the egg’s vitamins</td>
<td>- Kidney beans provide exceptionally high antioxidant activity as well as a satiating combination of soluble fiber and protein</td>
</tr>
<tr>
<td>- The white contains more than half of the egg’s total protein and none of the fat</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>3. Onions</strong></th>
<th><strong>8. Canned Tomatoes</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cost:</strong> 12¢ per small onion</td>
<td><strong>Cost:</strong> 14¢ per ounce</td>
</tr>
<tr>
<td>Nutritional Benefits:</td>
<td>Nutritional Benefits:</td>
</tr>
<tr>
<td>- Rich in fiber, minerals and vitamins B6 and C</td>
<td>- Contain lycopene, which can help reduce the risk of cancer, cardiovascular disease, and macular degeneration</td>
</tr>
<tr>
<td>- Contains phytochemicals that are linked to heart health, immune function and anti-cancer effects</td>
<td>- Nutrient rich containing vitamin C, folate, and potassium</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>4. Peanut Butter</strong></th>
<th><strong>9. Carrots</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cost:</strong> 20¢ per 2 Tbsp</td>
<td><strong>Cost:</strong> 9¢ per small carrot</td>
</tr>
<tr>
<td>Nutritional Benefits:</td>
<td>Nutritional Benefits:</td>
</tr>
<tr>
<td>- Contains unsaturated healthy fats, protein, B vitamins, and magnesium</td>
<td>- Packed with beta carotene, fiber, vitamin C, and potassium</td>
</tr>
<tr>
<td>- Studies show those who eat peanut butter or nuts are less likely to develop heart disease or type 2 diabetes</td>
<td>- Full of vitamin A with antioxidant properties that may help prevent cataracts and keep your eyes healthy</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>5. Bananas</strong></th>
<th><strong>10. Frozen Veggies</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cost:</strong> 14¢ per small banana</td>
<td><strong>Cost:</strong> 25¢ per 1/2 cup</td>
</tr>
<tr>
<td>Nutritional Benefits:</td>
<td>Nutritional Benefits:</td>
</tr>
<tr>
<td>- Available year round and a good source of key nutrients including fiber, vitamins B6 and C, manganese and potassium</td>
<td>- Maintain a high nutrient concentration unlike canned veggies that loose nutrient density during preservation</td>
</tr>
</tbody>
</table>
**Whole Grains**

### Lentil & Barley Stew

**Prep Time:** 1 hour  
**Yields:** 2 Servings

**Ingredients:**
- ½ cup chopped onion (or 1 small onion)  
- ¼ teaspoon dried garlic powder or 1 garlic clove, minced  
- 1 teaspoon minced fresh ginger  
- 2 teaspoons olive oil  
- ¼ cup dried lentils, rinsed  
- ¼ cup medium barley  
- 1 can (10 oz) diced tomatoes with mild green chilies  
- ½ cup yellow corn  
- 1 cup water  
- 1 cup vegetable broth  
- ¼ teaspoon ground cumin  
- ½ teaspoon oregano  
- ¼ teaspoon cayenne pepper  
- 1 Bay leaf  
- 1 tablespoon tamari  

* For a fresh idea, add ½ cup chopped carrots, celery, kale, or your favorite fresh herbs!

**Instructions:**

In a large saucepan, sauté onion, garlic and ginger in oil until tender but not browned.

Add lentils and barley; cook 3 minutes longer stirring occasionally.

Stir in the tomatoes, corn, water, broth, cumin, oregano, cayenne and bay leaf. Bring to a boil. Reduce heat; cover and simmer for 20 minutes, stirring occasionally. Add tamari; simmer 20-30 minutes longer or until lentils and barley are tender.

**Nutrition Information**

- **Serving Size:** 1 ½ cups  
- **Calories:** 320  
- **Fat:** 6g  
- **Saturated fat:** 1g  
- **Cholesterol:** 0mg  
- **Sodium:** 850mg  
- **Total Carbohydrate:** 54g  
- **Dietary Fiber:** 12g  
- **Sugar:** 2g  
- **Protein:** 14g  

**Source:** [http://www.incredibleegg.org/](http://www.incredibleegg.org/)

---

### Microwave Egg & Veggie Breakfast Bowl

**Prep Time:** 4 minutes  
**Cook Time:** 1 minute  
**Yields:** 1 serving

**Ingredients:**
- 1 egg  
- 1 Tbsp water  
- 2 Tbsp thinly sliced baby spinach  
- 2 Tbsp chopped mushrooms  
- Shredded mozzarella cheese  
- Sliced cherry tomatoes

**Instructions:**

Coat an 8 oz ramekin, custard cup, or coffee cup with cooking spray.

Add egg, water, spinach, and mushrooms to cup. Beat until well blended.

Microwave on high 30 seconds and then stir. Continue to microwave until egg is almost set; 30-45 seconds longer.

Top with cheese and tomatoes.

**Nutrition Information**

- **Calories:** 102  
- **Fat:** 6g  
- **Saturated fat:** 2g  
- **Polyunsaturated fat:** 1g  
- **Monounsaturated fat:** 2g  
- **Cholesterol:** 190mg  
- **Sodium:** 122mg  
- **Carbohydrates:** 2g  
- **Dietary Fiber:** 1g  
- **Protein:** 9g  

**Source:** [http://www.incredibleegg.org/](http://www.incredibleegg.org/)
French Onion Dip

12 grams less fat and nearly 50% less sodium than the original!

Prep Time- 50 minutes
Yields 10 servings

Ingredients:
1 tablespoon extra-virgin olive oil
4 cups chopped onions
3/4 teaspoon salt
1 14-ounce can reduced-sodium beef broth, or 1 3/4 cups mushroom broth
2 teaspoons onion powder
2 tablespoons distilled white vinegar
1 cup reduced-fat sour cream
1/3 cup nonfat plain yogurt

Instructions:
Heat oil in a large skillet over medium-high heat. Add onions and salt. Cook, stirring occasionally, until beginning to brown (6-10 minutes).

Add broth, scrape up any browned bits and simmer until the liquid is evaporated (10-20 minutes). Reduce heat to medium-low and cook until the onions are deep golden brown (5-8 minutes more).

Stir in onion powder, then stir in vinegar and cook until evaporated (1-2 minutes). Remove from the heat and let cook for 20 minutes.

Combine sour cream and yogurt in a medium bowl. Stir in the onion mixture. Chill for at least 30 minutes to blend flavors.

Nutrition Information
Serving size: 1/4 cup
Calories: 82 Fat: 5g Sat Fat: 2g Monounsaturated fat: 2g Cholesterol 10 mg Carbohydrates: 8 g Protein: 3g Fiber: 1g Sodium: 203 mg Potassium: 163 mg

Source: http://www.eatingwell.com

Peanut Butter Stir Fry with Peanut Sauce

Vegetarian-Dairy Free-Gluten Free

Prep Time- 10 minutes
Yields 4 servings

Ingredients:
½ cup natural peanut butter
1 tablespoon honey
2 tablespoons tamari
1 tablespoon rice vinegar
1 teaspoon grated gingerroot
2 teaspoons hot pepper oil
1/3 – 1/2 cup water
2 tablespoons cold-pressed canola or grapeseed oil
1 bag mixed frozen stir-fry vegetables (1 lb)
1/4 cup fresh cilantro, chopped*
2 tablespoons chopped peanuts
2 cups prepared brown rice

* For a fresh idea, add 1/4 cup fresh, chopped cilantro!

Instructions:
Make the peanut sauce. In a small saucepan, combine peanut butter, honey, tamari, rice vinegar, grated gingerroot and hot pepper oil over medium-low heat. Whisk together until smooth.

Heat oil in a large, flat skillet over medium-high heat. Add frozen stir fry vegetables to skillet and cook, stirring, until starting to brown, about 5-7 minutes. Stir in reserved peanut sauce and fresh cilantro, if using.

To serve, divide brown rice between serving bowls and top with vegetables and peanut sauce. Garnish with chopped peanuts.

Nutrition Information
Serving Size: 1/4 Recipe
Calories: 480 Fat: 28g Sat Fat: 3.5g Trans Fat: 0g Protein: 13g Total Carbohydrate: 42g Dietary Fiber: 6g Sodium: 640mg Cholesterol: 0mg
Vitamin A 15% Vitamin C 25% Calcium 4% Iron 10%
Raspberry Banana Powerhouse Smoothie

Yields 1 servings

Ingredients:
- ½ cup nonfat or low-fat Greek yogurt (regular yogurt is good, too!)
- ½ cup nonfat or low-fat cow’s milk or milk alternative (we prefer soy milk)
- ½ banana
- ½ cup frozen raspberries
- Splash of orange juice
- 1 tablespoon ground flax seed
- 1 whole strawberry (for garnish)

Instructions:
Put all the ingredients into a blender and blend until smooth. Slice the strawberry down the center and place on the rim of a glass. Pour smoothie mixture into the glass and serve immediately.

Note: We encourage you to experiment with the ingredients, so you can achieve the consistency, flavor, and quantity that suits your needs and preferences best!

Homemade Mashed Potatoes

Prep Time- 15 minutes
Cook Time- 15 minutes
Yields 4 servings

Ingredients:
- 2 pounds potatoes, skins on and quartered
- 1 cup skim milk
- 2 Tbsp light sour cream
- 1 clove garlic minced
- Salt and pepper to taste
- *Your choice of fresh herbs such as chives

Instructions:
Clean potatoes thoroughly, leaving skins on.

Bring a large pot of water to boil. Add quartered potatoes and cook until tender but still firm, about 15 minutes; drain.

Using a potato masher or electric beaters mash potatoes mixing in milk, sour cream, minced garlic, and fresh herbs. You can add more or less milk until you have reached the desired consistency.

Black Bean and Veggie Burgers

Cook Time- 8-10 minutes
Yields 4 servings

Ingredients:
- 1 (16 ounces) can black beans, drained and rinsed
- ½ green bell pepper, cut into 2 inch pieces
- ½ onion, cut into wedges
- 3 cloves garlic, peeled
- 1 egg
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon Thai chili sauce or hot sauce (optional)
- ½ cup oats

Instructions:
If grilling, preheat an outdoor grill for high heat and lightly oil a sheet of aluminum foil. Preheat oven to 375 degrees and lightly oil baking sheet. In a medium bowl, mash black beans with a fork until thick and pasty. In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.

In a small bowl, stir together egg, chili powder, cumin, and chili sauce. Stir the egg mixture into the mashed beans. Mix in oats until the mixture is sticky and holds together. Divide mixture into four patties.

If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes each side.
Canned Tomatoes

**Inside-Out Lasagna**

**Yields 4 servings**

**Ingredients:**
- 8 ounces whole wheat rotini or fusilli
- 1 Tbsp extra-virgin olive oil
- 1 small onion, chopped
- 3 cloves garlic, sliced
- 3 1/2 cups sliced white mushrooms
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 (14 ounce) can diced tomatoes with Italian herbs
- 8 cups baby spinach
- 1/2 tsp crushed red pepper, optional
- 3/4 cup part-skim ricotta cheese, divided

**Instructions:**
Bring a large pot of water to boil. Add pasta; cook until just tender (8-10 minutes). Drain and transfer to a large bowl.

Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and garlic; cook, stirring, until soft and beginning to brown (about 3 minutes). Add mushrooms, salt and pepper; cook, stirring, until the mushrooms release their liquid (4-6 minutes).

Add tomatoes, spinach and crushed pepper (if using). Increase heat to medium-high; cook, stirring once halfway through, until the spinach is wilted (about 4 minutes).

Toss the sauce with pasta and divide among 4 bowls. Dollop each serving with 3 Tbsp of ricotta.

---

Carrots

**Carrot and Spinach Salad**

**Prep Time- 10 minutes**

**Yields 2 servings**

**Ingredients:**
- 4 cups fresh baby spinach, loosely packed
- 3/4 cup shaved carrots
- 1/4 slivered almonds
- 1/8 cup dried cranberries
- 1/8 cup raisins
- 1/8 cup sunflower seeds

**Instructions:**
Divide washed spinach evenly between 2 bowls or plates. Shred a carrot using a grater and divide evenly over spinach.

Evenly divide slivered almonds, dried cranberries, raisins, and sunflower seed over spinach salads. Enjoy!

*Note: This salad doesn’t need dressing with all the delicious toppings! However if you prefer to use dressing, try a simple vinaigrette.*

---

Frozen Veggies

**Salmon with Mango Salsa and Vegetables**

**Yields 6 servings**

**Ingredients:**
- 1 medium salmon filet, about 2 pounds (frozen filets, thawed can be used)
- 1 tsp salt-free seasoning blend
- 1 bag (16 ounces) frozen mixed vegetables
- 1 cup mango salsa or your own favorite

**Instructions:**
Spray a 10-inch non-stick pan with cooking spray. Cut fish into 1-inch pieces and arrange on bottom of pan. Sprinkle salt-free seasoning blend evenly over fish. Cover fish with frozen vegetables. Spread the salsa evenly over the top.

Cook over medium heat, covered, for 15-20 minutes until fish is opaque and flakes easily with a fork.

**Nutrition Information**
- Calories: 333
- Protein: 36g
- Total Fat: 14g
- Sat Fat: 2g
- Omega-3 Fatty Acids: 2g
- Cholesterol: 109 mg
- Carbohydrate: 13g
- Fiber: 2g
- Sodium: 244mg