

HEALTHY AND DELICIOUS
Meals for Four

UNDER
...
\$15



Black Bean
Bundles

Potato
Chowder

Three Bean
Chili

Red Lentil
& Artichoke
Stew

Brown Rice &
Veggie Stir Fry



This Week's Dinner Menu

Monday

Black Bean Lettuce Bundles

Tuesday

Potato Chowder

Wednesday

Three Bean Chili

Thursday

Red Lentil & Artichoke Stew

Friday

Brown Rice & Veggie Stir Fry



HEALTHY MEALS FOR

under \$15

4

The ingredients for these five recipes cost less than \$40!

Do you want to eat healthy *and* save money? Then you need to plan! These five “Healthy Eating” recipes will help. Each recipe is made with an emphasis on nutrient-dense fresh vegetables, healthy fats and whole foods. To make this work, it’s essential to maintain a well-stocked healthy pantry. We make that easy with our comprehensive shopping and pantry lists (see back page). Simply prepare one recipe per day for five consecutive days, and you can have healthful, delicious dinners for an entire work-week. Here’s to your health!

Monday

Black Bean Lettuce Bundles

2 cans cooked no-salt-added black beans
½ large avocado, mashed
½ green bell pepper, chopped
3 scallions, chopped
4 cup chopped fresh cilantro
2 tablespoons lime juice
1 teaspoon ground cumin
1 clove garlic, minced
⅓ cup mild low-sodium salsa
8 large romaine lettuce leaves

Heat beans over medium heat until warm, approximately 5 minutes, and pour into bowl. Mash beans and avocado together with a fork. Mix all remaining ingredients except lettuce. Place approximately ¼ cup of filling in the center of each lettuce leaf and roll like a tortilla. Serves 4.

Recipe from Eat for Health by Joel Fuhrman, M.D. Reprinted with permission from our health partner, Eat Right America.

MONEY
SAVING
TIP

Reserve unused or leftover ingredients from each recipe— some of them are used more than once, stretching your dollar even further. For instance, the green bell pepper is split between the Black Bean Lettuce Bundles and the Potato Chowder.

Potato Chowder

- ½ large yellow onion, coarsely chopped
- 1½ stalks celery, sliced
- ½ green bell pepper, chopped
- 1 carrot, sliced
- 1 clove garlic, crushed
- ¾ cups water
- 2 large potatoes, cubed
- 1 tablespoon low-sodium soy sauce
- ½ teaspoon basil
- ¼ teaspoon paprika
- ⅛ teaspoon freshly ground pepper
- 1 (14.5-ounce) can diced tomatoes with juice

Place onion, celery, green pepper, carrot and garlic in a soup pot with ¼ cup of water. Sauté for 5 minutes, until vegetables are crisp-tender. Add potatoes, soy sauce, basil, paprika, pepper and remaining water. Bring to a boil, reduce heat, cover and cook over medium-low heat for 30 minutes. Add tomatoes, cover and cook an additional 15 minutes. Serves 4.

Recipe from *The McDougall Health-Supporting Cookbook: Volume Two* by Mary McDougall. Reprinted with permission.

Three Bean Chili

- 3 to 4 tablespoons water
- 3 bell peppers (red, yellow, orange), cut into ½-inch squares
- 1 medium yellow onion, coarsely chopped
- 2 – 3 garlic cloves, minced
- 2 tablespoons chili powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- ¼ teaspoon cayenne powder
- 1 (16-ounce) can diced tomatoes
- 1 (15-ounce) can corn, drained
- 1 (15-ounce) can each: kidney beans, black beans and pinto beans, drained and rinsed
- Salt and freshly ground pepper, to taste
- ½ cup chopped fresh cilantro leaves (optional)

Heat water in a soup pot over medium heat. Add peppers, onion, garlic, chili powder, coriander, cumin, oregano and cayenne, and cook 5 minutes, stirring, until onion becomes translucent. Stir in tomatoes, corn and all the beans. Lower heat and simmer for 30 minutes. Season with salt and pepper and turn off heat. Serve in shallow bowls. Top with chopped cilantro if desired. Serves 4.

Recipe from *The Vegan Table*. Reprinted with permission from the author, Colleen Patrick-Goudreau, owner of CompassionateCooks.com.

Red Lentil & Artichoke Stew

- 1½ cups water, plus 1 tablespoon for sautéing
- 2 medium yellow onions, chopped
- 2 – 3 large garlic cloves, pressed or minced
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 cup dry red lentils, rinsed
- 1 bay leaf
- 1 tablespoon fresh lemon juice
- 1 (24-ounce) can diced tomatoes with juice
- 1½ cups quartered artichoke hearts (1 [9-ounce] package or 1 [15-ounce] can, drained)
- ¼ teaspoon crushed red pepper flakes
- Salt and freshly ground pepper, to taste

Heat 1 tablespoon water in a soup pot over medium heat. When hot, sauté onions until softened, about 7 minutes. Add garlic, cumin and coriander, and cook for 2 minutes, stirring frequently. Add more water if necessary. Add remaining 1½ cups water, lentils, bay leaf, lemon juice, tomatoes with juice, artichoke hearts and crushed red pepper. Bring to a boil. Lower heat and simmer for 30 minutes or until lentils are tender. Add more water if too much liquid evaporates or stew becomes too thick. Remove and discard bay leaf, and season with salt and black pepper. Serves 4.

Recipe from *The Vegan Table*. Reprinted with permission from the author, Colleen Patrick-Goudreau, owner of CompassionateCooks.com.

Brown Rice & Veggie Stir Fry

Make this recipe with leftover ingredients from the first four recipes!

- 1 tablespoon water
- 1½ yellow onions, chopped
- 1 teaspoon each, salt and freshly ground pepper
- 1 clove garlic, chopped
- 3 – 4 scallions, chopped
- 3 – 4 stalks celery, chopped
- 4 cups frozen brown rice

Heat the tablespoon of water in a wok on medium-high. Add chopped onion, salt and pepper. Sauté 8 to 10 minutes until translucent and adjust heat to medium. Add chopped garlic, sauté for 1 minute. Add chopped scallions and celery, and sauté for 5 minutes. Add an additional tablespoon of water if needed. Stir in brown rice and heat through, approximately 5 to 8 minutes. Serves 4.

Recipe Shopping List

2 Limes
1 Lemon
1 Bag Yellow Onions
2 Large Potatoes
Dry Red Lentils
1 Avocado
1 Green Pepper
1 Red Pepper
1 Yellow Pepper
1 Orange Pepper
1 Bunch Fresh Cilantro
1 Head Garlic
1 Head Romaine Lettuce
1 Bunch Scallions
1 Bunch Celery
1 Carrot
1 Jar 365 Everyday Value™ Thick & Chunky Salsa
1 Can 365 Everyday Value™ Corn
3 Cans 365 Everyday Value™ Black Beans
1 Can 365 Everyday Value™ Pinto Beans
1 Can 365 Everyday Value™ Kidney Beans
1 Bag 365 Everyday Value™ Frozen Brown Rice
1 Can 365 Everyday Value™ Artichoke Hearts
3 Cans 365 Everyday Value™ Diced Tomatoes

Basic Pantry List

Bay Leaf
Black Pepper
Cayenne
Chili Powder
Coriander
Cumin
Dried Basil
Dried Oregano
Low-Sodium Soy Sauce
Paprika
Red Pepper Flakes
Salt

Planning ahead makes healthy eating easy!



Four Healthy Eating Pillars

Our healthy eating initiative is based on these four criteria:

1. Whole Food

Choose foods that are whole, fresh, natural, organic, local, seasonal and unprocessed.

Eliminate the consumption of refined, highly processed foods and foods void of nutrients, such as artificial flavors, colors, preservatives, sweeteners and hydrogenated fats.

2. Healthy Fats

Get your healthy fats from plant sources like nuts, seeds and avocados.

Minimize extracted oils and processed fats.

If eating a diet that includes animal products, choose leaner meats and seafood as well as low-fat dairy products.

3. Plant Strong™

Reconfiguring the Plate: No matter what type of diet you follow, including those that incorporate dairy, meat and/or seafood, eat more plants, like raw and cooked vegetables, fruits, legumes and beans, nuts, seeds and whole grains.

Eat a colorful variety of plants to ensure you're getting the best nutrients for your body, which leads to feeling satiated.

4. Nutrient Dense

Choose foods that are rich in nutrients when compared to their total caloric content (also known as foods with a high nutrient density).

Build your menus around plant-based foods to ensure highly micro-nutrient-dense meals.

Choose foods with a wide spectrum of vitamins, minerals, phytonutrients and antioxidants.

Look for the Aggregate Nutrient Density Index (ANDI) scoring system throughout our store to guide you on healthier choices.



Look for
this number