



## *Eating Healthy on a Budget*

Everyone enjoys saving money at the grocery store. Lowering food costs is especially important for those shopping on a budget. Sometimes, shopping for healthy foods on a budget may seem hard. The United States Department of Agriculture has several tips that can empower anyone on a budget to buy and eat healthy foods! Using these tips can help you shop for healthy foods on a budget:

### *Plan:*

- ❖ Plan out your menu for each week. Find out which foods are on sale as you plan.
- ❖ Plan on buying fruits and vegetables that are “in-season.” They will usually cost less and taste better, and could be frozen for later use.
- ❖ For vegetables that are not in season, buy frozen or low-sodium canned vegetables. Rinsing canned vegetables can help lower sodium.

### *Purchase:*

- ❖ Check out prices at local farmer’s markets and farm stands. They often sell produce at a lower price.
- ❖ Compare unit prices of different products and brands to find the best prices.
- ❖ Pre-cut and pre-packaged produce usually costs more than whole produce.

### *Prepare:*

- ❖ Try cooking stir-fries, soups, and stews to “stretch-out” items that cost more. Prepare double portions of meals and save leftovers.





## *Ways to Enjoy More Fruits and Vegetables*

**Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.**

- ❖ Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
- ❖ Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
- ❖ Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla
- ❖ Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
- ❖ Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
- ❖ Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
- ❖ Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.

For additional food and nutrition information visit [www.eatright.org](http://www.eatright.org).







- ❖ Place colorful fruit where everyone can easily grab something for a snack-on-the run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
- ❖ Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
- ❖ Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
- ❖ “Sandwich” in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
- ❖ Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
- ❖ Top a baked potato with beans and salsa or broccoli and low-fat cheese.
- ❖ Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
- ❖ Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
- ❖ Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
- ❖ Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
- ❖ Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.
- ❖ Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
- ❖ Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.



## *Southwestern Vegetable & Bean Stew*

### *Ingredients:*

- ❖ 1 can black beans
- ❖ 1 can pinto beans
- ❖ 1 can kidney beans\*
- ❖ 1-2 Tbs. Olive Oil
- ❖ 3-4 chopped garlic cloves
- ❖ 2 Tbs. chili powder
- ❖ 1-2 T cumin
- ❖ Onions cut in ½-1" chunks
- ❖ 2 Large Carrots cut in ½-1" chunks
- ❖ ½ Butternut squash (peeled and deseeded) cut into 1" chunks
- ❖ 1 green peppers cut in ½-1" chunks
- ❖ 2 red peppers cut in 1-1/2" chunks
- ❖ 2 cups frozen sweet corn (thawed)
- ❖ 1 28 oz. can whole peeled tomatoes with juice or diced tomatoes
- ❖ 1 chopped chipotle Chile canned chipotle chilies in adobo sauce
- ❖ 2 cups Vegetable Stock
- ❖ 1 Tbs. Tomato paste
- ❖ Salt & Pepper to taste
- ❖ 1 bunch cilantro coarsely chopped

\*Drain & rinse if using canned beans or soak dry beans overnight and cook with 6 cups water or broth, bay leaf, and pinch of salt and pepper till cooked al dente (the beans will finish cooking as the stew simmers You can use whatever type of bean you prefer.

### *Directions:*

- ❖ In a large Dutch Oven coat the bottom of the pan with olive oil,
- ❖ Add the chopped garlic dried cumin, chili powder
- ❖ Cook for 3-4 minutes stirring to release oils and flavors in the spices
- ❖ Add chopped chipotle to taste (go easy as they are very spicy)
- ❖ Add onions, carrots, and squash, stir and cook for 5 minutes till veggies soften a bit
- ❖ Add peppers red & green and cook

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