

HEALTHY EATING ON A BUDGET



1

COOK MORE, EAT OUT LESS

Many foods prepared **at home** are **cheaper** and **more nutritious**. Finding the time to prepare a few meals at home each week can be a big money-saver!

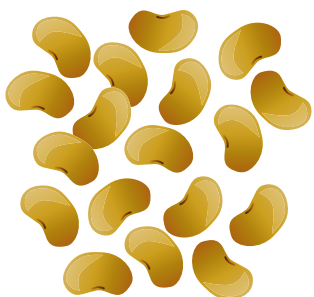


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PLAN, PLAN, PLAN!

Before you head to the grocery store, **plan your meals and snacks for the week**.

Cooking meals like soups, curries, and stir-fries "stretch" expensive items into more portions.



3

BUY NUTRITIOUS, LOW-COST FOODS

Certain foods tend to be less expensive. Try **plant-based proteins** like beans, peas, and lentils; **grains** such as oats, rice, or **tortillas**; **canola oil**; **frozen** and **canned fruits and vegetables**; **eggs**; and **peanut butter**. Choose store brands when able.



4

COOK ONCE, EAT ALL WEEK!

Make a large batch by **doubling a recipe**. Extra portions can be used for lunches or meals during busy weeks.



5

KEEP IT SIMPLE

Convenience foods like pre-cut fruits and vegetables, and single-serving snack bags come at a cost. Instead, set aside 10-15 minutes to **wash and cut your own fruits and veggies** and buy larger bags of snack foods and **portion them into smaller containers**.

6

BUY IN BULK

It's often cheaper to buy foods in bulk. Smart choices are large containers of yogurt, frozen veggies, dry goods like pasta and rice, and canned foods like beans, fruits and vegetables. Focus on **groceries that you know you use regularly**.

QUICK HEALTHY MEALS

Chickpea Curry

SERVES: 4

COST: \$1.17 PER SERVING

TOTAL TIME: 10 MINUTES

Ingredients

2 (15-oz) cans chickpeas
1 (13.5 oz) can coconut milk
2 teaspoons curry powder
1 medium onion, chopped
2 cloves garlic, chopped
2 tablespoons olive, canola, or vegetable oil
16 oz fresh or 10 oz frozen spinach, defrosted
1 lemon, cut into wedges
Rice, optional (for serving)



Directions

1. Wash hands with soap and water. If using frozen spinach, squeeze out and discard as much of the liquid from the spinach as possible. If using fresh spinach, gently rub the leaves under cold running water.
2. Pour the can of chickpeas into a colander and rinse with cool water. Allow excess water to drain off.
3. Heat the oil in a large pan over medium-high heat. When the oil is hot, lower the heat to medium and add the curry powder. After a few seconds, add the onions and garlic and cook for a minute, stirring often.
4. Once the onions are golden brown, add the drained chickpeas, coconut milk, and salt to taste. Stir then let cook for 5 minutes. Add the spinach, then stir well and cover.
5. Let the spinach wilt for a couple of minutes. Serve with lemon wedges over rice,
6. Store leftovers in air-tight container in the fridge for up to 4 days.

Roasted Corn Quesadillas

SERVES 3

COST: \$1.07 PER QUESADILLA

TOTAL TIME: 10 MINUTES

Ingredients

1 (15 oz) can black or pinto beans
1 cup frozen roasted corn kernels
2 green onions
4 oz can diced green chiles, drained
4 oz shredded cheese
1/4 teaspoon cumin
1/4 teaspoon salt
6 8-inch corn or whole wheat tortillas



Directions

1. Wash hands with soap and water. Gently rub the green onions under cold running water.
2. Pour the can of beans into a colander and rinse with cool water. Allow the excess water to drain off. Thinly slice the green onions (white and green parts) and set aside.
3. Combine beans corn kernels (no need to thaw first). sliced green onions, diced green chiles, shredded cheese, cumin, and salt in a bowl. Stir until everything is evenly combined.
4. Place 1/2 cup of the bean and corn mixture in each tortilla, spreading it over half the surface, then folding the tortilla to close. Repeat until you run out of filling
5. Place the quesadillas in a dry skillet over medium low heat. Cook on each side until the tortillas are browned and the filling is melted.
6. Store leftovers in air-tight container in the fridge for up to 4 days.

RECIPE NOTES

*Add chopped chicken as an alternative to beans

*Have leftover veggies in the fridge that you need to get rid of? Chop them up and add them to the quesadilla!

*Top with favorite salsa