

Veggie Burritos



Trying to eat more vegetables? These burritos are a great place to start! This meal is full of flavor and fiber!

Prep Time: 15 minutes

Nutrition Facts

Serving Size: 1 burrito

- Calories 305
- Carbohydrate 46 g
- Protein 20 g
- Fat 12.0 g
- Saturated Fat 2.7 g
- Sugars 7 g
- Dietary Fiber 23 g
- Cholesterol 10 mg
- Sodium 575 mg
- Potassium 850 mg

This Recipe Serves 4

Ingredients

- 2 teaspoons canola oil
- 3 large carrots, small dice
- 1 cup broccoli, small dice
- 1 cup cauliflower, small dice
- 1 (15-ounce) can black beans, rinsed and drained
- 1 tablespoon chili powder
- 1 teaspoon cumin
- ¼ teaspoon black pepper
- ½ teaspoon garlic powder
- 4 large low-carb whole wheat tortillas
- 8 tablespoons reduced-fat shredded, cheddar cheese
- 1 cup shredded lettuce
- 1 large tomato, diced
- ½ avocado, sliced (into 8 slices)

Instructions

1. Heat oil in sauté pan over medium high heat. Add the carrots, broccoli, and cauliflower, and sauté for 5-7 minutes. Add the beans, chili powder, cumin, pepper, and garlic powder, and stir to incorporate. Cook for 5 more minutes.

- Scoop $\frac{1}{4}$ of the veggie mixture into a tortilla. Top with 2 tablespoons of cheese, $\frac{1}{4}$ cup lettuce, diced tomatoes, and 2 avocado slices. Fold into a burrito. Repeat the procedure for the remaining 3 burritos.

Recipe Cost: \$9.20

Budget-Friendly Stuffed Peppers

Make this whole dish the night before and hold in the refrigerator until you are ready to serve. Just heat them up in the oven or in the microwave for dinner in no time.

Prep Time: 20 minutes

Nutrition Facts

Serving Size: 1 stuffed pepper

- Calories 230
- Carbohydrate 23 g
- Protein 25 g
- Fat 4.5 g
- Saturated Fat 1.5 g
- Sugars 4 g
- Dietary Fiber 9 g
- Cholesterol 55 mg
- Sodium 95 mg

This Recipe Serves 6

Ingredients

- 1 cup red or brown lentils
- 2 cups water
- 1 tablespoon grated ginger
- 2 cloves garlic, minced
- 1 teaspoon ground turmeric
- 1 pound lean ground chicken
- 1 tablespoon chopped fresh cilantro
- $\frac{1}{2}$ teaspoon salt (optional)
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon cayenne pepper
- 6 small bell peppers (any color or assorted colors)
- $\frac{1}{2}$ cup low sodium, fat-free chicken broth (gluten-free)



Instructions

- Preheat oven to 350 degrees F.
- Add lentils, water, ginger, garlic and turmeric to a medium sauce pan. Bring to a boil and reduce to a simmer, partially covered for 20 minutes. Set aside to cool.
- While lentils are cooking, mix ground chicken, cilantro, salt (optional), ground black pepper and cayenne pepper in a medium bowl and set aside.
- Cut the tops off of the peppers and cut out seed pod (save the tops). Clean out the ribs and any seeds from the inside of the peppers and line the peppers cut side up in a baking dish. Set the tops off to the side. (Note: If the

peppers won't sit upright, trim just a little bit off the bottom of the peppers to even it out so it will sit up straight. Try not to cut a hole in the bottom so the mixture inside does not fall out).

5. Once the lentils have cooled, stir them in to the chicken mixture and mix well to incorporate.
6. Fill each pepper with the chicken and lentil mixture but do not pack the mixture in tightly. Just gently fill to the top.
7. Place each pepper top back on to the peppers filled with the chicken and lentil mixture, then pour the chicken broth into the bottom of the pan.
8. Bake for 1 hour or until the internal temperature of the chicken mixture is 165 degrees.

Cost of recipe: \$7.56

Favorite Vegetable Soup

Making soup is a great way to get rid of some of the vegetables in your refrigerator or cabinets to help you save a few dollars. This soup is great as is but you can also replace some of the ingredients with others from the fridge that need to be used. Cost of this soup is just \$0.45 per serving!

Prep Time: 25 minutes

Nutrition Facts

Serving Size: 1 cup

- Calories 115
- Carbohydrate 20 g
- Protein 7 g
- Fat 1 g
- Saturated Fat 0.5 g
- Dietary Fiber 4 g
- Cholesterol 10 mg
- Sodium 130 mg

This Recipe Serves 14



Ingredients

- ½ lb ground chuck (this is a cut of beef)
- 7 cups peeled, chopped fresh tomatoes or 2, 28-oz. cans no salt added diced tomatoes
- 4 cups water
- 1, 14.5-oz can no salt added cut green beans, drained and rinsed
- 1, 15-oz can no salt added peas, drained and rinsed
- 1, 15.25-oz can no salt added corn, drained and rinsed
- 2 medium carrots (3 oz each), peeled and chopped
- 3 medium potatoes (5 oz each), peeled and diced

- 1 medium onion (5 oz), diced
- 1/4 cup dry rice
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder

Instructions

1. Place ground chuck in a 2-gallon stockpot and brown over medium heat. Remove meat and drain it well. Wipe drippings from pot.
2. Return meat to stockpot, then add tomatoes and water. Bring to a simmer and cook, covered, until tomatoes are soft and a juicy broth is created, about 20 minutes.
3. Add remaining ingredients, cover, and continue cooking 60 additional minutes to allow flavors to blend.

Cinnamon-Glazed Baby Carrots

Ingredients

- 4 C baby carrots, rinsed and split lengthwise if very thick (or frozen presliced carrots)
- 2 Tbsp soft tub margarine
- 2 Tbsp brown sugar
- ½ tsp ground cinnamon
- ⅛ tsp salt



Directions

- 1 Place the carrots in a small saucepan. Add just enough water to barely cover the carrots. Cover. Bring to a boil. Reduce heat to medium. Cook for 7–8 minutes, just until the carrots are easily pierced with a sharp knife.
- 2 While the carrots are cooking, combine margarine, brown sugar, cinnamon, and salt in a small saucepan, and melt together over low heat (or put in a microwave-safe bowl and microwave for a few seconds on high power, until margarine is mostly melted). Stir well to combine ingredients.
- 3 Drain carrots, leaving them in the saucepan. Pour cinnamon mixture over carrots. Cook and stir over medium heat for 2–3 minutes, just until carrots are thoroughly coated and the glaze thickens slightly. Serve warm.

Flavorful Green Beans

Ingredients

- 2 lb fresh green beans
- ½ C cold water
- Nonstick cooking spray
- ⅓ C chopped onions
- 4 cloves garlic, chopped
- ½ tsp ground black pepper
- ½ tsp dried basil
- ½ tsp dried oregano



Directions

- 1 Rinse green beans and snap off tips.
- 2 Place green beans in a large pot and add ½ cup of cold water.
- 3 Cook green beans on stovetop over medium heat for 10 minutes.
- 4 Spray a sauté pan with cooking spray, and sauté the chopped onions and garlic for 5 minutes, or until they are tender and very lightly browned.
- 5 Add onions, garlic, and black pepper to green beans. Spray the cooking spray over mixture, and cook on medium heat for another 20 minutes or until green beans are tender, but not soft. Stir occasionally.
- 6 Sprinkle dried basil and oregano over green beans. Mix and serve.

Zucchini Medley



Ingredients

- 3 C zucchini chunks
- 1 small yellow onion, sliced
- 1 medium tomato, diced
- ½ C chopped mushroom
- ½ tsp dried basil
- ½ C (2 oz) low-fat cheddar cheese, shredded

Directions

- 1 Place all ingredients except the cheese in a microwave-safe 2-quart casserole dish.
- 2 Microwave on high for 7 to 10 minutes, or until vegetables are fork tender.
- 3 Add the cheese, and microwave on high for 30 seconds.
- 4 Let stand for 2 to 3 minutes before serving.