

Budget-Friendly Chicken Chili



This chili is perfect for a fall dinner and it's full of vitamin C, protein and fiber. Feel free to experiment with different beans such as black or Great Northern beans here.

Prep Time: 10 minutes

Nutrition Facts

Serving Size: 1¼ cup

- Calories 210
- Carbohydrate 30 g
- Protein 19 g
- Fat 2.5 g
- Saturated Fat 0.6 g
- Sugars 7 g
- Dietary Fiber 10 g
- Cholesterol 30 mg
- Sodium 470 mg
- Potassium 860 mg

This Recipe Serves 4

Ingredients

Cooking spray

8 ounces skinless, boneless chicken breast, diced

1 green pepper, diced

1 small onion, diced

1 clove garlic, minced

2-14.5 ounce cans diced tomatoes

16 ounce navy beans, rinsed and drained

¼ teaspoon ground black pepper

2 teaspoons chili powder

½ teaspoon cumin

Instructions

1. Spray a large soup pot with cooking spray. Add chicken and sauté over medium heat for 7 minutes or until done. Remove from pan.
2. Add onions and green peppers and sauté over medium-high heat for 3 minutes or onions until clear. Add garlic and sauté 30 more seconds.
3. Add remaining ingredients along with cooked chicken and bring to a boil. Reduce heat and simmer for 15 minutes

Meal Cost: \$7.50

Budget-Friendly Tuna Pasta Salad

You could try this tuna salad without the pasta and serve it on whole-grain bread, a tortilla or on a bed of lettuce. This quick and budget-friendly meal makes a healthy lunch or dinner.

Prep Time: 20 minutes

Nutrition Facts

Serving Size: 1 ½ cups

- Calories 245
- Carbohydrate 31 g
- Protein 22 g
- Fat 4.0 g
- Saturated Fat 0.6 g
- Sugars 4 g
- Dietary Fiber 5 g
- Cholesterol 40 mg
- Sodium 465 mg
- Potassium 640 mg

This Recipe Serves 4

Ingredients

- 2 cups uncooked quinoa pasta
- 2 stalks celery, diced
- 2 carrots, diced
- ½ red pepper, diced
- ¼ onion, diced
- ¼ cup green olives, diced (optional)
- 11-ounce flavor fresh tuna pouch, in water
- ¼ cup plain, fat-free Greek yogurt
- 3 tablespoons light mayonnaise
- ¼ teaspoon ground black pepper



Instructions

1. Cook pasta according to package directions, omitting salt. Drain pasta and rinse under cold water.
2. In a medium bowl combine remaining ingredients. Add pasta and toss to coat. Serve.

Cost: \$9.17

20-Minute Chicken Creole

This quick Southern-style dish contains no added fat and very little added salt in its spicy tomato sauce

Prep time	Cook time	Yields	Serving Size
15 minutes	20 minutes	4 servings	1½ C

Ingredients

- 12 oz boneless, skinless chicken breast, cut into thin strips
- 1 C canned whole peeled tomatoes, chopped

- 1 C chili sauce (look for lowest sodium version)
- 1½ C green bell pepper, rinsed and chopped
- 1½ C celery, rinsed and chopped
- ¼ C onion, chopped
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 1 Tbsp fresh basil, rinsed, dried, and chopped (or 1 tsp dried)
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- ¼ tsp crushed red pepper
- ¼ tsp salt
- Cooking spray

Directions

1. Spray sauté pan with cooking spray. Preheat over high heat.
2. Cook chicken in hot sauté pan, stirring for 3–5 minutes. Reduce heat.
3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt.
4. Bring to boil over high heat, and then reduce heat to simmer.

Tip: Delicious served over rice.

Chicken and Spanish Rice

A delicious one-pot meal the whole family will love.

Prep time	Cook time	Yields	Serving Size
15 minutes	30 minutes	5 servings	1½ C

Ingredients

- 1 C chopped onion
- ¾ C green bell pepper, rinsed, seeded, and cubed
- 2 tsp vegetable oil
- 1 can (8 oz) tomato sauce (see tip below)
- 1 tsp chopped parsley
- ½ tsp ground black pepper
- 1¼ tsp minced garlic
- 5 C cooked brown rice (cooked in unsalted water)
- 3½ C cooked boneless, skinless chicken breast, diced

Directions

In a large skillet, sauté the onion and green pepper in oil for 5 minutes on medium heat. Add tomato sauce and spices. Heat through. Add cooked rice and chicken. Heat through, and serve.

Spaghetti With Turkey Meat Sauce

A heart healthy take on a classic dish.

Prep time	Cook time	Yields	Serving Size
15 minutes	1 hour	6 servings	5 oz sauce and 9 oz spaghetti

Ingredients

Nonstick cooking spray
1 lb 99 percent fat-free ground turkey
1 can (28 oz) no-salt-added tomatoes, cut up
1 C finely chopped green bell pepper
1 C finely chopped onion
2 cloves garlic, minced
1 tsp dried oregano
1 tsp ground black pepper
1 lb spaghetti

Directions

1. Spray a large nonstick skillet with cooking spray. Preheat over high heat.
2. Add turkey; cook, stirring occasionally, for 5 minutes. Drain fat and discard.
3. Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper. Bring to a boil; reduce heat. Simmer covered for 15 minutes, stirring occasionally. Remove cover; simmer for 15 minutes more. (If you prefer a creamier sauce, give sauce a whirl in your blender or food processor.)
4. Meanwhile, cook spaghetti in unsalted water. Drain well.
5. Serve sauce over spaghetti