

# **Better Health and Gardens**

**Healthy, Low-Cost and Delicious Recipes**

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## PASTA RECIPES

Pasta recipes are nutritious, easy to make and many people like them. Pasta can be easy to overeat, especially if it is white refined pasta, so try not to cook more pasta than you need for the meal. We recommend that you use whole wheat pasta as often as possible.

Many of these recipes call for 6 oz. of dry pasta. But what does that look like? For smaller pieces of macaroni, 6 oz. is about 1 ½ cup of pasta. For penne pasta 6 oz. is 2 ¼ cup of pasta. 2 oz. of spaghetti pasta can fit through the top of a standard water bottle. So fill a water bottle three times over with spaghetti, and you'll have 6 oz. for your recipe (1,2).

A healthy serving of pasta for a woman/ smaller person is 3 ounces dry weight, which has 63 grams of carbohydrate and 315 calories (3).

A healthy serving of pasta for a man/ larger person is 4 ounces dry weight, which has 84 grams of carbohydrate and 420 calories (3).

## Spinach, Beans and Pasta

2 servings

3 tablespoons extra virgin olive oil  
1/3 cup frozen, defrosted, chopped spinach  
1/2 cup cannellini beans, drained, and rinsed well  
2 cups canned, diced tomatoes (plain or seasoned)  
6 ounces (dry weight) pasta, preferably whole wheat

*Optional: garlic, herbs (rosemary, basil, thyme, oregano). Salt and pepper for the vegetables.*

### Steps:

- Heat a large pot of salted water to cook the pasta. When the water boils, cook the pasta as directed on the box.
- Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any optional ingredients (garlic, herbs) and stir to combine.
- Stir in the defrosted spinach; season with salt and pepper. Cook for about 5 minutes.
- Add the drained, rinsed cannellini beans; heat on medium 5 to 6 minutes, stirring often.
- Add the canned tomatoes; turn the heat to low and heat until the pasta is cooked.
- Toss with cooked pasta and serve.

### Per serving:

Calories	570
Grams of carbohydrate	82
Servings of starch	3.5
Servings of vegetables	3

Cost for total recipe: \$2.55

**Cost per serving: \$1.28**

**Fresh vegetables:** use 2 cups fresh spinach, kale, or collard greens instead of frozen spinach; and 2 cups of fresh, chopped tomatoes or some fresh and some canned tomatoes.

## Peas, Mushrooms, and Pasta

2 servings

3 tablespoons extra virgin olive oil  
1 cup mushrooms, sliced  
½ cup peas, canned, drained or frozen, defrosted  
2 cups canned, diced tomatoes  
6 ounces (dry weight) pasta, preferably whole wheat

*Optional: garlic, herbs (rosemary, basil, thyme, oregano). Salt and pepper for the vegetables.*

Steps:

- Heat a large pot of salted water to cook the pasta. When the water boils, cook the pasta.
- Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any optional ingredients (garlic, herbs) and stir to combine.
- Add the mushrooms, stir into the oil and heat for 3 to 5 minutes. Add the peas; heat for 2 to 3 minutes. Add the canned tomatoes; turn the heat to low, and heat until the pasta is cooked.
- Toss with cooked pasta and serve.

### Per serving:

Calories	550
Grams of carbohydrate	80
Servings of starch	3
Servings of vegetables	3.5

Cost for total recipe: \$3.33

**Cost per serving: \$1.67**

**Fresh vegetables:** Use ½ cup chopped fresh green beans or peppers instead of canned peas; and 2 cups of fresh, chopped tomatoes. You could even use a mix of fresh and canned tomatoes.

## Vegetable Lo Mein

2 servings

3 tablespoons extra virgin olive oil  
1 cup frozen, defrosted chopped broccoli  
2 cups carrots, canned or frozen, defrosted  
2 tablespoons cup soy sauce  
2 teaspoons corn starch or flour  
6 ounces (dry weight) spaghetti noodles, preferably whole wheat

*Optional: sliced/ crushed garlic, salt and pepper*

Steps:

- Heat a large pot of water for the spaghetti and cook as directed.
- Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any optional ingredients (garlic, herbs) and stir to combine.
- Add the broccoli; season with salt and pepper. Cook 5 to 8 minutes.
- Add the carrots to the broccoli and cook 3 to 5 minutes
- Combine the soy sauce and 1 tablespoon cold water in a small bowl. Add the corn starch and stir with a fork until there are no lumps. Pour into the pan with the hot vegetables and completely stir in. Heat until the sauce is thickened (about 3 minutes).
- Serve over cooked spaghetti.

**Per serving:**

Calories	570
Grams of carbohydrate	84
Servings of starch	3
Servings of vegetables	3

Cost for total recipe:           \$ 3.04

**Cost per serving:               \$ 1.52**

**Fresh vegetables:** Use 2 cups chopped raw carrots; add the carrots before the frozen broccoli, and increase the cooking time to 15 minutes.

Use fresh green beans instead of broccoli and add them when you add the fresh carrots.

## Macaroni and Cheese with Vegetables

2 servings

3 tablespoons extra virgin olive oil  
½ cup chopped onion (red or white), about ½ of a small onion  
1 cup frozen, defrosted, chopped broccoli  
2 tablespoons white flour  
1 cup milk (do not use non-fat)  
2 slices American cheese or 1 ½ ounces of any cheese  
6 ounces (dry weight) pasta, preferably whole wheat  
Salt and pepper

### Steps:

- Cook the macaroni as directed and drain. While the macaroni is cooking, prepare the sauce.
- Preheat the oven to 350°F. Lightly coat a 13x9x2 inch glass Pyrex pan with olive oil.
- Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any optional ingredients (garlic, herbs) and stir to combine.
- Add the onion and broccoli, stir to combine; season with salt and pepper. Cook on medium 10 to 15 minutes, or until the vegetables are soft; stirring the mixture occasionally.
- Sprinkle the flour on the vegetables and stir to mix the flour completely into the vegetables and oil. There should be no dry flour visible. Pour in the milk, stir to mix in. Stir gently and continue to cook until the mixture thickens.
- Cut the cheese into smaller pieces (about 4 to 6 pieces per slice). Add the cheese to the thickened sauce. Stir to combine and continue stirring until the cheese melts.
- Add the cooked macaroni and stir to combine. Pour into the prepared pan. Bake until bubbling, about 20 to 30 minutes.

### Per serving:

Calories	660
Grams of carbohydrate	84
Servings of starch	3
Servings of vegetables	1.5

Cost for total recipe:           \$ 2.54

**Cost per serving:               \$ 1.27**

**Fresh vegetables:** Use 2 cups of fresh spinach, kale or collards greens instead of the frozen broccoli.

## Baked Pasta with Chickpeas

2 servings

3 tablespoons extra virgin olive oil  
½ cup peppers, frozen, defrosted  
1/3 cup frozen, defrosted spinach  
½ cup chickpeas (ceci beans, garbanzo beans), drained and rinsed  
1 cup canned, diced tomatoes  
6 ounces (dry weight) pasta, preferably whole wheat

*Optional: salt and pepper; herbs, grated cheese*

- Cook the macaroni as directed and drain. While the macaroni is cooking prepare the sauce.
- Preheat the oven to 350°F. Lightly coat a 13x9x2 inch glass Pyrex pan with olive oil.
- Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any optional ingredients (garlic, herbs) and stir to combine. Add the peppers to the oil; season with salt and pepper. Cook for 5 to 8 minutes.
- Add the spinach and cook 3 to 5 minutes. Add the chickpeas and stir to combine. Cook 3 to 5 minutes.
- Add the tomatoes and heat 2 to 3 minutes.
- Combine the vegetables and cooked pasta and put in a baking dish. Top with grated cheese, if desired. Bake at 350°F for 20 to 30 minutes or until bubbly.

### Per serving:

Calories	605
Grams of carbohydrate	90
Servings of starch	3.5
Servings of vegetables	3.5

Cost for total recipe: \$2.02

**Cost per serving: \$1.01**

**Fresh vegetables:** Use ½ cup chopped fresh peppers; 2 cups fresh spinach, kale, or collard greens, instead of frozen spinach; use 1 cup of fresh, chopped tomatoes or a mix of fresh and canned tomatoes.

## RICE RECIPES

We recommend that you use brown rice as often as possible. Brown rice is more expensive than white rice so try to buy it when it is on sale or if you see a coupon for brown rice. Brown rice sold in bulk, or when you measure it out yourself in the store and it is not sold in a bag, tends to be less expensive.

### **Why brown rice?**

Brown rice is much more nutritious than white rice. It is “brown” because it has the whole grain kernel on it. There are many important nutrients in the whole grain kernel. White rice is refined and has the outside grain kernel removed. White rice has some vitamins added back to it, but it is not close to brown rice for nutrition content (4).

Brown rice takes longer to cook than white rice so try to prepare brown rice before you need it for a meal. You can store the cooked rice in a covered container for several days in the refrigerator. The cooled rice will also mix in to a recipe better as it will not absorb the fat when cooking.

### Fool proof way to make brown rice:

Put about 3 quarts of water in a large pan (about what you would use if you were cooking pasta). You can add 1 to 2 teaspoons of salt, if you like. Heat the water on high until it boils. Add the dry rice (1 to 2 cups), cover the pan and return to a boil. As soon as it boils again, reduce the heat to low and slow boil for about 35 minutes. Immediately drain the rice into a colander. One cup of dry rice makes at least 3 cups cooked rice.

The vegetable fried rice recipes here are very quick and tasty, if the rice is made in advance. The basic recipe is the same with different vegetable combinations. Choose one of these combinations or you can use whatever you like or have on hand. Try to include 1 cup of vegetables per serving or 4 cups of vegetables for 4 people.

A healthy serving of rice is about 1 cup of cooked rice.

1 cup cooked brown rice has 46 g of carbohydrate and 218 calories (5).

## Corn, Black Beans and Tomato Fried Rice

2 servings

3 tablespoons extra virgin olive oil  
1 cup canned corn, drained or frozen, defrosted  
½ cup can black beans, drained and rinsed  
1 cup canned, diced tomatoes  
2 cups cooked brown rice (easy directions on page 9)

*Optional: dried oregano and/or basil; salt and pepper*

Steps:

- Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any herbs and stir to coat with the oil. Stir in the corn; season with salt and pepper. Cook 3 to 5 minutes.
- Add the black beans and cook 4 to 5 minutes longer. Stir in the tomatoes and heat 3 to 5 minutes.
- Stir in the cooked rice, stir to combine and heat through.

**Per serving:**

Calories	530
Grams of carbohydrate	74
Servings of starch	2.5
Servings of vegetables	2

Cost for total recipe:           \$2.08

**Cost per serving:               \$1.04**

**Fresh vegetables:** Use 1 cup chopped fresh pepper, instead of corn. If you do this, increase the cooking time to 15 minutes. Use 1 cup of fresh, chopped tomatoes or a mix of fresh and canned tomatoes.

## Onions, Carrots and Green Beans Fried Rice

*2 servings*

3 tablespoons extra virgin olive oil  
 1 cup chopped onion (red or white)  
 1 cup sliced carrots; canned, drained or frozen, defrosted  
 1 cup green beans; canned, drained or frozen, defrosted  
 2 cups cooked brown rice (easy directions on page 9)

*Optional: dried oregano and/or basil; salt and pepper*

Steps:

- Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any herbs. Stir in the onion; season with salt and pepper. Cook 5 to 10 minutes.
- While the onion is cooking, slice the carrots in half. Stir the carrots pieces into the cooked onions.
- Add the green beans, stir to combine and heat 3 to 5 minutes. Stir in the cooked rice, stir to combine and heat through.

**Per serving:**

Calories	520
Grams of carbohydrate	72
Servings of starch	2
Servings of vegetables	3

Cost for total recipe:     \$2.64

**Cost per serving:         \$ 1.32**

**Fresh vegetables:** Use 1 cup of fresh carrots, sliced thinly and increase the cooking time to 15 minutes. Use 1 cup of fresh green beans cut into 1 inch pieces and add with the carrots.

## Corn and Peas Fried Rice

2 servings

3 tablespoons extra virgin olive oil  
¾ cup corn; canned, drained or frozen, defrosted  
¾ cup peas; canned, drained or frozen, defrosted  
2 cups cooked brown rice (easy directions on page 9)

*Optional: dried oregano and/or basil; salt and pepper*

Steps:

- Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any herbs and stir to coat with the oil.
- Stir in the corn; season with salt and pepper. Cook 3 to 5 minutes.
- Add the peas and heat 2 to 3 minutes. Stir in the cooked rice, stir to combine and heat through.

**Per serving:**

Calories	580
Grams of carbohydrate	82
Servings of starch	2
Servings of vegetables	1.5

Cost for total recipe:           \$ 1.73

**Cost per serving:               \$ 0.87**

**Fresh vegetables:** Use ¾ cup fresh peas; add the peas before the corn and increase the cooking time to 15 minutes.

## Broccoli and Peppers Fried Rice

2 servings

3 tablespoons extra virgin olive oil  
1 cup frozen, defrosted broccoli, chopped  
1 cup peppers, frozen, defrosted  
2 cups cooked brown rice (easy directions on page 9)

*Optional: dried oregano and/or basil; salt and pepper*

Steps:

- Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any herbs and stir to coat with the oil.
- Stir in the broccoli; season with salt and pepper. Cook 5 to 10 minutes.
- Stir in the peppers and cook 5 to 10 minutes longer. Stir in the cooked rice, stir to combine and heat through.

**Per serving:**

Calories	475
Grams of carbohydrate	62
Servings of starch	2
Servings of vegetables	2

Cost for total recipe:           \$ 1.40

**Cost per serving:               \$ 0.70**

**Fresh vegetables:** Use 1 cup fresh peppers, diced; add the fresh peppers before the broccoli; increase the cooking time to 15 minutes.

## Frittata with Onions, Spinach and Rice

2 servings

- 3 tablespoons extra virgin olive oil
- ½ cup chopped onion (red or white)
- ⅓ cup frozen, defrosted, chopped spinach
- 3 large eggs
- ¼ cup milk (any % fat, including non-fat)
- Salt and pepper
- 2 cups cooked brown rice (easy directions on page 9)

### Steps:

- Turn on a broiler.
- Heat oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide that can be put under a broiler. Stir in the onions; season with salt and pepper. Cook 8 to 10 minutes or until desired softness, stirring occasionally. Stir in the spinach and cook 3 to 5 minutes.
- While the vegetables are cooking, beat the eggs and milk together in a small bowl. Add the rice to the milk.
- Add the egg/rice mixture to the skillet and spread out evenly over the pan (this is easily done with a rubber spatula). Cook on top of the stove until the mixture is set. If you run a rubber spatula around the mixture, you can tell when it is crusting on the bottom. It will take about 5 minutes.
- When the mixture is set, put the pan under the broiler and broil for about 3 minutes or until the top starts to brown.
- Use a metal spatula to loosen the mixture from the pan. The frittata should easily slide out of the pan onto a plate when done.

### Per serving:

Calories	575
Grams of carbohydrate	58
Servings of starch	2
Servings of vegetables	1.5

Cost for total recipe: \$2.23

**Cost per serving: \$1.11**

**Fresh vegetables:** Use 2 cups fresh spinach, kale, or collard greens instead of frozen spinach.

## Zucchini or Summer Squash with Tomato and Rice

2 servings

3 tablespoons extra virgin olive oil

2 cups zucchini or summer squash cut into small pieces, like match sticks (about 2 pounds of zucchini or summer squash)

Salt

2 cups canned, chopped, tomato or 2 cups fresh tomato

2 cups cooked brown rice (easy directions on page 9)

*Optional: ¼ cup fresh basil leaves or flat parsley*

Steps:

- Heat the olive oil on medium (4 to 5 on the dial) in a medium pan. Stir in the zucchini or summer squash; season with salt. Cook 3 to 5 minutes or until the vegetable is soft.
- Add the tomatoes; season with salt. Cover the pan and cook 3 to 5 minutes.
- If using basil or parsley, tear the leaves into small pieces and add to the rice. Stir the cooked vegetables into the rice and serve.

### Per serving:

Calories	475
Grams of carbohydrate	62
Servings of starch	2
Servings of vegetables	2

Cost for total recipe: \$3.40 \*

(\* priced in June 2013; will be less expensive when zucchini is in season)

**Cost per serving: \$ 1.70**

## POTATO RECIPES

Potatoes are a very healthy food and tend to be inexpensive. Bags of potatoes tend to be less expensive than buying them separately. Potatoes should be washed clean before they are cooked so the skin can be eaten, if you like. The skin contains vitamins and other healthy nutrients, including fiber (6).

### To prepare potatoes for cooking:

Brush off any dirt and use a knife to remove any spots on the potatoes that are green or where the skin has been cut or broken. Scrub the potatoes clean with a vegetable brush or a sponge. Wash right before you plan to use them. Do not wash in advance or they will rot. White baking potatoes can be cooked and eaten with the skin off or on. Sweet potatoes can be baked with the skin on but most people don't eat the skin of the sweet potato once it is cooked. The skin on sweet potatoes can be removed with a vegetable peel or a sharp knife before boiling.

Use 1 potato per person if the potato is about 6 inches long (9 to 10 ounces)

### Simple recipes for potatoes:

#### **Boiling potatoes (white or sweet):**

Scrub clean the skin of the potatoes. For white potatoes, you can remove the skin or keep it on. For sweet potatoes, remove the skin. Cut the potatoes into pieces about 1 inch in size. It is best to try and cut all the pieces about the same size so they are cooked at the same time. Place in a sauce pan with enough water to just about cover the potatoes. Add about ½ to 1 teaspoon of salt (the more potatoes, the more salt), if you like. Cover the pan and bring to a boil. Reduce the heat to low (2 to 3 if there are numbers on the dial) and cook about 5 to 7 minutes for 1 to 2 potatoes, longer for more potatoes. The potatoes are cooked when you can pierce them with a fork.

#### **Baking potatoes (white or sweet):**

Preheat the oven to 400°F. Scrub clean the skin of the potato. Using a fork, pierce the potato in several places. This will allow the heat to escape while it cooks. Cook the potato about 1 hour. You can test the potato for doneness by gently squeezing it. A cooked potato does not feel solid. It will "give" when squeezed. You can gently hit the potato on a counter when it is cooked. This helps to break up the cooked potato.

## Roasted Potatoes (white or sweet):

*Per serving:*

1 tablespoon extra virgin olive oil  
1 baking potato (about 9 to 10 ounces)

Steps:

- Preheat the oven to 425°F. Wash the potatoes thoroughly to remove any dirt.
- The clean potatoes can be sliced or diced. Put the cut potatoes in a bowl.
- Add the olive oil and flavor with salt and pepper. Use a fork or spoon to coat with the olive oil.
- Put the potatoes in a baking pan large enough that they are not crowded.
- Cook for 15 minutes. Use a fork or a metal spatula to turn the potatoes.
- Cook for another 15 minutes and turn again. The potatoes can be cooked just until a fork can easily pierce them or until they are browned. How long you need to cook them depends upon how small they are sliced and how you would like them. Potatoes sliced thinner or cut smaller will cook faster. Roasted potatoes can be used as a side for dinner or with cooked eggs instead of toast.

1 ounce raw potato has 5 grams of carbohydrate and 20 calories.

½ cup potato cubes has 13 grams of carbohydrate and 60 calories.

A typical baking potato is about 9 ounces which would have 45 grams of carbohydrate and 180 calories (7).

## Vegetable Stuffed Baked Potato

2 servings

*This recipe can be made with any vegetables you like, including ones that are leftover from another meal.*

2 medium baking potatoes (about 9 or 10 ounces each)  
3 tablespoons extra virgin olive oil  
1 cup chopped onion (red or white), (1 small)  
2/3 cup frozen, defrosted, chopped spinach  
Salt and pepper

Steps:

- Clean the potatoes and prick with a fork in several places. Bake at 400°F for about 1 hour. When the potatoes have been in the oven for about 40 minutes, start the following:
  - Start to prepare the vegetables when the potatoes have about 20 minutes left to cook.
  - Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Stir in the onions; season with salt and pepper. Cook about 8 to 10 minutes or until the onions are the desired softness, stirring occasionally.
  - Add the spinach and heat on low until the potatoes are cooked.
- Slice baked potato and fill with the vegetables.

**Per serving:**

Calories	415
Grams of carbohydrate	60
Servings of starch	3
Servings of vegetables	3

Cost for total recipe:           \$ 2.18

**Cost per serving:               \$ 1.09**

**Fresh vegetables:** Use 2 cups fresh spinach, kale, or collard greens instead of frozen spinach.

## Mashed Potato Dinner

2 servings

- 1 pound potatoes (red or white)
- 3 tablespoons extra virgin olive oil
- 1 cup peas; canned, drained or frozen, defrosted
- 1 cup cannellini beans, drained and rinsed
- ½ cup milk (any % fat, including non-fat)

### Steps:

- Scrub the potatoes clean using cold water. You do not need to take the skin off. Leaving the skin on gives you more nutrients, including fiber.
- Put the chopped potatoes in about 2 inches of water in a saucepan. Add salt (about ½ teaspoon) to the water, if desired. Bring the water to a boil; reduce the heat and gently boil the potatoes until soft when pierced with a fork (about 10 to 12 minutes).
- Heat the olive oil in a small skillet on medium (4 to 5 on the dial). Add the peas and stir to coat with the oil. Cook for 2 to 3 minutes.
- Add the beans to the peas just as the potatoes are finishing cooking.
- Drain the cooked potatoes. Put potatoes back in the sauce pan and start to mash. Add the milk to the potatoes and completely mash. Mix in the vegetables into the potatoes. The vegetables will be soft so they will easily fall apart.

### Per serving:

Calories	530
Grams of carbohydrate	70
Servings of starch	4
Servings of vegetables	1

Cost for total recipe: \$ 2.61

**Cost per serving: \$ 1.30**

**Fresh vegetables:** Use 1 cup chopped, fresh pepper instead of peas; increase cooking time to 15 minutes.

## Frittata with Broccoli and Potatoes

2 servings

3 tablespoons extra virgin olive oil  
1 cup frozen, defrosted, chopped broccoli  
3 large eggs  
½ cup milk (any % fat, including non-fat)  
1 pound potato, diced, and cooked  
Salt and pepper

Steps:

- Turn on a broiler.
- Heat the olive oil on medium (4 to 5 on the dial) in a in a frying pan about 12 inches wide that can be put under a broiler. Stir in the broccoli; season with salt and pepper. Cook 8 to 10 minutes.
- While the broccoli is cooking, mix the eggs and milk in a small bowl. Add the potatoes. You can either leave the potatoes as cubes or use a potato masher to combine the egg and potato; season with salt and pepper, if desired.
- Add the egg/ potato mixture to the skillet and spread out evenly over the pan (this is easily done with a rubber spatula). Cook on top of the stove until the mixture is set. If you run a rubber spatula around the mixture, you can tell when it is crusting on the bottom. It will take about 5 minutes. When the mixture is set, put the pan under the broiler and broil for about 3 minutes or until the top starts to brown.
- Use a metal spatula to loosen the mixture from the pan. The frittata should easily slide out of the pan onto a plate when done.

**Per serving:**

Calories	520
Grams of carbohydrate	47
Servings of starch	2.5
Servings of vegetables	1

Cost for total recipe: \$ 2.58

**Cost per serving: \$ 1.29**

**Fresh vegetables:** Use 1 cup chopped, fresh pepper instead of broccoli; increase cooking time to 15 minutes.

## SOUP AND SANDWICH RECIPES

Soup is an easy and healthy way to eat vegetables. The recipes included here all use healthy vegetables. You can use the vegetables listed or use any other vegetables, including leftovers you might have from other meals. These soup recipes all use extra virgin olive oil. This makes the vegetables taste better and the soup is more filling. Soup can be made in advance and stored in the refrigerator for about 3 days. You can also freeze soup in one container or in individual servings and it will keep for a couple of months.

### Easy vegetable sandwich:

You can use any vegetables you have. For each cup of vegetables, use 1 tablespoon of extra virgin olive oil. Heat the olive oil in a pan. Add the vegetables and stir to combine with the oil. You can cook the vegetables on a medium heat and sear them or turn the heat low and cook longer. The longer you cook vegetables, the sweeter they become. The vegetables can be seasoned with salt, pepper and any herbs you like.

The cooked vegetables can be put on bread, toast, a roll or a wrap. You might need a knife and fork to eat it.

## Vegetable and Bean Soup

4 servings

6 tablespoons extra virgin olive oil

2 cups corn; canned, drained or frozen, defrosted

2 cups green beans; canned, drained or frozen, defrosted

1 cup peas; canned, drained or frozen, defrosted

1 can white beans, rinsed and drained

28 ounce can diced tomatoes

6 cups of broth (vegetable, chicken, beef); you can use any broth, including one made with bouillon

Steps:

- Heat 2 tablespoons of the olive oil on medium (4 to 5 on the dial) in a large soup pan. Add the corn and cook for about 5 minutes.
- Add the rest of the olive oil and the green beans and peas; season with salt and pepper. Cook for 3 to 5 minutes, stirring occasionally.
- Stir in the can of drained, rinsed white beans and heat 3 to 5 minutes. Add the crushed tomatoes and heat through. The vegetable mixture can be left to simmer. When the vegetables are cooked as much as you want, add the vegetable broth. Heat through.
- The soup can be frozen in individual servings. You can add cooked pasta, rice or potatoes, if you like at the time of eating.

**Per serving:**

Calories	460
Grams of carbohydrate	56
Servings of starch	1
Servings of vegetables	3.5

Cost for total recipe:           \$ 7.02

**Cost per serving:               \$ 1.76**

**Fresh vegetables:** Use 2 cups of fresh green beans, cut into 1 inch pieces instead of canned green beans or 1 cup fresh peas instead of frozen peas. Increase the cooking time to 10 minutes for the green beans, and then add the peas.

# Vegetable Soup

4 servings

*The soup can be frozen in individual servings. You can add cooked pasta, rice or potatoes, if you like at the time of eating.*

- 6 tablespoons extra virgin olive oil
- 1 cup chopped onion (red or white), (1 small)
- 1 cup frozen, defrosted broccoli, chopped
- 2/3 cup frozen, defrosted spinach
- 2 cups sliced carrots; canned/drained or frozen, defrosted
- 6 cups vegetable broth you can use any broth, including one made with bouillon

### Steps:

- Heat about 2 tablespoons of the olive oil on medium (4 to 5 on the dial) in a large soup pan. Add the onions, stir to coat with oil and cook for about 5 minutes.
- Add the rest of the olive oil and stir in the broccoli and spinach; season with salt and pepper. Cook 3 to 5 minutes.
- Stir in the carrots and cook 3 to 5 minutes. Stir to combine everything. Reduce the heat to simmer and cook the vegetables for 10 to 15 minutes. Add the vegetable broth. Heat through.

### Per serving:

Calories	270
Grams of carbohydrate	17
Servings of starch	0
Servings of vegetables	3

Cost for total recipe: \$ 4.08

**Cost per serving: \$ 1.02**

**Fresh vegetables:** Use 4 cups of fresh spinach, instead of frozen. Use 2 cups of fresh, thinly sliced fresh carrots, instead of frozen. When using the fresh vegetables, increase the cooking time to 15 minutes.

## Lentil Soup

6 servings

1 pound potatoes (about 2 medium baking potatoes)  
6 tablespoons extra virgin olive oil  
1 cup chopped onion (red or white), (1 small)  
2 cups carrots canned, drained or frozen, defrosted  
1 ½ cup dry lentils (red lentils make a thicker soup)  
8 cups vegetable broth; you can use any broth, including one made with bouillon

*Optional: Sprig of fresh thyme, 2 to 3 bay leaves*

Steps:

- Scrub the potatoes clean and cut into pieces about 1 to 1 ½ inches in size. Put the potato pieces in a small pan; cover the potatoes with cold water. Add about ½ teaspoon of salt. Cover and bring to a boil. Lower the heat to low-medium and cook just until you can pierce with a fork (5 to 7 minutes).
- Heat about 4 tablespoons of the olive oil on medium (4 to 5 on the dial) in a large soup pan. Add the onions, stir to coat with oil; season with salt and pepper. Cook for about 8 to 10 minutes.
- Add the rest of the olive oil and the carrots, stir to mix in, reduce the heat to low and cook for about 10 minutes.
- Add the lentils, vegetable broth, and the herbs. Raise heat to medium high and bring to a boil. Reduce heat to low, cover and cook for 45 minutes.
- Add cooked potatoes and heat through.

**Per serving:**

Calories	400
Grams of carbohydrate	50
Servings of starch	4.5
Servings of vegetables	1

Cost for total recipe:           \$4.80

**Cost per serving (cup):       \$0.80**

**Fresh vegetables:** Use 2 cups of fresh, thinly sliced carrots, instead of frozen. Increase the cooking time to 15 minutes.

## Black Bean, Kale and Barley Soup

4 servings

1 cup cooked pearled barley  
6 cups broth (vegetable, chicken or beef) or water  
4 cups chopped kale, frozen, defrosted  
1 to 2 teaspoons salt  
6 tablespoons extra virgin olive oil  
1 small onion (red or white), chopped (about 1 cup)  
1 cup black beans, drained and rinsed

Steps:

- To cook the barley: put 3 cups of water in a large pan; cover and bring to a boil. Add the barley, cover and bring back to a boil. Lower the heat to low and cook about 45 minutes or until the water is all absorbed and the barley is tender.
- While the barley is cooking, heat the olive oil on medium-low (3 to 4 on the dial) in a large soup pan. Add the kale and onions, stir to coat with oil; season with salt and pepper. Cook for about 20 minutes. You can cook these vegetables longer if the barley is not cooked; just lower the heat to simmer.
- Put the vegetable broth or water in a large soup pan.
- When the barley is cooked, add the cooked onion and the drained beans and heat through.

### Per serving:

Calories	485
Grams of carbohydrate	64
Servings of starch	1.5
Servings of vegetables	1.5

Cost for total recipe: \$ 4.34

**Cost per serving: \$ 1.09**

**Fresh vegetables:** Use 4 cups of chopped, fresh kale, instead of frozen kale.

## Vegetarian Chili

*Makes about 9 cups*

½ cup extra virgin olive oil

1 medium onion (red or white), chopped (about 2 cups)

2 cans corn, drained or 3 ½ cups of frozen, defrosted

28 ounce can crushed tomatoes (4 cups)

3 cans of beans: black, kidney, pinto, and/or cannellini, drained and rinsed. You may use any combination that you like.

*Optional:*

2 teaspoons ground cumin

1 tablespoon chili powder

2 teaspoons dry oregano

Steps:

- Heat the olive oil on medium (4 to 5 on the dial) heat in a large pan on top of the stove or in a slow cooker. Add the onions, stir to combine with the oil; season with salt and pepper. Cook the vegetables for about 10 minutes, or until the onions are translucent.
- Stir in the drained corn and cook for another 5 minutes. You should occasionally stir the vegetables.
- Sprinkle the cooked vegetables with the spices. Stir to mix in evenly. Add the tomatoes and all the beans. Stir to combine. Reduce heat to medium low and simmer for about 45 minutes or longer, stirring occasionally.
- Serve over cooked rice (preferably brown rice) or in a baked potato.

**Per serving:**

Calories	320
Grams of carbohydrate	45
Servings of starch	1
Servings of vegetables	2

Cost for total recipe:           \$8.78

**Cost per cup                       \$ 0.98**

**Fresh vegetables:** Use 3 cups of diced, fresh pepper, instead of corn and add with the onion. Use some or all chopped fresh tomatoes for the total 4 cups canned tomatoes.

## Breakfast Burrito/ Huevos Rancheros

2 servings

2 tablespoons extra virgin olive oil  
1 cup chopped onion (red or white), (1 small)  
1 can black beans, drained and rinsed  
2 large eggs  
1 cup canned, diced tomatoes or salsa  
2 slices (3/4 ounce each) of cheese  
4 - 6 inch flour tortilla (preferably whole wheat) or 8 slices whole wheat toast

*If you are using tortillas: To heat the tortillas, lightly oil the skillet and heat on medium. Add the tortillas, 1 at a time and heat on 2 sides. You may need to add a little more oil as you heat all the tortillas. Keep the heated tortillas warm in the oven (about 250°F) while the egg mixture cooks.*

### Steps:

- Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add the onion, stir to combine. Heat 8 to 10 minutes or until the onion is translucent.
- Add the drained black beans, stir to combine and heat 1 to 2 minutes. Add the canned tomatoes or salsa and heat.
- Start to cook the eggs in the pan used to heat the tortillas. Break the eggs into a bowl, taking care not to crack the yolks. Add a little more oil to the pan used to heat the tortillas. Gently slide the eggs into the pan and cook until the white is opaque. Carefully turn the eggs when the white is opaque. Sprinkle the eggs with the cheese; cover and heat until the cheese melts.
- Place 1 heated tortilla on a plate. Top with the bean mixture and then the egg with the cheese side up. If you are using toast, you can put the cooked egg and vegetable or the toast or on the side.

### Per serving:

Calories	550
Grams of carbohydrate	45
Servings of starch	1.5
Servings of vegetables	2

Cost for total recipe: \$3.64

**Cost per serving: \$1.82**

## **VEGETABLE AND SALAD RECIPES**

Try to use local, seasonal vegetables, especially ones you find at a Farmer's Market. Be aware that the vegetables used can be more expensive out of season.

## Black Bean, Corn and Tomato Salad

2 servings

3 tablespoons extra virgin olive oil  
½ to 1 teaspoon dried basil or oregano  
1 cup black beans, drained and rinsed  
1 cup canned corn, drained  
1 cup drained, canned tomatoes or 1 cup fresh, chopped tomatoes  
Salt and pepper

*Optional: ½ teaspoon red pepper flakes*

Steps:

- Put the olive oil and the basil or oregano in a bowl.
- Add the red pepper flakes if you are using them.
- Add the rest of the ingredients and mix gently with a fork; season with salt and pepper.

### Per serving:

Calories	360
Grams of carbohydrate	40
Servings of starch	1
Servings of vegetables	2

Cost for total recipe: \$ 2.01

**Cost per serving (4): \$ 1.00**

**Fresh vegetables:** Use 1 cup fresh, diced tomatoes; you can also add fresh cilantro and/ or parsley.

## Three Bean Salad

2 servings

3 tablespoons extra virgin olive oil  
1 tablespoons vinegar  
½ teaspoon of salt  
1 cup canned green beans, drained  
1 cup canned yellow beans, drained  
1 cup red kidney beans, drained and rinsed  
1 small red onion, chopped (about 1 cup)

Steps:

- Put the olive oil and vinegar in a bowl.
- Add the salt and stir to combine the olive oil and vinegar.
- Add the vegetables and beans and stir to combine.

**Per serving:**

Calories	370
Grams of carbohydrate	38
Servings of starch	3
Servings of vegetables	3

Cost for total recipe: \$ 3.10

**Cost per serving (4): \$ 1.55**

**Fresh vegetables:** Use 1 cup fresh green and/ or 1 cup fresh yellow beans.

Citations:

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