

EAT RIGHT ON 4 BUCKS A DAY

8 Healthy Recipes for Tight Budgets

#DMUSNAP
CHALLENGE

QUICK TUNA CASSEROLE

6 Servings | Cost: \$3.69 | Cost per Serving: \$0.61

Ingredients

4 cups water
5 ounces egg noodles
10 ounces cream of mushroom soup
1/3 cup skim milk
1 can tuna
1 cup green peas (frozen)
1 cup breadcrumbs

Directions

Preheat oven to 350 degrees. Bring water to a boil in a large pot and cook the egg noodles in the water for 2 minutes. Then, cover the pot, remove from heat and let stand for 10 minutes.

In the meantime, mix the soup and milk together in a bowl. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish. Drain the noodles well and combine with the tuna mixture. Sprinkle the top with bread crumbs. Bake for 30 minutes.

LENTIL STEW

10 Servings | Cost: \$5.54 | Cost per Serving: \$0.55

Ingredients

2 teaspoons olive oil
1 onion (large, chopped)
1 teaspoon garlic powder
1 1/2 10-ounce packages of sliced carrots
1 3/4 cups dry lentils (rinsed and drained)
3 cans diced tomatoes (14.5 ounces each)
3 cups water
1 teaspoon chili powder

Directions

Heat the oil in a large pot over medium heat. Add chopped onion. Cook for 3 minutes, or until tender. Stir in garlic powder, carrots, lentils, tomatoes, water and chili powder. Simmer, uncovered, for about 20 minutes or until lentils are tender.

RED HOT FUSILLI PASTA

4 Servings | Cost: \$4.82 | Cost per Serving: \$1.20

Ingredients

1 tablespoon olive oil
2 cloves garlic (minced)
1/4 cup parsley (fresh minced)
4 cups ripe tomatoes (chopped)
1 tablespoon fresh basil (chopped)
1 tablespoon oregano leaves (crushed)
1/4 teaspoon salt
ground red pepper (or cayenne pepper)
8 ounces fusilli pasta
1/2 pound cooked chicken breast (diced)

Directions

Heat oil in a medium saucepan. Saute garlic and parsley until golden. Add tomatoes and spices. Cook uncovered over low heat 15 minutes or until thickened, stirring frequently. Add chicken and continue cooking for 15 minutes until chicken is heated through and sauce is thick. Cook pasta firm in unsalted water. To serve, spoon sauce over pasta and sprinkle with coarsely chopped parsley.

Serve hot as a main dish and cold for the next day's lunch.

LEMON SPINACH

4 Servings | Cost: \$1.42 | Cost per Serving: \$0.36

Ingredients

1 bunch spinach (1 pound, fresh)
1/4 teaspoon black pepper
1 tablespoon lemon juice

Directions

Wash the spinach. Trim off the stems. Put the spinach, black pepper, and lemon juice in a pan. Cook over medium heat. Let the spinach boil for about 3 minutes, until just tender.

CRUNCHY CHICKEN SALAD

5 Servings | Cost: \$3.65 | Cost per Serving: \$0.73

Ingredients

2 cups cooked chicken (chunked)
1/2 cup celery
1/4 cup green pepper
1/4 onion
1/2 cucumber
1/2 cup grape
1 apple (small, diced)
1/4 cup plain yogurt

Directions

Cook and cut chicken into small chunks. Chop the celery into small pieces. Chop the green pepper into small pieces. Peel and chop 1/4 of an onion. Peel and chop half of a cucumber. Chop the apple into pieces. It's okay to leave the peel on the apple. Cut the grapes in half. Put all the ingredients in a large bowl. Stir together.

EASY RED BEANS AND RICE

8 Servings | Cost: \$4.56 | Cost per Serving: \$0.57

Ingredients

Non-stick cooking oil spray
1 onion (large, peeled and chopped)
1 green bell pepper (seeded and chopped)
1 teaspoon garlic powder
2 cans diced tomatoes (14.5 ounces)
1 can kidney beans (15.5 oz, drained and rinsed)
6 cups cooked brown rice

Directions

Spray skillet with cooking oil spray. Cook onion and pepper over medium heat for 5 minutes or until tender. Add garlic powder, tomatoes, and kidney beans. Bring mixture to a boil. Reduce heat to low and simmer for 5 minutes. Serve over rice.

TURKEY MEATLOAF

5 Servings | Cost: \$3.39 | Cost per Serving: \$0.68

Ingredients

1 pound ground turkey (lean 7% fat)
1/2 cup oats (regular, dry)
1 egg (large)
1 onion (small, minced)
1/4 cup ketchup
2 celery stalks (chopped)
2 garlic clove (minced)
1/2 green pepper (seeded and diced)

Directions

Preheat oven to 350 degrees. Combine all ingredients and mix well. Bake in loaf pan for 25 minutes or until it reaches an internal temperature of 165 degrees. Check the temperature with a meat thermometer. Cut into five slices and serve.

APPLE CINNAMON BARS

24 Servings | Cost: \$2.09 | Cost per Serving: \$0.09

Ingredients

4 apple (medium)
1 cup flour
1/4 teaspoon salt
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
1/2 cup brown sugar
1 cup oats (uncooked)
1/2 cup shortening

Directions

Preheat the oven to 350 degrees. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in the mixing bowl. Stir together. Add the shortening to the bowl. Use the 2 table knives to mix the ingredients and cut them into crumbs. Lightly grease the bottom and sides of the baking dish with a little bit of shortening. Spread half of the crumb mixture in the greased baking dish. Remove the core from the apples and slice them. Put the apple slices into the baking dish. Top the apples with the rest of the crumb mixture. Bake in the oven for 40 – 45 minutes. Cut into squares. It will fall apart easily.