

Meal Planning Resources

Grocery Weekly Deals and Coupons: Websites

These sites offer weekly deals, sale foods, coupons. Like them on Facebook, Sign up on Twitter!

-PCC <http://specials.pccnaturalmarkets.com/app.asp?RelId=5.5.7.2>

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Safeway http://weeklyspecials.safeway.com/customer_Frame.jsp?drpStoreID=1551&showFlash=false

-Trader Joe's <http://www.traderjoes.com/fearless-flyer>

-QFC <http://services.qfc.com/StoreLocator/StoreLocatorWeeklyAdSearch.aspx>

-Grocery Outlet <http://www.groceryoutlet.com/Default/LookingforAd.aspx>

-Ballard Market/Central Market <http://townandcountrymarkets.com/specials/>

-Albertson's <http://albertsons.mywebgrocer.com/Circular/Seattle-Hwy-99-and-130th/7DF73471/Weekly/2/1>

Coupons

These sites are great for grocery promotions and downloadable coupons

-Red Plum <http://www.shopathome.com>

-ibotta phone ap

-Chinook Book coupon book and app <http://chinookbook.net/>

-Whole Foods Coupons www.wholefoodsmarket.com/coupons

Meal Planning Websites

-Epicurious Meal Planning Recipes for Busy Families

<http://www.epicurious.com/articlesguides/blogs/editor/2013/01/meal-planning-resources-for-busy-families.html>

- Whole Foods Daily Meal Planner: Menus, recipes & coupons for a week's worth of low budget meals

<http://www.wholefoodsmarket.com/about-our-products/whole-deal/meal-planner>

- USDA Healthy Foods shopping list

http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/shopping_list.html

- 100 Days of Real Food (We love this website!)

Includes grocery lists, cost break down, recipes and calendar for 5 weeks of meal planning

<http://www.100daysofrealfood.com/our-free-meal-plans/>

Savvy Shopping Resources

Seattle Area Produce Resources

Rising Sun Farms www.risingsunproduce.com

6329 15th Ave NE Seattle (206) 524-9741 Hours Mon-Sun 8a-

8p

Grocery Outlet Stores www.groceryoutlet.com

1126 Martin Luther King Jr Way Seattle (206) 302-1005 Hours Mon-Sat 9a – 9p Sun

10a-8p

1702 4th Ave South Seattle (206) 812 6622

8700 15th Ave NW Seattle (206) 782-1079

2809 NE Sunset Blvd Renton (425) 988-2515 Hours Mon-Sun 8a – 9p

Top Banana 6501 15th Ave NW Seattle WA 98117 (206) 783-7786 Hour: Mon – Sun 8a

– 8p

MacPherson's Fruit & Produce

4500 15th Ave S Seattle (206) 762-0115 Hours Mon-Sun 6a – 9p Lenny's Produce
10410 Greenwood Ave N Seattle (206) 781-0619
Hau Hau Market 412 12th Ave S Seattle (206) 329-1688 Hours: Mon-Sun 7a –
8p Yakima Fruit Market and
Nursery www.yakimafruitmarket.com
17321 Bothell Way NE Bothell (425) 486-6888 Hours Mon- Sun 7a – 8p
Viet Wah Supermarket www.vietwah.com
1032 S Jackson St Suite 1032 Seattle (206) 329-1399 Hours Sun- Mon 9a – 8p

Seattle Area Bulk Food/Inexpensive Pantry Staple Resources

Fred Meyer www.fredmeyer.com
Cash & Carry Stores – No membership required
1760 4th Ave S Seattle (206) 343-7156
1915 21st Ave S Seattle (206) 302-0215
230 Andover Park E, Seattle (206) 246-1735
13102 Stone Ave N Seattle (206) 364-1733
1155 NW Ballard Way Seattle (206) 789-7242

Uwajimaya www.uwajimaya.com
600 5th Ave South Seattle (206) 624-6248 Hours Mon – Sat 8a – 10p Sun 9a – 9p
501 South Grady Way Renton WA (425) 277-1635 Hours: Mon – Sat 8a – 9p Sun

Cooking Resources

Free or Low Cost Cooking Classes

- Pike Place Market Free Cooking Class
45 minute classes intended to introduce low cost local shopping and
techniques <http://www.pikeplacemarket.org/events/from-farmers-to-families-and-friends-cooking-classes>

- The Book Larder
Lots of free demos and author visits. Also have \$25 lunch time cooking classes that last 60 min.
<http://www.booklarder.com/events>

- Cooking Matters
Free cooking classes and nutrition education around the Seattle area
<http://cookingmattersseattle.blogspot.com/2013/03/upcoming-classes.html>
-Seattle Tilth Community Kitchens
Group cooking community dinners, after school cooking clubs
<http://seattletilth.org/communitykitchensnw>

Healthy Recipes

Homemade Curry with Tomatoes and Garbanzos

This recipe is easy to prepare and is made with bulk-bought spices.

3 cups canned or cooked and cooled garbanzo beans, drained and rinsed
3 tablespoons vegetable or olive oil
1 large onion, chopped
1 tablespoon ground coriander
1 tablespoon ground cumin
4 cloves garlic, finely chopped
jalapeno pepper, seeded and minced
2 teaspoons paprika
1 teaspoon turmeric
¼ teaspoon cayenne
1 teaspoon garam masala
28 oz can diced tomatoes, drained
1/3 cup water
1-2 teaspoons salt
Prepared brown rice for serving

Heat the oil in a large pan over low heat. Saute the onion slowly until very soft and golden, 15-20 minutes. Add coriander, cumin, garlic, jalapeno, paprika, turmeric, cayenne and garam masala to the onions and stir well. Mix in tomatoes, chickpeas, water and 1 teaspoon of salt. Simmer, covered for 10 minutes. Season to taste with additional salt and serve over rice.

Cost: \$7.00 / \$1.75 per serving; makes 4 servings Active prep time: 10 minutes; cook time: 30 minutes
Adapted from an original recipe by Brooke Moore, 2013.

Resourceful Chicken Stock

Leftovers make an edifying stock. The carcasses from a take-out roast chicken or bones from a baked chicken dinner can be saved in the freezer, until you have a little time to use them in this recipe. The step of roasting the bones adds flavor.

2 tablespoons olive oil
1-2 cooked, picked chicken carcasses, broken, to fit into a stockpot
1 carrot, roughly chopped
1 yellow onion, roughly chopped
1 clove garlic, smashed
1 dried bay leaf
Salt

Thaw bones in refrigerator or defrost in microwave. Pour olive oil into a large stockpot and heat on medium-high. When pot is hot, add carcasses; let them sit and caramelize, about 10 minutes, stirring only occasionally. Remove browned bones and set aside. Place carrot, onion, celery and garlic in the stockpot; cook for 5-10 minutes, until caramelized. Add back the chicken bones, bay leaf, parsley and cover with water by 2 inches. Bring to a boil; reduce heat and simmer, uncovered, for 1 or 1 ½ hours. Set a fine-mesh strainer over a large mixing bowl and drain the stock from the solids; discard solids. Salt to taste. Cool in fridge and use immediately or freeze. Stock may be refrigerated for 3 days, or frozen for up to 4 months.

Cost: \$2.55; yield: 2 quarts. Copyright 2010 *Urban Pantry* A. Pennington

Hoppin' John

The Southern staple Hoppin' John has infinite variations. This recipe makes use of a little meat for a lot of flavor, and includes lots of vegetables – use whatever produce you have on hand. It's worth comparing prices between sausage in bulk and in links.

- 2 tablespoons vegetable or olive oil
- 2 links spicy sausage, or ½ pound bulk sausage
- 2 medium celery stalks
- 1 red bell pepper
- 1 medium onion, peeled
- 3 cloves garlic, peeled
- 1 15 ounce can or 10 ounce package frozen black-eyed peas
- 1 teaspoon dried thyme
- 4 cups water
- 2 cups rice (bulk brown jasmine rice works well)
- ¼ teaspoon cayenne pepper
- 1 ear corn, husked, kernels cut off
- Salt and pepper; hot sauce (optional)

In a large pot, heat oil over medium heat. Add sausages and brown on all sides. While sausages are browning, rinse and dice celery, bell pepper, onion and garlic. Remove sausages from pot, slice into bite size pieces and set aside. Add celery, bell pepper, onion, garlic, cayenne and thyme to pot and sauté until vegetables are softened, 5-7 minutes. Add water to the pot and bring to a boil. Stir in rice, sausage and corn, reduce heat to simmer, cover and cook for 15 minutes, until rice has absorbed the water. Season generously to taste with salt and pepper, and serve with hot sauce.

Cost: \$11.18 / \$1.86 per serving; makes 6 servings

Active prep time: 15 minutes; cook time: 25 minutes

Summer Party Herb and Veggie Pasta Salad

This large pasta salad is loaded with veggies and holds over well for lunch the next day.

- ½ cup chopped green onions
- ½ cup chopped fresh parsley
- 4 cloves garlic, peeled and chopped
- 6 tablespoons vinegar (red wine or rice)
- 6 tablespoons vegetable or olive oil
- 1 teaspoon grated lemon zest or 1 teaspoon minced lemon peel plus 1 tablespoon squeezed lemon juice
- ½ teaspoon salt
- 1 pound package of whole wheat or brown rice pasta shapes
- 1 crown of broccoli
- 2 medium sized tomatoes
- 3 ears fresh corn, husked, kernels cut off
- Salt and pepper to taste

Add onions, parsley, garlic, vinegar, oil, lemon and ½ teaspoon salt into a blender and blend for 30 seconds, or add to a bowl and whisk until well combined. Cook the pasta according to the directions on the package. While pasta cooks, cut up broccoli into small bite-sized pieces. During the last 2 minutes of boiling the pasta, add broccoli and corn. Boil just until broccoli is bright green, 1-2 minutes. Drain pot and run cold water over the pasta and vegetables to cool; set aside in colander. Chop tomatoes, and combine them with the pasta, vegetables and herb mixture in a large bowl. Season to taste with salt and pepper, and serve cold or at room temperature.

Cost: \$10.65/ \$1.06 per serving; makes 10 servings

Prep Time: 25 minutes

Diner-Style Split Pea Soup

Homemade split pea soup is hands-down better than canned, less expensive, and freezes well. It's also gluten free and dairy free.

- 2 tablespoons olive oil
- 1 yellow onion, chopped

2 garlic cloves, minced
1 teaspoon dried thyme
1 ham shank
10 cups cold water
3 cups dried green split peas
2 carrots, peeled and chopped
Salt and pepper to taste

Heat olive oil in a large stockpot over medium heat. Add onion, garlic and thyme, and sauté until vegetables are translucent, about 5 minutes. Add water and ham shank; bring to a boil, then simmer for 1 hour. Remove shank from pot to let cool. Add green split peas and simmer until peas are tender but still hold their shape, about 30 minutes. After peas have simmered for 20 minutes, add carrots. Pull ham meat from bone, and roughly chop. Add back to stockpot. If desired, add water to thin soup as peas simmer. Season to taste with salt and pepper.

Cost: \$10.07/ \$1.33 per serving; Yield: 8 servings
Active prep time: 15 minutes; Cook time: 1 ½ hours

Fall Harvest Minestrone Soup

This delicious soup is versatile and it goes a long way – add whichever seasonal vegetables you like that are on sale. It can be made gluten-free by using brown rice or quinoa pasta, or by omitting the pasta.

2 tablespoons vegetable or olive oil
1 head of garlic, peeled and chopped
1 yellow onion, chopped
1 cup of carrots, scrubbed and sliced
1 cup of fresh green beans, cut into 1 inch pieces
1 cup of zucchini or other summer squash, sliced
2 15 oz cans kidney beans, drained and rinsed
1 28 oz can diced tomatoes
2 tablespoons dried basil
2 tablespoons dried oregano
2 cups of kale, spinach or swiss chard, rinsed, stemmed and chopped
2 cups cooked bowtie, seashell or penne wheat, brown rice or quinoa pasta (optional)
Salt and pepper to taste

Heat oil in a large soup pot. Add garlic and onion and sauté over low heat until translucent, about 3 minutes. Turn heat to high, and add carrots, green beans, zucchini, kidney beans, tomatoes, basil and oregano, and enough water to cover the vegetables by 2 inches. Bring pot to a boil, then turn down and simmer soup until vegetables are tender but still hold their shape, 15-20 minutes. Add kale and pasta to simmering pot and cook until just wilted, about 5 minutes. Season to taste with salt and pepper. Cost: \$13.69/ \$1.36 per serving; 10 servings

Easy Zucchini and Potato Frittata

6 eggs
2 tablespoons milk
2 tablespoons fresh chopped parsley
¾ cup grated cheese, any type (Swiss, jack work well)
Salt and freshly ground pepper
1 tablespoon vegetable or olive oil
1 small potato, diced
2 cups zucchini, grated

Preheat oven to 425 degrees F. In a bowl, whisk together the eggs with milk, fresh parsley, ½ cup grated cheese and a sprinkle of salt and pepper.

Heat 1 tablespoon oil in a large pan over medium high. Add the diced potato, season with salt and pepper, and sauté until potatoes are tender and golden, 3-4 minutes. Remove potatoes from pan and drain on a paper towel. Add butter to pan and swirl to cover all sides of the pan. Saute onions until soft, 3 minutes. Add zucchini and sauté for 2

minutes. Place potatoes back in skillet and stir vegetables to spread over bottom of pan. Lower heat to medium low; pour egg mixture on top of vegetables. Cook without stirring until the sides are set but top is still runny, 5-7 minutes. Sprinkle remaining cheese on top; transfer frittata to oven and bake until puffy and golden, 2-3 minutes. Remove from oven and serve hot, sliced into wedges.

Cost: \$7.44 / \$1.24 per serving; makes 4-6 servings

Prep time: 20 minutes

Whole Wheat Mini Pizzas

Whole wheat mini pizzas are a snap to make, and fun to customize!

1 pound Trader Joe's refrigerated whole wheat pizza dough

1 teaspoon garlic powder

1 tablespoon oregano

1 15 oz can tomato sauce

2 cups mozzarella cheese, shredded

Optional toppings: grated zucchini, black olives, chopped bell pepper, chopped onion, sliced mushrooms

Preheat oven to 425 degrees F. Cut pizza dough into 6 pieces, roll or stretch until flat. Mix garlic powder, oregano and tomato sauce and spoon over mini pizzas to spread. Top with mozzarella cheese and other vegetables, bake until cheese is bubbly and dough is slightly golden.

Cost: \$8.94/ \$1.49 per serving; makes 6 pizzas

Prep Time: 20 minutes

Recipe Resources: Websites

- Real Simple - Best meals under \$5

<http://www.realsimple.com/food-recipes/recipe-collections-favorites/best-budget-recipes-0000000050513/index.html>

- Cooking Matters - Healthy, simple, low cost and family friendly recipes

<http://cookingmatters.org/what-we-do/tips-and-recipes/>

- Cooking Light -100+ healthy meals that feed 4 people for \$10

<http://www.cookinglight.com/food/everyday-menus/healthy-budget-recipes-00400000056656/page13.html>

- Meatless Monday

<http://www.meatlessmonday.com/category/bulk-recipes/>

-USDA Healthy Recipe Database -Type in an ingredient for delicious recipe ideas

<http://recipefinder.nal.usda.gov>

-All Recipes -Enter a food item to generate inspiring recipes

<http://allrecipes.com>

-Healthy Aperture -Food photos with accompanying recipes

<http://www.healthyaperture.com>