



Budget-Friendly Recipes

This collection of simple, family-friendly recipes focuses on using available, budget-friendly ingredients.



Recipes

- 10-minute Healthy Soup
- Vegetable-Loaded Meatloaf
- Quinoa and Roasted Sweet Potato Salad
- Rosemary Lemon Chicken Thighs
- Pasta Primavera
- Frozen Berry Yogurt Bark



Quick Healthy Soup

Serves 4

Prep: 20 mins. | Total: 40 mins.

Ingredients

- 1 large sweet onion, chopped
- 4 cloves garlic, chopped
- 1 head cauliflower, chopped 2" pieces stems included
- 1 Tbs olive oil
- 1 Tbs curry powder, yellow
- 3 Tbs miso paste [yellow or chickpea]
- 2 cups butternut squash, cubed [can be frozen]
- 8 cups water
- 1 Tbs olive oil, lemon-flavored optional
- salt to taste

Per serving:

189 calories

27g carbohydrates

7g fiber

8g total

fat

6g protein



Prep

1. Chop onion, garlic and cauliflower.

Make

1. In a large soup pot, sauté onion and garlic gently in olive oil until softened and fragrant.
2. Add miso paste and stir to coat onions.
3. Add cauliflower, squash, and water. Bring to a boil then reduce heat and simmer until cauliflower is soft – about 15–20 minutes. Add water if necessary to keep cauliflower covered.
4. Remove from heat and let stand until cool enough to purée.
5. Purée soup in batches in a blender – be sure the cover of the blender is on tight as steam from soup could pop lid (we like to cover with a towel just to be sure!). Season with salt and serve.

Vegetable-Loaded Mini Meat Loaves

Serves 6

Prep: 15 mins. | Total: 45 mins.

Ingredients

- 2/3 cup carrots, finely shredded
- 2/3 cup zucchini, finely shredded
- 1 Tbs Dijon mustard
- 1/4 cup tomato paste
- 2 tsp Worcestershire sauce
- 1 1/2 tsp apple cider vinegar
- 1 tsp maple syrup
- 1 tsp each dried basil, dried rosemary, garlic powder
- 1 lb ground turkey
- 1 lb ground beef
- 2 eggs

Per serving:

312 calories

6g carbohydrates

1g fiber

17g total fat

33g protein



Prep

1. Preheat the oven to 350°F and grease mini loaf pans.
2. Shred carrots and zucchini and squeeze dry in paper towels.
3. Whisk together glaze; mustard, tomato paste, Worcestershire, vinegar, and maple syrup.

Make

1. In a large bowl, combine the carrots, zucchini, basil, rosemary, garlic powder, and meat.
2. Add the eggs and, using hands or a spoon, make sure it is evenly combined.
3. Place the meat mixture into loaf pans and bake for approximately 15-20 minutes. Brush on the glaze and continue to cook until internal temperature reaches 160° F, about another 5-10 minutes. Cook time will depend on the size of the loaf pan. If using a full-size loaf pan, meatloaf will take a total of 60 minutes.
4. Remove from the oven and let stand for 15 minutes before slicing and serving.

Quinoa and Sweet Potato Salad

Serves 4

Prep: 40 mins. | Total: 50 mins.

Ingredients

- 1 1/2 cups quinoa, cooked
- 2 cups sweet potato, cubed and roasted
- 1 red bell pepper, sliced
- 1 red onion, diced
- 2 cups black beans, rinsed and drained
- 1/3 cup pumpkin seeds
- 8 cups baby spinach

Dressing:

- 1/2 cup olive oil
- 4 Tbsp balsamic vinegar
- 2 tsp Dijon mustard
- 2 tsp maple syrup
- Salt and pepper to taste

Per serving:

606 calories

70g carbohydrates

16g fiber

30g total fat

16g protein



Prep

1. Cook quinoa according to directions. You can also purchase frozen, pre-cooked quinoa and defrost.
2. Prepare ingredients according to directions. You can use any pre-roasted vegetable in place of the sweet potato.

Make

1. Whisk dressing ingredients or add to mason jar and shake.
2. Add all ingredients to a large bowl and toss with enough dressing to coat.
3. You can also layer ingredients in mason jars for a to-go version:
 - a. Divide the dressing evenly among 4 mason jars. Layer with sliced red bell pepper, diced red onion, cooked quinoa, roasted sweet potatoes, black beans, toasted pumpkin seeds, and top with baby spinach.

Rosemary Lemon Chicken Thighs

Serves 4

Prep: 10 mins. | Total: 40 mins.

Ingredients

- 1 1/2 lb chicken thighs, skinless and boneless
- 1 lemon, halved
- 1 Tbs olive oil
- 2 Tbs rosemary, fresh, chopped
- 1 tsp garlic powder
- 1/2 tsp salt

Per serving:

243 calories

2g carbohydrates

1g fiber

11g total fat

34g protein



Prep

1. Preheat oven to 375°F.
2. Chop rosemary.

Make

1. Place chicken thighs on a parchment-lined baking sheet. Squeeze the juice from half the lemon over the thighs. Drizzle with olive oil.
2. Sprinkle thighs with rosemary, garlic powder, and salt.
3. Slice the remaining half lemon thinly and place on top of each thigh.
4. Bake in the oven for approximately 20-25 minutes until thighs are no longer pink on the inside or until a meat thermometer reads 165 degrees F.
5. Remove chicken from oven and let rest for 5 minutes before serving.

Pasta Primavera

Serves 4

Prep: 20 mins. | Total: 30 mins.

Ingredients

- 1 lb pasta, whole-grain, cooked al dente
- 1/4 cup olive oil
- 1 bell pepper, red, cut into slivers
- 1 zucchini, medium, sliced
- 1/2 onion, red, slivered
- 8 oz asparagus, trimmed and chopped
- 2 cloves garlic, minced or pressed
- 1 pint tomatoes, cherry, halved
- 1 tsp Italian seasoning
- 2 cups spinach, chopped
- 3 Tbs parmesan cheese, grated (optional)

Per serving:

590 calories

95g carbohydrates

14g fiber

18g total fat

21g protein



Prep

1. Prepare pasta al dente or until desired texture.
2. Prep pepper, zucchini, onion, asparagus, garlic, tomatoes, and spinach as directed.

Make

1. In a large sauté pan, heat olive oil and add onion and peppers. Sauté until softened then add asparagus, garlic, zucchini, cherry tomatoes, and Italian seasoning.
2. Continue sautéing until all vegetables are just softened, adding some water if needed to prevent sticking.
3. Add pasta to the sauté pan and toss with vegetables.
4. Stir in spinach [heat will wilt the spinach] and season with salt and pepper to taste.
5. Serve with grated cheese if desired

Frozen Berry Yogurt Bark

Serves 6

Prep: 10 mins. | Total: 4 hrs.

Ingredients

- 6 strawberries, hulled and sliced
- 1 cup raspberries, halved
- 1/4 cup pecans, raw, crushed
- 1/2 cup blueberries
- 2 cups Greek yogurt, low-fat
- 1 Tbs maple syrup
- salt, to taste

Per serving:

135 calories

9g carbohydrates

3g fiber

8g total fat

7g protein

Prep

1. Line a shallow baking pan with parchment paper.
2. Slice strawberries, halve raspberries, and crush pecans.
3. Whisk together yogurt, maple syrup, and a pinch of salt.

Make

1. Spread the yogurt over the parchment paper in the baking pan.
2. Cover with berries and sprinkle with crushed pecans.
3. Place in the freezer for at least 3-4 hours to firm.
4. Remove from the freezer and break into pieces using a chef's knife.

