



**FINANCIAL
LITERACY
WEEK**

UAB.CA/FLW

**PENNE
PINCHING**

CHEAP EATS RECIPE BOOK

TIPS TO
thrive
ON A
FOOD
BUDGET

PLAN YOUR MEALS
IN ADVANCE
OF GOING TO THE
grocery store and
MAKE A LIST
FROM THAT
MEAL PLAN

SUPPLEMENT
THE FOODS
you can buy
WITH THE
FOOD BANK

USE THE
GROCERY STORE
FLYER
(OR ONLINE FLYER)
to scout out
DEALS

STOCK UP ON THE
BIG 8
.....**1**.....
EGGS
.....**2**.....
DRY RICE
.....**3**.....
DRY BEANS
.....**4**.....
ON-SALE
FRESH PRODUCE
.....**5**.....
WHOLE CHICKENS
.....**6**.....
GROUND TURKEY
.....**7**.....
PASTA
.....**8**.....
BULK SPICES
.....
and learn how to
COOK THEM IN A
VARIETY OF WAYS

LOOK FOR
BASIC
COOKING
TOOLS
at dollar stores
OR GOODWILL:
SLOW COOKER
RICE COOKER
REUSABLE
CONTAINERS
FIGURE OUT
WHICH STORE
in your area is the
DISCOUNT
GROCER
AND USE THAT
grocery store
AS MUCH
AS POSSIBLE

COOK AT HOME, MAKE SIMPLE FOODS, AND
EAT YOUR LEFTOVERS!

SEASONAL PRODUCE GUIDE

FRUITS	SPRING MAR - APR	EARLY SUMMER MAY - JUN	SUMMER JUL - AUG	EARLY FALL SEPT	FALL OCT - NOV	WINTER DEC - FEB
Apples			●	●	●	●
Apricots			●			
Blueberries			●	●	●	
Cantaloupe		●	●			
Cherries		●	●			
Grapes				●		
Peaches			●			
Pears			●	●	●	●
Plums			●	●		
Raspberries			●			
Strawberries		●	●	●		
Watermelon			●	●		

VEGETABLES	SPRING MAR - APR	EARLY SUMMER MAY - JUN	SUMMER JUL - AUG	EARLY FALL SEPT	FALL OCT - NOV	WINTER DEC - FEB
Asparagus	●	●				
Beans			●	●		
Beets			●	●	●	●
Broccoli		●	●	●	●	
Brussels Sprouts				●	●	●
Cabbage	●		●	●	●	●
Carrots	●		●	●	●	●
Cauliflower			●	●	●	
Celery			●	●	●	
Corn			●	●	●	
Cucumber			●	●		
Fennel			●	●	●	
Garlic			●	●	●	
Kale	●	●	●	●	●	●
Lettuce		●	●	●	●	
Mushrooms	●	●	●	●	●	●
Onions (Green)		●	●	●	●	
Onions (Red / Yellow)	●		●	●	●	●
Parsnips	●		●	●	●	●
Peas (Green)		●	●			
Peas (Snow)		●	●	●		
Peppers (Field)			●	●	●	
Potatoes			●	●	●	●
Radishes	●	●	●	●	●	
Rutabaga			●	●	●	●
Shallots			●	●		
Spinach		●	●	●	●	
Squash		●	●	●	●	●
Sweet Potatoes	●	●	●	●	●	●
Tomatoes			●	●	●	
Turnips		●	●	●	●	
Zucchini			●	●	●	

MAKE-AHEAD BREAKFAST SCRAMBLES

Serves 4 | Prep Time: 10 minutes | Total Time: 10 minutes

These make-ahead breakfast scrambles are hearty and delicious. Change up the flavours as often as you like — no more boring breakfasts!

Ingredients

- 2 oz ham, diced (substitute for any meat you like or opt for no meat)
- ½ cup bell pepper, diced
- ¼ cup onion, diced
- ½ cup cheese, shredded
- 2 tsp butter
- ½ tsp seasoning salt (or any seasoning you like)
- 8 large eggs

Directions

Divide the ham, bell pepper, onion, and cheese between 4 resealable containers. Add ½ tsp butter and ⅓ tsp seasoning salt to each container. Seal and store up to 5 days.

When you're ready to eat, pour the ingredients into a microwaveable container, add 2 large eggs, and stir to combine.

Loosely cover with a paper towel or microwave-safe object and microwave on high for 30 seconds. Stir the contents of the mug and microwave for 15 seconds more. Stir again and continue to microwave for 15 second intervals, stirring after each, until the eggs are mostly set but still moist and then enjoy!

MEDITERRANEAN TURKEY AND RICE SKILLET

Serves 4 | Total Time: 35 minutes

This Mediterranean turkey and rice skillet is tasty and versatile! Make it lower carb by eliminating the rice and broth and instead adding more spinach and tomatoes, or swap the turkey for beans and chickpeas for a vegetarian meal.

Ingredients

1 tbsp	olive oil
2	cloves garlic, minced
½ kg	lean ground turkey
1 tsp	dried oregano
¼ tsp	salt
¼ tsp	black pepper
1 cup	rice, uncooked
⅛ kg	chopped spinach, frozen
⅓ cup	sun-dried tomato halves (about 7 pcs)
½ cup	kalmata olives
1½ cup	chicken broth
Handful	fresh parsley
1	lemon
1 oz	feta cheese

Directions

Add olive oil and garlic to a large, deep skillet and sauté over medium heat for 1 minute, or until the garlic is fragrant. Add the ground turkey, oregano, salt, and pepper to the skillet. Continue to sauté until the turkey is cooked through (about 5 minutes).

While the turkey is cooking, slice the olives and sun-dried tomatoes. Once the turkey is cooked through, add the rice, frozen spinach, olives, and sun-dried tomatoes to the skillet. Add the chicken broth and stir until combined.

Place a lid on the skillet, turn the heat up to medium high, and allow it to come to a boil. Once boiling, reduce the heat to the lowest level that maintains a steady simmer for 15 minutes.

After 15 minutes, give the skillet a brief stir, replace the lid quickly, turn off the heat, and allow it to sit for an additional 10 minutes.

While the skillet is resting, slice the lemon into wedges. Roughly chop the parsley. Give the skillet a final fluff and stir, then top with a squeeze of lemon and lemon wedges, parsley, and crumbled feta.

HOT AND SWEET TUNA SALAD

Serves 2 | Total Time: 10 minutes

A mayo-free tuna salad that is perfect for a grab-and-go snack or lunch! Enjoy it between slices of bread or as a dip for crackers and veggies.

Ingredients

2 cans	tuna (10 oz)
1	carrot, shredded
2	green onions, sliced
2 tsp	brown sugar
2 tsp	olive oil
1½ tsp	apple cider vinegar (or lemon juice)
¼ tsp	cayenne pepper
½ tsp	smoked paprika
½ tsp	garlic powder
¼ tsp	salt
Pinch	ground pepper

Directions

Start by shredding the carrot using a cheese grater and slice the green onion. Add the carrot, green onion, brown sugar, olive oil, apple cider vinegar, cayenne, garlic powder, smoked paprika, salt, and some freshly cracked pepper to the bowl with the well-drained tuna.

Stir everything to combine, then let the mixture sit for ~5 minutes to allow the flavors to blend. Serve immediately, or refrigerate until ready to eat.

CHICKEN CAESAR PENNE

Serves 4 | Total Time: 30 minutes

A delicious and easy pasta dish that you can enjoy warm or cold using easy to find and inexpensive ingredients. Omit the chicken to make this dish vegetarian or consider making your own homemade caesar dressing!

Ingredients

½ lb	penne pasta
1 tbsp	olive oil
1	boneless, skinless chicken breast
1 tsp	Italian seasoning (salt, pepper, basil, oregano)
1 tsp	garlic powder
1 cup	romaine lettuce, chopped
½ cup	grape tomatoes, halved
¼ cup	parmesan cheese, grated
¼ cup	croutons
⅓ cup	Caesar dressing
½	lemon, juiced
1 tbsp	fresh parsley, chopped
Pinch	ground pepper

Directions

Heat olive oil in a large skillet over medium heat. Season chicken with Italian seasoning, garlic powder, and salt, and then cook ~8 minutes per side. Let rest for 10 minutes and then cut the chicken breast into 1 inch cubes.

Season a large pot of boiling water with 1 tbsp salt and cook the penne according to package directions.

Once chicken and pasta are cooked, add to a bowl with romaine, tomatoes, parmesan cheese, and croutons. In another bowl, whisk together caesar dressing, lemon juice, and parsley, and season with salt and pepper to taste.

Pour the dressing over the penne mixture and toss to combine.

ZESTY BLACK BEAN SOUP

Serves 6 – 8 | Total Time: 55 minutes

This fresh soup is easy to spice up however you like! Add shredded chicken, a can of diced tomatoes, or other veggies to find your perfect flavour. Portion out and freeze leftovers for a quick meal on the fly.

Ingredients

- 2 tbsp olive oil
- 2 medium yellow onions, chopped
- 3 celery, finely chopped
- 1 large carrot, chopped or sliced into thin rounds
- 6 garlic cloves, minced
- 4½ tsp ground cumin
- ¼ tsp red pepper flakes (or more if you like it spicy)
- 4 cans black beans, rinsed and drained (15 oz)
- 4 cups vegetable broth (32 oz)
- ¼ cup cilantro, chopped
- 2 tbsp fresh lime juice
- To taste salt
- To taste ground pepper

Directions

In a large pot or Dutch oven, heat oil over medium heat. Add the onions, celery, carrots, and a pinch of salt and cook, stirring occasionally until soft ~10-15 minutes.

Stir in the garlic, cumin, and red pepper flakes and cook until fragrant ~1-2 minutes. Add in the drained beans and broth and bring to a boil over medium high heat. Once boiling, reduce the heat and let the soup simmer gently for 30 minutes.

Transfer the soup to a blender or use an immersion blender to blend the soup until smooth (be careful, it's HOT!). Return the blended soup to the pot and add lime juice and any other seasoning you wish. Enjoy!

Optional Garnishes: Sliced avocado, cilantro, sliced radish, tortilla chips, pickled radish or cabbage

BRAISED COCONUT SPINACH AND CHICKPEAS

Serves 4 | Total Time: 30 minutes

A plant-based meal that packs a punch in flavour but won't knock out your wallet. This is a great meal to clean out your veggie drawer; add in bell peppers, carrots, or whatever is about to go bad in your fridge. Serve over rice, noodles, or baked sweet potato.

Ingredients

- 2 tsp olive oil
- 1 small yellow onion, diced
- ½ cup sun-dried tomatoes, chopped
- 4 cloves garlic, minced
- 1 tbsp fresh ginger, peeled and grated or minced
- 1 lemon zest
- ¼ tsp red pepper flakes
- 1 can chickpeas, drained and rinsed (15 oz)
- 1 lb baby spinach
- 1 can coconut milk (14 oz)
- 2 tbsp fresh lemon juice
- 1 tsp ground ginger
- 1 tsp salt

Directions

Heat the oil in a large pot or Dutch oven.

Add onion and cook until beginning to brown ~5 minutes. Add sun-dried tomato, garlic, fresh ginger, lemon zest, and red pepper flakes, and cook for 3 minutes.

Add the chickpeas and cook over high heat for 3 minutes or until they turn golden and are coated in the onion mixture.

Toss in the spinach, 1-2 cups at a time. Stir in each cup and wait for it to wilt before adding another cup. Once all the spinach is added, pour in the coconut milk, lemon juice, ground ginger, and salt. Bring to a simmer, then lower the heat and cook until chickpeas are warmed through ~5 minutes. Season to taste.

