



BUDGET FRIENDLY RECIPES

Peanut Sesame Noodles

Serves 4. Prep time: 25 minutes active; 35 minutes total.

1 pound Field Day spaghetti
2 carrots, cut into matchsticks
½ red bell pepper, cut in strips
4 cups thinly-sliced purple
cabbage
¼ cup Field Day smooth
peanut butter

2 teaspoons soy sauce
1 tablespoon lime juice
¼ cup Field Day coconut milk
¼ cup water
1 pinch red pepper flakes
1 teaspoon toasted sesame oil

Preparation

In a large pot, bring water to a boil. Break noodles in halves or thirds and drop into water. Cook for 6 to 7 minutes and test for doneness. When done, drain immediately and rinse with very cold water. Set aside.

Put about an inch of water in a large pot with a lid, and place a steamer basket inside. Bring water to a boil and add carrots to the steamer basket. Cover the pot and steam for 3 minutes, then add bell pepper and steam for another minute. Add cabbage and steam for 2 more minutes.

Blend all remaining ingredients together in a food processor, or use a fork to mix thoroughly in a bowl. Pour noodles and veggies into the pasta cooking pot, add sauce and mix well. Add more soy sauce or lime juice to taste. Serve chilled or at room temperature.

Peanut Sesame Noodles

Ingredient checklist

PRODUCE

- ☐ Carrots
- ☐ Red bell pepper
- ☐ Purple cabbage
- ☐ Lime

GROCERY

- ☐ Field Day spaghetti
- ☐ Field Day smooth peanut butter
- ☐ Soy sauce
- ☐ Field Day coconut milk
- ☐ Toasted sesame oil

SPICES/SEASONINGS

- ☐ Red pepper flakes

Serving suggestion

Noodles with peanut sauce is a family favorite, served warm or cold. Creamy peanut sauce over noodles and veggies create an intoxicating dish that's just as good the next day, too. Substitute almond or other nut butters for those with a peanut allergy.

Nutritional information per serving

600 calories	102 g. carbohydrate
12 g. fat	9 g. fiber
0 mg. cholesterol	19 g. protein
260 mg. sodium	

Estimated cost

Total:	\$7.21
Per serving:	\$1.80

The nutritional values and information are approximations, and ingredient costs are estimated.



BUDGET FRIENDLY RECIPES

Chana Masala

Serves 4. Prep time: 35 minutes active; 55 minutes total.

- | | |
|--------------------------------------|---|
| 1 ½ cups long-grain brown rice | 2 cups water |
| 3 tablespoons Field Day canola oil | 1 15-ounce can Field Day garbanzo beans, drained and rinsed |
| 1 medium yellow onion, diced | |
| 1 clove garlic, minced | 2 teaspoons lemon juice |
| 1 tablespoon minced fresh ginger | 1 teaspoon red pepper flakes |
| 1 tablespoon garam masala | 1 large russet potato, peeled and diced |
| 2 tablespoons curry powder | Salt and pepper to taste |
| 3 tablespoons Muir Glen tomato paste | |

Preparation

Bring rice and 3 cups of water to a boil in a medium saucepan. Cover tightly and reduce to a simmer for about 40 minutes or until water is absorbed.

Heat oil in a deep frying pan or shallow soup pot. Add onion and cook over medium heat until soft and translucent, then add garlic, ginger, spices and tomato paste. Pour into a blender or food processor and blend thoroughly. Return the spiced tomato paste to the same pan; there will still be a thin coat of oil in it. Heat over medium heat, stirring occasionally, until it turns medium brown and oil separates around the edges of pan. Gradually whisk in water until it makes a thick gravy, about 2 cups. Bring to a boil.

Add potato and salt, and reduce heat to simmer. Cook for about 8 minutes, then add garbanzo beans. Return to a simmer, cover and cook for 10 minutes, until potatoes are tender. Stir in lemon juice and red pepper flakes, and season to taste with salt and pepper. Serve over rice.

Chana Masala

Ingredient checklist

PRODUCE

- ☐ Yellow onion
- ☐ Garlic
- ☐ Ginger
- ☐ Lemon
- ☐ Russet potato

BULK

- ☐ Long-grain brown rice

GROCERY

- ☐ Field Day canola oil
- ☐ Muir Glen tomato paste
- ☐ Field Day garbanzo beans

SPICES/SEASONINGS

- ☐ Garam masala
- ☐ Curry powder
- ☐ Red pepper flakes
- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

This Indian classic is not only delicious, but it is rich in B vitamins, iron and protein. And did we mention that it's very inexpensive and easy to make? Consider doubling the recipes so you can put some portions in the freezer for future meals-to-go. Try adding a sweet potato for extra health benefits and a slightly different flavor.

Nutritional information per serving

540 calories	93 g. carbohydrate
14 g. fat	11 g. fiber
0 mg. cholesterol	13 g. protein
430 mg. sodium	

Estimated cost

Total:	\$6.00
Per serving:	\$1.50

The nutritional values and information are approximations, and ingredient costs are estimated.



BUDGET FRIENDLY RECIPES

Mushroom Chicken and Rice

Serves 4 to 5. Prep time: 25 minutes active; 60 minutes total.

2 tablespoons Field Day canola oil, divided

1 teaspoon paprika

½ teaspoon garlic powder

½ teaspoon salt

½ teaspoon pepper

1 pound skinless, boneless chicken thighs, cut into 1-inch pieces

1 medium yellow onion, chopped

8 ounces button mushrooms, sliced

3 cups Field Day chicken broth

1 ½ cups uncooked brown rice

2 cups frozen green peas, thawed

1 teaspoon dried rosemary

1 teaspoon dried thyme

2 cloves garlic, diced

Additional salt and pepper to taste

Preparation

Heat a large skillet over medium-high heat. Add 1 tablespoon of canola oil to pan. Mix paprika, garlic powder, salt and pepper together by shaking in a zip-lock plastic bag. Add chicken pieces and shake to coat evenly with dry spice mixture. Add chicken to pan and sauté for 5 minutes or until chicken is browned, stirring occasionally. Remove chicken from pan and set aside.

Return pan to medium-high heat. Add remaining canola oil to pan. Add onion and mushrooms; sprinkle with salt and pepper, sauté 5 minutes or until onion is lightly browned, stirring occasionally. Stir in chicken broth and rice and bring to a boil. Cover, reduce heat to low, and simmer for 35 minutes. Stir in the chicken, peas, thyme, rosemary and garlic. Cover and cook 10 minutes or until rice is tender and chicken is done. Season with additional salt and pepper to taste.

Mushroom Chicken and Rice

Ingredient checklist

PRODUCE

- ☐ Yellow onion
- ☐ Button mushrooms
- ☐ Garlic

BULK

- ☐ Brown rice

GROCERY

- ☐ Field Day canola oil
- ☐ Field Day chicken broth

FROZEN

- ☐ Peas

MEAT/SEAFOOD

- ☐ Boneless chicken thighs

SPICES/SEASONINGS

- ☐ Paprika
- ☐ Garlic powder
- ☐ Rosemary
- ☐ Thyme
- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

This one-pot meal is a savory delight. Mushrooms and chicken make a natural pair, and peas add texture and provide a good source of vitamins A, C and fiber.

Nutritional information per serving

440 calories	45 g. carbohydrate
15 g. fat	7 g. fiber
125 mg. cholesterol	30 g. protein
470 mg. sodium	

Estimated cost

Total:	\$10.89
Per serving:	\$2.42

The nutritional values and information are approximations, and ingredient costs are estimated.



BUDGET FRIENDLY RECIPES

Turkey and Sweet Potato Chili

Serves 6. Prep time: 25 minutes active; 55 minutes total.

- | | |
|---|---|
| 2 tablespoons Field Day canola oil | 2 cups Field Day chicken broth |
| ½ pound turkey sausage, casings removed | 1 cup water |
| 1 medium yellow onion, chopped | 1 tablespoon chili powder |
| 1 red bell pepper, seeded and chopped | 1 tablespoon cumin |
| 3 sweet potatoes, chopped into small pieces | ½ teaspoon cayenne pepper |
| 2 cloves garlic, minced | ½ teaspoon salt |
| 1 14.5-ounce can Woodstock diced fire-roasted tomatoes, undrained | 1 15-ounce can Field Day cannellini beans, drained and rinsed |
| | Additional salt and pepper to taste |

Preparation

Warm oil in a large pot over medium-high heat. Add sausage; break up any large chunks and sauté until no pink remains. Using a slotted spoon, transfer meat to a bowl; cover. Add onion, bell pepper and sweet potato to pot and cook, stirring occasionally, until softened, about 6 minutes. Add garlic and sauté for 1 minute. Return meat to pot.

Stir in tomatoes, beans, broth, water, spices and salt. Bring to a boil, then reduce heat to medium-low and stir in beans. Cover and simmer until chili thickens slightly, about 30 minutes. Season with additional salt and pepper to taste.

Turkey and Sweet Potato Chili

Ingredient checklist

PRODUCE

- ☐ Yellow onion
- ☐ Red bell pepper
- ☐ Sweet potatoes
- ☐ Garlic

GROCERY

- ☐ Field Day canola oil
- ☐ Woodstock fire-roasted tomatoes
- ☐ Field Day chicken broth
- ☐ Field Day cannellini beans

MEAT/SEAFOOD

- ☐ Turkey sausage

SPICES/SEASONINGS

- ☐ Chili powder
- ☐ Cumin
- ☐ Cayenne pepper
- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

Sweet potatoes are a tasty way to add important nutrients to your diet like Vitamin A, fiber and even protein. Substitute your favorite sausage, ground meat or meatless alternative if you prefer. Have fun topping the chili; try a spoon of plain yogurt, cilantro, diced avocado or tortilla chips – you can't go wrong!

Nutritional information per serving

440 calories	63 g. carbohydrate
13 g. fat	15 g. fiber
60 mg. cholesterol	21 g. protein
930 mg. sodium	

Estimated cost

Total:	\$15.06
Per serving:	\$2.51

The nutritional values and information are approximations, and ingredient costs are estimated.



BUDGET FRIENDLY RECIPES

Soy-Ginger Dinner Salad with Tuna

Serves 4. Prep time: 15 minutes.

Dressing:

2 tablespoons Field Day olive oil
½ tablespoon soy sauce,
preferably low-sodium
1 tablespoon white vinegar
½ cup plain, low-fat yogurt
½ teaspoon ground ginger
Juice of ½ lemon
Salt and pepper to taste

Salad:

½ cucumber, thinly sliced
1 medium tomato, diced
½ pound fresh spinach
1 cup Field Day canned garbanzo
beans, drained
1 can Natural Sea water-packed
tuna, drained

Preparation

Place all dressing ingredients in a small- to medium-sized mixing bowl. Whisk to combine. Add the cucumber and the tomato, and gently stir to coat the vegetables with dressing. Allow this mixture to sit, marinating the vegetables a bit, while preparing the rest of the salad.

Next, place spinach, garbanzo beans, and tuna in a very large salad bowl or large stainless-steel mixing bowl. Add the dressing and veggie mixture and toss thoroughly but gently to combine.

Soy-Ginger Dinner Salad with Tuna

Ingredient checklist

PRODUCE

- ☐ Lemon
- ☐ Cucumber
- ☐ Tomato
- ☐ Spinach

GROCERY

- ☐ Field Day olive oil
- ☐ Soy sauce
- ☐ White vinegar
- ☐ Field Day garbanzo beans
- ☐ Natural Sea water-packed tuna

REFRIGERATED/DAIRY

- ☐ Plain low-fat yogurt

SPICES/SEASONINGS

- ☐ Ginger
- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

This salad wows diners with its seemingly complicated flavor profile. Packed with protein and fiber, it can easily be incorporated into your meal plan to get you out of a dinner rut. Add nuts on top for extra substance, crunch and pizzazz.

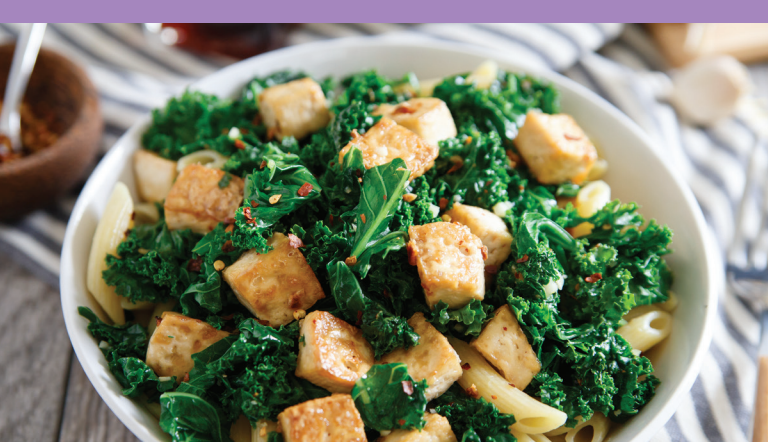
Nutritional information per serving

190 calories	17 g. carbohydrate
9 g. fat	5 g. fiber
10 mg. cholesterol	12 g. protein
220 mg. sodium	

Estimated cost

Total:	\$10.01
Per serving:	\$2.50

The nutritional values and information are approximations, and ingredient costs are estimated.



BUDGET FRIENDLY RECIPES

Garlic Tofu and Greens

Serves 4. Prep time: 20 minutes active; 35 minutes total.

- | | |
|--|---|
| ¾ pound Nasoya firm tofu, sliced in 1-inch cubes | 4 cups water |
| 3 tablespoons Field Day canola oil, divided | 2 cups uncooked Field Day penne pasta |
| 2 tablespoon toasted sesame oil, divided | 1 bunch kale, tough ribs removed, chopped |
| 6 cloves garlic, minced, divided | 1 teaspoon red pepper flakes |
| | Salt and pepper to taste |

Preparation

Heat the oven to 400°F. Line a baking sheet with parchment or foil. Toss tofu cubes with 2 tablespoons of canola oil, 1 tablespoon of sesame oil, and half of the minced garlic, making sure the cubes are well coated. Spread in a single layer on the baking sheet and bake for 15 to 20 minutes or until lightly golden.

While tofu is baking, bring 4 cups of water to a boil. Add penne pasta and boil for 10 minutes or until pasta is tender.

Heat the remaining oils in a large skillet over medium-high heat. Add the rest of the garlic and red pepper flakes and let them sizzle for just a moment. Add the kale a handful at a time, turning frequently with tongs. Once kale turns bright green and begins to wilt, about 2 to 3 minutes, turn off the heat. Mix the kale with the baked tofu, tossing well. Season with salt and pepper. Serve over pasta.

Garlic Tofu and Greens

Ingredient checklist

PRODUCE

- ☐ Garlic
- ☐ Kale

GROCERY

- ☐ Field Day canola oil
- ☐ Field Day penne pasta
- ☐ Toasted sesame oil

REFRIGERATED/DAIRY

- ☐ Nasoya firm tofu

SPICES/SEASONINGS

- ☐ Red pepper flakes
- ☐ Black pepper
- ☐ Sea salt

Serving suggestion

The toasted sesame oil and garlic add depth to this simple vegetarian dish. This meal makes it easy to get greens in your diet. Try using broccoli for the kale when broccoli's on sale. Or leave out the pasta and top the kale with poached or fried eggs for a high protein breakfast option.

Nutritional information per serving

380 calories	41 g. carbohydrate
18 g. fat	2 g. fiber
35 mg. cholesterol	17 g. protein
70 mg. sodium	

Estimated cost

Total:	\$6.67
Per serving:	\$1.67

The nutritional values and information are approximations, and ingredient costs are estimated.



BUDGET FRIENDLY RECIPES

One-Pot Farro Risotto

Serves 4. Prep time: 10 minutes active; 40 minutes total.

- | | |
|--|--|
| 1 ½ cups farro | ½ teaspoon onion powder |
| 2 cups Field Day chicken broth | 1 3.8-ounce can Field Day sliced ripe black olives |
| ¾ cup water | ⅓ cup grated Parmesan cheese |
| 1 tablespoon Field Day olive oil | 1 teaspoon ground black pepper |
| 1 bunch kale, tough ribs removed, loosely torn | Salt to taste |

Preparation

Add farro, chicken broth and water to a large sauté pan or skillet. Bring to a boil over high heat. Reduce heat to low, cover, and simmer for 15 to 20 minutes, stirring occasionally. Uncover, add kale, onion powder and olive oil. Continue to cook for 5 to 7 more minutes, stirring occasionally.

Turn off heat. Add olives and Parmesan cheese to the pot, stirring to combine. Add black pepper and salt to taste.

One-Pot Farro Risotto

Ingredient checklist

PRODUCE

- ☐ Kale

GROCERY

- ☐ Farro
- ☐ Field Day chicken broth
- ☐ Field Day olive oil
- ☐ Field Day sliced ripe olives

REFRIGERATED/DAIRY

- ☐ Parmesan cheese

SPICES/SEASONINGS

- ☐ Onion powder
- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

This one-pot meal is sure to please with its super-savory flavors and heartiness. It is cheesy, gooey, satisfying and surprisingly good for you! Add leftover cubed chicken or some seasoned baked tofu to really rev up the protein.

Nutritional information per serving

430 calories	66 g. carbohydrate
10 g. fat	13 g. fiber
10 mg. cholesterol	17 g. protein
580 mg. sodium	

Estimated cost

Total:	\$9.97
Cost per serving:	\$2.49

The nutritional values and information are approximations, and ingredient costs are estimated.



BUDGET FRIENDLY RECIPES

Farmhouse Bean Soup

Serves 6. Prep time: 15 minutes active; 30 minutes total.

- | | |
|---|---|
| 2 tablespoons Field Day olive oil | 1 15-ounce can Field Day Great Northern beans, rinsed and drained |
| 1 yellow onion, diced | 1 15-ounce can Field Day pinto beans, rinsed and drained |
| 1 large carrot, peeled and diced | 1 15-ounce can Field Day kidney beans, rinsed and drained |
| 3 parsnips, peeled and diced | 5 cups fresh spinach, chopped |
| 3 cloves garlic, peeled and minced | Salt and black pepper to taste |
| 1 15-ounce can Woodstock diced tomatoes | |
| 4 cups Field Day vegetable broth | |
| 2 teaspoons dried rosemary | |
| 2 teaspoons dried thyme | |

Preparation

In a large pot, heat the oil over medium-high heat. Add the onion, carrots, parsnips and garlic and sauté 5 to 7 minutes. Add the tomatoes, broth and herbs and bring to a boil. Add the beans, reduce heat to simmer and cook 20 to 30 minutes until vegetables are tender. Stir in the spinach and season with salt and pepper to taste. Serve warm.

Farmhouse Bean Soup

Ingredient checklist

PRODUCE

- ☐ Yellow onion
- ☐ Carrots
- ☐ Parsnips
- ☐ Garlic
- ☐ Spinach

GROCERY

- ☐ Field Day olive oil
- ☐ Woodstock canned diced tomatoes
- ☐ Field Day vegetable broth
- ☐ Field Day canned Great Northern beans
- ☐ Field Day canned pinto beans
- ☐ Field Day canned kidney beans

SPICES/SEASONINGS

- ☐ Rosemary
- ☐ Thyme
- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

Thanks to convenient and nutritious canned beans, this soup is a fast and tasty weeknight main dish. Just add a side salad and a plate of corn tortillas.

Nutritional information per serving

300 calories	49 g. carbohydrate
6 g. fat	18 g. fiber
0 mg. cholesterol	13 g. protein
200 mg. sodium	

Estimated cost

Total:	\$14.86
Cost per serving:	\$2.48

The nutritional values and information are approximations, and ingredient costs are estimated.



BUDGET FRIENDLY RECIPES

Ribollita

By Robin Asbell

Serves 5. Prep time: 25 minutes active; 45 minutes total.

- | | |
|----------------------------------|---|
| 1 bunch kale | 2 teaspoons dried rosemary |
| 1 tablespoon Field Day olive oil | 1 cup Woodstock tomato puree |
| 1 medium yellow onion, chopped | 1 can Field Day cannellini beans, drained |
| 3 large garlic cloves, chopped | 7 slices whole wheat bread, divided |
| 1 small zucchini, chopped | Parmesan cheese |
| 2 ribs celery, chopped | 1 teaspoon salt |
| 2 large carrots, chopped | |
| 3 cups Field Day vegetable broth | |

Preparation

Strip the kale leaves from the stems. Chop the stems finely, and roughly chop the leaves.

In a large pot, heat the olive oil over medium-high heat. Add the onion and garlic and stir for five minutes or so, until the onion is translucent. Add the zucchini, celery, carrot and kale stems, and stir for a minute, then add the broth and rosemary and bring to a boil. Reduce to a simmer and cook until the vegetables are tender, about 10 minutes. Stir in the tomato puree, kale leaves, cannellini beans, salt and two slices of crumbled bread and simmer until the kale is softened. Toast the remaining slices of bread.

To serve, ladle soup over a slice of toasted bread in each individual bowl, and top with freshly shredded Parmesan.

Ribollita

Ingredient checklist

PRODUCE

- ☐ Kale
- ☐ Yellow onion
- ☐ Garlic
- ☐ Zucchini
- ☐ Celery
- ☐ Carrots

GROCERY

- ☐ Field Day olive oil
- ☐ Field Day vegetable broth
- ☐ Woodstock tomato puree
- ☐ Field Day cannellini beans
- ☐ Whole wheat bread

REFRIGERATED/DAIRY

- ☐ Parmesan cheese

SPICES/SEASONINGS

- ☐ Rosemary
- ☐ Sea salt

Serving suggestion

Ribollita is Italian for “re-boiled,” because this is a classic way to serve a soup the second day, with some stale bread to stretch and thicken it. Use a rustic, hearty bread that has some texture, so it won’t just melt away completely. Rub the toasted bread slices with a bit of olive oil and fresh garlic for extra flavor!

Nutritional information per serving

535 calories	97 g. carbohydrate
7 g. fat	28 g. fiber
2 mg. cholesterol	28 g. protein
933 mg. sodium	

Estimated cost

Total:	\$12.75
Cost per serving:	\$2.55

The nutritional values and information are approximations, and ingredient costs are estimated.



BUDGET FRIENDLY RECIPES

Kielbasa and Rice

Serves 4. Prep time: 30 minutes active; 60 minutes total.

2 tablespoons Field Day canola oil, divided

12 ounces kielbasa sausage, cut into bite-sized pieces

1 cup onions, diced

1 cup celery, diced

1 cup carrot, diced

1 cup mushrooms, sliced

2 teaspoons paprika

1 teaspoon dried thyme

½ teaspoon dried dill

¾ cup uncooked white rice

1 ¾ cups Field Day chicken broth

Salt and pepper to taste

Preparation

In a large stock pot, heat 1 tablespoon of canola oil over medium-high heat. Add the kielbasa and brown the pieces for a few minutes; remove from the pan and set aside. Add the remaining tablespoon of oil to the pot and sauté the onions, celery and carrots over medium-high heat for about 10 minutes until the vegetables begin to soften. Add the mushrooms and spices and cook for 2 more minutes, then add the rice and broth. Bring the mixture to a boil, reduce the heat to low, and simmer, covered, for 20 to 30 minutes until the liquid is absorbed and the rice is tender. Add the cooked sausage to the rice and vegetables and stir. Season with salt and pepper and serve.

Kielbasa and Rice

Ingredient checklist

PRODUCE

- ☐ Onion
- ☐ Celery
- ☐ Carrot
- ☐ Mushrooms

BULK

- ☐ White rice

GROCERY

- ☐ Field Day canola oil
- ☐ Field Day chicken broth

MEAT/SEAFOOD

- ☐ Kielbasa sausage

SPICES/SEASONINGS

- ☐ Paprika
- ☐ Dried thyme
- ☐ Dried dill
- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

Customize this dish by substituting vegetarian sausage for the kielbasa or use brown rice in place of white (add 10 to 20 minutes to your cooking time). Delicious served with kid-friendly baked beans or applesauce, or try it with braised greens and cornbread.

Nutritional information per serving

516 calories	43 g. carbohydrate
31 g. fat	4 g. fiber
56 mg. cholesterol	15 g. protein
882 mg. sodium	

Estimated cost

Total:	\$9.80
Cost per serving:	\$2.45

The nutritional values and information are approximations, and ingredient costs are estimated.



BUDGET FRIENDLY RECIPES

Vegetarian Paella

**Serves 4-6. Prep time: 30 minutes active;
60 minutes total.**

- | | |
|--|--|
| 1 tablespoon Field Day olive oil | 1/2 teaspoon crushed red pepper flakes |
| 1 medium yellow onion, peeled and diced | 1 1/2 cups rice, medium- or short-grain |
| 1 large red bell pepper, seeded and diced | 3 cups Field Day vegetable broth, room temperature |
| 3 cloves fresh garlic, peeled and minced | 1/2 cup canned artichoke hearts, drained and quartered |
| 1 medium zucchini, diced | 2 cups Field Day canned garbanzo beans, rinsed and drained |
| 2 cups Woodstock canned diced tomatoes and juice | 1/2 teaspoon salt |
| 2 teaspoons smoked paprika | 1/4 teaspoon ground black pepper |

Preparation

In a large oven-proof stock pot or Dutch oven, heat the oil over medium-high heat. Add the onion and bell pepper and sauté for 10 minutes or until softened. Add the garlic, zucchini, diced tomatoes with juice, paprika and chili flakes, and sauté for 5 to 10 minutes. Add the rice and broth, stir, and bring to a boil. Reduce heat to low and simmer for 10 minutes. Preheat the broiler while the rice is cooking. Add the artichokes, garbanzo beans, salt, and pepper. Cover the pot and simmer for 10 to 15 more minutes.

When the liquid is mostly absorbed and the rice is tender, transfer the pot to the broiler for 5 to 10 minutes, until the edges of the rice begin to brown and get a bit crispy. Remove from broiler and serve.

Vegetarian Paella

Ingredient checklist

PRODUCE

- ☐ Yellow onion
- ☐ Red bell pepper
- ☐ Garlic
- ☐ Zucchini

BULK

- ☐ Medium- or short-grain rice

GROCERY

- ☐ Field Day vegetable broth
- ☐ Field Day olive oil
- ☐ Woodstock canned tomatoes
- ☐ Canned artichoke hearts
- ☐ Field Day garbanzo beans

SPICES/SEASONINGS

- ☐ Smoked paprika
- ☐ Red pepper flakes
- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

There are a lot of layers of flavors in paella, so keep it simple with the side dishes. A tapas-style selection of olives, chewy bread and Spanish cheeses along with a crisp green salad dressed in a vinegar or lemon vinaigrette work well.

Nutritional information per serving

361 calories	71 g. carbohydrate
4 g. fat	8 g. fiber
0 mg. cholesterol	11 g. protein
399 mg. sodium	

Estimated cost

Total:	\$12.13
Cost per serving:	\$2.21

The nutritional values and information are approximations, and ingredient costs are estimated.



BUDGET FRIENDLY RECIPES

Chicken Cacciatore in a Slow Cooker

By Robin Asbell

Serves 6. Prep time: 1 hour active; 8 hours total.

- | | |
|--|---------------------------------|
| 1 14-ounce can Woodstock
diced tomatoes | 1 teaspoon dried oregano |
| 1 large onion, chopped | ½ teaspoon salt |
| 1 medium green pepper, chopped | ½ cup dry red wine |
| 1 medium zucchini, sliced | ½ cup Field Day chicken broth |
| 2 ribs celery, chopped | 4 ounces Muir Glen tomato paste |
| 3 cloves garlic, chopped | 6 chicken legs, skinless |
| 1 teaspoon dried basil | 2 cups brown rice |

Preparation

In a large slow-cooker, combine the tomatoes, onion, green pepper, zucchini, celery, garlic, basil, oregano, salt, red wine, chicken broth and tomato paste. Stir to mix, then add the chicken legs and press down to cover them with the vegetable and spice mixture as much as possible. Set the cooker on low and cook for 7 hours.

Start cooking the rice on the stove about 45 minutes before the chicken is finished cooking, using approximately 4 cups of water for the 2 cups of rice.

When chicken is cooked, taste and add salt and pepper as needed. Serve a cup of cooked brown rice in a wide bowl or pasta plate, with a chicken leg and vegetable sauce.

Chicken Cacciatore in a Slow Cooker

Ingredient checklist

PRODUCE

- ☐ Onion
- ☐ Green pepper
- ☐ Zucchini
- ☐ Celery
- ☐ Garlic

BULK

- ☐ Brown rice

GROCERY

- ☐ Woodstock diced canned tomatoes
- ☐ Dry red wine
- ☐ Field Day chicken broth
- ☐ Muir Glen tomato paste

MEAT/SEAFOOD

- ☐ Chicken legs

SPICES/SEASONINGS

- ☐ Basil
- ☐ Oregano
- ☐ Sea salt

Serving suggestion

Cacciatore is Italian for “hunter’s chicken,” and it’s a classic, simple way to prepare poultry. This version has added vegetables and makes use of inexpensive leg pieces, which stew to tender perfection in the slow-cooker. Serving the flavorful sauce over brown rice stretches the meat, and makes use of every drop of chickeny goodness.

Nutritional information per serving

457 calories	63 g. carbohydrate
9 g. fat	4 g. fiber
74 mg. cholesterol	25 g. protein
476 mg. sodium	

Estimated cost

Total:	\$15.21
Cost per serving:	\$2.54

The nutritional values and information are approximations, and ingredient costs are estimated.



BUDGET FRIENDLY RECIPES

Pasta Primavera

By Hilah Johnson

Serves 4. Prep time: 10 minutes active; 25 minutes total.

- | | |
|-------------------------------------|--|
| 2 cups tomatoes, blanched and diced | 1 tablespoon fresh parsley, minced |
| ½ teaspoon salt | 1 tablespoon Field Day olive oil |
| 1 teaspoon lemon juice | 1 cup broccoli florets |
| 1 clove garlic, minced | 1 cup green beans, trimmed and sliced into 1-inch pieces |
| 1 teaspoon fresh oregano, minced | ½ cup carrots, julienned |
| 1 tablespoon fresh basil, minced | ½ pound Field Day fusilli pasta |

Preparation

Combine the tomatoes, garlic, herbs, lemon juice, oil and salt. Set aside.

Bring a medium sized pot of salted water to a boil over high heat. Once the water boils, add the pasta and set a timer for 2 minutes less than the cooking time on the package.

When the timer rings, add the prepared vegetables and cook another 2 minutes. Remove the pot from the burner and drain off the hot water. Add the pasta and vegetables to the tomato sauce and season to taste with salt if needed. Add an additional splash of olive oil if the dish seems dry.

Pasta Primavera

Ingredient checklist

PRODUCE

- ☐ Tomatoes
- ☐ Lemon
- ☐ Garlic
- ☐ Oregano
- ☐ Basil
- ☐ Parsley
- ☐ Broccoli
- ☐ Green beans
- ☐ Carrots

GROCERY

- ☐ Field Day olive oil
- ☐ Field Day fusilli pasta

SPICES/SEASONINGS

- ☐ Sea salt

Serving suggestion

Complement this dish with a crisp Caesar salad, garlic toast or bread sticks.

Nutritional information per serving

110 calories	17 g. carbohydrate
4 g. fat	5 g. fiber
0 mg. cholesterol	4 g. protein
368 mg. sodium	

Estimated cost

Total:	\$7.19
Cost per serving:	\$1.80

The nutritional values and information are approximations, and ingredient costs are estimated.



BUDGET FRIENDLY RECIPES

Garlic Basil Ratatouille

Serves 6. Prep time: 30 minutes.

- | | |
|--|---|
| 2 tablespoons Field Day olive oil | 1 small eggplant, stem removed, cut into 1/2-inch cubes |
| 1 yellow onion, diced | 1 14.5-ounce can Woodstock diced tomatoes with juice |
| 1 red or green bell pepper, seeded and diced | 1/3 cup minced fresh basil |
| 3 tablespoons minced garlic | 2 tablespoons pine nuts |
| 1 small zucchini, diced | Salt and black pepper to taste |
| 1 small yellow squash, diced | |

Preparation

In a large soup pot, heat the olive oil over medium-high heat. Sauté the onion, bell peppers and garlic for a few minutes. Add the zucchini, yellow squash, eggplant and diced tomatoes (with juice) and bring to a simmer. Cover the pot and simmer on low for 10 to 15 minutes, stirring frequently. When the eggplant and squash are tender, stir in the basil and pine nuts, and taste for salt and black pepper. Remove from heat and serve warm.

Garlic Basil Ratatouille

Ingredient checklist

PRODUCE

- ☐ Yellow onion
- ☐ Red or green bell pepper
- ☐ Garlic
- ☐ Zucchini
- ☐ Yellow squash
- ☐ Eggplant
- ☐ Basil

BULK

- ☐ Pine nuts

GROCERY

- ☐ Field Day olive oil

SPICES/SEASONINGS

- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

Serve this delicious vegetable stew over cooked couscous or nutty brown rice sprinkled with shredded or flaked Manchego cheese, and a side of garlic green beans. Use fire-roasted instead of plain diced tomatoes for a smoky, outdoor flavor. Substitute raw sunflower seeds for the pine nuts for an even lower cost-per-serving, and use whatever summer squash is most readily available.

Nutritional information per serving

169 calories	24 g. carbohydrate
7 g. fat	8 g. fiber
0 mg. cholesterol	6 g. protein
59 mg. sodium	

Estimated cost

Total:	\$8.55
Cost per serving:	\$1.43

The nutritional values and information are approximations, and ingredient costs are estimated.