



What is for Dinner?

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Eating Well on a Budget

In a busy, money conscious world, the last thing anyone wants to do is spend too much money on meals.

Eating healthy does not have to cost an arm and leg.





Eating Well on a Budget

Start the process of eating healthy on a budget with meal planning.

Meal planning allows you to make some foods ahead and have them available for lunches or to re-purpose for dinners.





Meal Planning Tips

- 1. Select 14-28 inexpensive recipes that your family likes and are healthy.**
- 2. Determine what meals will provide leftovers for lunches.**
- 3. Once a week or month pick out number of meals needed and organize them in the order you would like to prepare them.**
- 4. Shop for ingredients only needed for the recipes.**
- 5. Keep recipes in a recipe box or notebook and rotate the recipes.**





Tips for Shopping Well

- 1. Buy foods that can be used in multiple meals.**
- 2. Buy in bulk.**
- 3. Start building a pantry.**
- 4. Think seasonally. (During local growing season, fruit and vegetables are generally cheaper and tastier)**
- 5. Always buy eggs. (Multiple recipes call for eggs)**
- 6. Don't buy drinks. (Most packaged drinks are overpriced and packed with sugar)**





Tips for Eating Well

- 1. More vegetables=more flavor.**
 - 2. Get creative with Wilted vegetables-use for sautéing, baking, or soups.**
 - 3. Make your own broth.**
 - 4. Freeze foods for late use.**
 - 5. Buy yogurt in bulk-yogurt's versatility makes it easy to use in multiple recipes.**
 - 6. Try to eat less expensive cuts of meat.**
 - 7. Embrace whole grains and beans.**
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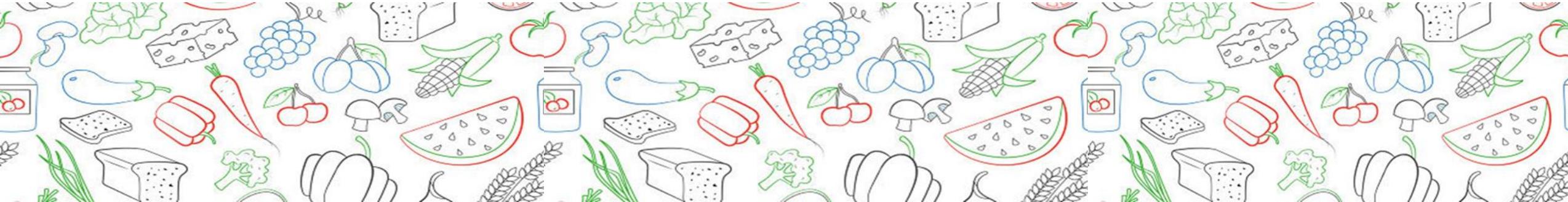


Grocery Store Hacks

- 1. Protein-meat is not the only protein, think beans, nuts and eggs as other protein sources.**
 - 2. Vegetables-the base of the meal, grab the ones that last longer and are at peak season.**
 - 3. Fruits-citrus fruits are great for cooking, they store well. Multiple fruits can be frozen.**
 - 4. Grains-basic, inexpensive, last longer.**
 - 5. Canned vegetables-great for sauces, just be careful, canned foods can be salty.**
 - 6. Spices-buy in bulk when able.**
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More Tips For Budget Friendly Meals

- 1. Cook at home.**
 - 2. Cook large portions and use your leftovers.**
 - 3. Don't shop when hungry.**
 - 4. Buy whole foods.**
 - 5. Buy generic brands.**
 - 6. Stop buying junk food.**
 - 7. Shop at local farmers market.**
 - 8. Stay away from center aisle at the grocery store.**
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Recipe on a Budget

Pasta with Eggplant and Tomato

\$2.50/Serving, \$5 Total

Ingredients:

- Salt
- 8 ounces rigatoni
- 2 tablespoons olive oil
- 1 large eggplant, cubed
- 4 cloves garlic, finely chopped
- ½ teaspoon chile flakes
- 2 cups finely diced canned tomatoes
- ¼ cup freshly grated Romano or Parmesan cheese
- Pepper to taste

Directions:

1. Put a pot of water over high heat and add a pinch of salt. Bring it to a boil and cook the pasta according to the package directions.

2. Meanwhile set a wide pan over medium-high heat and splash in the olive oil. Let it get hot, then add the eggplants cubed, sprinkle with salt, and cook until the cubes start to brown. If the eggplants starts to look dry, add a bit of water.

3. Once the cubes are a little brown on all sides, add the garlic and chile flakes and stir. Add the tomatoes and cook, stirring occasionally, about 15mins. Again if it looks dry add water.

4. Add half the cheese and stir.

5. Once the pasta is cooked, drain it and add it to the saucepan. Toss everything together, then turn off the heat. Add salt and pepper to taste, and serve in bowls sprinkled with the remaining Romano.

