



“Budget Buster Meals” brought to you by Sprouts

Meal #1:

Roasted Chicken

Fire Roasted Corn

Baked Sweet Potatoes Fries

Roasted Chicken Recipe

1 roasting chicken
Crushed garlic (two cloves)
Lemon pepper (to taste)
Olive oil
1 onion, sliced
1 lemon or lime, sliced

Rub crushed garlic in cavity (after removing neck and giblets) under and on the skin of a roasting chicken. Sprinkle lemon pepper and olive oil in cavity and on skin. Place slices of lemon (or lime) and onion in cavity. Roast chicken on a rack, breast side down in a 350 degree oven until thermometer reads 165 degrees (75 to 90 minutes). Remove chicken from oven. Wrap tightly in foil to allow cooking to continue. After an hour, remove foil, carve and serve.

Fire Roasted Corn

1-2 Corn, on the ear, shucked
Limes cut in wedges
1/2 tsp cumin
1/4 tsp kosher salt

Preheat stove burner or grill to medium high. Place corn on the grill (or burner directly), turning often, until it is browned on all sides for about 10 minutes. Place corn on a platter, and dip the lime wedges in the cumin/salt and rub into the corn, squeezing the lime slightly to get some of the juice. When cooled enough to handle, take a knife to removed corn kernels from the cob.

Baked Sweet Potato Fries:

1/2 tsp of cumin
1/2 tsp of ground black pepper
1/4 tsp of kosher or sea salt
1/4 tsp cayenne pepper (optional)
1-2 tbsp olive oil
1-2 sweet potatoes

Preheat oven to 400 degrees F. Combine spices in a bowl. Cut sweet potatoes into 1/2-inch thick lengthwise strips and toss with olive oil. Then toss in bowl with spices. Use a nonstick baking sheet and arrange potatoes on baking sheets. Bake potatoes for 15 to 20 minutes or until golden brown on bottom. Turn potatoes over and bake about 15 to 20 minutes or until golden brown all over. Serve.

Meal #2:

Crock Pot Bean Soup

Whole wheat Roll (found in Sprouts bakery)

Tossed Green salad with tomato wedges and sliced cucumbers (found in Sprouts produce department) with olive oil/balsamic vinaigrette or favorite salad dressing

Crock Pot Bean Soup Recipe

2 cups any type of beans or mixed beans and lentils, rinsed. (Sprouts has mixed beans both in grocery and bulk dept.)

8 cups vegetable or chicken broth. (you may use 1/2 broth and 1/2 water)

1 clove garlic, minced

1 bay leaf

1 lg. onion, chopped

2 large carrots, chopped

1 Sprouts freshly made chicken sausage (cooked and diced), optional

Kosher Salt & pepper, to taste

Wash beans. Combine beans, broth/ water, garlic, bay leaf, onion and sausage in slow cooker or crock pot. Cover and cook for 8 to 10 hours longer, until beans are tender. Season to taste with salt and pepper. Remove bay leaf before serving.

Note: this makes a double batch for a family of 4, so you are able to freeze for a meal at a later time.

Meal #3

Roasted Chicken and Chiles Casserole

Avocado/Tomato/Cilantro Salad

Roasted Chicken and Chiles Casserole Recipe

2 Green peppers, diced

2 jalapeno peppers, diced (optional)

1 tbsp olive oil

Leftover roasted chicken (from meal #1) or 8 oz boneless, skinless chicken tenders

2 limes, juice of

1/4 tsp kosher salt

1/2 tsp black pepper

1 large white onion, diced

28 oz of green enchilada sauce (Sprouts carries a variety in the grocery dept)

1 tsp cumin

1/2 cup cilantro, chopped

8 white corn tortillas, 6"

1 1/2 cups part-skim mozzarella

Preheat oven to 450 degrees F. Sauté chicken in olive oil, add peppers and onions. Season with juice of one lime, salt and pepper. (As the chicken cooks in the lime juice, it will start to caramelize on the bottom of the pan, this creates amazing flavor). When chicken is cooked, removed from sauté pan and place on a plate to cool.

Reduce heat in pan and add enchilada sauce, scraping the pan to mix the caramelized lime into the mixture. Allow this mixture to simmer gently for about 10 minutes, while you are shredding chicken. Finish the sauce by adding remaining lime juice, cumin and cilantro. Take a 9 x 13 glass baking dish.

Combine in 3 layers evenly the following:

- chicken and Chile sauce
- part skim mozzarella
- Tortillas cut in half. Line the dish with the flat sides of the tortillas lining the edge of the pan.

Bake at 350 degrees F for 20 minutes, or until cheese is slightly brown and bubbling. Serve with Avocado/Tomato/Cilantro salad.

Avocado/Tomato/Cilantro Salad Recipe

2 Avocados, cubed
2 Tomatoes, cubed
1/4 cup cilantro, chopped
1 lime, use juice
1 tbsp olive oil
A pinch of kosher salt

Combine all ingredients in a mixing bowl and toss lightly. Serve immediately.

Meal #4

Breakfast for Dinner: Scrambled Eggs, Whole Wheat Toast, Cut up Fruit (in season) Scrambled Egg Recipe

Use your creativity and family's favorite combinations of veggies

8 Large eggs
1/2 cup peppers (any color), diced
1/2 cup mushrooms, diced
1 tbsp olive oil
2-3 tbsp chives, chopped
1/4 tsp kosher salt
1/2 tsp black pepper
1/4 cup cheese (any type), shredded

Sauté' the mushrooms and peppers in olive oil. In a mixing bowl, combine eggs, chives, salt and pepper. Add egg mixture to cooked peppers and onions. Use a spatula to move the eggs around the pan. As they begin to cook, add chives and cook to desired doneness. Serve warm with whole wheat toast and cut up fresh fruit.

Meal #5

Build Your Own Pizza

Pizza Crust (you can make your own or use ready made whole wheat crust)
3/4 cup pizza sauce
1 Sprouts/homemade chicken sausage, cooked and chopped
1/2-3/4 cup part-skim mozzarella or Monterey jack, shredded
1/2 cup favorite veggies, chopped (i.e. zucchini, mushrooms, tomatoes, peppers)
1 tbsp olive oil
1/4 tsp Italian seasoning

Sauté' favorite veggies in olive oil with Italian seasoning. Preheat oven to 400 degrees F. Begin pizza assembly. Add pizza sauce, layer on cheese, sausage, sautéed veggies. Get the whole family involved in this assembly. Bake for 10-20 minutes, or until cheese is melted. Slice and Serve.