

# Save Money and Eat Well

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- Prepare regular sized recipes and freeze the leftovers
- Buy in bulk and portion into smaller quantities
- Stock up your freezer with fruits and vegetables
- Label and date any leftovers in your refrigerator or freezer
- Utilize your grocery store's salad bar



## Tips for Reducing a Recipe:

	CALLS FOR:	REDUCE TO:
<b>Reduce to 1/2 of a Recipe</b>	1/4 cup	2 Tablespoons
	1/3 cup	2 Tablespoons + 2 teaspoons
	1/2 cup	1/4 cup
	2/3 cup	1/3 cup
	3/4 cup	6 Tablespoons
	1 cup	1/2 cup
	1 Tablespoon	1-1/2 teaspoons
	1 teaspoon	1/2 teaspoon
	1/2 teaspoon	1/4 teaspoon
	1/4 teaspoon	1/8 teaspoon
	1/8 teaspoon	Dash

	CALLS FOR:	REDUCE TO:
<b>Reduce to 1/3 of a Recipe</b>	1/4 cup	1 Tablespoon + 1 teaspoon
	1/3 cup	1 Tablespoon + 2-1/3 teaspoons
	1/2 cup	2 Tablespoons + 2 teaspoons
	2/3 cup	3 Tablespoons + 1-1/2 teaspoons
	3/4 cup	¼ cup
	1 cup	1/3 cup
	1 Tablespoon	1 teaspoon
	1 teaspoon	Generous ¼ teaspoon
	1/2 teaspoon	Scant 1/4 teaspoon
	1/4 teaspoon	Scant 1/8 teaspoon
	1/8 teaspoon	Dash

# Taco Soup Recipe:

## Ingredients:

- ½ Pound Ground Meat
- 1 Onion, chopped
- Low-sodium Taco Seasoning, 1 package
- Tomato Juice, 1 can (46 oz.)
- Corn, 1 can (15 oz.) drain
- Black or Fava Beans, 1 can (15 oz.), drain and rinse
- Diced Tomatoes, 1 can (15 oz.)

## Toppings:

- Low-fat Plain Greek Yogurt
- Avocado
- Shredded Cheese



Photo courtesy of pixabay.com

## Directions:

1. Brown meat and onion in large pot, drain fat
2. Add remaining ingredients (Except toppings) and stir
3. Bring soup to a boil
4. Reduce heat to low and simmer for 30 minutes.
5. Top with shredded cheese, avocado, or Greek yogurt just before eating

**\*Recipe makes 4-6 servings.**

Plan to use leftovers within 3-5 days, or freeze up to 3 months!

*Recipe adapted from kraftrecipes.com*

# One-Dish Italian Chicken and Veggie Bake:

## Ingredients:

- 1/2 pound Chicken breast, halved
- 6 small red potatoes, quartered
- 6 oz. green beans
- 1 Tablespoon olive oil
- 1 Tablespoon garlic
- 1 Tablespoon Italian Seasoning



*Recipe adapted from produceforkids.com*  
*Photo courtesy of pixabay.com*

## Directions:

1. Preheat oven to 350F
2. Place chicken, potatoes, and green beans in rows in 13x9 –inch baking dish, with chicken in the middle
3. Drizzle with olive oil , season with garlic and Italian seasoning
4. Bake 50 mins, or until chicken reaches an internal temp of 165 and potatoes are tender

**\*Recipe makes 2 servings.**

Use 1 pound Chicken and additional veggies if meal prepping!