

# Cook More, Save More



If you're like most of us, you're eating out more and cooking less.

But did you know that if you cook at home, you often make better food choices for yourself and your family?

Cooking can be a fun, rewarding experience that also saves money.

## How Much Can You Save?

Ordering pizza, fast food or Chinese food for a family of five can cost between \$20-\$40. Frozen meals like macaroni & cheese can cost \$7.

**What if you could feed a family for \$3-6, with leftovers??**



## How to Get Started

- Make recipes you know your family will like.
- Be realistic. If you don't usually cook, start slowly. Cook once a week and work up to cooking more often.
- A healthy meal starts with more vegetables and fruits, and smaller portions of protein and whole grains. Half your plate should be vegetables and fruit.
- Plan your meals, and keep healthy staple foods (like tuna, canned beans, pasta, canned tomatoes, peanut butter) on hand.
- Try the low-cost, family-friendly recipes on the back of this sheet!



## Problems and Solutions

"I'm tired of being the only one who cooks."	Make cooking a family event. Children can learn to help with prep work. This helps teach them about healthy eating and is a way to spend time together.
"I don't have time to cook a big meal every night; it's easier to just order out."	Cooking does take time, it is true. Try making parts of the meal the night before, or in the early morning. You can also cook an extra big meal on the weekend and freeze some of it for later. Buying frozen or canned fruits and vegetables can help save prep time.
"My family prefers to eat out; when I cook at home, they complain."	Changing a family pattern is difficult at first. Start by eating one more meal at home each week than you normally do. Tell your family this is a way to eat healthier and save money. Ask what they like and make a list of easy recipes that everyone enjoys.

## Low-Cost Family Recipes that Save \$\$

### TEX-MEX MACARONI

- \* ½ box whole wheat pasta
- \* 1 tablespoon unsalted butter
- \* ½ teaspoon garlic powder
- \* 2 teaspoons chili powder
- \* ¼ teaspoon black pepper
- \* 1/2 teaspoon salt
- \* 2 tablespoons flour
- \* 1 15-ounce can no-salt-added diced tomatoes, drained
- \* 1¼ cup fat-free or low-fat milk
- \* 1 6-ounce container plain non-fat yogurt
- \* 1 15-ounce can pinto beans, rinsed and drained
- \* 1 cup reduced fat shredded cheddar cheese



1. Cook pasta according to package directions.
2. Melt butter in large saucepan. Add garlic powder, chili powder, pepper, salt, and flour. Cook and stir 1-2 minutes, until golden brown.
3. Add tomatoes, milk, yogurt, beans, and cooked pasta. Cook for 4-5 minutes, stirring often.
4. Mix in cheese and stir until melted. Remove from heat and serve.

Makes 6 (1-cup) servings: 260 calories, 4 grams fiber, 16 grams protein per serving, great source of calcium

**Cost: \$5.56 per recipe, \$0.93 per serving**

### PASTA WITH GREENS AND BEANS

- \* 8 ounces pasta (try whole wheat penne)
- \* 1 tablespoon vegetable oil
- \* 1 tablespoon minced garlic
- \* 10 ounces frozen spinach
- \* 1 15-ounce can diced tomatoes with juice
- \* 1 15-ounce can white beans, drained
- \* 1 teaspoon salt
- \* ½ teaspoon pepper
- \* ½ cup grated parmesan cheese



1. Cook pasta according to package directions. Set aside.
2. Heat oil in large skillet. Add garlic and cook on low until soft.
3. Add spinach, tomatoes with juice, drained beans, salt and pepper.
4. When the mixture bubbles, cook gently (uncovered) for 5 minutes.
5. Add pasta and parmesan to spinach mixture. Toss well and serve.
6. Refrigerate leftovers within 2-3 hours.

*Tip: Six cups of fresh chopped spinach, Swiss chard or kale can be used in place of frozen spinach.*

Makes 8 (1-cup) servings; 290 calories, 4 grams fiber, 11 grams protein

**Cost: \$4.33 per recipe, \$0.54 per serving**

### EASY CHEESY CHICKEN AND BROCCOLI



- \* 1 14.5-ounce can low sodium vegetable or chicken broth
  - \* 2 cups instant brown rice
  - \* 4 cups fresh or frozen broccoli florets
  - \* ¼ cup parmesan cheese
  - \* 1½ cups shredded reduced fat cheddar cheese
  - \* ½ teaspoon garlic powder
  - \* 1 cup cooked, diced chicken (or 1 10-ounce can chicken, drained)
1. Place broth in a medium saucepan. Bring to a boil over medium-high heat.
  2. Stir in rice. Place broccoli and chicken over rice but do not stir in. Cover and cook 5 minutes.
  3. Remove from heat and let stand, covered, for 5 minutes.
  4. Stir in cheeses and garlic powder. Let stand, covered for 5 minutes, then serve.

Makes six (1½ cup) servings; 260 calories, 3 grams fiber, 26 grams protein per serving

**Cost: \$5.74 per recipe, \$0.96 per serving**