

Good Eats On The Cheap Recipes

Shredded Chicken Tortilla Soup

Serves 4 (serving size: about 2 cups)

1 (6-inch) corn tortilla
Cooking spray
5 teaspoons canola oil
1 1/2 cups chopped zucchini
1 cup chopped onion
1/4 cup chopped cilantro
1 tablespoon chopped jalapeño
1/8 teaspoon kosher salt
2 garlic cloves, minced
2 bay leaves
1 1/2 tablespoons chili powder
1 tablespoon ground cumin
4 cups reserved stock
1 (14.5-ounce) can unsalted fire-roasted diced tomatoes
3/4 cup canned unsalted black beans
1/2 teaspoon kosher salt
8 ounces reserved chicken breast
1/2 cup sliced avocado
1/2 cup cilantro
4 lime wedges

Cut tortilla into 1/2-inch strips; coat with cooking spray. Bake at 375° for 10 minutes. Heat canola oil in a large Dutch oven over medium heat. Add zucchini, onion, 1/4 cup chopped cilantro, jalapeño, 1/8 teaspoon kosher salt, minced garlic, and bay leaves; cook 7 minutes. Stir in chili powder and cumin. Add stock and diced tomatoes; bring to a boil. Add black beans, 1/2 teaspoon kosher salt, and chicken breast and dark meat; simmer 5 minutes. Remove bay leaves and discard. Divide among 4 bowls; top with tortilla strips, avocado, 1/2 cup cilantro, and lime wedges.

Nutritional Information: Calories 322 Fat 13.3g Satfat 2g Monofat 6.8g Polyfat 3.1g Protein 27g Carbohydrate 24g Fiber 7g Cholesterol 50mg Iron 3mg Sodium 555mg Calcium 95mg

Simple Chicken Tamales

Polenta
Leftover Chicken
Salsa
Sour Cream

Put a slice of store-bought polenta in a small glass bowl (like a ramekin). Mix shredded chicken with salsa and spread over top. Cover with another slice of polenta. Bake at 350 for 7 minutes. Garnish with light sour cream

Mediterranean Quinoa Salad

2 cups cooked quinoa
2 small cucumbers, chopped
2 cups chopped kale
½ cup cherry tomatoes, sliced in half
⅓ cup Feta Cheese
¼ cup chopped chives
¼ cup pine nuts
Extra-virgin olive oil, for drizzling
Juice of ½ lemon, more to taste
Sea salt and freshly ground black pepper, to taste

In a large bowl, combine the quinoa, cucumbers, kale, cherry tomatoes, feta cheese, chives and pine nuts. Add the olive oil, lemon juice, and a few generous pinches of salt and pepper and toss. Taste and adjust seasonings.

Nutritional Information: 214 Calories; 18g Fat (69.8% calories from fat); 6g Protein; 11g Carbohydrate; 3g Dietary Fiber; 11mg Cholesterol; 159mg Sodium.

Garlicky Beef-and-Bean Stir-Fry

Makes 4 servings

Cut costs at the supermarket by rethinking how you buy meats. Here, we use a less expensive cut of beef and stretch it by adding colorful fresh veggies to the entrée. Thinly slice the meat and stir-fry it quickly to keep it tender.

4 tablespoons sugar
6 tablespoons soy sauce
3 tablespoons fresh lime juice
1 teaspoon dried crushed red pepper
8 teaspoons minced garlic
2 tablespoons peanut oil,
divided 1 (10-oz.) sirloin steak, thinly sliced across the grain
1 pound fresh green beans, cut into 2-inch pieces
2 red bell peppers, cut into 1/4- to 1/2-inch-wide strips
2 teaspoons cornstarch
1 1/2 cups hot cooked rice

Combine first 5 ingredients. Gradually whisk in 3 Tbsp. oil; transfer to a large zip-top plastic bag. Add steak; seal. Let stand at room temperature 15 minutes. Pour steak and marinade into a bowl. Transfer steak to a wok, reserving marinade. Stir-fry steak in 1 Tbsp. oil over medium-high heat 1 1/2 minutes or until browned. Remove steak. Add beans and bell peppers to wok; stir-fry 3 minutes. Whisk cornstarch into reserved marinade. Stir cornstarch mixture into vegetable mixture. Stir-fry 30 seconds or until sauce thickens. Stir steak into vegetable mixture, and stir-fry 30 seconds. Remove from heat, and serve over rice.

Nutritional Information: 419 Calories; 17g Fat (35.8% calories from fat); 19g Protein; 49g Carbohydrate; 5g Dietary Fiber; 44mg Cholesterol; 1589mg Sodium