

How to eat Healthy on a Budget

Tips and recipes
for starving students





How to Eat Healthy on a Budget: Tips and Recipes for Starving Students

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Brigham Young University Dietetic Internship
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Management & Planning.

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Welcome!

Inside you'll find:

- Four weeks of recipes
- Meals grouped by similar ingredients
- How to eat healthy
- Meal planning tips

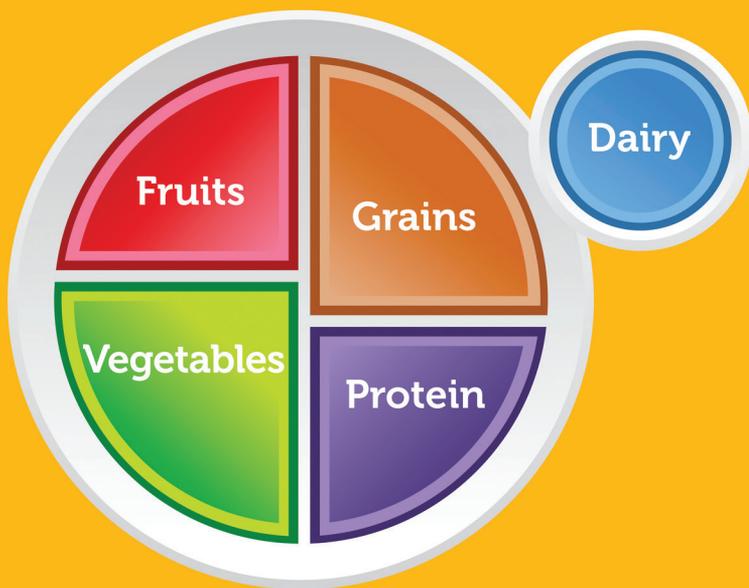


Meal Planning 101

A meal is an act or the time of eating a portion of food to satisfy appetite.¹ So, how do we make our meals healthy? The key to eating healthy is planning ahead. Meal planning can take a small amount of time initially, but it offers a good return-on-investment. When you meal plan, you can save time and money. You eat out less which costs less and is healthier for you. Food made at home is usually prepared using healthier cooking methods.

ChooseMyPlate.gov is a great resource for learning more about how to eat healthy. Your meals should look something like what is pictured on the next page.

1. Merriam-Webster Dictionary. Meal. Available at <http://www.merriam-webster.com/dictionary/meal>. Accessed March 9, 2016.



Choose **MyPlate**.gov

Vegetables

Vary your veggies

- Make half your plate fruits and vegetables
- Any vegetable or 100% vegetable juice counts
- Eat more red, orange and dark-green vegetables



Fruits

Focus on fruits

- Make half your plate fruits and vegetables
- Buy fruits that are fresh, frozen, canned or dried or 100% juice
- Add fruit to meals as side dishes or desserts



Grains

Make half your grains whole

- Substitute whole grains for refined ones, such as brown rice instead of white rice
- Look for the words "100% whole grain" or "100% whole wheat" on the food label



Protein

Go lean with protein

- Eat a variety of protein-rich foods, such as lean beef, poultry, eggs, fish, beans, peas, nuts and soy
- Go lean by choosing beef cuts with the words "round" or "loin" on the label



Dairy

Get your calcium-rich foods

- Switch to low-fat or fat-free milk, yogurt and other milk products
- If you are lactose intolerant, try lactose-free milk or fortified soy milk



Meal Planning Tips

Meal planning is as simple as writing down the days of the week. Then next to each day, write down three meals. Write an entree, vegetable and/or fruit and a dairy choice next to each meal. Take inventory of the food you have and make a shopping list. Always meal plan before you shop. Here are some extra tips:

- Have a theme for one or more days during the week like Meatless Monday or Fish Friday.
- Prepare a large meal when you have more time and freeze the leftovers in portion sizes to use later.
- Pick a night to have a nice or gourmet meal. Keep your meals simple on days when you have less time.
- Form a dinner group or plan meals with a friend.



Week 1





Southwest Eggs with Toast

Cost Per Serving: \$1.28 | 4 servings

- Non-stick cooking spray
- 4 eggs
- ½ cup onion, chopped
- 1 can diced green chiles
- 1 tsp garlic salt
- 1 dash pepper
- ½ red bell pepper, chopped
- ½ can black beans
- ¼ cup Colby-Jack cheese, grated
- 2 TBS cilantro, chopped
- 4 slices bread for toast
- Margarine spread

1. Spray a medium frying pan with non-stick cooking spray and turn on the stove to medium heat.

2. Mix the onions, green chiles, garlic salt, and pepper in the frying pan and cook until the onions begin to turn translucent, about 5 minutes.

3. Crack the eggs into a bowl and beat with a fork until the yolk and whites are mixed. Set aside.

4. Push the onion-green chiles mixture to one side of the frying pan. Spray the open side with non-stick spray again and add the eggs into the open side of the pan. Try to keep the eggs from mixing into the onion-green chiles mixture while they cook. Scramble the eggs as they cook until dry.

5. Add the red bell pepper and black beans and stir to combine.

6. Turn off the heat and sprinkle on the cheese and allow to melt. Sprinkle on the cilantro and serve with toast on your choice of bread.

Tips:

- Try southwest eggs with salsa or hot sauce
- Choose a whole grain bread for more B vitamins and fiber.

Nutrition Spotlight: Black Beans

- Black beans are a great source of protein and are a good option if you are looking for a meat substitute.



Southwest Skillet

Cost Per Serving: \$1.61 | 2 servings

- ½ cup rice
- ½ red bell pepper, chopped
- ½ cup onion, chopped
- 1 can black beans, rinsed
- 1½ tsp oil
- 2 tsp garlic salt
- 1 tsp cumin
- 1 tsp italian seasoning
- ½ cup Colby-Jack cheese, grated
- 1 TBS chopped cilantro

1. Bring 1 cup of water to a boil in a small sauce pan and add the rice. Reduce the heat to a simmer. Cover the sauce pan with a lid and let the rice cook for about 15 minutes.

2. While the rice is cooking, chop the bell pepper and onion

and rinse the black beans.

3. Using a medium frying pan, heat the oil over medium heat. Add the garlic salt, cumin, italian seasoning, peppers, and onions. Cook until fragrant and the onions have begun to turn translucent, about 5 minutes.

4. Add the cooked rice (it will be light and fluffy) and the beans to the frying pan and stir until heated through, about 2 minutes.

5. Turn off the heat and sprinkle on the cheese and allow to melt.

6. Sprinkle on the cilantro and serve.

Tips:

-This makes great leftovers

-Seasonings and herbs may seem expensive when you initially buy them, but they last a long time and can be used for multiple recipes.

Nutrition Spotlight: Red Bell Pepper

-Bell peppers are a good source of vitamin C which helps to aid in healing

Black Bean Quesadilla

Cost Per Serving: \$1.09 | 2 servings

- 1 tsp oil
- 1 tsp garlic salt
- ¼ cup chopped onion
- ½ cup black beans, rinsed and drained
- 2 tortillas
- ½ cup shredded Colby jack cheese
- 2 TBS Salsa (optional)

- 1.** Heat the oil and garlic salt in a small frying pan.
- 2.** Add the onion and cook until translucent, about 5 min.
- 3.** Add the black beans and cook until heated through.
- 4.** Heat a medium frying pan at medium heat and place a tortilla in the bottom.

5. Add half of the black bean mixture and half of the cheese to the tortilla to one side of the tortilla. Fold the other side of the tortilla on top.

6. Heat until the cheese begins to melt and the bottom of the tortilla begins to brown.

7. Flip the tortilla over and heat the other side.

8. Continue to flip back over to avoid burning the tortilla until the cheese is completely melted.

9. Repeat with the second tortilla.

10. Serve warm with salsa (optional).

Tips:

- Make it deluxe:** Add shredded lettuce, chopped tomato, and a dollop of sour cream.
- Add chicken in step 2** for a more filling version.

Nutrition Spotlight: Cheese

- Cheese is a good way to get calcium. Calcium is crucial for maintaining good bone health.**

Black Bean Sweet Potato Chili

Cost Per Serving: \$0.88 | 4 servings

- ½ cup chopped onion
- 2 tsp oil
- 1 medium sweet potato, peeled and diced
- 1 TBS Taco seasoning
- 8 ounces chunky salsa
- 1 can vegetable or chicken broth
- 1 can black beans, rinsed and drained
- 1 cup water
- Sour cream (optional)

1. In a medium pot over medium heat, add the onions and oil. Cook until translucent, about 5 minutes.

2. Add the sweet potato and taco seasoning and cook for about 5 minutes.

3. Add the salsa and vegetable broth. Bring to a boil and reduce the heat until your chili is simmering.

4. Add the black beans and water and cook covered for about 20 minutes until the sweet potatoes are tender and the soup has thickened.

5. Add more water and seasonings according to taste.

6. Serve warm and garnish with sour cream as desired.

Tips:

-You can check if your sweet potatoes are tender by using a fork. The fork should easily pierce the sweet potato when it is fully cooked.

-This recipe can be doubled and makes great leftovers.

Nutrition Spotlight: Sweet Potatoes

-Sweet Potatoes are an excellent source of Vitamin A which helps maintain good night vision.



Week 2



Fried Rice

Cost Per Serving: \$1.31 | 2 servings

- 1 TBS oil
- 1/2 cup chopped onion
- 1 tsp garlic salt
- 2 cups leftover cooked rice, cold
- 1/3 cup soy sauce
- 1 TBS sugar
- 1 cup chopped tomato
- 2 eggs, beaten
- 1/2 cup green onion, chopped

- 1.** Heat the oil in a large frying pan on medium heat.
- 2.** Add the garlic salt and onion. Cook until onions turn translucent, about 5 minutes.
- 3.** Add the rice, soy sauce, and sugar and cook until heated through
- 4.** Add the chopped tomato

and stir until combined.

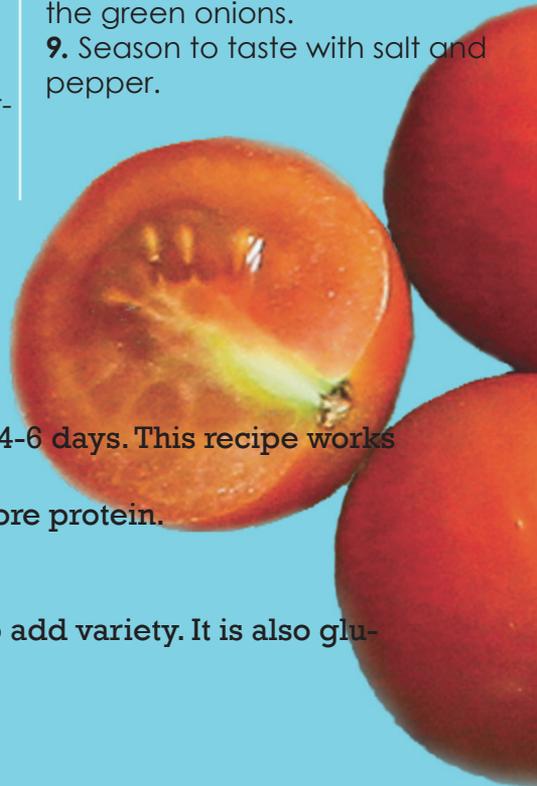
- 5.** Using your spatula or spoon, push the rice mixture to one side of the frying pan. Add a bit more oil to the empty side of the frying pan. Add the eggs to the empty side of the frying pan with the oil, without mixing into the rice mixture.
- 6.** Allow the eggs to cook, stirring and scrambling the eggs until cooked through.
- 7.** Mix the scrambled egg and rice mixtures until combined.
- 8.** Remove from heat and add the green onions.
- 9.** Season to taste with salt and pepper.

Tips:

- Cooked rice stays good for 4-6 days. This recipe works best with cold, leftover rice.
- Add chicken at step 1 for more protein.

Nutrition Spotlight: Rice

- Rice can be a good grain to add variety. It is also gluten-free.



Grilled Cheese and Tomato Soup

Cost Per Serving: \$2.11 | 1 serving

- Canned tomato soup
- 2 Slices bread
- 2-3 fresh tomato slices
- 1.5 ounces Colby-Jack cheese, about enough to make one layer on a slice of bread plus some extra
- Butter or margarine spread

1. Prepare the soup according to directions.
2. While the soup is heating, prepare grilled cheese sandwich.
3. Butter one side of the one slice of bread. Place this butter side down in a small frying pan with the heat off.
4. Add about 2/3 of your sliced cheese, then layer the fresh tomato slices, and the remaining cheese.
5. Top with your remaining slice of bread and spread your butter or margarine spread across

the top of the bread.

6. Heat the small frying pan and grilled cheese sandwich to medium heat.
7. Watch for the bottom of the bread to begin browning and for the cheese to begin to melt.
8. Once the bottom has begun to brown, flip the sandwich over to heat the other side.
9. Continue watching for the cheese to melt and the bread to brown, flipping sides as needed. You may also need to turn down the heat to prevent burning.
10. Once the cheese is completely melted, remove from the heat.
11. Slice the sandwich in half and serve with the tomato soup.

Tips:

- There are several varieties of canned tomato soup available. Watch for unique flavors like chipotle or tomato bisque.
- Canned soups can often provide a healthful quick meal. Look for low sodium options when available.
- Try adding basil and using mozzarella cheese for an Italian style grilled cheese.

Nutrition Spotlight: Tomatoes

- Tomatoes are a good source of both vitamin A and vitamin C.

Lettuce Wraps

Cost Per Serving: \$1.38 | 6 servings

- 1 tsp vegetable oil
- 1 TBS garlic salt
- 1 tsp ginger powder
- 1 pound ground chicken
- ½ cup diced mushroom
- 1 8 oz can water chestnuts, diced
- ¼ cup chopped green onion
- 2 TBS soy sauce
- 1 tsp sesame oil
- 1 tsp hot sauce (optional)
- 3 TBS chopped cilantro
- 1 head iceberg or romaine lettuce

1. Heat the vegetable oil in a medium skillet over medium heat.

2. Add the garlic salt, ginger powder, ground chicken and

mushrooms.

3. Cook until the ground chicken is cooked through and no longer pink.

4. Add the water chestnuts and green onions and stir to combine.

5. Add the soy sauce, sesame oil, and hot sauce and stir to combine.

6. Remove from heat and add the cilantro.

7. To prepare the lettuce, carefully remove each leaf and wash in cold water. Dry with paper towels.

8. Serve by dishing up the lettuce wrap filling onto a lettuce leaf with additional soy sauce.

Tips:

- Sesame oil and water chestnuts can be found in the oriental section of the grocery store.

- This makes great leftovers salad style – add chopped lettuce to a plastic container. Keep the filling separate either with an additional container or by packing in a plastic bag and setting it on top of your lettuce. Heat the filling before eating and enjoy on top of the bed of lettuce.

Nutrition Spotlight: Lettuce

- Lettuce is a good source of vitamin A and is also low in calories.

Chicken Alfredo with Mushrooms and Tomato

Cost Per Serving: \$2.00 | 4 servings

- 2 TBS butter or oil
- 1 large chicken breast, thinly sliced
- Garlic salt and pepper, to taste
- 8 ounces sliced mushrooms
- 1 can low sodium chicken broth
- 1/2 package of penne or bowtie pasta
- 3/4 cups half and half, room temperature
- 2 tsp garlic salt
- 1 cup parmesan cheese
- 1-2 diced tomatoes

1. Heat the butter or oil over medium in a medium frying pan over medium heat. Add the chicken, and seasonings and cook for 3-4 minutes. The chicken should be browned on both sides and mostly cooked.

2. Remove the chicken and set aside.

Tips:

- **Mushrooms spoil quickly so cook this recipe soon after you've purchased items from the grocery store.**
- **This makes great leftovers – pack the tomatoes in a separate bag to avoid heating them, or leave them out.**

Nutrition Spotlight: Mushrooms

- **Mushrooms are a good source of Vitamin D - an important nutrient for bone health.**

- 3.** Add the mushrooms (and a bit more oil if needed) and sauté for 2-3 more minutes.
- 4.** Remove the mushrooms and set aside.
- 5.** Add the chicken broth and the pasta to the pan. Turn the heat up and bring the broth to a simmer for about 8-10 minutes or until the pasta begins to soften.
- 6.** Add the half and half, chicken, and garlic salt.
- 7.** Cook covered for about 15 more minutes or until most of the liquid has been absorbed and the chicken is cooked through.
- 8.** Add in the cooked mushrooms and parmesan cheese. Stir to combine.
- 9.** Top with the freshly diced tomato and serve with extra parmesan cheese.



Week 3



Chicken Broccoli Stir Fry

Cost Per Serving: \$2.13 | 2 servings

- 1 ½ cup rice
- Oil, for seasoning the pan
- 1 large chicken breast, thinly sliced
- 2 tsp garlic salt
- 1 tsp ginger powder
- 1 small onion, sliced
- 1 cup baby carrots, chopped
- 1 cup chicken broth
- 3 TBS soy sauce
- 1 TBS sugar
- 1 TBS flour
- 1 small head broccoli, chopped, about 1 cup
- 8 ounces sliced mushrooms

1. Prepare the rice according to the directions on page 11.
2. Season a large frying pan with cooking spray or by dabbing a clean paper towel with oil and spreading across the pan. Heat the pan over medium heat.

Tips:

- **Adjust vegetable amounts according to your preference or convenience**
- **Use ½ - ¾ cup unsalted peanuts instead of chicken for a vegetarian option**
- **This makes great leftovers**

Nutrition Spotlight: Carrots

- **Carrots are very high in vitamin A which helps to maintain healthy skin.**

3. Add the chicken, garlic salt, and ginger until the chicken begins to brown, about 4 minutes.
4. Add the onions and carrots. Stir to mix thoroughly.
5. Add 2/3 of the chicken broth, the soy sauce, and sugar.
6. Reduce the heat and cook covered for about 5 minutes
7. While the stir fry is cooking, mix the flour with the remaining chicken broth.
8. Remove the lid and stir the contents, adding the broccoli and mushrooms. Cook covered for an additional five minutes.
9. Stir and add the flour-broth mixture. This should help the sauce thicken after about 2 minutes.
10. Serve over rice.

BBQ Chicken Potato Hash

Cost Per Serving: \$2.13 | 2 servings

- 4 TBS oil
- 1/3 cup water
- 1 ½ cups diced baby carrots
- 4 small red potatoes, diced (about 1 inch pieces)
- 1 large chicken breast, cut into thin strips
- 1/2 tsp garlic salt
- 1/2 tsp Italian seasoning
- 1/2 tsp pepper
- 1/2 cup barbecue sauce
- 1/3 cup chopped green onions
- 1/3 cup chopped cilantro (optional)

1. Heat the oil in large frying pan over medium heat.
2. Add the water, carrots, and potatoes and cook covered

until the potatoes and carrots begin to soften, about 7 minutes.

3. Cook the carrots and potatoes an additional three minutes with the lid removed.

4. Using your spatula or spoon, push the carrots and potatoes to one side of the frying pan. Add the chicken and the seasonings to the empty side of the frying pan.

5. Cook and stir the chicken until it is no longer pink, about 8 minutes.

6. Add the BBQ sauce and cook until it begins to thicken about 4 minutes.

7. Remove from heat and top with the green onions and cilantro. Serve.

Tips:

- This makes great leftovers

Nutrition Spotlight: Red Potatoes

- Red potatoes are a great source of dietary fiber. Fiber helps to keep the digestive system healthy.

Penne with Cheesy Broccoli

Cost Per Serving: \$1.76 | 2 servings

- 8 ounces penne pasta, dry
- 1 medium head broccoli, chopped
- 1 ½ TBS oil
- 3 cloves garlic, peeled, smashed and chopped
- ¼ cup parmesan cheese
- Salt and pepper, to taste

1. Heat a large pot of water over high heat. When the water boils, add a dash of salt, pasta, and broccoli.
2. Cook until the pasta reaches al dente, according to package directions.
3. Reserve one cup of the pasta water and drain the pasta and broccoli.
4. Return the empty pot to

the stove and return to a high heat.

5. Add about half of the olive oil and all of the garlic. Cook until the garlic turns golden.
6. Reduce the heat to low and add the pasta and broccoli.
7. Add the remaining oil, the parmesan cheese, and salt and pepper to taste.
8. Add about half of the reserved pasta water and mix until combined. Add additional pasta water as needed.
9. Serve warm with additional parmesan cheese according to preference.

Tips:

- One head of garlic is composed of multiple cloves.
- Try this recipe with a bag of frozen vegetables instead of broccoli.

Nutrition Spotlight: Broccoli

- Broccoli is a great source of potassium. Most people in the US do not eat enough potassium.

French Bread Pizza

Cost Per Serving: \$1.94 | 1 serving

- 1 Deli roll
- Marinara or pizza sauce
- 3/4 cup grated Colby-Jack or Mozzarella cheese

Toppings of your choice:

- Pepperoni
- Ham
- Pineapple chunks
- Sliced olives

1. Heat the oven to 375 degrees F.
2. Slice your deli roll in half and lay with the cut side up.

3. Spread marinara across the bread with a spoon according to how much sauce you like on your pizza.

4. Split the $\frac{3}{4}$ cup cheese in half and sprinkle on top of the marinara.

5. Add your toppings and cover with the remaining cheese.

6. Place on an oven safe sheet pan and bake for about 10 minutes or until the cheese is melted.

7. Remove from the oven and serve.

Tips:

- Serve this with cut veggies and ranch
- Toppings can be used for other recipes in the week – For example, the remaining pineapple can serve as a fruit snack and ham could be later used for a sandwich.
- This recipe can easily be increased for more servings.

Nutrition Spotlight: Wheat

- Wheat is high in magnesium. Magnesium is needed for many body processes but is also involved in the formation of healthy bones and teeth.



Week 4



Peach Glazed Ham with Baked Potato and Broccoli

Cost Per Serving: \$3.35 | 1 serving

- 2 pound Ham
- ¼ cups Peach Jam
(can use apricot jam)
- 8 oz can crushed pineapple
- 1 TBS vinegar
- 2 large potatoes, washed
- 1 head broccoli, chopped
- Salt and pepper, to taste
- Butter and sour cream
(optional)

1. Preheat oven to 375 °F.
2. Place ham in baking pan, bake 20 minutes.
3. In bowl mix jam, 1/4 to 1/3 can (amount can vary) of crushed pineapple, and vinegar. Pour 2-3 Tbs of jam mixture over ham and continue baking 15-20 minutes until ham is heated through. Reserve

remaining jam for serving.

4. Reserve ham not eaten and unused pineapple for other recipes, store in refrigerator.
5. While the ham is cooking, prick potatoes with a fork. Wrap each potato in a damp paper towel. Microwave for 5 minutes. Serve potato with butter and sour cream, as desired.
6. Reserve 1 potato for other recipes, store in refrigerator.
7. Fill a medium pan with water, bring to boil. Add chopped broccoli and cook 2-3 minutes, until broccoli is tender, but still a little crisp.
8. Reserve 1-1/2 cups for a following recipe, store in refrigerator.

Tips:

- You can use frozen broccoli instead of fresh for this recipe
- 2 pound hams are usually on the meat aisle next to pre-cooked meats – such as pulled pork.

Nutrition Spotlight: Ham

- Ham is a good source of iron which is needed for healthy red blood cells

Crustless Individual Quiches and Salad

Cost Per Serving: \$2.00 | 4 servings

- 3 eggs, beaten
- 1 ½ cups milk
- ¼ tsp salt
- 1 ½ cups chopped broccoli (leftover from previous recipe)
- ½ cup chopped cooked ham (leftover from previous recipe)
- 1 ½ cups shredded cheese
- 1 TBS flour
- Cooking spray
- Pre-mixed, bagged salad

1. Mix together the eggs, milk and salt.
2. Stir in broccoli and ham.

3. Toss the cheese with the flour then add to the egg mixture and mix well.
4. Spray a regular sized muffin tin with cooking spray.
5. Pour mixture into muffin cups filling about ¾ of the way.
6. Bake at 325° F for about 20 minutes or until a knife inserted comes out clean.
7. Serve quiches with a pre-mixed bagged salad and dressing of choice.

Tips:

- These quiches reheat well. Refrigerate any leftovers and reheat in the microwave for about 30-40 seconds for a quick breakfast.
- Bagged salad mixes can be found in the produce section by the lettuce.

Nutrition Spotlight: Salt

Salt is also known as sodium and helps your body maintain blood pressure.

Cheesy Ham and Potato Soup

Cost Per Serving: \$1.84 | 2 servings

- 1 TBS butter
- 1/4 onion, chopped
- 1-1/2 TBS flour
- 1-1/2 cup milk
- 1 cup chicken broth
- 1 large potato (reserved from previous recipe) peeled and cut into bit sized pieces
- 2/3 cup diced ham (reserved from previous recipe)
- 1/2 cup shredded cheese

1. Melt butter in large pot over medium heat.

- 2.** Sauté onions in butter until tender.
- 3.** Stir in flour and cook about 1 minute.
- 4.** Add milk to onion mixture stirring constantly until milk comes just to a boil and is slightly thick.
- 5.** Reduce heat and add chicken broth. Bring mixture up to a simmer.
- 6.** Stir in potatoes, ham, and cheese.
- 7.** Serve warm.

Tips:

-Use leftover ham and potato for this recipe.

Nutrition Spotlight: Milk

-Milk is known for its calcium content but it is also a good source for vitamin B12. Vitamin B12 is an important nutrient for creating the body's genetic material - DNA.

Pineapple, Orange, Banana Smoothie

Cost Per Serving: \$1.43 | 1 serving

- ½ cup milk
- ½ cup orange juice
- 6 oz container vanilla yogurt
- ½ can (8 oz) crushed pineapple
- ½ banana, cut into chunks

1. Place milk, orange juice, and yogurt in blender and blend until well combined.
2. Add pineapple and banana and blend until mixture is smooth.
3. Pour into glass and enjoy.

Tips:

-You can use a frozen banana for this recipe. Be sure to peel bananas and seal in a plastic bag before freezing.

Nutrition Spotlight: Banana

- Bananas are a good source of potassium which helps keeps cells and organs healthy.



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