Spaghetti Aglio e Olio

If there was a perfect food, it might be pasta. Who doesn’t love a bowl full of noodles? And when it comes to making a nice meal for someone you love, you can’t go wrong with pasta. Not only is this pasta dish insanely delicious, it’s also ridiculously easy. Plus, you’ll sound super fancy saying the name in Italian. Always a bonus.

Serves: 4-6 Cost per serving: $0.71

Ingredients

- 1 lb. Dried Spaghetti
- 6 Tbsp. Olive Oil
- 4 cloves Garlic, thinly sliced
- Red Pepper Flakes, to taste, optional
- Fresh Parsley/cilantro, minced, optional

Directions

- Fill a large pot with water and bring to a boil. Add pasta and cook until al dente. Drain pasta, reserving 1 cup of pasta water.
- Heat olive oil in a large pan or skillet over medium heat. Add garlic and red pepper flakes, if using, and cook until garlic is lightly browned, about 5 minutes.
- Add pasta and ½ cup of pasta water to pan with olive oil. Stir quickly to coat pasta with oil and achieve a creamy, emulsified sauce. Add extra pasta water if necessary.
- Stir in fresh parsley.

- Serve, and enjoy!
Potato Black Bean Tacos

Serves: 5

Cost per serving: $0.65

Ingredients

- 2 tsp. Oil
- 2 medium Russet Potatoes, diced (or 3 cups leftover roasted potatoes)
- 1 15 oz. can Black Beans
- 2 tsp. Chili Powder
- Tortillas (corn or flour)
- Toppings (avocado, cheese, salsa, hot sauce)

Directions

- If using raw potatoes, add oil to frying pan and heat on medium-high. Add potatoes and cook until crisp and cooked through, stirring occasionally to ensure potatoes crisp on all side. If using precooked potatoes, add to dry pan and cook until heated through.
- Drain and rinse black beans. Add to pan with potatoes.
- Add chili powder to black bean and potato mixture and stir to evenly coat.
- When black beans are heated through, add zest and juice of lime. Mix, and then turn off heat.
- Spoon taco filling into tortilla, and top with desired toppings. Enjoy!
Cilantro Lime Rice

Serves: 4

Cost per serving: $0.54

Ingredients

- 1 cup uncooked Brown Rice (or 2 cups precooked)
- 2 Limes
- ½ cup chopped Cilantro, divided.

Directions

- If using uncooked rice, cook according to package instructions. If using precooked rice, add to pot with 1 Tbs. of water. Heat over medium heat, stirring occasionally to prevent burning, until warmed through.
- Once uncooked rice is finished, or precooked rice is warm, remove from heat.
- Add juice and zest of both limes. Add cilantro, reserving 2 Tbs. Stir until evenly mixed.
- Sprinkle reserved cilantro over top and serve. Enjoy!
Rice Pudding

Serves: 4

Cost per serving: $0.15

Ingredients

- 2 cups precooked Brown Rice (or 1 cup uncooked)
- 2 cups Milk
- 1 Tbsp. Syrup
- Cinnamon
- Toppings of choice (dried/fresh fruit, nuts)

Directions

- If using uncooked rice, cook according to package instructions. If using precooked rice, add to pan with milk and cook, covered, over medium heat, stirring occasionally.
- When almost all liquid is absorbed, remove from heat, uncover and add syrup and cinnamon. Stir to evenly incorporate.
- Spoon into bowls and top with desired ingredients. Enjoy!
Cowboy Chili with Cornbread Dumplings

Chili

- 1 Tbs. Oil
- 1 medium White Onion, diced
- 1 medium Bell Pepper, diced
- 1 lb. Ground Beef
- 1 14.5 oz. can Diced Tomatoes
- 1 8 oz. can Tomato Sauce
- 1 15 oz. can Kidney Beans, drained and rinsed
- 1 15 oz. can Black Beans, drained and rinsed
- 1 15 oz. can Pinto Beans, drained and rinsed
- 2 Tbs. Chili Powder

Dumplings

- ½ cup Whole Wheat Flour
- ½ cup Corn Meal
- 1 tsp. Baking Powder
- ½ cup Milk
- 1 egg
- 1 ½ Tbs. Oil

Directions:

- Heat oil in large sauce pan or stock pot over medium heat. Add diced onion and pepper until slightly softened, about 3 minutes.
- Add meat, and cook until browned and inserted thermometer reads 160 F. Drain.
- Add tomatoes, sauce, beans, and chili powder. Turn heat down to medium-low, cover and simmer.

- While chili simmers, prepare dumpling batter.
- Put flour, corn meal, and baking powder in a large mixing bowl. Mix to combine.
- In separate, smaller mixing bowl, combine milk, oil, and egg, and thoroughly whisk.
- Pour wet ingredients into dry ingredients and mix to incorporate.
- Uncover chili, taste, and adjust seasoning. When desired flavor is reached, drop small dumplings, about 2 Tbs. in size, onto chili surface.

- Recover and continue to simmer over medium-low heat until dumpling are cooked, 20 minutes.
- Serve with desired toppings. Enjoy!
Homemade Ricotta

Ricotta cheese is one of the best cheeses out there, but store bought versions are usually full of a bunch of weird ingredients and can be gummy and not very fun to eat. No need to worry, though, because you can easily make ricotta, at home, with only 3 ingredients. If that’s not cool, I don’t know what is.

Ingredients:

- 2 cups Whole Milk
- ¼ tsp. Salt
- 2 Tbsp. Distilled White Vinegar

Equipment:

- Cheesecloth
- Paper towels
- Colander
- Large Bowl
- Slotted Spoon

Directions:

- Line colander with 4 layers of cheesecloth and 2 layers of paper towels, and set over large bowl.
- Combine ingredients in a large, microwave safe glass bowl or liquid measuring cup. Microwave on high until bubbling lightly around the edges, 2-4 minutes.
- Remove from microwave and stir gently for 5 seconds. At this point, milk should begin to separate into curds. If this does not happen, return to microwave and microwave for 30 seconds. Repeat until milk separates completely.
- Once milk has separated, use slotted spoon to transfer curds to prepared colander. Allow curds to drain until desired consistency is achieved.
- Enjoy!
Cheese Burger Tacos

Ingredients:

- 1 lb. Lean Ground Beef
- Salt and Pepper
- 1 batch Cheddar Cheese Sauce
- 1 batch Burger de Gallo
- 12 Whole Wheat Tortillas
- Shredded Lettuce
- Ketchup and Mustard
- Sesame Seeds (optional)

Variations:

- Add bacon to make Bacon Cheese Burger Tacos.
- Add pickled jalapeños to spice things up.

Direction:

- Place pan over medium heat until hot. Once hot, add meat to pan and break into crumbles using a spatula.
- Cook meat, stirring occasionally to prevent sticking, until meat is entirely brown, and no pink remains. Meat should reach 165 F. Season with salt and pepper, to taste.
- Once meat is cooked, assemble tacos. Place ground beef in tortilla, top with cheese sauce, Burger de Gallo, shredded lettuce, ketchup and mustard. Sprinkle with sesame seeds, if using.
- Enjoy!
Dessert Tacos

Ingredients:

- 1 container Store Bought Brownies
- 2 cups Shredded Sweetened Coconut, divided
- Green and Yellow Food Coloring
- 2 cups Strawberries
- Whipped Topping
- Store Bought Crepes

Directions:

- Place brownies in food processor, and pulse until brownies resemble coarse crumbs. Brownies can alternately be chopped with a knife or crumbled by hand.
- Take 1 cup of shredded coconut in a quart sized gallon bag with 4 drops green food coloring. Seal, and mix by shaking until coconut is thoroughly colored. Repeat this process with the remaining coconut and yellow food coloring in separate bag. When finished with both, remove to separate bowls and set aside.
- Stem strawberries and place in food processor. Pulse until roughly chopped. Remove to bowl, and set aside. Strawberries can alternately be chopped with a knife.

- To assemble tacos, place crumbled brownies in crepe, and top with colored coconut and chopped strawberries. Finish with a dollop of whipped topping.
- Enjoy!
Easy Black Bean Dip

Ingredients:

¼ medium red onion, chopped
2 (16 oz) canned black beans, drained and rinsed
1 tablespoon balsamic vinegar
1 tablespoon fresh orange or lime juice
1 tablespoon fresh cilantro, chopped
1 tablespoon olive oil
1 garlic clove, peeled
1 teaspoon ground cumin
Salt and black pepper to taste

Directions:

1. In a blender or food processor, puree the beans, red onion, vinegar, lime juice, cilantro, oil, garlic and cumin.

2. Transfer to a bowl and add salt and pepper.

3. Serve with chips or vegetables.
Easy Flatbread Pizza

Ingredients:

- 1-2 whole wheat tortillas
- 1-2 tbsp. olive oil
- 2-3 tbsp. kale pesto
- 1 c. chopped veggies of choice:
  - Peppers, mushrooms, spinach, onions, zucchini, squash, sweet, potato, tomato, etc.
- Low-fat meat of choice
- ½ cup shredded cheese

Directions:

1. Pre-heat skillet on medium heat with 1-2 tbsp. oil.

2. Sautee vegetables and meat in oil for 5-7 minutes, until tender. Remove from skillet.

3. Spread kale pesto (or tomato sauce if desired) over tortilla.

4. Add chopped veggies, meat, cheese, salt, and pepper to taste.

5. Add tortilla with contents to skillet. Cook with lid on for 5-10 minutes.

6. Enjoy! Try adding cheese between two tortillas to make a “cheesy” crust.
Whole Wheat Flatbread Crust

Ingredients:

- 1½-3 cups whole wheat flower
- 1 tsp. baking powder
- 1 tsp. each of Italian seasoning, garlic salt, basil, and crushed red pepper
- ¼ tsp. salt
- 1 cup lukewarm water
- 3 tbsp. olive oil

Directions:

1. Pre-heat oven to 350 degrees F.
2. Stir together 1 ½ cups water, baking powder, seasonings, and salt.
3. Add wet ingredients (water and oil) to mixture. Stir in remaining flour or extra if needed.
4. Knead on lightly floured surface 5-6 times. Set aside for 5 minutes and let dough rest.
5. Roll dough into 3-4 smaller pizzas. Bake in oven for 5-7 minutes until crust is lightly browned.
6. Take out of oven and increase temperature to 425 degrees F. Add desired ingredients to pizza.
7. Put pizza back into oven for additional 7-8 minutes.
8. Let cool and enjoy!
Fiesta Slow Cooker Shredded Chicken Tacos

Makes 8 servings  Prep time: 10 minutes  Ready in 6 hours, 10 minutes

Ingredients:

1 cup chicken broth
3 tablespoons taco seasoning mix
1 pound skinless, boneless chicken breasts

Directions:

1. Combine chicken broth and taco seasoning mix in a bowl. Place chicken in a slow cooker and pour chicken broth mixture over chicken.
2. Cook on Low for 6-8 hours. Shred chicken.