



Key Ingredients to Eating on a Budget

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Many people often think that healthy eating can be very expensive. However, by learning how to shop and meal plan, it can actually help you save money and stay healthy at the same time. Here are some key staple ingredients you need to know about for any low budget meal plan.

Tofu

- Meat is one of the most expensive items on the grocery bill. Try using tofu as a substitution for meat.
- Cut up firm tofu into cubes and add into stir-fries. All you need is a good stir-fry sauce and the tofu will take on its delicious flavour.
- Cut up medium firm tofu into small cubes or strips and add into soups. You can add this to a soup that contains meat or a vegetarian soup with some mushrooms for some "meaty" flavour.
- Marinate tofu cubes in sesame oil, low sodium soy sauce, sugar, ginger and garlic for 30 minutes before cooking. Serve with rice and veggies.

Other Ingredients

- Buy grains in bulk for a lower cost. Find healthy whole grains like oats, brown rice or hulled barley.
- Know when to buy fresh vs frozen vs canned fruits and vegetables. Depending on the season, one can be cheaper than the other.
- Keep a variety of dried herbs and spices to create your own seasoning mixes, marinades, and sauces.

Legumes

- Legumes (beans, lentils, chickpeas) can also be a substitution for meat. When possible buy dried legumes instead of canned for an even cheaper price.
- Sauté some chickpeas and spinach in olive oil and garlic, followed by seasoning with salt, pepper and smoked paprika or cumin. This popular Spanish tapas can be enjoyed on its own or on toast for a quick meal.
- Try a Chana Masala recipe (see next page), an Indian chickpea dish that goes great with rice or roti.
- Throw a twist on beans on toast - try cooking up black eyed peas in olive oil with onions, garlic, a bay leaf, a few strips of bacon cut up, and collards for some extra greens. Serve this on toast or flatbread.
- Dal is a thick lentil soup that is a staple in Indian cuisine. There are many variations in how dal can be seasoned. Look up a recipe to try!
- For any traditional recipe made with meat, reduce the meat portion by half and top up with legumes. For example, use half ground beef and half red lentils in a meat sauce for pasta, or use half black beans and half ground beef for homemade tacos.
- Top up any vegetable or salad dish with legumes seasoned with spices to make the meal more filling.

References: Good and Cheap by Leanne Brown



Chana Masala

2 SERVINGS

Nutrition Information (per serving):

221 Calories, Fat 7g (9% DV), Saturated Fat 2g (10% DV), Protein 10g, Carbohydrate 33g, Fibre 18g (64% DV), Sodium 303mg (13% DV)

Ingredients:

1/2 tbsp Butter
 Splash Olive oil
 1 tsp Cumin seeds
 1/2 cup Diced onion
 1 tsp Garlic, finely chopped
 1 tsp Ginger root, grated
 1/2 Jalapeno, finely diced
 3 tsp Coriander powder
 1 tsp Turmeric
 1/4 tsp Cayenne powder
 1/2 tsp Garam Masala powder
 1 tsp Smoked paprika
 1/2 tsp Salt
 1 cup Canned tomatoes, pureed
 2 1/2 cups Cooked or canned chickpeas, drained
 1/2 cup Water

Recipe Source: Good and Cheap Cookbook
 by Leanne Brown

Directions:

1. Measure out all the spices except the cumin seeds and put them in a small bowl.
2. Melt the butter with olive oil in a small saucepan over medium low heat. Then add the cumin seeds and stir for about 5 seconds.
3. Add the onion and sauté for 2 minutes. Add the garlic and cook for 1 minute. Add the ginger and jalapeño and cook for 1 more minute.
4. Add the spices and then the pureed tomatoes. Mix, then put a lid on the pan and let everything cook down for 5 to 10 minutes.
5. Once the tomato has reduced, add the chickpeas and water. Mix, bring it to a boil then reduce to a simmer.
6. Cook for 10 minutes, then squish a few chickpeas with a spoon to thicken the sauce.
7. Garnish with yogurt and cilantro if desired. For a full meal, serve over rice or with roti.