

Eating Healthy on a Budget

Oftentimes, it seems like eating healthy costs way too much money. But don't worry, there are things you can do to stretch the dollar and still eat healthy!

Try some of these tips:

- Buy fresh vegetables and fruits when they are in season and cost less.
- Buy canned and frozen fruits and vegetables year round.
- Add whole grains to your meals. For example, wheat pasta and brown rice are whole grains that don't cost a lot of money and the fiber will fill you up.
- Buy proteins such as eggs, beans, cheese and edamame.
- Read the grocery store ads and then plan your meals based on what's on sale.
- Buy store-brand items instead of name-brand.
- Use coupons for items you normally buy. Don't buy something just because you have a coupon.
- Make a list when you go to the store.
- Don't shop when you're hungry.
- Buy cheaper cuts of meat and use your crockpot to cook them tender.
- Use your leftovers wisely! Do you have leftover chicken? If so, make chicken pot pie or vegetable soup the next day.
- Make casseroles, stews and stir-fry meals. Make extras so you'll have leftovers the next day.
- Make foods from scratch instead of using packaged items. This is healthier and saves money.
- Adjust recipes based on what you have in your refrigerator and pantry. Use leftovers or food items you already have instead of buying new foods.



Tex-Mex Skillet Dish

Foods You Need:

- ½ medium head of lettuce
- 1 medium green bell pepper
- 1 large tomato
- 1 small jalapeño pepper
- ½ medium red onion
- 2 cloves garlic
- 2 ounces low-fat cheddar cheese
- 1 (15½-ounce) can of black beans, no salt added
- 1 pound lean ground beef, chicken or turkey
- 1 (12-ounce) bag frozen corn
- ½ cup of water
- ¾ teaspoon of chili powder
- ¼ teaspoon of salt
- ¼ teaspoon of ground cumin
- A pinch of ground black pepper
- 8 (6-inch) whole wheat flour tortillas



Directions

1. Rinse lettuce, bell pepper, tomato and jalapeño. Rinse and peel onion. Peel garlic.
2. Chop or shred lettuce into bite size pieces. Mince garlic. Halve the jalapeño and bell peppers. Remove seeds with the tip of a knife. Dice peppers.
3. Over a small bowl, grate tomato and onion using the coarse side of a box grater. Collect all pulp and juices.



4. Grate cheddar cheese.
5. In a colander, drain and rinse beans.
6. In a large skillet over medium-high heat, cook meat, bell pepper, and garlic, until meat is lightly browned. Drain to remove fat.
7. Stir in frozen corn, beans, water, and spices. Bring mixture to a boil. Lower heat and cover. Simmer for 10 minutes, or until most liquid is gone.
8. While meat mixture is simmering, make a salsa. Add jalapeño and a pinch of salt to the grated tomato and onion. Stir and set aside.



9. When internal temperature of the meat registers 160°F on a food thermometer, remove from heat. Divide the meat mixture evenly among the 8 tortillas. Top each with grated cheese, salsa, and lettuce. Roll up and serve.

Top with rinsed and chopped tomatoes, green onions, or low-fat plain yogurt, if you like.



Nutrition Facts	
Serving Size: 1/2 cup filling and 1 tortilla	
Servings Per Container: 8	
Amount Per Serving	
Calories 250	
% Daily Value	
Total Fat 5g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 30mg	
Sodium 410mg	
Total Carbohydrates 31g	
Dietary Fiber 12g	
Sugars 3g	
Protein 20g	
Vitamin A	6%
Vitamin C	30%
Calcium	6%
Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet.	