

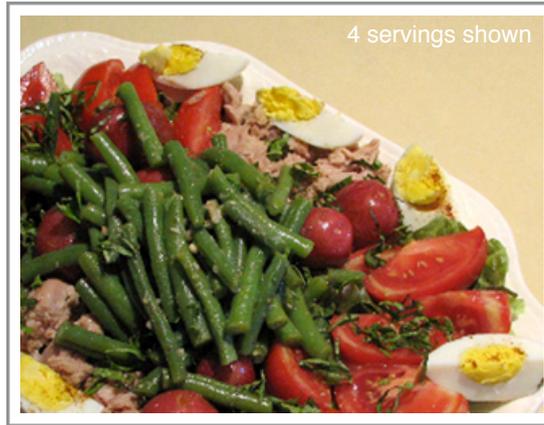


Penne + Tomatoes – \$1.12



Beans 'n greens stew – \$1.04

All main dishes pictured: \$2 or less per serving
Side dishes and snacks: 50¢ or less



Salade Niçoise – \$1.13 per serving



Pita Pizza – \$1.41



Coq au Vin – \$1.40



roasted chickpeas
33¢



kale chips
24¢



carrots + hummus
38¢



polenta fries
20¢



roasted asparagus
45¢



olives + feta
48¢



deviled eggs
37¢

The Power of \$2 Easy Affordable Med Recipes

Good news for those who want to eat healthy without breaking the bank: the gold standard Mediterranean Diet is surprisingly affordable. Hundreds of Med main dishes cost \$2* or less per person to make, without requiring expert cooking skills.

Oldways and the Mediterranean Foods Alliance have put together this sampler of a dozen colorful, delicious recipes to get you started exploring the Med Diet. These dishes will quickly become family favorites.

If you thought that eating healthy was out of your budget, think again. Traditional Mediterranean food has its roots in the everyday fare of ordinary people: peasants working the land, or masons, carpenters, and other artisans finding ingenious ways to make inexpensive ingredients taste satisfying and delicious. Now you can discover how to make meals the same way, enjoying whole, fresh, foods and new tastes.

We hope this collection will (literally!) whet your appetite for more. Visit our websites at www.oldwayspt.org and www.MediterraneanMark.org for more affordable Med fare, along with tips for stocking your Med pantry,

* All costs based on actual grocery store prices paid for ingredients in April 2010.

The Power of \$2 – Easy, Affordable (and Delicious!) Med Recipes from Oldways and the Mediterranean Foods Alliance

Penne with Pesto and Cherry Tomatoes

Makes 4 servings

Prepare the tomatoes for this easy recipe ahead of time. Then, you can make this meal in less than 15 minutes. If you have some fresh local tomatoes, by all means use about three or four to make the sauce. But the new cherry tomato varieties, including colorful heirlooms and yellow pear, provide plenty of flavor.



Ingredients

1 pound cherry tomatoes	\$3.29
2 tablespoons extra-virgin olive oil	\$0.20
1 teaspoon salt	
8 ounces whole wheat penne	\$0.72
2 tablespoons pesto	\$0.26
Salt and freshly ground pepper to taste	

Total meal cost: \$4.47

Cost per serving: \$1.12

Preparation

1. Cut the tomatoes into halves and put them in a glass or stainless steel bowl. Add the olive oil and 1 teaspoon of salt. Toss, cover and leave at room temperature for several hours or overnight, tossing once or twice.
2. When you're ready to eat, bring a large pot of salted water to a boil. Add the penne and cook according to the package directions. Drain and return the hot pasta to the pan along with the tomatoes and their juice and the pesto.
3. Toss. Season with salt and pepper and serve hot or at room temperature.

Option: Substitute ½ cup each of chopped fresh basil and Parmesan cheese for the pesto. This will add about 50¢ per serving to the cost.

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Mediterranean Pita Pizza

Makes 4 servings

Using a whole-grain crust and plenty of vegetables creates a healthier pizza than most restaurants serve. Let your kids help make it and encourage them to be creative in choosing vegetable toppings: red, green, orange or yellow peppers, thinly sliced onions or carrots, sliced spinach.



Ingredients

4 large whole-grain pita rounds	\$1.79
1 cup spaghetti sauce	\$0.50
8 ounces shredded mozzarella cheese	\$1.69
4 cups sliced mixed vegetables*	\$1.51
4 teaspoons extra-virgin olive oil	\$0.13

Total meal cost \$5.62

Cost per serving \$1.41

Preparation

1. Heat the oven to 350°F.
2. Arrange pita rounds on one or more baking sheets.
3. Spread about ¼ cup of spaghetti sauce on each pita (use the back of a spoon for easy spreading).
4. Optional: If you're using fresh chopped spinach as one of your vegetables, add it now, before the cheese, to keep the spinach from drying out.
5. Top each pizza with 2 ounces cheese (about 2/3 cup), then arrange your choice of vegetables on the top.
6. Bake for 15-20 minutes, or until the cheese is lightly browned.

Option: Add bits of precooked Italian chicken sausage with the vegetables. Use about ¼ link per person, for an added cost of about 25¢ per serving.

* In this case, cost is based on a cup of mushrooms (2.5 oz), a cup of onions (1 large), 1 ½ cups chopped spinach (1.5 oz), and a half cup red bell peppers (one half pepper).

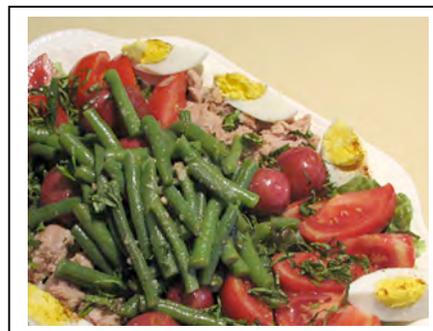
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Salade Niçoise

Makes 4 servings

A meal in a salad bowl, this classic Mediterranean dish looks elegant on a platter. You can substitute sardines or anchovies for tuna. (Photo shows all four servings.)



Ingredients

½ pound potatoes	\$0.50
½ pound fresh green beans	\$0.50
4 tablespoons extra-virgin olive oil	\$0.40
2 tablespoons vinegar	\$0.12
½ teaspoon mustard	\$0.03
1 teaspoon minced garlic	\$0.04
¼ large onion, sliced very thin	\$0.12
1 can (5-6 oz) chunk light tuna, drained	\$1.00
4 hard boiled eggs, quartered	\$0.67
2 large tomatoes, quartered	\$1.19

Total meal cost: \$4.52

Cost per serving: \$1.13

Preparation

1. Scrub the potatoes and cut into bite-size pieces. Trim the ends off the beans. Bring two saucepans of water to a boil and cook the potatoes and beans until fork-tender but not mushy, approximately 10 minutes for the potatoes and 3 minutes for the beans. Drain immediately. Or, steam each until tender.
2. In a large bowl, combine the olive oil with the vinegar, mustard and garlic, and whisk to make the dressing.
3. Add the onion, potatoes, beans, and tuna to the bowl and toss gently with the dressing.
4. Arrange the vegetables and tuna on a platter and garnish with the egg and tomato quarters.

Option: Drain and rinse 1 can of white beans (cannellini, Great Northern, navy, etc.) and toss with the salad in step 3. This adds about 20¢ per serving to the cost.

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Greens and Beans Stew

Makes 6 servings

This vegetable dish, which the Italians call inzimino, is hearty enough for a main meal. Serve it with whole-grain bread and top with a sprinkling of grated Parmesan. Substitute homemade chicken stock for the water and bouillon if you wish, and add \$.25 to the total cost of the meal.



Ingredients

1 bunch Swiss chard	\$1.99
¼ cup extra-virgin olive oil	\$0.40
2 garlic cloves, minced	\$0.08
1 medium onion, diced	\$0.33
1 medium carrot, chopped	\$0.12
red pepper flakes to taste (optional)	\$0.03
½ cup dry white wine	\$1.25
2 teaspoons chicken bouillon paste*	\$0.26
2 tablespoons tomato paste	\$0.16
2 cans chickpeas	\$1.60
2 cups water	

Total meal cost: \$6.22

Cost per serving: \$1.04

Preparation

1. Wash the chard, remove the ribs, and slice it into thin ribbons. Set aside.
2. Heat the olive oil in a large saucepan over medium heat. Add the garlic, onion, and carrot, and sauté for 2-3 minutes, or until the vegetables begin to soften. Stir in the red pepper flakes.
3. Add the wine, tomato paste, and bouillon, stir, and cook over medium heat for 10 minutes, or until you can taste that the wine flavor is well blended in.
4. Add the chickpeas, chard, and water. Cook for another 10 minutes, or until about half of the liquid has evaporated and the sauce is thick. Serve hot.

Note: Bouillon paste, commonly sold under brand names like Better than Bouillon, is a wonderful way to enjoy excellent stock. A small jar makes about 40 cups of stock.

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Coq au Vin

Makes 6 servings

Using chicken thighs instead of breast meat adds flavor to this tasty chicken with wine sauce, and trims the cost, too. Make it a day ahead if possible, as the flavors deepen and improve with time.



Ingredients

3 tablespoons extra-virgin olive oil, divided	\$0.30
1 large onion, diced	\$0.33
2 garlic cloves, minced	\$0.08
6 ounces mushrooms, quartered	\$1.15
2 large carrots, in bite-size pieces	\$0.24
1 teaspoon dried Italian seasoning blend	\$0.20
¼ cup flour	\$0.06
2 ½ pounds chicken thighs	\$2.73
1 cup dry red wine	\$2.51
1 teaspoon chicken bouillon paste + 1 cup water	\$0.13
Salt and freshly ground pepper to taste	
1 ½ cups uncooked bulgur	\$0.69
<i>Total meal cost:</i>	<i>\$8.42</i>
<i>Cost per serving:</i>	<i>\$1.40</i>

Preparation

1. Heat 1 tablespoon of the olive oil in a large skillet over medium heat. Add the onion and sauté for 3 minutes. Add the garlic, mushrooms, and herbs, stir, and cook for 3 minutes longer, or until the mushrooms soften and begin to release some juice. Transfer the onion mixture to a bowl, add raw cut carrots, and set aside.
2. Heat the remaining 2 tablespoons of olive oil in the skillet. Put the flour in a flat bowl and dredge each piece of chicken, shaking off the excess flour. Brown the chicken in a single layer in the hot oil for approximately 3 minutes per side. Cook in batches if necessary.
3. Heat the oven to 250°F. Transfer the browned chicken to an ovenproof casserole and cover with the onion, mushroom and carrot mixture.
4. Add the wine to the empty skillet and bring just to a boil over medium-high heat, stirring with a whisk to incorporate any browned bits. Dissolve the bouillon in 1 cup of water and stir into the wine. Pour the liquid into the casserole. Season with salt and pepper.
5. Cover the casserole and cook for two hours. Just before serving time, bring 2 ½ cups of salted water to a boil. Add the bulgur, cover, and remove the pan from the heat. Let sit for 15 minutes. Fluff with a fork, and spoon onto plates. Top with the coq au vin.

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Bonus Dish: Vegetable Omelette

Makes 4 servings

When you buy the ingredients for the five main dishes above, you'll probably have eggs and a few fresh vegetables you'll want to use up before they spoil. Do as the French do, and have an omelette for dinner!



Ingredients

2 tablespoons olive oil (divided)	\$0.20
5 mushrooms (more or less)	\$0.67
¾ cup chopped onion	\$0.25
½ red pepper, chopped	\$0.38
2 cups chopped fresh spinach	\$0.40
8 eggs	\$1.33

Total cost: \$3.23

Cost per serving: \$0.81

Preparation

1. In a large skillet, heat 1 tablespoon of olive oil, and sauté the mushrooms and onions for 3-5 minutes, until they're soft and golden. Add the red pepper and spinach, and cook just until the spinach is wilted. Remove vegetables to a plate, and clean the skillet.
2. In a large bowl, beat the eggs with a fork until the yolks and whites are thoroughly mixed.
3. Return the skillet to the burner, and heat the second tablespoon of olive oil over medium heat.
4. When the pan is heated, pour eggs in. As eggs set, lift edges with a fork and tilt pan to let uncooked egg slide under. When most of the liquid egg has set, spoon cooked vegetables on top of eggs.
5. Slide a large spatula or flipper under half the omelette, and fold it over the other half.

Options: If you're nervous about folding the omelette, you can serve it "open face" by simply cooking it a few more minutes, then cutting it into wedges. Or, you can skip the omelette idea and simply make scrambled eggs! If you have a little stray shredded or grated cheese, you may want to add it with the vegetables.

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Polenta Fries

Make 6 servings

Polenta is incredibly easy to make, and if need be, you can eat it warm, right out of the pot, as instant comfort food. Here it is cooked, cooled, and then “fried” in the oven for a delicious finger food. Serve as an appetizer with red pepper salsa or simply add it to the plate to wake up a weeknight supper. Make the basic mixture one day in advance or at least two hours ahead and chill it until firm. Then cut it into rectangles or triangles or use cookie cutters to make unusual shapes. If there are any leftovers, reheat them for two minutes in the microwave.



Ingredients

1 teaspoon salt	
1 cup cornmeal	\$0.40
¼ cup grated Pecorino Romano cheese	\$0.31
2 teaspoons dried Italian herbs	\$0.40
Salt and freshly ground black pepper, to taste	
1 tablespoon extra-virgin olive oil	\$0.10

Total cost: \$1.21

Cost per serving: \$0.20

Preparation

1. Combine 4 cups of water and the salt in a large saucepan. Bring to a boil and slowly add the cornmeal, stirring constantly. Reduce the heat to medium-low and simmer, uncovered, stirring frequently, until the polenta thickens.
2. Remove from the heat and stir in the cheese, herbs, salt, and pepper. Spread the hot polenta into an ungreased 8x10 or 9x12-inch baking dish. (The larger the pan, the thinner the fries, but the oven time will remain the same.) Cool, then cover and refrigerate until firm.
3. When ready to bake, heat the oven to 450° F. Lightly grease a baking sheet. Using a knife or spatula, cut the polenta into the desired shapes and arrange them on the baking sheet. Brush the top sides lightly with olive oil and sprinkle with salt.
4. Bake for 10 minutes, turn, brush the top sides with olive oil and bake for 10 minutes longer, or until the polenta is lightly browned. Serve hot.

Option: To save time, buy a roll of precooked polenta at the grocery store. It will cost around \$3.50 and add approximately \$.90 cents to each serving.

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Oven-Roasted Asparagus

Makes 4 servings

Fresh asparagus is so tasty you can eat it raw, but roasting brings out its earthy, sweet flavor. If you have any spears left over, tuck them into sandwiches or add to a green salad.



Ingredients

1 pound asparagus, approximately 25-28 spears	\$1.69
1 tablespoon extra-virgin olive oil	\$0.10
Salt	

Total cost: \$1.79

Cost per serving: \$0.45

Preparation

1. Heat the oven to 425°F. Trim the ends of each spear and arrange in a greased, shallow baking dish. Drizzle with olive oil and sprinkle with salt.
2. Bake for 10 minutes, or until the spears are tender but still crisp. Serve hot or at room temperature.

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Kale Chips

Makes 4 servings

Here's a delicious and innovative way to enjoy kale. If you have a choice at the supermarket, choose the variety with the flattest leaves. It will be easier to prepare than a variety with very curly leaves, but any type will work. For a spicier version, sprinkle the kale with cayenne pepper before baking.



Ingredients

1 bunch of kale	\$0.74
2 tablespoons extra-virgin olive oil	\$0.20
Salt to taste	

Total cost: \$0.94

Cost per serving: \$0.24

Preparation

1. Heat the oven to 250°F. Separate the kale leaves, wash them in warm water, and pat dry with paper towels.
2. Cut each leaf in half lengthwise, removing the ribs, and put them in a large bowl (a big salad bowl is excellent – you'll need room to toss!). Add the olive oil and salt and toss gently.
3. Arrange the leaves in a single layer on two baking sheets and bake for about 30 minutes, until all the leaves are crispy. Serve warm or cold.

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Roasted Chickpeas

Makes 3 servings

Once it has cooled, store this crunchy, protein-rich snack in a tin or jar with a tight-fitting lid. To boost the flavor, add dried herbs, spices or flavored salt. Cumin is especially good.



Ingredients

1 can (15 ounces) chickpeas, drained and rinsed	\$0.80
2 tablespoons extra-virgin olive oil	\$0.20
Salt and freshly ground pepper to taste	

Total cost: \$1.00

Cost per serving: \$0.33

Preparation

1. Heat the oven to 400°F. Put the chickpeas in a bowl, add the olive oil, and gently toss to coat the beans evenly with oil.
2. Pour the chickpeas onto a rimmed baking sheet and bake for about 30 minutes, stirring several times, until they are lightly browned and crisp.
3. Pour the chickpeas back into the bowl and toss with salt and pepper. Serve hot or cold.

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Carrot Curls with Hummus

Makes 4 servings

Hummus, a tangy Mediterranean spread, makes an ideal dip for carrots and other vegetables. While you can always use baby carrots as dippers, in this version whole carrots are peeled into long thin strips to form a pretty snack that could stand in as an elegant appetizer. Look for different flavors of hummus at the supermarket. Choices now include everything from plain to horseradish or artichoke-olive.



Ingredients

6 large carrots, peeled	\$0.72
8 tablespoons hummus	\$0.80

Total cost: \$1.52

Cost per serving: \$0.38

Preparation

1. Put the carrots on the counter. Using a cheese slicer or vegetable peeler, and pressing down a bit, cut long strips the entire length of the carrot.
2. Spread each strip with a bit of hummus, going all the way to the edges, and roll up. Add a small dab of hummus if needed to keep the very end of the roll from coming loose.

Option: Although these roll-ups have an especially attractive appearance, baby carrots or carrot sticks dipped directly in hummus are just as delicious!

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Olives with Feta Cheese

Serves 10

A good source of heart-healthy monounsaturated fat, olives make a great snack food. Pair them with small cubes of cheese and a sprinkling of dried herbs to bring out their fruity flavor. Mix a batch, and store in your fridge so your family can enjoy quick snacks all week.



Ingredients

2 cans small ripe pitted olives	\$2.18
8 ounces of feta cheese	\$2.29
2 teaspoons dried tarragon or Italian seasoning	\$0.40

Total cost: \$4.87

Cost per serving: \$0.48

Preparation

1. Put the olives in a small serving bowl. Using a sharp knife, cut the cheese into cubes.
2. Add the cheese and herbs to the olives and toss to blend.

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Mediterranean Deviled Eggs

Serves 4

These eggs will disappear in minutes if you set them out as hors d'oeuvres, or you can make them ahead and keep them in the refrigerator for a day or two as a healthy snack.



Ingredients

6 large eggs	\$1.02
2 tablespoons Greek yogurt	\$0.20
1 teaspoon Dijon mustard	\$0.06
2 teaspoons pesto	\$0.19

Total cost: \$1.47

Cost per serving: \$0.37

Preparation

1. Put the eggs in a large saucepan and cover with cold water. Bring just to a boil over medium-high heat. As soon as large bubbles form on the surface of the water, cover the pan and set it aside for 15 minutes.
2. Drain the eggs and immediately fill the pan with cold water. Add a tray of ice cubes to the pan or continue to change the water to keep it as cold as possible for about 10 minutes. Let the eggs sit in the cold water for about 30 minutes.
3. Tap the eggs against the side of the pan and peel. Cut into halves and remove the yolks.
4. Combine the yolks with the remaining ingredients in a shallow bowl and mash with a fork until smooth. Using a teaspoon, mound dollops of filling into the whites. Serve at room temperature or chill and serve cold.

The savings grow, once you've stocked your pantry...

We've tried hard, with these recipes, to avoid waste – perishable leftover ingredients that may not *really* be used, and therefore could add to the listed cost for each dish.

If you make the five main dishes in this collection, many of the ingredients you'll buy will be used up completely, because we've specified exact easy-to-buy amounts. Most of the others are key pantry ingredients that keep virtually forever, and are handy for future meals. (Freeze the tomato paste and pesto in an ice-cube tray, and you'll have both these ingredients on hand when you need them: one cube is about a tablespoon.)

Just a few leftover ingredients – the eggs and the fresh vegetables – need to be eaten up fairly quickly so they don't go to waste. Here's how you could polish them off:

- Try our bonus recipe for a vegetable omelette, to use up the 8 eggs, the mushrooms, the onion, the pepper, and some of the spinach.
- Chop the rest of the spinach, sauté it in a little olive oil until it's wilted, then add it to the leftover spaghetti sauce, and serve the sauce over the pasta or the bulgur.

The first time, you'd need to spend about \$76.47 to make all the five main dishes and the leftovers above. But, because many of your first time expenses are pantry ingredients, you could make all the same dishes again the *next* week, and spend just \$25.33 to replace the fresh ingredients (\$41.31 if you already drank the extra wine!)

Here's your shopping list, to make all the main dishes the first time. Bon appetit!

Ingredient	Need to buy	We paid*	Used	Left over	What to do with leftovers?
Whole wheat pita	1 pkg of 4 rounds	\$1.79	All		
Mozzarella, shredded	1 8-oz pkg	\$1.69	All		
Eggs	1 dozen	\$2.00		8 eggs	Keeps 3 weeks in fridge
Chicken thighs	2 ½ pounds	\$2.73	All		
Cherry tomatoes	1 pound	\$3.29	All		
Tomatoes	2 large	\$1.19	All		
Potatoes	½ pound	\$0.50	All		
Green beans, fresh	½ pound	\$0.50	All		
Swiss chard	1 bunch	\$1.99	All		
Red pepper	1	\$0.76	½	½ pepper	Keeps about 4-5 days in fridge
Mushrooms	1 12 oz pkg	\$2.29	8.5 oz	3.5 oz	Keeps about 4-5 days in fridge
Onions	4 large	\$1.32	3 ¼	¾ onion	Keeps about 4-5 days in fridge
Spinach	1 10-oz pkg	\$1.99	1.5 oz	8.5 oz	Keeps about 4-5 days in fridge
Garlic	1 pkg (2 heads)	\$0.99	4 cloves	20 cloves	Keeps several weeks in fridge
Carrots	1 pound	\$0.84	3 carrots	4 carrots	Keeps several weeks in fridge
Tuna	1 can (5-6 oz)	\$1.00	All		
Chickpeas	2 cans (15 oz ea.)	\$1.60	All		
Tomato paste	1 can (6 oz)	\$0.75	2 TBS	8 TBS	Freeze in ice cube tray
Pesto	1 jar (8.1 oz)	\$2.50	2 TBS	18 TBS	Freeze in ice cube tray
Spaghetti sauce	1 jar (26 oz)	\$1.50	1 cup	2 cups	Keeps about 2 weeks in fridge
Bouillon paste	1 jar (8 oz)	\$4.99	3 tsp	35 tsp	Keeps for months in fridge
Bulgur	1 pound	\$1.49	½ pound	½ pound	Keeps for months in pantry
Whole wheat pasta	1 box (13.25 oz)	\$1.19	8 oz	5.25 oz	Keeps for months in pantry
Flour	2 lb bag	\$1.79	¼ cup	Lots!	Keeps for months in pantry
Extra-virgin olive oil	1 quart	\$6.00	14 TBS	53 TBS	Keeps for months in pantry
Mustard	1 jar (16 oz)	\$4.79	½ tsp	Lots!	Keeps for months in fridge
Vinegar	1 bottle (25.4 oz)	\$2.99	2 TBS	Lots!	Keeps for months in pantry
Italian seasoning	1 jar (0.75 oz)	\$3.29	1 tsp	Lots!	Keeps for months in pantry
Crushed red pepper	1 jar (1.5 oz)	\$2.69	Pinch	Lots!	Keeps for months in pantry
Red wine	1 bottle (750 ml)	\$7.99	1 cup	2+ cups	Enjoy with dinner!
White wine	1 bottle (750 ml)	\$7.99	½ cup	2.5+ cups	Enjoy with dinner!
Total		\$76.47			

* Actual prices paid at chain grocery stores in April 2010.