

# Cheap Recipes

*Made Easy*



FAVEDIETS 

25 Healthy Low Cost Recipes

## **Cheap Recipes Made Easy: 25 Healthy Low Cost Recipes**

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## Letter from the Editors

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Dear Healthy Cooking Enthusiast:

First off, let's dispel the biggest myth about healthy cooking: that you need to buy lots of expensive, hard-to-find ingredients in order to cook a healthy meal. This is simply not true at all! Just because you need low cost meals doesn't mean you can't have high quality healthy meals.

FaveDiets.com has gathered some of the best low cost dinner recipes to create this brand new healthy recipes eCookbook, *Cheap Recipes Made Easy: 25 Healthy Low Cost Recipes*. This eCookbook is chock full of the tastiest low budget recipes that bring high quality taste to your home kitchen.

We have assembled some of the best cheap and easy recipes around, including low cost slow cooker recipes, cheap recipes for chicken and low cost vegetarian recipes. This eCookbook has everything from Slow Cooked Mac and Cheese and Sweet Carrot and Apple Bake to Homemade Chicken and Dumplings Soup and Easy Egg Salad Sandwiches. The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in healthy low cost meals.

For additional healthy budget friendly recipes, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free [Quick and Healthy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy easy low cost recipes!

Sincerely,

*The Editors of FaveDiets*

<http://www.FaveDiets.com/>

[www.favedietsblog.com](http://www.favedietsblog.com)

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## Low Cost Slow Cooker Recipes

### Slow Cooked Asian Chicken

#### **Description**

This sweet Asian soy chicken is a simple meal that comes together in your slow cooker. This is great for the chicken lovers in your family - they will chow down on these delectable chicken legs.

**Serves:** 6

**Cooking Time:** 5 hours

#### **Ingredients**

- 6 whole chicken legs
- $\frac{1}{2}$  cup soy sauce
- $\frac{1}{4}$  cup packed light brown sugar
- 1 clove garlic, crushed
- 8 ounces can tomato sauce

#### **Instructions**

1. Rinse chicken and pat dry with paper towels. Place chicken in a slow cooker.
2. In a medium bowl, combine soy sauce, brown sugar, garlic, and tomato sauce. Pour sauce over chicken.
3. Cover and cook on LOW about 5 hours or until chicken is tender.

## Chicken Rice Casserole in a Slow Cooker

### **Description**

Amongst quick easy chicken recipes, this slow cooker recipe reigns supreme. Simple, cheap ingredients make for a delicious quick chicken dish. Give this recipe a try for moist boneless chicken breast without a fuss.

**Serves:** 4

### **Ingredients**

- 4 large skinless chicken breasts
- 1 can light cream of chicken soup
- 1 can light cream of celery soup
- 1 can light cream of mushroom soup
- $\frac{1}{2}$  cup celery, diced
- 1 cup instant brown rice

### **Instructions**

1. Mix, in the slow cooker, the 3 cans of soup and rice.
2. Place the chicken on top of the mixture, and then add the diced celery.
3. Cook for 3 hours on high or 4 hours on low.

## Incredibly Easy Chicken

### **Description**

This low calorie chicken recipe is the easiest slow cooker cooking recipe you will ever find. Just throw the ingredients into the slow cooker and in no time, you will have an incredibly delicious slow cooker chicken recipe.

**Serves:** 4

### **Ingredients**

- 4 boneless skinless chicken breasts
- 28 ounces can Italian-seasoned diced tomatoes
- 1 envelope Herb and Garlic Recipe Soup Mix
- Hot cooked brown rice or whole wheat pasta
- reduced fat Parmesan cheese, grated

### **Instructions**

1. Cut chicken into bite-size pieces.
2. Mix chicken, tomatoes and soup mix together, and pour into slow cooker.
3. Cook on low for six to eight hours.
4. Serve over rice or bow tie pasta and sprinkle with Parmesan cheese.

### **Notes**

If you have an oven, you can do this in an oven-browning bag. Bake for about 45 minutes at 350 degrees F. Zucchini and mushrooms are nice additions to the recipe.



## Slow Cooked Mac and Cheese

### **Description**

Do you love macaroni and cheese but hate all the fat and calories associated with it? Then give this Slow Cooked Mac and Cheese recipe a try today. Good luck finding a better homemade macaroni and cheese recipe!

### **Ingredients**

- 8 ounces whole wheat macaroni noodles, cooked and drained
- 2 tablespoons light vegetable oil
- 12 ounces evaporated skim milk
- 1 1/2 cups skim milk
- 1 teaspoon salt
- 1 pinch black pepper
- 3 cups reduced fat cheddar cheese, shredded
- 1/2 cup butter or butter substitute
- 4 egg whites, well beaten

### **Instructions**

1. Mix 2 1/2 cups reduced fat cheese and the butter substitute into cooked macaroni while hot. Add oil and other ingredients, mix well.
2. Spray the slow cooker with nonstick cooking spray. Pour cheese and noodle mixture into slow cooker and sprinkle other 1/2 cup cheese over top. Cook on low for 3 to 4 hours.

## Chunky Chicken and Rice Soup

### **Description**

Feeling down? Need an old-fashioned pick-me-up? This recipe for Chunky Chicken and Rice Soup is just the slow cooker recipe you need to feel yourself again. It's delicious all the time!

**Serves:** 8

**Cooking Time:** 11 hours

### **Ingredients**

- 3 onions, chopped
- 4 celery stalks, sliced
- Salt and pepper, to taste
- 1 teaspoon basil
- $\frac{1}{2}$  teaspoon thyme
- $\frac{1}{2}$  teaspoon sage
- 20 ounces peas, frozen
- 2  $\frac{1}{2}$  pounds lean chicken pieces
- 5  $\frac{1}{2}$  cups water
- $\frac{3}{4}$  cup brown rice

### **Instructions**

1. Place onions, celery, salt, pepper, basil, thyme, sage, peas, chicken and water into slow cooker.
2. Cover and cook for one hour on high.
3. Reduce heat to low and cook for an additional 8 to 9 hours.
4. One hour before serving, remove chicken and cool slightly. Remove meat from bones and return to slow cooker.
5. Add rice. Cover and cook an additional hour on high.

## Slow Cooked Potato Soup

### **Description**

Slow cooker recipes for soup are always delicious, and this Slow Cooked Potato Soup recipe is simply one of the best. Serve with your favorite meaty comfort food recipes for a truly delightful meal.

### **Ingredients**

- 8 potatoes, cubed with the skins on
- 2 onions, chopped
- 2 tablespoons margarine or butter substitute
- 2 low sodium chicken bouillon cubes
- 2 tablespoons fresh parsley
- 6 cups water
- 2 cups skim milk
- Flour, white whole wheat or all-purpose

### **Instructions**

1. Place potatoes, onions, margarine, bouillon cubes, parsley and water into your slow cooker and cook on low. Leave mixture cooking all day.
2. Thirty minutes to 1 hour before serving, add skim milk. Slowly add flour until the soup reaches desired thickness.
3. Serve and enjoy.

### **Notes**

One can evaporated milk may be substituted for the skim milk.

## Low Cost Recipes for Two

### Quick and Easy Healthy Fried Rice

#### **Description**

Healthy and quick recipes like this one are just the thing for guilt-free eating on busy nights. Customize this cheap quick easy dinner recipe by adding additional veggies and more lean protein.

#### **Ingredients**

- 2 cups leftover brown rice
- 2 egg whites, beaten
- 3 tablespoons butter substitute
- $\frac{1}{3}$  cup onion, chopped
- 3 to 4 green onions, chopped
- 1 handful cashew or almond pieces
- 2 tablespoons low-sodium soy sauce
- $\frac{1}{3}$  cup water

#### **Instructions**

1. Cook egg whites in butter substitute in a 10-inch skillet until set.
2. Add onion, green onion, nuts and rice.
3. Cook over medium heat for 5 minutes until lightly browned, stirring frequently.
4. Stir in the mixture of soy sauce and  $\frac{1}{3}$  cup water.
5. Add chopped cooked chicken, beef, pork chops or any other lean meat, if desired.

## 10 Minute Chicken and Noodles

### **Description**

This recipe is as simple as the title makes it sound. This basic recipe uses only 6 ingredients and you can switch out different vegetables and pasta shapes to use all of your favorites.

**Cooking Time:** 10 min

### **Ingredients**

- 1 small can chicken broth
- $\frac{1}{2}$  teaspoon dried basil
- 2 cups vegetable combination (carrots, broccoli, cauliflower)
- 2 cups uncooked noodles
- 2 cups cooked cubed chicken
- $\frac{1}{8}$  teaspoon pepper

### **Instructions**

1. In medium skillet mix broth, basil, pepper and vegetables. Over medium-high heat, heat to a boil. Reduce the heat to medium. Cover and cook for 5 minutes.
2. Stir in uncooked noodles. Cover and cook for 5 more minutes or until the noodles are cooked. Add chicken and heat through.

## Sweet Carrot and Apple Bake

### **Description**

For a sweet side dish try this Carrot and Apple Bake. It sounds like an unusual combination, but these are two healthy ingredients that go great together.

**Serves:** 2

**Preparation Time:** 5 min

**Cooking Time:** 25 min

### **Ingredients**

- 2 cups carrots, sliced thinly
- 2 medium apples, diced
- $\frac{1}{8}$  cup onion, minced
- Salt to taste
- 2 tablespoons brown sugar
- $\frac{1}{4}$  cup water
- 2 tablespoons butter or margarine
- 4 slices lemon, sliced thinly

### **Instructions**

1. Preheat oven to 375 degrees F. In a covered casserole combine the carrots, apples, onion, salt and brown sugar. Mix them together well.
2. Add the water, dot the mixture with butter or margarine and top with the lemon slices. Cover the casserole and bake for 20 to 30 minutes, or until the carrots are tender. Serve at once.

## Shells and Fish, Fiesta Style

### **Description**

This recipe for Shells and Fish, Fiesta Style is a tasty and healthy pasta recipe all can enjoy. Try this simple pasta recipe today for your next meal.

**Serves:** 2

**Cooking Time:** 45 min

### **Ingredients**

- 12 ounces fish filet
- 2 cups small shell macaroni
- 1 can whole tomatoes
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{2}$  package taco seasoning mix
- 1 medium green pepper in strips
- $\frac{1}{2}$  cup low fat cheddar cheese

### **Instructions**

1. Cook macaroni and drain.
2. In a saucepan, stir tomatoes, onions and taco seasoning. Add macaroni and green pepper, bring to a boil.
3. Pour this mixture into a shallow baking dish. Place fish on top. Spoon some sauce over fish.
4. Bake at 350 degrees F for 35 minutes. Sprinkle with cheese before serving.

## Low-Cal Asparagus Fettuccine Alfredo

### **Description**

Asparagus Fettuccine Alfredo is one of my favorite meals of all times. I love fettuccine Alfredo, so to add asparagus to it is just so yummy. Go ahead, try it out!

**Serves:** 1

### **Ingredients**

- 1 Package Tofu Shirataki Fettuccine Shaped Tofu Noodles (or whole wheat fettuccine noodles)
- 1/2 wedge of Laughing Cow Light Cheese
- 1 teaspoon Kraft Reduced Fat Parmesan Cheese
- 1 teaspoon Fat Free Sour Cream
- 2 cut asparagus
- salt and pepper to taste

### **Instructions**

1. Rinse the tofu fettuccine noodles very well.
2. Microwave for one minute. If using regular pasta, bring water to a boil and add a serving of noodles.
3. Drain water when finished cooking.
4. Follow instructions on box.
5. Drain noodles and pat dry.
6. Microwave asparagus.
7. Add the cheeses and sour cream and mix.
8. Microwave to melt cheese.
9. Cut up asparagus and mix throughout noodles.
10. Add salt and pepper if necessary.



## Cheap Recipes for Chicken

### Vampire Chicken

#### **Description**

You've heard that garlic keeps the vampires away, but even with 40 cloves of it in this healthy chicken recipe, it isn't overpowering at all. The cloves are left whole, so they simply impart a wonderful, delicious flavor. Try it today!

**Serves:** 8

**Cooking Time:** 1 hour 30 minutes

#### **Ingredients**

- 8 chicken pieces
- 4 ribs of celery, sliced thinly
- $\frac{2}{3}$  cup olive oil
- 6 sprigs of parsley
- 1 tablespoon tarragon
- $\frac{1}{2}$  cup dry vermouth
- 2  $\frac{1}{2}$  teaspoons salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{8}$  teaspoon nutmeg
- 40 cloves garlic, peeled
- 8 French bread or pumpernickel slices, toasted

#### **Instructions**

1. Preheat oven to 375 degrees F. Rinse the chicken in cold water and pat dry with paper towels.
2. Put the oil in a shallow dish or a plate and turn all the chicken pieces in the oil to coat all sides.
3. Lay the celery slices in the bottom of a heavy 6-quart casserole dish with a tight fitting cover.
4. Add parsley and tarragon.
5. Lay the chicken pieces on top and sprinkle with vermouth, 2 teaspoons of the salt, pepper and nutmeg.
6. Pour the oil remaining on the plate into the casserole.
7. Toss in all garlic and sprinkle with the remaining salt.

8. Lay a piece of aluminum foil on top of the casserole to make a tight seal, then place casserole lid on and bake at 375 degrees F for 1 1/2 hours without removing the lid.
9. Serve with sliced, toasted French bread or pumpernickel.

## Heart Healthy Cracker Barrel Copycat Chicken Casserole

### **Description**

Looking for the best copycat recipes from Cracker Barrel? This delicious Cracker Barrel copycat chicken casserole has been transformed into a heart-healthy Cracker Barrel copycat chicken casserole recipe. It's so good you'll swear it's the real thing.

### **Ingredients**

Cornbread:

- 1 cup yellow cornmeal
- $\frac{1}{3}$  cup whole wheat flour
- 1  $\frac{1}{2}$  teaspoons baking powder
- 1 tablespoon sugar (or equivalent sugar substitute)
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon baking soda
- 2 tablespoons vegetable oil (or equivalent butter substitute)
- $\frac{3}{4}$  cup low fat buttermilk
- 1 egg (or equivalent egg substitute)
- $\frac{1}{2}$  cup melted margarine (or equivalent butter substitute)

Chicken Filling:

- 2 tablespoons margarine (or equivalent butter substitute)
- $\frac{1}{4}$  cup chopped yellow onion
- $\frac{1}{2}$  cup celery, sliced thin
- 1  $\frac{3}{4}$  cups low sodium chicken broth
- 1 can low fat cream of chicken soup
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon freshly ground black pepper
- 2  $\frac{1}{2}$  cups cooked chicken breasts, cut into bite-size pieces

### **Instructions**

**Cornbread:**

1. Mix all except melted margarine (or equivalent butter substitute) together in mixing bowl until smooth.
2. Pour into greased (or sprayed) 8-inch square baking pan and bake at 375 degrees F for 20 to 25 minutes until done.
3. Remove from oven and let cool completely.
4. When cool, crumble cornbread and place 3 cups of cornbread crumbs in mixing bowl.
5. Add  $\frac{1}{2}$  cup melted margarine (or equivalent butter substitute) to crumbs and mix well, set aside

**Chicken Filling:**

1. In saucepan on medium low heat, place margarine or equivalent butter substitute. Sauté onion and celery until transparent, stirring occasionally.
2. Add chicken broth, low fat cream of chicken soup, salt and pepper.
3. Stir until well blended and soup is dissolved completely.
4. Add chicken; stir and blend until mixture reaches a low simmer.
5. Cook for 5 minutes, and then remove from heat.
6. Place chicken mixture in greased 2 1/2-quart casserole dish or individual casserole dishes (about four).
7. Spoon cornbread crumb topping on top of chicken mixture; do not stir into chicken filling.
8. Place baking dish in preheated oven at 350 degrees F for 35 to 40 minutes. The crumbs will turn a golden yellow.

**Notes:**

A side order of country green beans or salad makes for a hearty meal.

## Baked Sweet and Sour Chicken

### **Description**

Sweet and sour are a wonderful flavor combination popular in Asian recipes. This unique baked version includes pineapple for sweetness, and a combination of soy sauce and vinegar for the glaze.

**Cooking Time:** 35 min

### **Ingredients**

- 1 large oven bag
- 2 tablespoons flour
- $\frac{1}{4}$  cup brown sugar
- $\frac{1}{4}$  cup vinegar
- 2 tablespoons soy sauce
- 20 ounces pineapple chunks, drained
- 1 medium green pepper, cut in rings
- 4 boneless chicken breast halves
- Rice

### **Instructions**

1. Heat the oven to 350 degrees F. Shake the flour in the oven bag. Place in 13x9-inch pan.
2. Add sugar, vinegar and soy sauce to the bag. Add pineapple and green pepper; add chicken. Turn bag to coat chicken. Arrange in single layer.
3. Close the bag with nylon tie; cut 4 holes in the top to release steam. Bake for 35 minutes. Serve over hot cooked rice.

## 15 Minute Chicken Casserole

### **Description**

No oven, no problem. Make one of the tastiest chicken casserole recipes around in no time at all with a pressure cooker. See, you don't need lots of time and calories to make a delicious chicken casserole recipe.

**Serves:** 4

**Preparation Time:** 15 minutes

**Cooking Time:** 12 minutes

### **Ingredients**

- 8 skinless chicken thighs, boneless and removed of excess fat
- 2 cups low sodium chicken broth
- 1 cup dry wine
- 2 teaspoons minced garlic, about 4 cloves
- 2 cups whole grain biscuit mix
- $\frac{2}{3}$  cup skim milk
- 1 tablespoon dried dill

### **Instructions**

1. Add chicken thighs, broth, wine and garlic to cooker and cook for six minutes under high pressure in a pressure cooker. Reduce pressure quickly under cold water.
2. Combine biscuit mix, milk, and dill and drop large spoonfuls into boiling chicken broth.
3. Cook uncovered for six minutes.

## Simple Baked Chicken Parmesan

### **Description**

This baked version of the Italian classic is not only easy, but it's low in fat without all the extra oil. This family favorite is perfect topped with your favorite tomato sauce.

**Serves:** 6

**Cooking Time:** 45 min

### **Ingredients**

- 5 tablespoons unsalted butter, melted
- 1 tablespoon dry mustard or Dijon mustard
- $\frac{3}{4}$  cup dried bread crumbs
- $\frac{1}{2}$  cup Parmesan cheese, freshly grated
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon dried basil
- 3 whole chicken breasts, bone in and split

### **Instructions**

1. Preheat the oven to 400 degrees F. Lightly grease a 9 x 15-inch baking dish.
2. In a shallow bowl, combine the butter with the mustard.
3. In another shallow bowl, blend together the bread crumbs, cheese, parsley, and basil. Dip the chicken pieces first into the mustard mixture, and then coat with the bread crumb mixture. Place skin side up in the baking dish.
4. Bake, uncovered, for 45 minutes.

## One Pot Chicken

### **Description**

Full of tasty and healthy vegetables and chicken, this easy chicken recipe is a snap to pull together. Just stick it in the oven and forget about it until the timer dings and the aroma is too good to ignore!

### **Ingredients**

- 4 medium potatoes, unpeeled, quartered
- 3 cups carrots, chopped
- 2 medium onions, cut into wedges
- 1 whole chicken, cooked, meat removed and diced
- 1 cup chicken stock
- 2 bay leaf, broken in half
- 2 (10-ounce) packages frozen green beans

### **Instructions**

1. Preheat oven to 350 degrees F.
2. In an ungreased 8x12-inch or 9x13-inch baking dish, arrange the chicken, potatoes, carrots and onion.
3. Pour the chicken stock over the chicken. add the bay leaf, and cover baking dish with foil
4. Bake the chicken for 1 hour. Uncover the chicken and add the frozen green beans.
5. Continue baking for 10 to 15 minutes or until the chicken is thoroughly cooked and vegetables are tender.



## Homemade Chicken and Dumplings Soup

### **Description**

When I get sick, all I crave is chicken and dumplings soup. This chicken breast recipe is hearty and soothing. It is so good that you will be feeling better in no time!

### **Ingredients**

#### **Chicken:**

- 1 whole chicken
- 1 or 2 celery ribs and leaves
- 1 carrot
- 1 onion
- water to cover
- 2 tablespoons butter

#### **Dumplings:**

- 2 cup flour
- 2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup skim milk
- 4 tablespoon olive oil

### **Instructions**

#### **Chicken:**

1. Simmer chicken with celery, carrot, and onion in water to cover, until meat falls off the bone.
2. Take chicken out of broth and set aside.
3. Remove celery, carrot, and onion; then strain the broth and pour the broth into a Dutch Oven or large pot.
4. Pick the chicken meat off the bone and put into the broth. Add butter. Bring broth to a boil.
5. While broth is heating mix the dumplings.

#### **Dumplings:**

1. Mix ingredients, blend well, and turn out onto a floured surface. Knead four or five times.
2. Roll out the dough to 1/8 inch thick and cut into 1x1-1/2 inch strips.
3. Drop one strip at a time into chicken and broth. Reduce the heat to medium-low and cover for 15 minutes.

4. Break apart dumplings if you want smaller ones and sprinkle with pepper.
5. Put the lid back on, but don't turn heat back on.
6. Wait 30 minutes and enjoy.

## Low Cost Vegetarian Recipes

### Easy Ritz Cracker Casserole

#### **Description**

For a healthy casserole with an irresistible crunch, give this Ritz cracker recipe a try today. Learn how to prepare eggplant with Ritz crackers with this healthy casserole recipe.

**Serves:** 6

**Cooking Time:** 35 min

#### **Ingredients**

- 1/2 container of reduced sodium golden mushroom condensed soup
- 1/2 cup light mayonnaise
- 1 egg or egg substitute, beaten
- 1 tablespoon onion, grated
- 1 cup reduced fat cheese, shredded
- 1 medium eggplant
- 3/4 cup crushed Ritz crackers, about 15
- 1 tablespoon butter or butter substitute

#### **Instructions**

1. Peel and dice eggplant, and cook in boiling salted water for 10 minutes.
2. Mix soup, mayonnaise, egg, onion and cheese with parboiled eggplant.
3. Place mixture in a greased 1 1/2 quart casserole and cover with crackers.
4. Bake for 25 minutes at 350 degrees F.

## Baked Breakfast Potatoes

### **Description**

Breakfast potatoes are a food to complete your meal. It's your healthy portion of vegetables for the morning breakfast.

**Serves:** 10

**Preparation Time:** 5 minutes

**Cooking Time:** 1 hour

### **Ingredients**

- 1 tablespoon dried minced onion
- $\frac{1}{4}$  teaspoon black pepper
- 12 ounces can Cream of Broccoli soup
- 1 pint nonfat sour cream
- 8 ounces fat-free sharp cheddar cheese, grated
- 2 potatoes, cooked and cubed
- 1 cup corn flakes, crushed, for topping

### **Instructions**

1. In a large bowl combine all ingredients except the corn flakes.
2. Mix well and pour into a 9x13-inch casserole sprayed with non-stick cooking spray.
3. Sprinkle crushed corn flakes on top.
4. Bake at 350 degrees F or 45 to 60 minutes.

## Oven Corn Casserole

### **Description**

Make corn the center of a dish with this super simple casserole recipe. This delicious side dish is a no-brainer and will pair perfectly with a hearty plate of barbecue.

**Cooking Time:** 1 hour

### **Ingredients**

- 1 can cream style corn
- 1 can whole grain corn, drained
- 1 medium onion, chopped
- 1/2 medium Bell pepper, chopped
- 2 ounces jar pimento, drained and chopped
- 2/3 cup milk
- 1 egg, beaten
- 1 cup crushed saltine crackers
- 1 cup cheddar cheese, grated
- 1/4 cup butter or margarine, melted
- 2 tablespoons sugar
- Salt and pepper, to taste

### **Instructions**

1. Combine all ingredients. Place in a buttered 2-quart casserole dish.
2. Bake in a preheated 350 degree F oven for 1 hour.

## Fast Fried Rice

### **Description**

Its name doesn't lie, as Fast Fried Rice is ready in just a few simple steps. If you're learning how to make fried rice, this is one of our favorite fried rice recipes!

### **Ingredients**

- 2 tablespoons olive oil
- 1 clove garlic, minced
- 3 small red or green chilies, minced
- 1 cup button mushrooms, halved
- 1 small onion, minced
- 2 cups brown rice, cooked
- 1/2 inch pieces of bundle long beans or substitute green beans
- 1 small sweet red or green pepper
- 1/2 teaspoon sugar substitute
- 3 tablespoons low sodium soy sauce
- 15 sweet basil leaves

### **Instructions**

1. Heat olive oil in wok or frying pan.
2. Begin stir frying items in order of ingredients list, one right after the other.
3. Cook everything until all ingredients are tender.
4. Serve hot and enjoy!

## Easy Egg Salad Sandwich

### **Description**

Sometimes nothing beats the taste of a classic, homemade egg salad sandwich. This version has all the traditional ingredients: hard-boiled eggs, onion, celery, mayo and mustard.

### **Ingredients**

- 6 hard cooked eggs, chopped with yolks removed
- 1 tablespoon minced onion
- 2 minced stalks celery, plus leaves
- 1 teaspoon celery seed
- Dash salt
- Dash black pepper
- $\frac{1}{2}$  cup low-fat mayonnaise or salad dressing
- 1 teaspoon prepared mustard

### **Instructions**

1. Mix all ingredients, refrigerate until ready for serving.

## Zucchini Feta Cheesy Casserole

### **Description**

This cheesy low-fat casserole is the perfect vegetarian entree or side-dish. Try using fresh herbs to bring to life your Zucchini-Feta Cheesy Casserole. Toss in some eggplant to add some extra flavor and color to the dish.

**Serves:** 4

**Preparation Time:** 15 minutes

**Cooking Time:** 1 hour

### **Ingredients**

- $\frac{3}{4}$  cup bulgur wheat
- 1 olive oil
- 2 teaspoons onions, chopped
- 2 tablespoons garlic, chopped
- 4 cups zucchini, sliced
- $\frac{1}{2}$  teaspoon oregano
- $\frac{1}{2}$  teaspoon basil
- $\frac{1}{2}$  teaspoon marjoram
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{2}$  cup Egg Beaters
- 1 cup low fat feta cheese, crumbled
- 1 cup fat free cottage cheese
- $\frac{3}{4}$  cup fresh parsley, chopped
- $\frac{1}{4}$  cup tomato paste
- 1 tablespoon soy sauce
- 1 cup low fat cheddar cheese
- 1 tomato, sliced
- 2 tablespoons sesame seeds (optional)

### **Instructions**

1. Pour boiling water over bulgur and set aside until soft and chewy.
2. Sauté onions and garlic in olive oil until onions are translucent. Add zucchini, herbs and pepper. Stir until zucchini is tender.
3. Mix egg beaters, feta and cottage cheese. Add parsley, tomato paste and soy sauce to bulgur and mix.



4. Spray a 10x5-inch casserole with non-stick spray. Assemble the casserole. Layer bulgur mixture first, and then follow with vegetables then feta mixture.
5. Top with tomato slices and cheddar cheese. Sprinkle with sesame seeds if using.
6. Bake covered at 350 degrees F for 45 minutes. Uncover last 15 minutes. Let sit 10 minutes before serving.

## Fresh Homemade Tomato Soup

### **Description**

This recipe shows you how to create a huge batch of fresh tomato soup for enjoying now and freezing or canning for later. You can adjust the ingredients for smaller batches.

### **Ingredients**

- 7 quarts ripe tomatoes, chopped
- 7 stalks celery, chopped
- 7 sprigs parsley, chopped
- Green peppers, to taste
- 5 medium onions, chopped
- 7 whole cloves
- 7 bay leaves
- 1 1/2 cups flour
- 1 1/2 cups sugar
- 4 tablespoons salt
- 2 teaspoons paprika
- 3/4 cup butter

### **Instructions**

- Combine first seven ingredients in saucepan, cook until tender.
- Press through sieve. Bring to a boil.
- Combine remaining ingredients with 1 cup hot water, blend into a smooth paste.
- Add to tomato mixture, stir until well thickened. Pour into hot sterilized jars, seal.

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