

## Budget-Friendly Cooking

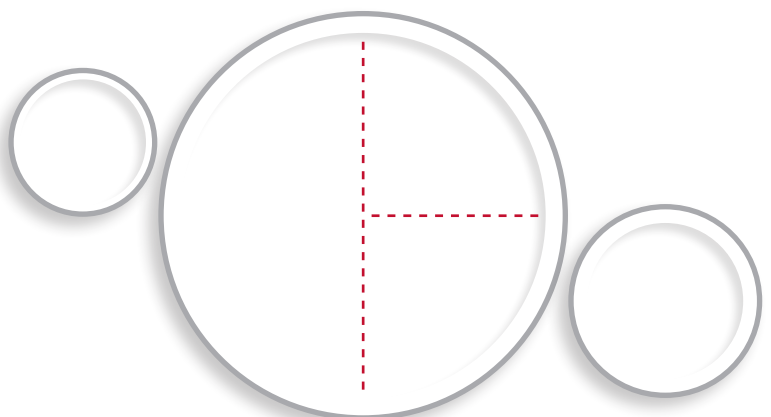
Healthy cooking can be easy. It also does not have to cost a lot. Below are some healthy foods that tend to cost less. Try to plan meals with these foods.

<p><b>NONSTARCHY VEGETABLES</b></p> <ul style="list-style-type: none"> <li>• Frozen (no sauce)</li> <li>• Canned (drain and rinse)</li> <li>• Fresh vegetables on sale</li> </ul> <p>Examples: carrots, green beans, broccoli, celery, onions, peppers, spinach</p>	<p><b>GRAINS AND STARCHY FOODS</b></p> <ul style="list-style-type: none"> <li>• Brown rice</li> <li>• Whole wheat pasta</li> <li>• Dried beans</li> <li>• Canned beans</li> <li>• Potatoes</li> <li>• Sweet potatoes</li> <li>• 100% whole-wheat bread</li> <li>• Corn tortillas</li> <li>• Oatmeal</li> </ul>	<p><b>DAIRY</b></p> <ul style="list-style-type: none"> <li>• Nonfat dry milk</li> <li>• Low-fat milk</li> <li>• Yogurt (large container)</li> </ul>
<p><b>FRUITS</b></p> <ul style="list-style-type: none"> <li>• Frozen without added sugar</li> <li>• Canned (be sure to drain and rinse if canned in syrup)</li> <li>• Fresh fruit on sale</li> </ul>	<p><b>PROTEIN FOODS</b></p> <ul style="list-style-type: none"> <li>• Eggs</li> <li>• Canned fish or chicken</li> <li>• Whole chicken</li> <li>• Ground beef, chuck, or bottom round roast</li> <li>• Specials at the meat counter or bulk packages</li> </ul>	<p><b>FATS</b></p> <ul style="list-style-type: none"> <li>• Peanut butter</li> <li>• Vegetable oil</li> <li>• Soft tub margarine</li> </ul>

### Plan a Budget-Friendly Meal

How can you combine some of these foods to cook a healthy low-cost meal? Fill in the plate, at right, using the foods above.

**Example:** Have roasted chicken, brown rice, and broccoli. Add a side of canned peaches that have been drained and rinsed. Have water to drink.



## Tips: Low-Cost Healthy Cooking

- Choose low-cost recipes and meals. Recipes with fewer ingredients are often cheaper and quick to make. One place to look for recipes is: <http://www.whatscooking.fns.usda.gov/>
- Plan meals around the foods on sale and coupons you find.
- Plan meals using beans for protein. Meat, chicken, and fish usually cost more.
- Save leftovers! Freeze them for a later date. Or, keep them in the fridge and eat within a few days.
- You can also double a recipe so you'll have extra for easy meals later that week.
- For canned veggies and beans, drain and rinse them before using.
- For frozen veggies, use those without added sauces.
- For canned fruit, drain and rinse it if canned in syrup.
- For frozen fruit, make sure it has no added sugar by checking the ingredient list.
- Cook with less processed grains like regular oats and rice. They cost less than the instant type.
- Drink water with meals instead of buying soda and alcohol.
- For beef, cook with chuck or bottom round roast. These cuts have less fat and cost less. They need to be covered during cooking and cooked longer to make the meat tender.
- When cooking ground meat, drain and rinse it under hot water after cooking.
- Use less fat, sugar, and salt when you cook.