

1-Day Menu



Breakfast

Oatmeal
Raisins
Low-fat Milk

Snack

Apple Slices with Peanut Butter

Lunch

Sandwich Wraps
Oven-Baked French Fries
Carrot Sticks
Water
Yogurt



Dinner

Chicken Quesadillas
Black Bean & Corn Salsa
with Baked Chips

Green Salad
Low-fat Milk or
Water
Mixed Fruit



Chicken Quesadillas

Makes 4 servings
Serving Size: 1 quesadilla
Cost per Serving: \$0.85*

Ingredients:

1 cup chopped, cooked chicken (canned or leftover will work)
2 Tablespoons chunky salsa
¼ cup chopped white onion
Non-stick cooking spray
¼ cup chopped green chili peppers (optional)
½ cup reduced-fat cheese, shredded
4 flour tortillas, 10 inch (try whole grain)

Directions:

1. Preheat electric skillet to 350°F or heat a regular skillet on stovetop over medium heat.
2. Mix chicken, salsa, onion and green chili peppers (optional).
3. Place ¼ of chicken mixture on half of a tortilla. Top with ¼ of cheese; fold over mixture and seal edges.
4. Place in skillet sprayed with non-stick cooking spray.
5. Brown on one side at medium heat for 3-4 minutes.
6. Turn tortilla over and brown other side.
7. Cut each folded tortilla into 3 wedges.

Nutrition Facts per Serving:

250 calories, 10g total fat, 4.5g saturated fat, 16g protein, 23g carbohydrate, 1g fiber, 480

Get More for Your Money



Try these **money-saving** tips and recipes!

*Prices based on a chain grocery store in Little Rock on May 28, 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

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Almost everyone wants to save money when they shop for groceries. Here are some tips that can help you get more for your money.

Contact your county extension office for more information and low-cost recipes.



Meal Tips

Plan your meals ahead of time. Check what food you have on hand, and then plan meals for a week or two at a time. Fewer trips to the store mean fewer chances to spend money.

Make meatless dishes occasionally. Beans, peas and eggs are inexpensive replacements for meat. You can also add beans to a dish and just use less meat.

Think of leftovers as “make-overs.” Using leftovers to make another meal saves time and money. Leftovers can be used in casseroles, soups, for snacks and lunches.



Shopping Tips

Look up and look down. Companies pay for shelf space at eye level to place more expensive brands. Look to higher and lower shelves for less expensive products.

Look for store or generic brands. Sometimes the only difference is the name brand on the label. The only way to know is to give it a try!

Stick to your list. Try not to shop when you are tired or hungry. This will make you more likely to overbuy, especially prepared foods.

Use coupons wisely. Use coupons for items you would normally buy and only if it doesn't require a special trip to the store.

Try these quick and healthy recipes to save time money. ►

Oven Fries

Makes 6 servings
Serving Size: 10 fries
Cost per Serving: \$0.46*

Ingredients:

Non-stick cooking spray
4 medium baking potatoes or sweet potatoes
2 Tablespoons oil
Seasonings (optional)
(Try one or several of these seasonings: salt, pepper, garlic powder, onion powder, salt-free seasoning blend.)

Directions:

1. Preheat oven to 475°F.
2. Lightly spray baking sheet with non-stick cooking spray.
3. Wash potatoes thoroughly and dry with a paper towel.
4. Cut potatoes into long strips about ½ inch thick.
5. Put oil in a plastic bag. Add potatoes and toss to evenly coat with oil. You may add seasoning to the bag.
6. Spread strips in a single layer on a baking sheet and place in preheated oven.
7. Bake at 475°F for 20 minutes.
8. After 20 minutes, take sheet out of oven and turn potato strips over.
9. Immediately return sheet to oven and bake for 15 more minutes.

Nutrition Facts per Serving:

170 calories, 5g total fat, 0.5g saturated fat, 3g protein, 29g carbohydrate, 3g fiber, 10mg sodium.