



# Recipes and Tips for Healthy, Thrifty Meals

In its continuing effort to improve the nutritional health and overall well-being of Americans, especially low-income Americans, the U.S. Department of Agriculture released a menu and recipe book, *Recipes and Tips for Healthy, Thrifty Meals*. This colorful book is designed for anyone who wants to eat a healthy diet that meets federal dietary guidelines at a minimal cost.

In addition to 40 preparation-tested and taste-tested recipes, the booklet offers information on shopping, cooking healthy meals and food safety. *Recipes and Tips for Healthy, Thrifty Meals* is available for free at [www.pueblo.gsa.gov/cic\\_text/food/rec-thrifty/recipes.htm](http://www.pueblo.gsa.gov/cic_text/food/rec-thrifty/recipes.htm). We have included several recipes from *Recipes and Tips for Healthy, Thrifty Meals* for your review. Please pass these tasty recipes on to your clients so they, too, can eat healthy, inexpensive meals.

## Baked Meatballs

*4 servings, about 3 meatballs each, plus 4 servings for another meal*  
**Preparation Time: 15 minutes** **Cooking Time: 10 to 12 minutes**

|                  |          |
|------------------|----------|
| Onions, minced   | 1/4 cup  |
| Vegetable Oil    | 1 tbsp   |
| Lean Ground Beef | 2 pounds |
| Eggs             | 2        |
| Bread Crumbs     |          |
| Whole milk       | 3/4 cup  |
| Salt             | 1/8 tsp  |
| Pepper           | 1/2 tsp  |
| Onion Powder     | 2 tsp    |
| Garlic Powder    | 1/2 tsp  |

1. Preheat oven 400°F. Grease baking sheet lightly with oil.
2. Add 1 tbsp oil and onions to small skillet. Cook over medium heat, until tender, about 3 minutes
3. Mix remaining ingredients together in bowl; add onions. Mix until blended, using a large serving spoon.
4. Shape beef mixture into 1 to 2 inch meatballs; place on baking sheet.
5. Bake until thoroughly cooked, about 10 to 12 minutes.



## Chicken Noodle Soup

*4 servings, about 1 1/2 cups each, plus 4 servings for another meal*  
**Preparation Time: 25 minutes** **Cooking Time: 35 to 40 minutes**

|                           |         |
|---------------------------|---------|
| Vegetable Oil             | 1 tsp   |
| Onion, minced             | 1/2 cup |
| Carrots, diced            | 1/2 cup |
| Celery, sliced            | 1/2 cup |
| Garlic Powder             | 1/2 tsp |
| Flour                     | 1/8 cup |
| Dried Oregano Flakes      | 1/4 tsp |
| Chicken Broth             | 3 cups  |
| Potatoes, peeled & diced  | 2 cups  |
| Whole Milk                | 1/2 cup |
| Noodles, uncooked         | 1 cup   |
| Chicken, cooked & chopped |         |

1. Heat oil over medium heat in large sauce pan. Add minced onions, carrots, celery and garlic powder. Cook until onions are tender, about 3 to 5 minutes.
2. Sprinkle flour and oregano over vegetables; cook about 1 minute.
3. Stir in chicken broth potatoes. Cover and cook until tender, about 20 minutes.
4. Add chicken, milk and noodles. Cover and simmer until noodles are tender, about 10 minutes.



## Potato Salad

*4 servings, about 1 1/2 cups each*

*Preparation Time: 25 minutes Cooking Time: 15 minutes*

Potatoes 1 pound  
*4 medium, washed & peeled*  
Onions, diced 1 cup  
Sweet Pickle Relish 1/4 cup  
Celery, chopped 1/2 cup  
Salad Dressing 1/2 cup  
*mayonnaise-type*

1. Wash potatoes; place in sauce pan. Cover with water and bring to a boil. Simmer until soft, about 15 minutes. Drain and cool.
2. Dice onions and chop celery; combine with pickle relish.
3. Add salad dressing to pickle mixture.
4. Cube potatoes and blend with dressing.
5. Cover and chill several hours.



## Baked Spicy Fish

*4 servings, about 3 ounces each*

*Preparation Time: 25 minutes Cooking Time: 15 minutes*

Cod Fillets 1 pound  
*Fresh or frozen*  
Paprika 1/4 tsp  
Garlic Powder 1/4 tsp  
Onion Powder 1/4 tsp  
Pepper 1/8 tsp  
Ground Oregano 1/8 tsp  
Ground Thyme 1/8 tsp  
Lemon Juice 1 tbsp  
Margarine, melted 1 1/2 tbsp

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350°F.
3. Separate fish into four fillets or pieces. Place fish in ungreased 13x9x2 baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano and thyme in small bowl. Sprinkle seasoning mixture and lemon juice evenly over fish. Drizzle margarine evenly over fish.
5. Bake until fish flakes easily with a fork, about 20 to 25 minutes.



## Potato Soup

*4 servings, about 1 cup each, plus 4 servings for another meal*

*Preparation Time: 25 minutes Cooking Time: 15 minutes*

Onion, chopped 3/4 cup  
Potatoes 4 1/2 cups  
*Peeled and diced*  
Margarine 1 tbsp  
Flour 3 tbsp  
Whole Milk 1 quart

1. Place onions and potatoes in sauce pan. Cover with water and bring to boil. Simmer until soft, about 10 minutes. Drain.
2. Melt margarine in saucepan. Add flour and stir until smooth. Heat to thicken.
3. Add onions and potatoes to milk mixture, and heat to serving temperature.



*Recipes and Tips for Healthy, Thrifty Meals* is available for free download on the USDA Center for Nutrition Policy and Promotion website at [www.usda.gov/cnpp](http://www.usda.gov/cnpp).