



10 HEALTHY DINNER RECIPES ON A BUDGET



Here's a daily question that most of us dread:
What's for dinner?

It makes us think about cost, time and nutrition. This can all be tough to balance. Here are some family friendly dinner options for four that cost just a few bucks per serving. There are even vegetarian and gluten-free options. You will love saving money with these simple dinners.

With prices rising at the supermarket, it's important to save money where you can. If you know which fruits and vegetables are currently in-season at the store, it can save you time and money. Nobody wants dull and expensive produce.

So we've compiled a general produce guide for you! You'll be able to see when prices are low and high for your favorite fruits and vegetables during the year.

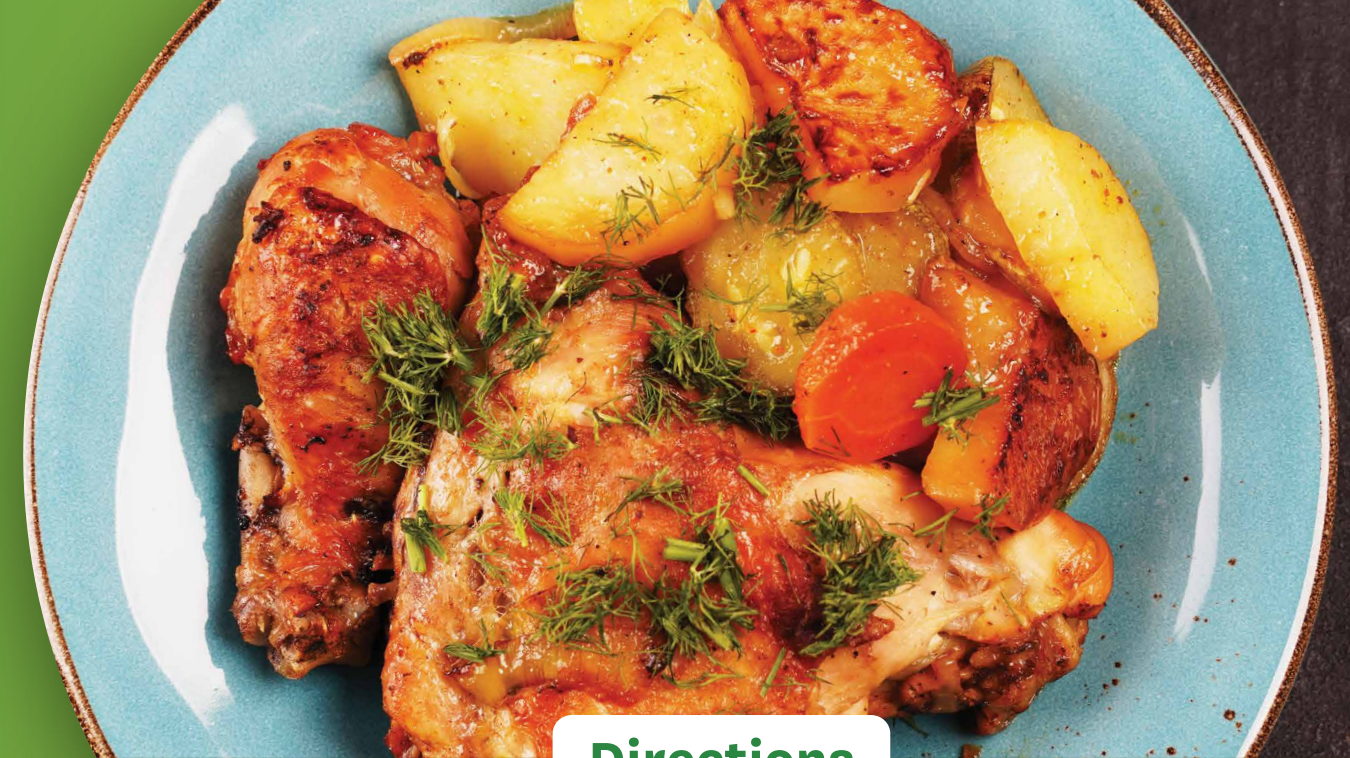
Just remember, prices and availability change from region to region. Be sure to ask your local store or farmer's market when something is in-season.



**Scan the code to learn about which fruits
and vegetables are currently in-season.**

Or visit: <https://tinyurl.com/259rdyb4>

LEMON & HERB ROAST CHICKEN & VEGETABLES



Directions

Enjoy a healthy version of Sunday roast chicken dinner in only 40 minutes. Save big by carving up three roasted chicken breasts for four people (it's plenty). If you buy a four-pack, roast the fourth breast and set aside to add to a green salad or soup later in the week.

Total time: **1 hour** | Prep time: **15 min** | Cook time: **45 min** | Servings: **4**

Ingredients

Recipe courtesy of Food Network Kitchen | **Source:** <https://tinyurl.com/4phbbk44>

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|--|---|
| <ul style="list-style-type: none">• 1 pound small red-skinned potatoes, quartered | <ul style="list-style-type: none">• 1 medium red onion, cut into 1/2-inch wedges |
| <ul style="list-style-type: none">• 2 medium carrots, cut into 1-inch pieces | <ul style="list-style-type: none">• 3 bone-in, skin-on chicken breasts (about 1 3/4 pounds) |
| <ul style="list-style-type: none">• 2 stalks celery, peeled and cut into 1-inch pieces | <ul style="list-style-type: none">• 1 teaspoon poultry seasoning |
| <ul style="list-style-type: none">• 1 lemon, halved | <ul style="list-style-type: none">• Kosher salt and freshly ground black pepper (To taste) |
| <ul style="list-style-type: none">• 2 teaspoons olive oil | <ul style="list-style-type: none">• 1/4 cup chopped fresh parsley |

1 Adjust the oven rack to the top position and preheat to 450 degrees F. Toss together the potatoes, carrots, celery, onions, 1 teaspoon of the olive oil, 1/2 teaspoon salt and a few grinds of pepper on a rimmed baking sheet and arrange in a single layer. Roast until the vegetables brown slightly and the potatoes just begin to soften, about 20 minutes, tossing halfway through.

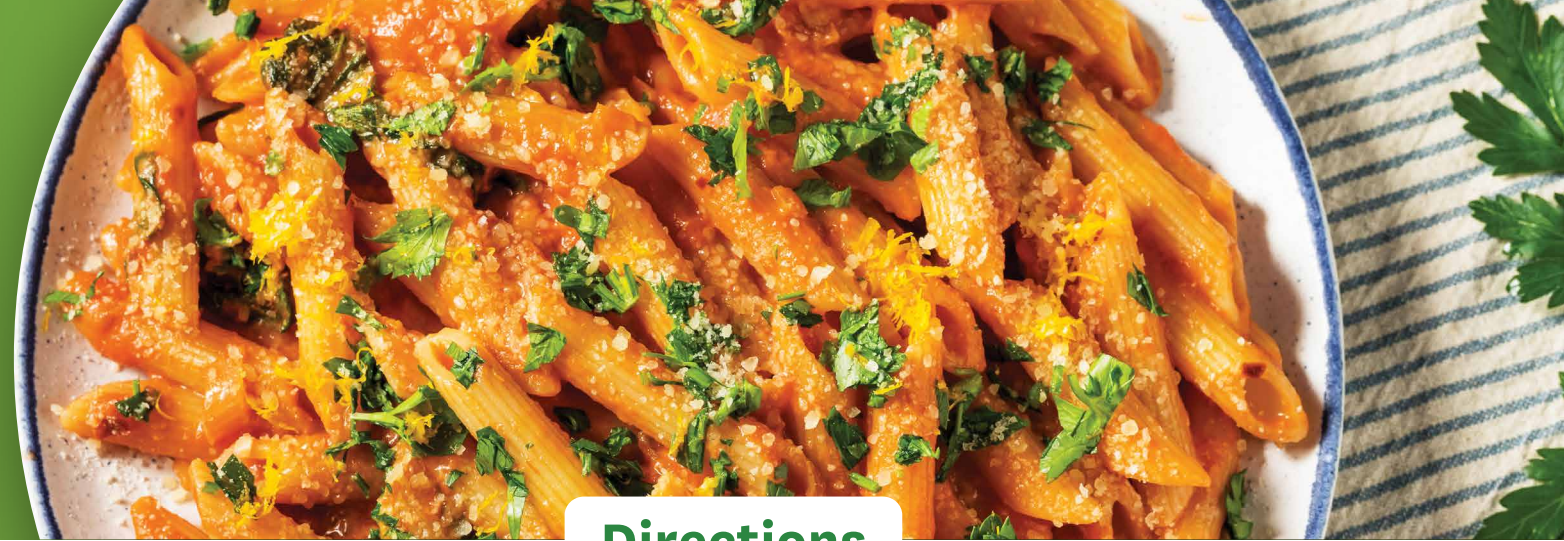
2 Meanwhile, rub the chicken breast skin with the remaining 1 teaspoon oil and sprinkle with the poultry seasoning and 1/2 teaspoon salt. Once the vegetables begin to soften, put the chicken breasts on top and roast until the skin is golden brown and the chicken reaches an internal temperature of 165 degrees F, 20 to 25 minutes.



3 Remove the chicken breasts and let them rest for a few minutes. Toss the roasted vegetables with juice from 1 of the lemon halves and the parsley. Cut the bones from the chicken breasts and slice the meat. Divide the chicken and roasted vegetables among 4 plates. Cut the remaining lemon half into wedges and serve alongside the meal.

ENJOY!

ANTIPASTI PENNE



Directions

This healthy, budget-friendly pasta dinner is inspired by pricey antipasti platters. We love the spicy-garlicky flavor the soppressata brings-lots of bang for your buck!

Total time: **35 min** | Prep time: **10 min** | Cook time: **25 min** | Servings: **4**

Ingredients

Recipe courtesy of Food Network Kitchen | **Source:** <https://tinyurl.com/yybj6dyp>

- 12 ounces whole-grain penne
- 3 ounces soppressata or salami, cut into 1/2-inch chunks
- One 14-ounce can artichoke hearts, strained and quartered
- 6 stuffed Spanish queen olives, halved, including 2 tablespoons of the brine
- 1 tablespoon olive oil
- One 14-ounce can no-salt-added diced tomatoes
- 4 to 5 fresh basil leaves, plus more for garnish
- 1/2 cup of 1/2-inch chunks fresh mozzarella

1 Bring a medium pot of water to a boil, add the pasta and cook according to package instructions; drain, reserving 1/2 cup of the pasta water. Return the pasta to the pot.

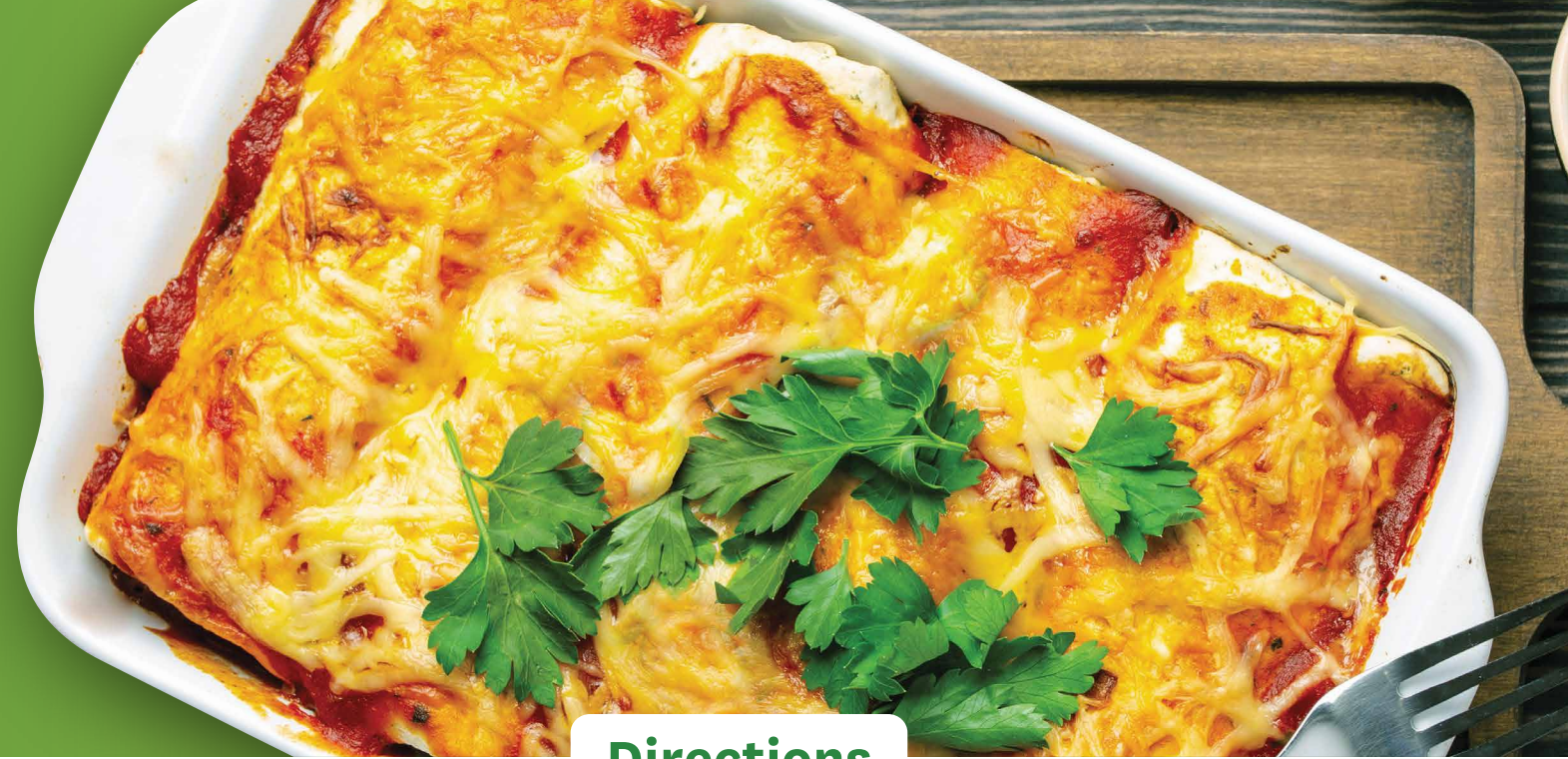


2 Meanwhile, heat the olive oil in a large nonstick skillet over medium-high heat. Add the soppressata and cook, stirring, until blistered and the oil turns reddish, about 3 minutes. Add the artichoke hearts and olives and stir to coat. Add the tomatoes, the reserved pasta water, basil leaves and 2 tablespoons of olive brine. Bring to a simmer and cook until most of the water evaporates and the sauce thickens slightly, 8 to 10 minutes.

3 Add the sauce and mozzarella to the pasta in the pot and stir to combine. Divide among 4 bowls and garnish with more basil.

ENJOY!

VEGETARIAN TORTILLA CASSEROLE



Directions

There are so many reasons to love this recipe: It's budget friendly, quick, healthy and gluten free!

Total time: **55 min** | Prep time: **20 min** | Cook time: **35 min** | Servings: **4**

Ingredients

Recipe courtesy of Food Network Kitchen | Source: <https://tinyurl.com/z38wmd9m>

- 1 medium yellow squash, sliced into 1/4-inch-thick rounds
- Kosher salt (To taste)
- 1 cup shredded part-skim mozzarella
- 1/4 cup grated Parmesan
- Cooking spray (As needed)
- Twelve 6-inch corn tortillas
- 4 scallions, sliced
- 1 cup salsa verde
- 1 large ripe tomato, sliced 1/4 inch thick
- 1 thawed 9-ounce package frozen chopped spinach, squeezed dry

1 Preheat the oven to 425 degrees F. Arrange the squash on a baking sheet and sprinkle with 1/8 teaspoon salt. Bake until just soft, about 10 minutes, flipping the squash once about halfway through. Combine the mozzarella, Parmesan and 1/2 teaspoon salt in a small bowl.



2 Spray an 8-inch baking dish with cooking spray. Arrange 4 of the tortillas in the bottom of the dish so they overlap and top with the squash and half the scallions. Drizzle 1/3 cup of the salsa verde over the vegetables and top with 1/3 of the cheese mixture.

Add another 4 overlapping tortillas, top with the sliced tomatoes and spinach, drizzle 1/3 cup of the remaining salsa verde over the vegetables and top with half of the remaining cheese. Finish building the casserole with the remaining 4 tortillas, salsa verde and cheese mixture.

Bake, uncovered, until the casserole is golden brown and hot, 20 to 25 minutes. Garnish with the remaining scallions.

ENJOY!

BREADED PORK CHOPS *WITH WARM APPLE-CABBAGE SLAW*



Directions

Think of this as a new, healthier (and less messy!) take on pan-fried pork chops and applesauce. We bread these low-calorie, low-fat chops in whole-wheat panko and spray them with cooking spray to get them crispy.

Total time: **50 min** | Prep time: **15 min** | Cook time: **35 min** | Servings: **4**

Ingredients

Recipe courtesy of Food Network Kitchen | **Source:** <https://tinyurl.com/yck7fm45>

- 1/2 head green cabbage, cored and cut into 2-inch chunks
- 1 McIntosh or Red Delicious apple, cut into 1/2-inch chunks
- 2 tablespoons plus 1 teaspoon apple cider vinegar
- 4 thin boneless pork chops
- Kosher salt and freshly ground black pepper (To taste)
- 3 teaspoons light brown sugar
- 1 tablespoon olive oil
- 3 tablespoons sour cream
- 2 teaspoons Dijon mustard
- 1 cup panko bread crumbs
- 1/4 cup chopped fresh dill (*Optional*)
- Cooking spray (As needed)

1 Adjust oven racks to the top and lower-third positions and preheat to 425 degrees F. Put a wire rack in a rimmed baking sheet.

2 Toss the cabbage, apples, 2 tablespoons of the vinegar, olive oil, 2 teaspoons of the brown sugar, 3/4 teaspoon salt and a few grinds of black pepper together on another baking sheet. Roast on the top rack until the cabbage and apples are golden in spots and tender, 20 to 25 minutes. Remove and toss with dill, if using.

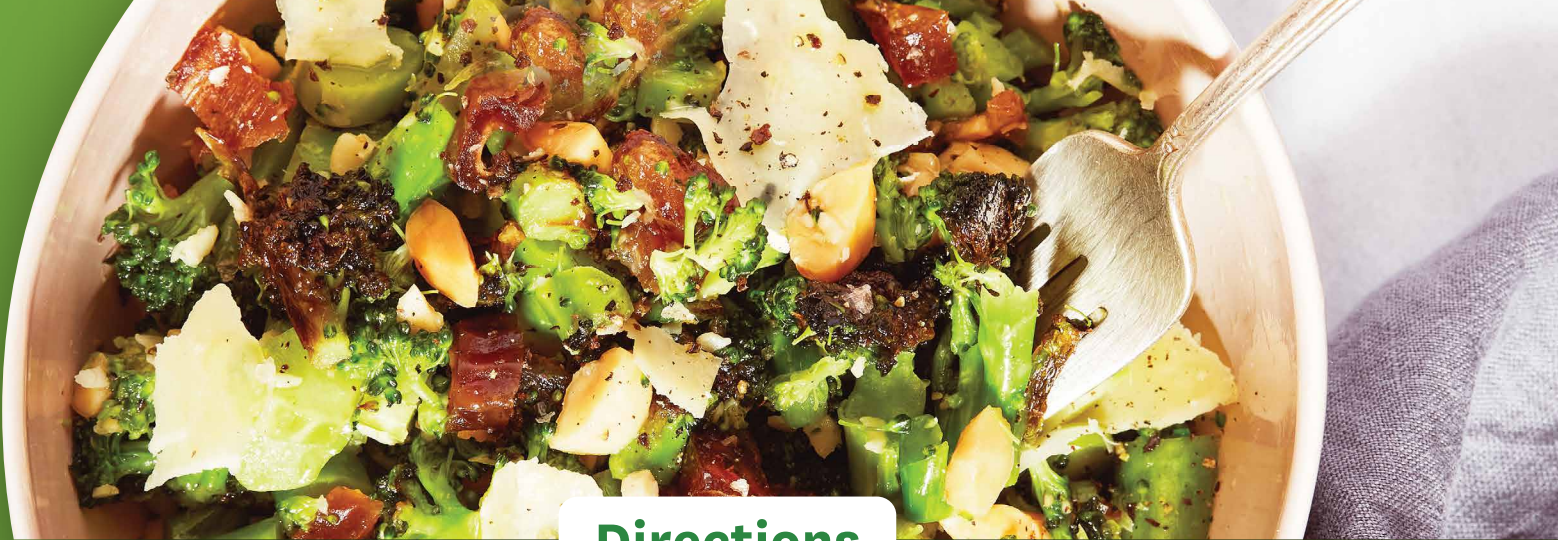
3 Meanwhile, lay the pork chops between two pieces of plastic wrap and pound until about 1/4 inch thick. Sprinkle all over with 1/2 teaspoon salt and a few grinds of black pepper. Combine 1 tablespoon of the sour cream and 1 teaspoon of the mustard in a small bowl and brush both sides of each chop with the mixture.

4 Pour the panko crumbs out on a plate and press each side of the pork chops into the crumbs. Generously spray both sides of each chop with cooking spray and place on the rack on the baking sheet. Bake on the lower rack until the pork chops are golden, crispy and cooked through, 6 to 8 minutes, flipping halfway through.

5 Mix together the remaining 2 tablespoons of sour cream, 2 teaspoons water and the remaining 1 teaspoon each mustard, brown sugar and vinegar. Divide the pork chops and apple slaw among four plates; drizzle the chops with some of the sauce.

ENJOY!

BACON & BROCCOLI RICE BOWL



Directions

Who says bacon and eggs can't be healthy? When used sparingly and in the right way, you need only a little. If you're in the mood for something a little fancier, dress this rice bowl up by poaching the egg instead of hard-cooking it.

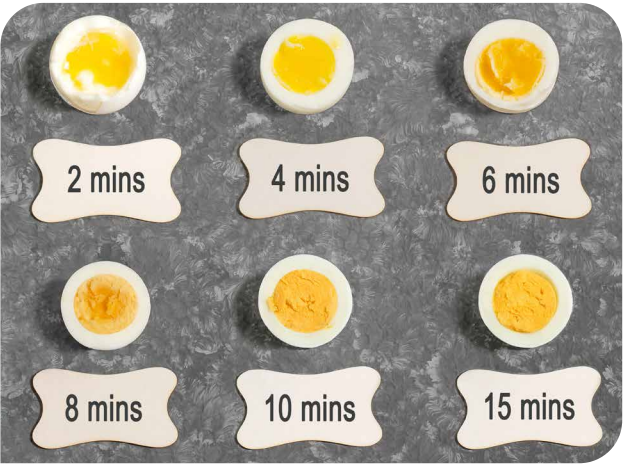
Total time: **40 min** | Prep time: **10 min** | Cook time: **30 min** | Servings: **4**

Ingredients

Recipe courtesy of Food Network Kitchen | **Source:** <https://tinyurl.com/3bru3wuw>

- 4 large eggs
- 4 strips bacon
- 1 cup low-sodium chicken broth
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons rice wine vinegar
- 1 tablespoon light brown sugar
- 5 cups cooked brown rice
- 4 cups small broccoli florets
- 2 scallions, sliced, white and green parts separated
- 1 medium carrot, shredded
- 2 teaspoons toasted sesame oil
- Kosher salt and freshly ground black pepper (To taste)

1 Cover the eggs with about 1 inch of water in a small saucepan. Bring to a high simmer, cover and remove from heat. Let stand for 8 minutes. Run under cold water; peel and quarter each.



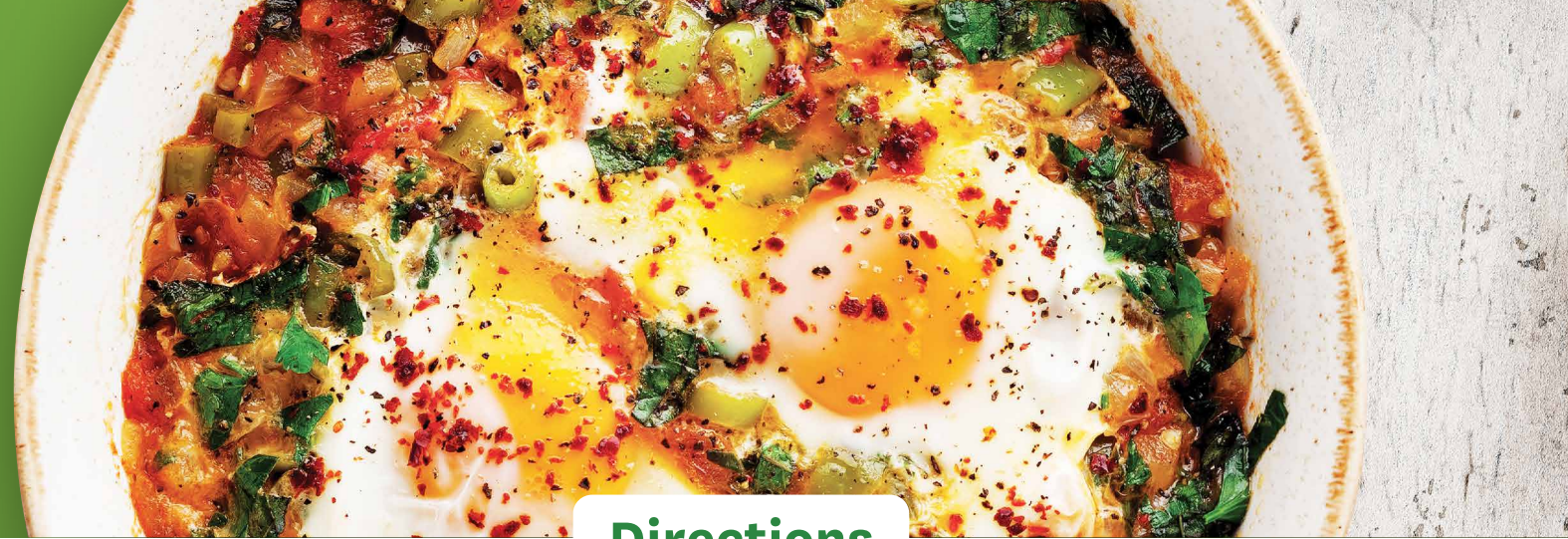
2 Meanwhile, arrange the bacon in a large skillet and cook over medium heat until golden brown and crisp, about 4 minutes per side. Remove the bacon from the skillet and chop into bite-size pieces.

3 Whisk together the chicken broth, soy sauce, vinegar, brown sugar, 3/4 teaspoon salt and a few grinds of pepper in a large microwave-safe bowl. Add the rice, broccoli and scallion whites and toss to combine. Cover and microwave on high, stirring occasionally, until the broccoli is crisp-tender and the rice is warmed through, about 6 minutes.

4 Divide the rice-broccoli mixture among four bowls. Top each with a quartered egg, bacon, carrot and scallion greens. Drizzle each with sesame oil.

ENJOY!

BEAN, KALE, & EGG STEW



Directions

This easy vegetarian weeknight meal is packed with protein (28 grams per serving) thanks to the beans, eggs, kale, cheese and whole-grain bread. It's also super high in vitamin C, calcium and iron.

Note: If kidney and pinto beans are unavailable, substitute another kind, such as black beans.

Total time: **25 min** | Prep time: **5 min** | Cook time: **20 min** | Servings: **4**

Ingredients

Recipe courtesy of Food Network Kitchen | **Source:** <https://tinyurl.com/5ecxv5d2>

- 2 tablespoons olive oil
- 1/2 small red onion, chopped
- Two 15-ounce cans kidney or pinto beans, one can drained and rinsed, one can liquid reserved
- 1 1/2 cups low-sodium vegetable broth
- 2 teaspoons low-sodium soy sauce
- Kosher salt and freshly ground black pepper (To taste)
- 1 bunch kale, stemmed and torn into 2-inch pieces (about 10 cups)
- 4 large eggs
- 4 slices whole-grain bread
- 2 ounces sharp Cheddar, shredded (about 1/3 cup)
- Your favorite hot sauce, for serving

1 Preheat the broiler. Heat 1 tablespoon of oil in a medium saucepan over medium-high heat. Add the onions and cook, stirring, until soft, for about 4 minutes. Add the beans and reserved bean liquid, chicken broth, soy sauce, 1/2 teaspoon of salt and a few grinds of pepper.

Bring to a simmer, add the kale and stir until wilted; bring back to a simmer and cook until the kale is tender and the stew is slightly thickened, about 15 minutes. Remove from the heat, cover and keep warm.



2 Heat the remaining 1 tablespoon oil in a large nonstick skillet. Once the oil is hot, crack the eggs into the skillet and cook until the whites begin to set up, about 2 minutes.

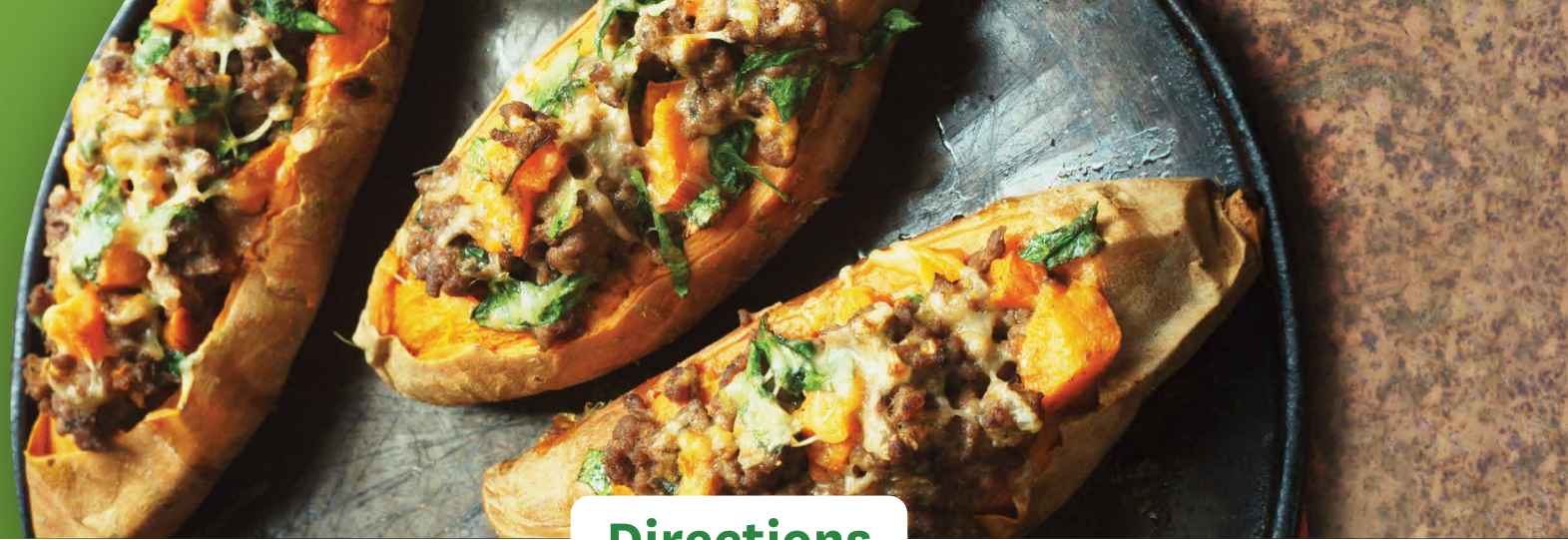
Sprinkle each egg with pepper, cover and continue to cook until the whites are completely set and the yolks are still runny, about 2 minutes more. Remove from the heat.

3 Sprinkle the cheese on the bread, transfer to a baking sheet and broil until melted, watching closely. Cut each slice in quarters.

4 Divide the stew among 4 bowls, top each with an egg and serve with the cheese toasts and hot sauce.

ENJOY!

BEEFY STUFFED SWEET POTATO



Directions

We used a clever trick to pack veggies into these Latin-inspired stuffed potatoes: We chop the carrots, onion and tomato into small pieces that go almost unnoticed when cooked with the ground beef-perfect for that picky vegetable eater who's trying to eat healthier.

Total time: **40 min** | Prep time: **20 min** | Cook time: **20 min** | Servings: **4**

Ingredients

Recipe courtesy of Food Network Kitchen | **Source:** <https://tinyurl.com/yvbcvas3>

- 4 small sweet potatoes, scrubbed and washed
- 4 medium carrots, 2 roughly chopped and 2 shredded
- 1/2 medium onion, roughly chopped
- 1 plum tomato, chopped
- 2 cloves garlic
- 2 tablespoons plus 1 teaspoon red wine vinegar
- 1 teaspoon ground cumin
- Kosher salt and freshly ground black pepper (To taste)
- 1/2 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 2 tablespoons olive oil
- 3/4 pound lean ground beef
- 1/4 cup chopped fresh cilantro

1 Poke each sweet potato a few times and microwave until fork tender, about 10 minutes, rotating about halfway through. Set aside and keep warm.

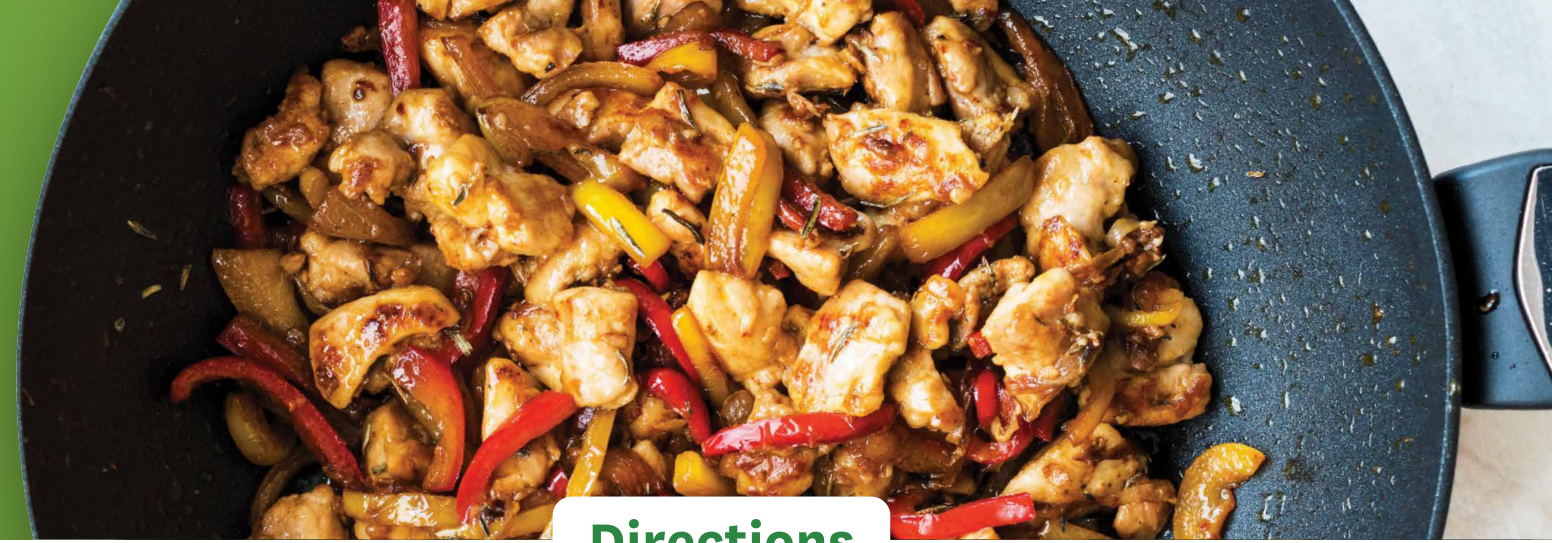


2 Combine the chopped carrots, onions, tomatoes, garlic, 2 tablespoons of vinegar, cumin, 1 teaspoon salt, oregano, cayenne and a few grinds of black pepper in a food processor; pulse until coarsely chopped. Heat the oil in a large nonstick skillet over medium-high heat, add the vegetable mixture and cook, stirring constantly, until dry, 3 to 4 minutes. Add 1/4 cup water and cook, scraping up any brown bits with a wooden spoon, until the water evaporates, about 1 minute. Add the ground beef and cook, stirring and breaking it up into smaller chunks, until browned and cooked through, about 4 minutes. Remove from the heat.

3 Split the potatoes in half, scoop out some of the warm flesh and add it to the beef mixture; stir to combine. Divide the potato halves among four plates and generously fill each half with the beef-potato mixture. Toss the shredded carrots with the cilantro, the remaining teaspoon of vinegar and 1/4 teaspoon of salt in a medium bowl. Divide the slaw evenly.

ENJOY!

CHICKEN, PEPPER & CORN STIR-FRY



Directions

An easy tip to follow when cooking and eating healthy is "Eat the rainbow," and this colorful stir-fry is a great way to start. We use boneless, skinless chicken thighs instead of breasts because a little goes a long way.

Total time: **30 min** | Prep time: **5 min** | Cook time: **25 min** | Servings: **4**

Ingredients

Recipe courtesy of Food Network Kitchen | **Source:** <https://tinyurl.com/mpn5rd95>

- 3/4 pound boneless chicken thighs, cut into 1-inch pieces
- 1 large egg white
- 1 tablespoon, plus 2 teaspoons cornstarch
- Kosher salt and freshly ground black pepper (To taste)
- 2 red bell peppers, sliced
- 2 tablespoons rice wine
- 5 scallions, whites cut into 1/2-inch pieces and greens sliced, separated
- 1 tablespoon sugar
- 4 tablespoons vegetable oil
- 2-inch piece ginger, sliced thin
- 5 teaspoons low-sodium soy sauce
- 1 cup frozen corn kernels, thawed
- Cooked brown rice, for serving

1 Toss the chicken with the egg white, 1 tablespoon each rice wine and cornstarch, 1 teaspoon soy sauce and 1/4 teaspoon salt in a medium bowl. Mix together 1/3 cup water, the remaining 4 teaspoons of soy sauce, 1 tablespoon rice wine and 2 teaspoons cornstarch, the sugar and 1/2 teaspoon each salt and pepper in a small bowl until dissolved; set aside.

2 Place the sauce, vegetables and chicken near the stove. Heat 2 tablespoons of the oil in a large wok or large nonstick skillet over medium-high heat; swirl to coat the wok. Once the oil is hot, scoop the chicken from the bowl with a slotted spoon, letting any excess coating remain in the bowl, and add to the oil. Stir-fry, breaking the chicken up just enough so it doesn't clump, until the outside coating is set and lightly golden, 2 to 3 minutes. Remove the chicken with a slotted spoon and set aside. Wipe the wok out if needed.

3 Return the wok to medium-high heat and add the remaining 2 tablespoons of oil to the wok. Once hot, add the ginger and stir-fry until fragrant, about 30 seconds. Add the scallion whites and peppers. Stir-fry until crisp-tender, about 3 minutes. Add the corn and stir-fry until just soft, about 1 minute. Add the chicken and the sauce (stir the sauce before adding); stir until the sauce is thick and the vegetables and chicken are cooked through, 1 to 2 minutes. Add the scallion greens. Serve with the brown rice.



ENJOY!

SPICY FISH & OLIVE SPAGHETTI



Directions

This easy weeknight dinner is loaded with fiber and protein and feeds a family of four with just one 8-ounce piece of fish. And thanks to the whole-grain pasta, this 420-calorie-per-person dish is satisfying as well as economical.

Total time: **50 min** | Prep time: **10 min** | Cook time: **40 min** | Servings: **4**

Ingredients

Recipe courtesy of Food Network Kitchen | **Source:** <https://tinyurl.com/4xawhb5k>

- 10 ounces whole-grain spaghetti (about $\frac{3}{4}$ of a box)
- 2 tablespoons extra-virgin olive oil, plus more for tossing
- 2 cloves garlic, thinly sliced
- Kosher salt (To taste)
- One 28-ounce can of no-salt-added whole plum tomatoes, crushed by hand
- Pinch of crushed red pepper
- $\frac{1}{2}$ teaspoon dried oregano
- 1 large (8-ounce) tilapia fillet, cut into $\frac{3}{4}$ -inch pieces
- 10 kalamata olives, quartered
- $\frac{1}{2}$ cup loosely packed chopped parsley (about $\frac{1}{2}$ bunch)

1 Bring a large pot of water to a boil. Add the spaghetti and cook by package directions; drain, reserving 1 cup of the pasta water. Toss the spaghetti with some oil and set aside.

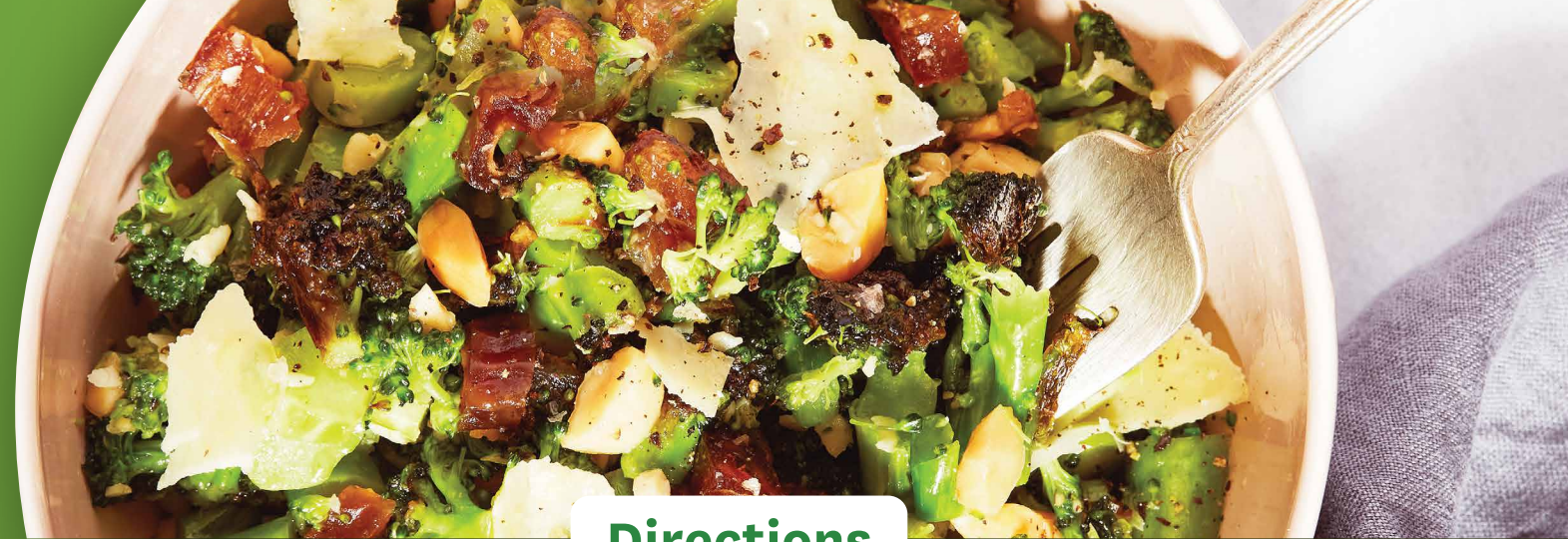
2 Add the oil, garlic, $\frac{3}{4}$ teaspoon salt and crushed red pepper to a large skillet over medium-high heat. Once the oil begins to shimmer, add the tomatoes, reserved pasta water and oregano; bring to a simmer and cook until the sauce thickens, 12 to 15 minutes.

3 Add the fish and olives. Cook, stirring occasionally, until the fish is cooked through and flaky, 3 to 4 minutes. Add the spaghetti and parsley. Toss to combine and divide among four bowls.

ENJOY!



QUINOA WITH CHICKEN & LENTILS



Directions

This Middle Eastern-inspired dinner uses caramelized onions, aromatic spices, almonds and yogurt to create a budget-friendly meal with big flavor. Instead of the more usual rice, we've paired the dish with nutty, protein-packed quinoa.

Total time: **40 min** | Prep time: **15 min** | Cook time: **25 min** | Servings: **4**

Ingredients

Recipe courtesy of Food Network Kitchen | **Source:** <https://tinyurl.com/yc4wnamb>

- 1 cup quinoa
- One 15-ounce can of lentils, strained and rinsed
- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, chopped
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- Zest and juice of 1/2 lemon
- Kosher salt and freshly ground black pepper
- 1 cup shredded rotisserie chicken, white meat with skin removed
- 2 cups whole frozen green beans
- 2 tablespoons toasted, sliced almonds
- 1/4 cup 2-percent Greek yogurt

1 Put the quinoa in a fine mesh strainer and rinse under cold running water until the water runs clear. Bring a small saucepan of water to a boil, add the quinoa and cook until it is translucent and tender and the threadlike germ wraps around each kernel, 8 to 12 minutes. Strain the quinoa well, return it to the saucepan and stir in the lentils; cover and keep warm.



2 Heat the oil in a large nonstick skillet over medium-high heat. Add the onions and cook, stirring frequently, until deep golden brown, 5 to 7 minutes. Add the garlic, cumin, cinnamon, lemon zest, 3/4 teaspoon salt and a few grinds of pepper and stir until toasted and fragrant, about 1 minute. Add 1/2 cup water and scrape up any brown bits. Add the chicken, bring to a simmer and cook until almost all of the liquid evaporates and the chicken is moistened, about 2 minutes.



3 Meanwhile, put the green beans in a microwave-safe bowl with 1 tablespoon water. Cover and microwave until hot, about 3 minutes

4 Add the chicken-onion mixture, lemon juice and 1/4 teaspoon salt to the quinoa-lentil mixture and stir to combine. Divide among four bowls. Top each with greens beans, almonds and a dollop of yogurt.

ENJOY!



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