

Tasty, Quick, and Healthy Meals on a Budget.

Learn how
you can save
money inside.



Do you have any of these ingredients?

If so, you already own some of the ingredients to cook these quick and affordable meals!

Staples

milk
butter
all-purpose flour
olive oil
salt
pepper
cornstarch

Seasonings

parsley flakes
Italian seasoning
onion powder
taco seasoning
curry seasoning
poultry seasoning

Main Ingredients

rice
chicken breast
pasta noodles
shredded cheese
lemon juice
chicken broth
minced garlic
chicken stock
chipotle peppers
soy sauce
salsa
tuna

Vegetables

green beans
carrots
pinto beans
onion
lettuce
tomatoes
green chilies
veggie blend
broccoli cuts
asparagus



Contents

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Recipes for Tasty, Quick, and Affordable Meals

Cost Per Serving

The Average Family Saves*

03 Stovetop Pot Pie	\$2.02	\$3.92
04 Burrito Bowls	\$3.35	\$2.60
05 Chicken Stir-Fry	\$2.32	\$6.72
06 Lemon Tuna Pasta	\$1.29	\$10.84
07 Rice with a Twist	\$1.70	\$9.02
08 Chicken Pasta	\$1.91	\$8.36

09

Tips for Making Healthy Choices When Eating Out

*Based on a family of 4 and a fast food combo costing \$4.



20 minutes
Makes 4 Servings

Meal = 1 1/4 cup
\$2.02 Per Serving

Stovetop Pot Pie

Quick and easy—this recipe can be made in one pot or pan. Leftover green beans, shredded chicken, and chicken stock can be used in the **Chicken Stir-Fry** recipe on page 4.



Chicken Stock
1 1/2 c.



Poultry Seasoning
1 1/2 tsp.



All-Purpose Flour
3 tbsp.



Milk
1 c.

01 Mix chicken stock, poultry seasoning, flour, and milk in a small bowl until blended.



Sliced Carrots
1 c.



Onion
1, chopped



Butter
3 tbsp.

02 Cook carrots, onion, and butter in a large saucepan over medium-high heat for 2 to 3 minutes until butter is softened. Slowly whisk or stir in milk mixture. Bring to a boil, reduce heat, and simmer. Stir often for 6 to 8 minutes until thickened.



Shredded Chicken*
2 c.



Green Beans
8 oz. (1 c.)



Parsley Flakes
2 tbsp.

03 Stir in shredded chicken (*or canned), green beans, and parsley flakes. Cook for 4 to 5 minutes. Season to taste with salt and pepper, or your favorite seasonings. Serve and enjoy!

No fresh onion? Use 1 tbsp. of onion powder instead.

No green beans or carrots? Use any veggies you have on hand, like peas.

03 Recipes For Quick & Affordable Meals



25 minutes
Makes 4 Servings

Meal = 2 cups
\$3.35 Per Serving

Burrito Bowls

This chipotle-flavored burrito bowl recipe is even better than takeout and just as fast. Leftover rice can be used in the **Rice With a Twist** recipe on Page 7.



Rice
2 c.



Chicken Breast*
1 1/2 c.

01 Cook rice. Set aside. Cook chicken (*or canned) in a medium skillet until fully cooked.



Chipotle Peppers
4 tbsp.



Taco Seasoning
2 packets (2 oz.)



Pinto Beans
3 c.

02 Add chopped chipotle peppers, taco seasoning, and pinto beans to chicken. Mix until seasoning fully coats chicken and beans.



Shredded Lettuce
1 c. per bowl



Shredded Cheese
1 sprinkle per bowl



Salsa
1-2 tbsp per bowl

03 Serve each bowl with the following: about 1 cup of chicken and bean mixture, 1/2 cup of cooked rice, 1 cup (small handful) of shredded lettuce, a sprinkle of cheese, and 1-2 tbsp of salsa. Serve and enjoy!

Use brown rice over white rice for a more filling, nutritious meal.

Trade lettuce for spinach for healthy bones and strong immunity.

Recipes For Quick & Affordable Meals **04**



20 minutes
Makes 4 Servings

Meal = 1 1/4 cup
\$2.32 Per Serving

Chicken Stir-Fry

Tossed in a delicious lemon sauce, this simple skillet dish is sure to satisfy on the busiest of nights. It's a great way to use leftover chicken from other meals.



Cornstarch
2 tsp.



Chicken Broth
1/4 c.



Lemon Juice
1 tbsp.



Soy Sauce
1 tsp.

01 Mix cornstarch, broth, lemon juice, and soy sauce until smooth. Set mixture aside.



Chicken Breast
1 1/2 c.



Minced Garlic
2 tsp.



Olive Oil
2 tbsp.



Asparagus
15 oz. (1 lb.)

02 In a large skillet or pan, add chicken, garlic, and canola oil. Stir-fry in canola oil until meat is not pink, then remove and cover to keep warm. Add asparagus. Stir-fry in remaining oil until asparagus crisp and tender.



Pimientos
1/4 c. (optional)

03 Add pimientos. Stir broth mixture and add to the pan. Cook and stir for 1 minute, or until thickened. Return turkey to the pan, heat thoroughly. Serve and enjoy!

No asparagus? Use another green vegetable, like green beans, instead.
No pimientos? Use red bell pepper, or season with red pepper.



25 minutes
Makes 4 Servings

Meal = 1 1/4 cup
\$1.29 Per Serving

Lemon Tuna Pasta

This recipe makes large family meals affordable. Use leftover noodles from the **Chicken Pasta** recipe on page 8. Leftover tomatoes can be used in the **Rice With a Twist** recipe on page 7.



Pasta Noodles
2 c.



Olive Oil
1 tbsp.



Tuna
5 oz. can

01 Cook pasta according to package. After draining pasta, add half of olive oil (1/2 tbsp), stir, and cover to keep warm. Drain tuna and shred with fork. Set aside.



Minced Garlic
2 tsp.



Tomatoes & Chilies
30 oz. (3 cans)



Italian Seasoning
1 tbsp.



Onion Powder
2 tbsp.

02 Add garlic to a pan on medium heat and lightly cook for 1 to 2 minutes. Add diced tomatoes & green chilies, Italian seasoning, onion seasoning, and remaining olive oil.



Parsley Flakes
1 tsp.



Lemon Juice
1 tsp.

03 Simmer mixture for 5 to 6 minutes or until it thickens. Stir in tuna and parsley. Simmer, uncovered for 1 to 2 minutes. Pour tuna mixture and lemon juice over pasta. Stir gently to combine. Add salt and seasoning to taste. Serve and enjoy!

No tuna? Use fresh or canned chicken instead.

Leftovers? Mix with fresh lettuce or spinach to make a salad for an extra meal.



25 minutes
Makes 4 Servings

Meal = 1 1/4 cup
\$1.70 Per Serving

Rice with a Twist

For a busy family, a semi-homemade one-pot meal is the best way to get dinner done in a hurry. Serve with your favorite blend of veggies for smiles all around.



Rice
1 cup



Butter
1 tbsp.



Shredded Chicken
1 1/2 c.

01 Cook rice according to package and set aside. In a large skillet, heat butter over medium-high heat. Add chicken and cook according to package.



Veggie Blend
16 oz. frozen



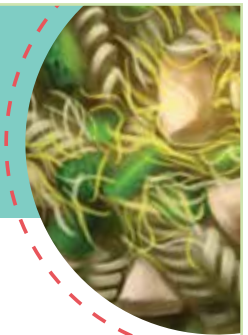
Curry Seasoning
1 packet



Tomatoes & Chilies
10 oz (1 can)

02 Add frozen veggie blend and curry seasoning to skillet with cooked chicken over medium heat for 4-5 minutes. Add rice and diced tomatoes & green chilies to the skillet. Mix until even throughout. Serve and enjoy!

No curry seasoning? Season to taste with what you have on hand.
Use fresh over frozen veggies to retain more of their nutrients.
Use brown rice over white rice for a more filling, nutritious meal.
No have fresh or frozen chicken? Use canned chicken instead.



25 minutes
Makes 4 Servings

Meal = 1 1/4 cup
\$1.91 Per Serving

Chicken Pasta

This one-pot meal is sure to please any crowd. Cheesy pasta mixed with wholesome chicken and nutritious broccoli makes for a well-balanced meal that will leave your family satisfied.



Pasta Noodles
2 c.



Chicken Breast
1 1/2 c.

01 Cook pasta according to package and set aside. Cook chicken according to package. Cut chicken into one-inch cubes and set aside.



Broccoli Cuts
2 c.



Milk
1 c.



Shredded Cheese
1 c.



Garlic Powder
2 tsp.

02 Place fresh or frozen broccoli cuts in a microwave safe dish with about an inch of water. Cover and microwave for 4-5 minutes and set aside. Add milk to a pot over medium heat. Stir in cheese until melted. Stir in pasta, chicken cubes, broccoli, and garlic seasoning until evenly covered with cheese. Serve and enjoy!

Use skim milk for less fat.
No garlic seasoning? Use minced or fresh garlic instead.
No fresh or frozen chicken? Use canned chicken instead.
No broccoli cuts? Use other green vegetables, like green beans, peas, or spinach.

Tips For Making Healthy Choices When Eating Out

01

Choose grilled over fried options, like grilled chicken.

02

Choose smaller sizes, share, or save leftovers for later to avoid overeating.

03

Eat slowly. If you eat too quickly, your body may not realize you are full. This could lead to overeating.

04

Order water instead of soda. Water is good for your body and usually free.

05

Look for healthier sides. The chart to the right gives you healthy options at the most common restaurants.

	Healthiest Meals	Healthiest Sides
Whataburger	Whataburger Jr.	Apple Slices
Sonic	Jr. Burger	Soft Pretzel
Taco Bell	3 Crunchy Tacos	Black Beans
McDonald's	Artisan Grilled Chicken Sandwich	Side Salad
Wendy's	Chicken Wrap (Grilled)	Side Salad
Cane's	3 Finger Combo	Substitute Fries for Coleslaw
Dairy Queen	Grilled Chicken BLT	Side Salad
Chic-fil-a	8 Count Grilled Chicken Nuggets	Applesauce
Burger King	Hamburger	Side Salad
Church's	3 Piece Chicken Tender Strips	Green Beans & a Biscuit
KFC	2 Piece Chicken Strip Combo	Green Beans & a Biscuit
Popeye's	3 Piece Blackened Tenders Combo	Green Beans
Zaxby's	Big Zax Snak	Substitute Fries for Side Salad

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Lincoln Health Foundation

The Lincoln Health Foundation strives to improve the quality and access to health care in Lincoln Parish by facilitating health-related initiatives, programs, and services that improve quality of life for its residents.

The VISTA Center at Louisiana Tech University

The VISTA program (Visual Integration of Science Through Art) is an interdisciplinary partnership that brings together faculty from various areas of art, communication, science, and engineering to train students in visual communication. For more information visit latech.edu/vista.

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