

Tasty, Quick, and Healthy Meals on a Budget.

Learn how
you can save
money inside.



Learn more at these websites:

VISTA



LINCOLN HEALTH
FOUNDATION



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

Main Ingredients

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

Seasonings

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

Vegetables

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



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| 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 |
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*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.

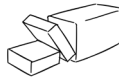
01 Mix chicken stock, poultry seasoning, flour, and milk in a small bowl until blended.



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.

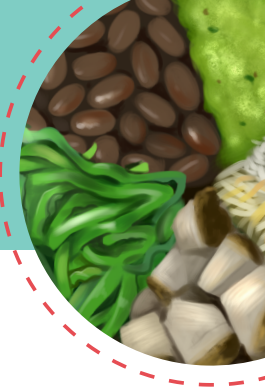
No green beans or carrots? Use any veggies you have on hand, like peas.

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.



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

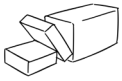
Rice with a Twist

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.



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.

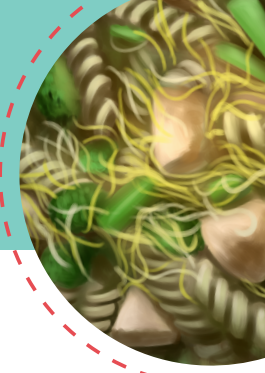
No have fresh or frozen chicken? Use canned chicken instead.

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.



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 www.latech.edu/vista.

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