

# SuperFoodDrive®



CalFresh Challenge: September 9- 15, 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>  (portions on this menu are for 1 person. Double for 2 people)	2 slices WW toast 2 eggs cooked, 1 tomato, sliced  1 cup green tea	½ cup yogurt with almonds, walnuts, peaches, cinnamon & honey  1 cup green tea	Nutty brown rice: rice, cinnamon, ½ chopped apple, chopped walnuts & almonds, honey 1 cup green tea	¼ Swiss chard frittata with  1 slice WW toast  1 cup green tea	½ cup yogurt with ½ banana, walnuts, cinnamon, honey  1 cup green tea	2 slices WW toast with peanut butter, ½ banana, honey  1 cup green tea	Breakfast quinoa*
<b>Lunch</b>	WW wrap (tortilla) with hummus*, spinach, red pepper slices, avocado  15 baby carrots 15 tortilla chips	Taco salad: leftover taco fillings on top of spinach salad. Top with salsa. 15 tortilla chips on the side.	Can low sodium lentil soup with 15 tortilla chips	PB & J: 2 slices WW bread, peanut butter, ½ banana, jam.  Yogurt Plum	Leftover WW pasta with tomato sauce, broccoli finely chopped. Optional: add canned wild salmon	Leftover minestrone soup Tuna salad sandwich: 2 WW slices bread, mustard, hummus, tomato, cucumber, avocado, ½ can tuna	Whole wheat wrap with hummus, veggies, canned salmon or tuna. Mustard.  Baby carrots Fruit
<b>Snack</b>	1 plum, 15 almonds, green tea	Apple and Kind bar	15 baby carrots with hummus	15 raw almonds Peach	Kind bar	Yogurt with walnuts	1 slice WW bread, 1 tbsp peanut butter
<b>Dinner</b>	Taco night: Brown rice, black beans, onion, tomato, spinach, avocado. WW tortillas	Black bean burgers* & sweet potato fries*	Swiss chard and tomato frittata*  1-2 slices toast	Whole wheat pasta with tomato sauce, broccoli finely chopped. Optional: add can salmon	Minestrone soup*	Quinoa. Add sweet potato, spinach, onion. WW wrap, hummus, avocado	Leftover pasta/rice/Quinoa/veggies Fruit  This night is "kitchen sink"
<b>Notes for the day:</b>	Option: make hummus ahead of time. Make extra brown rice for Day 3 breakfast		Store leftover frittata for breakfast tomorrow	Make extra whole wheat pasta to add to tomorrow's Minestrone soup		Make extra Quinoa for tomorrow's breakfast quinoa	

- WW = whole wheat

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## Shopping List: for 2 people

Whole Grains	Fruit/Vegetables	Protein	Other
Whole wheat bread: 2 loaves	Bananas: 4 Apples: 4 Peaches: 2 Plums: 2	12 eggs	Kind bars (or other whole grain snack bar): 4
Whole wheat tortillas: 1 package	2 white onion	Natural Peanut Butter	1 dark chocolate bar
Brown rice: enough for five ½ cup (uncooked) servings	Baby carrots: 1 lb. bag 2 large carrots	2 cans black beans, 1 kidney, 2 garbanzo	Honey: small jar
Quinoa: enough for 5 ½ cup (uncooked) servings	Spinach: 3 large bags 1 celery stalk	Canned wild salmon: 1 can	Green tea: small box
Whole wheat pasta: 1 box	Avocados: 2 Tomatoes: 3 Roma	Canned tuna: 2 cans	2 cans low sodium lentil soup
Corn tortilla Chips: 1 large bag	Red bell pepper: 2 Sweet potatoes: 3 medium	Walnuts & Almonds	Ketchup (no high fructose corn syrup)
	Broccoli: 1 head	Plain greek yogurt: 6 single servings	Jar of low sodium tomato sauce
	Swiss chard: 1 bundle		1 can diced tomatoes

### **Notes**

Each person should only spend a total of \$34.31/week on food and beverages (that's about \$4.90 per day). So for a couple, the grocery list should total no more than \$68.61

Learn more: <http://calfreshchallengesd.wordpress.com>

If you'd like to share your experience on the hunger coalition/CalFresh blog, please email your photos and blog entry to [amanda@hungeraction.net](mailto:amanda@hungeraction.net).

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## **Black beans burgers (makes 4):**

15 oz black beans, drain & rinse; 2 tbsp ketchup; 1 tbsp yellow mustard ; 1 tsp garlic powder; 1 tsp onion powder ; ½ cup instant oats

Preheat oven to 400F. Grease cookie sheet or line with parchment paper. In a mixing bowl, mash black beans with a fork until mostly pureed but still some half beans and bean parts are left. Stir in condiments and spices until well combined. Mix in oats. Divide into 4 equal portions, shape into thin patties. Bake for 7 minutes, carefully flip over & bake another 7 minutes, or until crusty on outside. Place between 2 slices WW bread, add extra condiments, spinach leaves, avocado slices & eat!

## **Sweet potato fries:**

2 medium sweet potatoes. Scrub, dry & cut into ½ inch strips. Olive oil, paprika, kosher salt

Wipe with olive oil, sprinkle paprika & salt. Spread on baking sheet. Bake 30-45 minutes (until golden)

## **Hummus:**

2 15 oz can of chickpeas (garbanzo beans) – save liquid; 2 cloves garlic, crushed; 2 tablespoon lemon juice; 1 cup plain yogurt; 2 tsp salt. Other spices (paprika, cumin, etc. as desired)

In food processor combine beans, yogurt, garlic, and lemon juice. Blend well. Add salt and cumin and blend to a smooth and creamy dip. If hummus is too thick, add a bit of liquid from the chickpeas, about a teaspoon at a time. Other ways to thin out hummus is by using warm water or olive oil.

## **Swiss chard and tomato frittata:**

1 head of swiss chard (~1 lb), 4 garlic cloves, minced; 1 cup chopped onion, 4 egg whites, 4 eggs. 1 medium tomato, salt, pepper, 3 tbsp basil

Wash swiss chard, remove and discard large stems. Finely chop the leaves. Saute garlic and onions in 1 tsp oil on medium heat. Add chard, stir and cover. In large bowl, beat eggs, egg whites, basil, salt, pepper. Pour egg mixture over the other veg. Arrange tomato slices on top. Cover and cook for 5-8 minutes, until edges are firm and bottom is golden.

## **Minestrone Soup:**

3 cups water, 1 (28 oz) can diced tomatoes; 1 (15 oz) can kidney beans, drained; 2 carrots, chopped; 1 celery stalk, chopped; 1 cup onion, chopped; 1 tsp dried thyme; 2 bay leaves; ground black pepper, salt; 2 cups cooked WW pasta; 1 medium zucchini; 2 cups chopped spinach

Bring to boil. Reduce heat. Simmer 20 minutes (or until carrots are soft). Salt and pepper to taste

## **Breakfast Quinoa:**

1 cup quinoa; 1 ½ cups water; 1 tsp cinnamon; ¼ tsp salt; chopped walnuts; honey

Rinse quinoa and drain well. Combine quinoa and water in medium saucepan and bring to a boil, covered. Reduce heat to low and cook, covered, until water is absorbed and quinoa is tender, about 20 minutes.

Remove from heat, let stand covered 5 minutes. Fluff with fork. Top with walnuts, honey, cinnamon, salt