



## Simple Recipes to Stretch Your Food Dollars



Keeping Healthy Simple Club

<https://keepinghealthysimpleclub.com>

We are cooking up three simple recipes to stretch your food dollars. Canned goods, a few fresh foods, and kitchen staples turn into healthy and delicious dishes that cost much less than if you buy them pre-made.

**Crispy Spiced Chickpeas** are a nutritious way to add crunch to your salads, as a side for your sandwich, or to eat on their own as a snack. A 5-ounce bag of these pre-made sell for \$5 to \$13. This recipe gives you three times as much for just \$1.25\*. Boost your savings by cooking dried beans instead of buying canned.

**Roasted Garlic Hummus** is a flavorful dip for your chips and celery, or it can be the star in your sandwiches. Store bought hummus is around \$5 for 10-ounces. Our hummus comes in under \$2\* and you get almost twice as much. This recipe includes a couple of ideas for flavor variations.

**Go Green Chicken Salad** helps you reach your fruit and veggie goals with grapes and celery to add sweetness and crunch. You save about \$2\* by making this at home, but our recipe has less fat, carbs, sugar, sodium, and more protein per serving.

\* Price assumes you have kitchen staples (spices, olive oil, and mayo) already in your pantry.

Recipes are at the end of this packet.

## Shopping List.

Your shopping list is in this packet before the recipes.

## Equipment Needed.

- Cheesecloth, dishtowel, or paper towels
- Small baking sheet
- Tin foil
- Can opener
- Strainer
- Hand-held juicer
- Spatula
- Fork and chef's knife
- Cutting board
- High powered blender or food processor
- Medium mixing bowl
- Measuring cups and spoons

## Steps to Prepare Before Class Begins.

Preheat oven to 400°F.



## Classes are Educational.

The material and information provided as part of our online cooking classes and any comments or information provided by the presenter are for educational and entertainment purposes only. Information provided is based on guidelines from credible national organizations (ex: American Heart Association, the Centers for Disease Control, Dietary Guidelines for Americans) and the latest, credible research. It may not apply to you specifically based on your health history and health concerns.

## No Medical or Dietary Advice.

The information provided in recipes and during class is not meant to diagnose, treat, cure, prevent, or advise on any disease or medical condition. It should not be used in place of a consultation with your physician or other health care provider. Please consult your medical provider or your registered/licensed dietitian for any guidance regarding your health and before changing your diet. You should never disregard medical advice or delay seeking it because of the information provided during this class.

## Want More?

[Join the Keeping Healthy Simple Club](#) at no cost to get recipes, tips for healthy living, discounts, and advance notice of all the Club's newest thing delivered directly to you.

Contact us at (904) 595-7116 or [Info@KeepingHealthySimpleClub.com](mailto:Info@KeepingHealthySimpleClub.com).





### Fruits

- 1/2 cup Grapes
- 1 tbsp Lemon Juice
- 1 tsp Lime Juice

### Seeds, Nuts & Spices

- 1/2 tsp Chili Powder
- 1 1/4 tsps Garlic Powder
- 1 3/4 tsps Ground Cumin
- 1 tsp Paprika

### Vegetables

- 2 stalks Celery
- 1 bulb Garlic

### Boxed & Canned

- 1/4 cup Aquafaba (reserved Liquid From Beans)
- 2 cans Chickpeas, Low Sodium

### Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast, Canned

### Condiments & Oils

- 2 tsps Extra Virgin Olive Oil
- 2 tsps Mayonnaise
- 1/4 tsp Table Salt

### Cold

- 2 tsps Plain Non-Fat Greek Yogurt



## KHSC Crispy Spiced Chickpeas

4 servings  
50 minutes

### Ingredients

- 1 can Chickpeas, Low Sodium (drained and rinsed)
- 1 tsp Ground Cumin
- 1 tsp Paprika
- 1 tsp Garlic Powder
- 1/2 tsp Chili Powder
- 1 tsp Lime Juice

### Nutrition

Amount per serving	
Calories	107
Fat	2g
Saturated	0g
Carbs	17g
Fiber	5g
Sugar	3g
Protein	6g
Cholesterol	0mg
Sodium	161mg
Potassium	203mg
Calcium	48mg
Iron	2mg

### Directions

- 1 Preheat oven to 400°F (205°C).
- 2 Place half a cheesecloth on small baking sheet. Put chickpeas on top of cloth. Fold the other half of cloth to cover chickpeas. Use hands to pat/roll to remove water from chickpeas. If no cheesecloth, use dishtowel or paper towels.
- 3 Remove chickpeas and cheesecloth from baking sheet and spray with cooking spray. Spread chickpeas out in a single layer.
- 4 Sprinkle chickpeas with cumin, paprika, garlic powder, and chili powder (beware: spicy!) Amounts estimates. Use as much or as little as you like.
- 5 Place baking sheet in oven and cook for 45 minutes, taking tray out and shake gently to move chickpeas around on sheet every 15 minutes. Cook longer if needed. Chickpeas are done when they have browned and are crunchy.
- 6 Remove from oven, squeeze a small amount of lime juice over chickpeas, serve.

### Notes

**Of Note!:** Chickpeas will continue to cook after being removed from oven. Be mindful not to undercook (they will be mealy) or overcook (they will burn).

**Cooking Time:** Hand-on time is ~ 10 minutes, but chickpeas cook for 45 minutes.

**Leftovers:** Store in airtight container in refrigerator for up to three days.

**Nutrition:** One serving is approximately 1/2 cup. Nutrition information is an estimate and will vary based on the brands you choose.

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## KHSC Roasted Garlic Hummus

6 servings  
 55 minutes

### Ingredients

- 1 bulb Garlic (divided)
- 1 can Chickpeas, Low Sodium (15-16 ounce can)
- 1/4 cup Aquafaba (reserved Liquid From Beans)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice (freshly squeezed)
- 3/4 tsp Ground Cumin
- 1/4 tsp Table Salt

### Nutrition

Amount per serving	
Calories	109
Fat	6g
Saturated	1g
Carbs	11g
Fiber	3g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	107mg
Potassium	117mg
Calcium	30mg
Iron	1mg

### Directions

- 1 Preheat oven to 400° F (205°C). Remove papery outer skin from garlic bulb. Remove and set aside 2 cloves.
- 2 Slice 1/4 to 1/2 inch off top of remaining garlic bulb to expose cloves. Wrap tightly in foil and place on baking sheet in oven. Cook 45 minutes, checking occasionally for doneness. Garlic is done when soft and caramelized. Remove from oven, unwrap foil, and set aside to cool.
- 3 Place remaining ingredients, including 2 garlic cloves set aside (peel before using), in a food processor high-powered blender. Blend, scraping down sides as needed. If too thick, add 1 Tbsp water at a time. If roasted garlic not done, cover blending bowl and put hummus in refrigerator.
- 4 Once garlic has cooled, add 4-6 cloves to the hummus and blend. Add more garlic cloves, lemon juice, cumin, or salt to taste. Blend until smooth.
- 5 Transfer to a bowl for serving.

### Notes

**Cooking Time:** Hands-on time is ~ 10 minutes, but garlic roasts for 45 minutes.

**To Store:** Cover tightly and store in the refrigerator for up to 3 days.

**Hot & Smoky:** Blend with chipotle peppers or chipotle seasoning spice.

**Artichoke:** Add 1/2 - 1 can of drained and rinsed artichoke hearts to blender. Remove all leaves and choke before blending.

**Nutrition Information:** One serving is 1/6 of recipe. Nutrition information is an estimate and will vary based on the brands you choose.

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## KHSC Go Green Chicken Salad

2 servings  
10 minutes

### Ingredients

- 8 ozs Chicken Breast, Canned (rinsed and drained)
- 2 stalks Celery (70 grams)
- 1/2 cup Grapes (green, seedless, 50 grams/9 grapes)
- 2 tbsps Plain Non-Fat Greek Yogurt
- 2 tbsps Mayonnaise
- 1/4 tsp Garlic Powder

### Nutrition

Amount per serving	
Calories	312
Fat	14g
Saturated	3g
Carbs	6g
Fiber	1g
Sugar	5g
Protein	38g
Cholesterol	102mg
Sodium	210mg
Potassium	443mg
Calcium	36mg
Iron	8mg

### Directions

- 1 Rinse and drain chicken and add to medium mixing bowl.
- 2 Rinse celery and grapes. Cut celery into a small dice. Slice grapes into quarters. Add both to mixing bowl.
- 3 Add yogurt, mayonnaise, and garlic powder to mixing bowl.
- 4 Mix with fork to combine and distribute all ingredients throughout the mixture. Use the fork to shred any chunks of chicken.

### Notes

**Serving Suggestion:** Wrap in tortilla (as pictured), stuff in pita, or serve on bread with your favorite sandwich extras.

**To Store:** Cover bowl and store in refrigerator for up to three days.

**Nutrition Information:** One serving is half the recipe. Nutrition information is an estimate and will vary based on the brands you use.

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