

What Can \$10 Buy?

A healthy and hearty
breakfast for four
people

4 breakfast burritos: \$8.54*



An **entire week of**
healthy lunches
to pack for work

5 chicken sandwiches: \$9.95*



A healthy **dinner for the**
whole family with
leftovers for later

8 bowls of bean and vegetable soup: \$9.23*



Healthy eating doesn't have to be expensive.

Learn about Kaiser Permanente's programs for healthy eating and active living at your local Center for Healthy Living: kp.org/centerforhealthyliving

*Costs based on average purchase price per serving from Southern California grocery stores in January 2018.

BREAKFAST BURRITO

Servings: 4 burritos

\$8.54 full recipe; \$2.14 per serving

Ingredients:

2 teaspoons canola oil (\$0.40)
1 small red onion, chopped (\$1.32)
1 serrano pepper, chopped (\$0.10)
1 red bell pepper, chopped (\$1.48)
½ cup canned black beans, drained (\$0.24)
4 eggs (\$1.40)
4 tablespoons cheddar cheese, grated (\$0.44)
4 whole-wheat tortillas (8-inch) (\$1.44)
1 tomato, chopped (\$0.72)
1 small avocado, chopped (\$1.00)

Directions:

Heat 1 teaspoon canola oil in a large nonstick skillet over medium heat. Cook chopped onions, serrano pepper, and bell pepper until softened, about 5 minutes. Add the beans and cook until warmed through, about 3 minutes. Season with salt and pepper, transfer to a dish, and set aside.

Whisk together the eggs and stir in the cheese. Over medium heat, add 1 teaspoon canola oil to the empty skillet. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes. Divide the scrambled eggs evenly among four tortillas. Top each with ¼ of the bean mixture, ¼ of the tomato, and ¼ of the avocado. Season with salt and pepper and roll up into a burrito. Serve with salsa (optional).

CHICKEN BREAST SANDWICH

Servings: 5 sandwiches

\$9.95 full recipe; \$1.99 per serving

Ingredients:

10 slices whole-wheat bread, toasted if desired (\$1.50)
¾ cup hummus (\$0.55)
1 cup fresh baby spinach (\$0.17)
½ red onion, sliced (\$0.66)
1 tomato, sliced (\$0.72)
5 slices Swiss cheese (\$1.25)
3 cooked chicken breasts, sliced (\$5.10)

Directions:

For each sandwich, spread ½ tablespoon of hummus on bread and add spinach leaves, red onion, a slice of tomato, a slice of cheese, and slices of the cooked chicken breast.

HEARTY BEAN & VEGGIE SOUP

Servings: 8 bowls of soup

\$9.23 full recipe; \$1.15 per serving

Ingredients:

2 tablespoons olive oil (\$0.32)
2-3 carrots (\$0.55)
½ large onion, chopped (\$0.80)
2 cloves garlic, minced (\$0.16)
2 zucchinis, sliced (\$2.18)
4 cups vegetable broth (\$0.52)
15-ounce can of white beans, drained (\$0.89)
1 pound baby red potatoes, chopped in quarters (\$1.00)
1 teaspoon cumin (\$0.10)
1 teaspoon dried oregano (\$0.10)
½ teaspoon smoked paprika (\$0.05)
¼ teaspoon cayenne pepper (\$0.02)
15-ounce can diced tomatoes (\$0.85)
1 bunch kale, chopped (\$1.69)

Directions:

In a large pot, heat the olive oil over medium heat. Sauté the carrots and onions until tender, about 5 minutes. Add the garlic and zucchini and sauté for another 3 minutes. Stir in the broth, beans, potatoes, cumin, oregano, paprika, cayenne, and tomatoes. Bring the soup to a simmer and cook for about 20-25 minutes or until the potatoes are tender. Add the kale and cook for 5 minutes. Remove from heat and season with salt and pepper to taste.



For more recipe inspiration, check out foodforhealth.kaiserpermanente.org.