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).

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.

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.

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

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