

Healthy Salmon Sandwiches

Use healthy bread, whole-wheat or multigrain

Recipe makes two or three sandwiches

In a bowl mix the following ingredients

7.5 oz can of BumbleBee Wild Alaska Sockeye RED SALMON

two tablespoons of Hellmans Canola Mayo

1 clove of finely chopped or pressed garlic

Squeeze of fresh lemon juice

Spread mixture on bread and garnish with fresh dill

Breadless Turkey Sandwich

Use red leaf lettuce, wash and dry and spread out on work surface

Lay one or two slices of turkey on top of lettuce

Spread low fat or fat free refried beans on top of turkey

Add on top chopped tomatoes, sliced cucumber, or sliced olives end by garnishing with chopped cilantro

Roll lettuce up like a cigar

Tuna Croquets on Whole wheat bread

Ingredients

3 tuna can in water- Albacore Solid White
1 Onion cut very small
2 cloves of garlic
Spinach cut very small
Sheriyaki mushroom cut very small (or any type of mushroom)
1 box of frozen artichokes, cut very small
1 sweet red pepper cut very small
1 sweet green pepper cut very small
¼ Paprika
3 oz of tomato sauce (use your spaghetti sauce)
Almond Meal
Eggs

In frying pan sauté sweet peppers, garlic, and onion on a little bit of extra virgin olive oil, when almost ready add the mushrooms and the paprika. Then add the tuna and the rest of the ingredient and cook until there is no juice left.

Let it cool off.

Make your croquets, the shape you want, put in on egg and then bread it with "almond meal."

This ingredient you can find at Trader Joes and it is a substitute of breading.

Put in on a 375 degrees pre-heat oven, until golden. Ready!

Note: You can add any ingredients you want, like corn or red pepper and make it your own!

Organic, Vegetarian, Whole Wheat Quinoa

Ingredients:

Organic Quinoa
Low Sodium Organic Vegetable Broth
Ground mixed vegetables, with onion, carrots and celery from Trader Joes
Organic tomato sauce
Garlic, black pepper, cilantro and dill
Sea Salt (optional)

Make the Quinoa as directed on the box. You can substitute the water with vegetable broth.

In a frying pan mix the onions, carrots and celery on a little bit of vegetable broth. Cook on high for 5 minutes. Add tomato sauce and the rest of the ingredients. Mix and cook for 5 more minutes. Add the frozen vegetables and mix. Lower the heat to medium and cook for 10-15 minutes. When the vegetables are ready, add the cooked Quinoa and mix.
Enjoy!

Spaghetti Squash Lasagna "a la Grisselle"

Ingredients:

Spaghetti Squash
Organic, FREE-RANGE ,ground Turkey meat
Chopped Onion, Garlic, Celery and Carrots
Organic Spaghetti Sauce
Organic Vegetable Broth
Vegan Gourmet Healthy Alternative Cheese or Organic, Low Fat, Ricotta Cheese
Cinnamon
Olives
Sea Salt, fennel, black pepper and hot pepper, cilantro, dill, basil and a lot of love!

Baked the whole Squash for 1 hour (Do not peel or cut.) To make sure is ready insert a knife or a fork. If the skin is soft the vegetable is ready.

Let it cool off a little and cut it in half. Remove the seeds and put it away. Then remove the rest of the vegetable like you pick Spaghetti, and put in on a separate container.

On a frying pan mix the onion, garlic, celery and carrots and cook on high for 5 minutes on a little bit of Vegetable broth. Then add the tomato sauce and the rest of the ingredients except the turkey, and cook for 5 more minutes and then add the turkey; cook for approx. 15 minutes or until the meat is ready.

WHEN THIS SAUCE IS READY:

On a bake pan, oiled with olive oil or sprayed with organic cooking spray, lay out part of the spaghetti squash, the same way you lay out lasagna, on top add the sauce and cheese. Repeat this operation making another layer and finally a 3rd layer finishing it up with the cheese on top. Bake for 20-30 minutes until de the cheese turns golden.

Enjoy your lasagna

Tips to stretch your dollars in the food market:

- 1. Buy frozen veggies they are packed in season and they keep all their nutrients.**
- 2. Buy can salmon, has less mercury than tuna, is a good source of protein, has omega 3 and if eaten with the bones you added calcium.**
- 3. Eat brown rice, you can make a lot at once and freeze it. Is high on fiber, vitamins and a good source of slow releasing carbohydrates.**
- 4. Eat your beans, you can also make a lot at once and freeze them. They are a good source of protein and fiber.**
- 5. Enjoy Sweet potatoes, you can make many dishes with this delicious vegetable and it makes a great baby food.**
- 6. Buy frozen fruits as well as the veggies they are packed in season so they keep all their nutrients. Frozen mangoes and papayas make a great and healthy dessert.**

(ALL THE ABOVE YOU CAN GET FOR UNDER 3 DOLLARS!!!)

- 7. Eggs also make a great protein and are cheaper than meats.**
- 8. Look for online coupons.**
- 9. Use the coupons from the food market.**
- 10. Don't forget your change.**
- 11. Always make a list.**