

# The Price \$aver *March 2009*

Wisconsin Nutrition Education Program (WNEP)

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**UW**  
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[www.uwex.edu/ces/cty/price](http://www.uwex.edu/ces/cty/price)

## **Quick Black Bean Salad**

(Makes 6 servings)

- 1 – 15 oz. can black beans, drained
- 1 – 15 oz. can corn, drained
- 1 – 16 oz. jar salsa
- Tortilla chips *or* flour tortillas

Stir to mix first three ingredients in a medium mixing bowl. Serve as a dip for baked tortilla chips or roll up into a flour tortilla.

### Tips:

- Try other canned beans such as garbanzo, red, or pinto.
- Use 1 ½ cups frozen corn instead of canned corn.



## **Chicken Tenders**

(Makes 4 servings)

- 1 ½ teaspoons vinegar + 2 T.
- Approximately ½ cup nonfat milk
- 2 medium boneless skinless chicken breast halves (about ½ lb.)
- 2 tablespoons prepared mustard
- 1 tablespoon honey *or* other jelly
- 2 tablespoons vinegar
- Pepper to taste
- 2 cups pretzels or corn flakes

Put vinegar in a ½ cup measure and fill with the milk. Allow to set 10 min. to thicken. Slice each chicken breast into 4 or 5 strips. Make marinade by stirring mustard, honey or jelly, 2 T. vinegar and pepper together. Add milk/vinegar mixture. Add chicken strips to marinade; marinate for 20 minutes. While chicken marinates, crush pretzels or cornflakes in a zip-lock bag using a rolling pin or jar turned on its side. You will need 2 cups. Heat oven to 400°. Lightly grease or spray baking sheet. Take chicken strips out of marinade and placed in pretzel crumbs. Coat completely. Arrange strips on baking sheet. Bake 20 minutes.





## Cost Cutting Tips:

- \$ Grate your own cheese. It takes seconds!
- \$ Cheap paper towels are all that are needed in most cases. Double them for bigger jobs.
- \$ Use a clean, fresh hand towel in the kitchen instead of paper towels.
- \$ Cook meals at home with a Crock-pot.
- \$ Try some generic breads. You may be surprised!
- \$ Prepare foods from scratch when possible.
- \$ Plan meals ahead. Avoid last minute "costly" decisions.
- \$ Make a food budget and stick to it.
- \$ Substitute combinations of simple proteins like beans and rice for complex proteins like meat, fish, poultry which cost more.
- \$ Eat more in-season fruits and vegetables.
- \$ Comparison shop. Check unit pricing.
- \$ Avoid quick trips out the store. It can be fun to substitute.
- \$ Pack school and work lunches.
- \$ Reduce candy, soda, snacks and fast-food consumption.
- \$ Watch for sales. Stock up on in quantity those items you use regularly and have a long shelf life (soap, laundry detergent).
- \$ Try baking soda as a cleaning agent, laundry booster, etc. It has many uses.
- \$ Instead of your oven, use your energy efficient toaster oven to bake potatoes or par-bake them in the microwave and then immediately continue cooking in the oven until done.
- \$ Buy less expensive spices to refill the "fancy" bottles in your spice rack.
- \$ Don't throw food away. Monitor your refrigerator and use your leftovers quickly. (Make sure something "new" is on the menu.)
- \$ Start a compost pile in your back yard.
- \$ Remember - Never go to the market hungry.
- \$ For long storage, keep flour in a plastic bag in the freezer.
- \$ Cook extra and make your own TV dinners by freezing portions that will be ready to reheat later.
- \$ Avoid vending machines at work. Bring snacks from home.
- \$ Leftovers from dinner often make a good, economical lunch.

## Interested in Gardening?

Price County UW-Extension will be offering introductory gardening classes starting the last week of March in Prentice, Phillips, and Park Falls.

The first class will cover starting seeds (indoors and out), followed by one or two more classes covering square foot and container gardening, along with composting and organic gardening techniques.

We are also looking into possibly establishing community gardens in these three communities. If interested, please call the UW-Extension Office (339-2555).

*Money Savers*

Source: University of Delaware, Cooperative Extension

Your Price County Nutrition Education Program Educators have been trained to help individuals and families stretch food \$\$ by creating spending plans and preparing low-cost nutritious meals and snacks. Call or stop by our office. There is no charge for this service.

Wendy Rebne & Connie Grapa,

UW-Extension, in cooperation with the University of Wisconsin, USDA & Wisconsin Counties, provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements.

WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715-339-2158.