

# ENGLEWOOD HEALTH

---

## "EAT WELL FOR LESS"

Diabetes-friendly family dishes  
made simple, and under \$20!



THE SHIRVAN FAMILY LIVE WELL CENTER

59 West Palisade Avenue, Englewood, NJ 07631 | 551-285-0800

[englewoodhealth.org/livewell](http://englewoodhealth.org/livewell)



# ENGLEWOOD HEALTH

---

## Some tips to keeping grocery costs down

1. Buy store brands
2. Buy in bulk and shop sales
3. Plan your meals for the week and try to prepare meals that share common ingredients
4. Make a shopping list to avoid impulse buys
5. Check fridge and pantry to avoid buying duplicates
6. When able to, try to shop at discount grocery stores such as Lidl, Aldi and Walmart
7. Buy local and seasonal produce
8. Use coupons and discount apps

## Family of Four Meals under \$20

*Note: Meals are priced out according to purchasing an entire package of a given ingredient, therefore, some of the actual recipes may be less expensive than the total reflected at the end of each recipe, when you consider that some of the ingredients will be leftover and available to use in other recipes. Additionally, prices do not include the cost of salt, pepper, or basic pantry spices.*



# ENGLEWOOD HEALTH

---

## Chicken Stew

### Ingredients

1 ½ lbs. chicken thighs, boneless, skinless,  
cut into 2-inch chunks if desired  
2 Tbsp. avocado oil, divided  
3 medium carrots, peeled and sliced  
diagonally into ½-inch pieces  
1 medium sweet onion, cut into 12 wedges  
6 garlic cloves, chopped  
1 tablespoon tomato paste

5 cups chicken broth or stock, divided  
1 dried bay leaf  
1 sprig thyme  
12 oz. baby white potatoes, scrubbed and  
quartered  
½ cup frozen peas ¼ cup fresh chopped  
parsley  
salt and pepper to taste

### Instructions

1. Pat dry the chicken with a few sheets of paper towel and season thoroughly with salt and pepper, to taste.
2. Heat 1 tablespoon of oil in a heavy bottom pot over high heat. When oil is hot, add chicken and cook, stirring occasionally, until brown on all sides, about 5-6 minutes total. The goal here is to simply brown the chicken on the outside and extract some of its flavor. Make sure to use high heat, otherwise, the chicken will steam out and not brown. Transfer to a plate.
3. Reduce heat to medium and add the remaining 1 tablespoon of oil. Add carrots and onions. Cook, stirring often until onions begin to soften and turn slightly golden, about 4-5 minutes. Add garlic and cook for about 30 seconds or until fragrant, while stirring nonstop. Add the tomato paste, and stir to coat vegetables. Add ½ cup chicken broth while stirring and scraping to loosen browned bits from the bottom of the pot.
4. Stir in chicken and remaining chicken broth. Add bay leaf, additional herbs, and season with salt and pepper to taste. Bring to a boil, and then reduce heat to medium-low and simmer for 25 minutes, partially covered.
5. Add potatoes and cook uncovered until potatoes are tender, about 15 minutes. If needed, increase the heat so the stew is at a gentle simmer. Also taste the broth for salt and pepper and add more if needed. Stir in peas and cook until heated through about 2 minutes. Lastly add fresh chopped parsley and discard bay leaf before serving.

4-5 pack chicken thighs \$3.99

Celery \$1.95

Baby carrots \$0.99

Fresh garlic \$1.00

1 yellow onion \$0.65

1 carton low sodium chicken broth \$1.29

Tomato paste \$0.98

Fresh thyme \$1.99

Baby potatoes \$2.49

Frozen green peas \$2.19

**Total \$17.52**

**THE SHIRVAN FAMILY LIVE WELL CENTER**

59 West Palisade Avenue, Englewood, NJ 07631 | 551-285-0800

[englewoodhealth.org/livewell](http://englewoodhealth.org/livewell)



# ENGLEWOOD HEALTH

---

## Lemon Garlic Chicken Meatballs and zucchini over whole wheat egg noodles

### Ingredients

1 lb ground chicken	2 Tbsp. extra-virgin olive oil
½ cup grated Parmesan cheese	¼ cup low sodium bone broth
1 large egg, beaten	1 lb zucchini, sliced
5 cloves garlic, minced, divided	½ lemon, juiced
1 Tbsp. dried or 1 Tbsp. fresh parsley	1 Tbsp. fresh chopped parsley
¼ tsp. red pepper flakes	1 Tbsp. grated Parmesan cheese, or to taste
1 pinch kosher salt and freshly ground black pepper to taste	Whole wheat egg noodles, prepared

### Instructions

1. Mix ground chicken, ½ cup Parmesan cheese, egg, 2 minced garlic cloves, parsley, and red pepper flakes together in a large bowl. Season with kosher salt and black pepper and form into Tbsp.-sized meatballs.
2. Heat olive oil in a large skillet over medium heat. Cook meatballs until golden brown on all sides and no longer pink in center, about 10 minutes. Transfer to a plate and wipe the skillet with a paper towel if needed.
3. In the same skillet add more oil if needed, and sauté remaining 3 minced garlic cloves and cook until fragrant, about 1 minute. Add zucchini to the skillet and toss into garlic, squeeze in lemon juice, salt and pepper to taste, sauté for 1-2 minutes.
4. Add ¼ cup bone broth and return meatballs to skillet. Simmer until sauce begins to evaporate and meatballs are heated through.
5. In the meantime prepare egg noodles according to package directions.
6. Garnish with remaining Parmesan cheese and fresh parsley, serve over egg noodles.

Ground chicken \$3.99  
Parmesan cheese \$2.99  
Low sodium Chicken broth \$1.29  
Garlic \$1.00  
Onion \$0.65

1 fresh Zucchini (or bag frozen zucchini)

\$1.59  
Half dozen eggs \$2.29  
Fresh parsley \$1.99  
1 lemon \$1.00  
Whole grain egg noodles \$2.99  
**Total: \$19.78**

THE SHIRVAN FAMILY LIVE WELL CENTER

59 West Palisade Avenue, Englewood, NJ 07631 | 551-285-0800  
[englewoodhealth.org/livewell](http://englewoodhealth.org/livewell)



# ENGLEWOOD HEALTH

---

## One Pot Turkey Meatballs Marinara

### Ingredients

1/2 cup whole wheat panko bread crumbs	2 teaspoons fresh minced garlic, divided
1 large egg	1 small yellow onion, chopped
1/2 Parmigiano-Reggiano cheese, coarsely grated	salt to taste
1/4 cup fresh parsley leaves and tender stems, finely chopped	1 pound ground turkey (93% lean)
1/2 teaspoon dried oregano	1 bag baby spinach
	2 cans crushed tomatoes
	1 tablespoon tomato paste

### Instructions

1. Add the breadcrumbs, egg, cheese, parsley, oregano, 1 teaspoon garlic and salt to a large bowl. Stir until well blended.
2. Add the ground turkey and use a fork or fingers to mix everything until combined. For the most tender meatballs, try your best not to over-mix.
3. Wet your hands, and then form the mixture into 1-inch balls. You should get about 16 meatballs.
4. Heat avocado oil in a large heavy bottom pot of medium heat. Place meatballs in pot and cook on all sides until well browned, remove to a plate.
5. Sauté remaining garlic and chopped onion until fragrant and translucent, add tomato paste and stir until vegetables are coated. Add in crushed tomatoes and bring to a boil.
6. Reduce heat and add meatballs to simmering sauce, allow to simmer for 20 minutes or until cooked through, stirring occasionally and gently. Salt and pepper to taste. Serve over whole wheat pasta, and enjoy!

1 lb ground turkey \$3.99  
Grated Parmesan \$2.99  
Bread crumbs \$1.29  
1 egg (half dozen eggs leaves you with 5 extra for another meal) \$2.29

2 cans crushed tomatoes \$3.98  
Fresh garlic \$1.00  
1 onion 0.65  
Bag Fresh spinach \$1.99  
Whole wheat penne \$1.69  
**Total: \$19.87**

### THE SHIRVAN FAMILY LIVE WELL CENTER

59 West Palisade Avenue, Englewood, NJ 07631 | 551-285-0800  
[englewoodhealth.org/livewell](http://englewoodhealth.org/livewell)



# ENGLEWOOD HEALTH

---

## Turkey Chili with Brown Rice

### Ingredients

1 tablespoon avocado oil	1 (15 ounce) can no-salt-added dark kidney beans, rinsed
1 large yellow onion, chopped	1 (15-ounce) can no-salt-added black beans, rinsed
1 small green bell pepper, chopped	1 (14.5 ounce) can no-salt-added diced tomatoes, undrained
2 medium stalks celery, chopped	½ teaspoon salt
1 ½ pounds lean ground turkey	¾ cup whole-milk plain strained (Greek-style) yogurt (optional)
2 tablespoons tomato paste	Baked tortilla chips or grain free chips (optional)
2 tablespoons chili powder	2 cups cooked brown rice
1 tablespoon ground cumin	
2 teaspoons garlic powder	
2 teaspoons onion powder	
1 ½ cups unsalted chicken broth	
2 (8 ounce) cans no-salt-added tomato sauce	

### Instructions

1. Heat oil in a large heavy bottom pot over medium-high heat. Add onion, bell pepper and celery; cook, stirring occasionally, until the vegetables are softened, 10 to 12 minutes.
2. Add ground turkey, cook, stirring often, until the turkey is crumbled and cooked through, about 5 minutes. Stir in tomato paste, chili powder, cumin, garlic powder and onion powder; cook, stirring constantly, until fragrant and well combined, about 1 minute. Stir in broth, tomato sauce, kidney beans, pink (or pinto) beans, diced tomatoes with juices, and salt. Bring to a boil over high heat. Reduce heat to medium-low; simmer, stirring occasionally, until the flavors meld, about 15 minutes.
3. Serve over brown rice, top with a dollop of plain Greek yogurt if desired.

1 lb ground turkey \$3.99	1 onion 0.65
1 can kidney beans \$1.00	2 Bell pepper \$2.79
1 can black beans \$1.00	Brown rice \$1.99
1 can diced tomatoes \$1.25	Shredded cheese \$1.99
1 can tomato paste \$0.98	<b>Total: \$17.93</b>
Low sodium chicken broth \$1.29	
Garlic \$1.00	

### THE SHIRVAN FAMILY LIVE WELL CENTER

59 West Palisade Avenue, Englewood, NJ 07631 | 551-285-0800  
[englewoodhealth.org/livewell](http://englewoodhealth.org/livewell)



# ENGLEWOOD HEALTH

---

## Tunisian Chickpea Stew

### Ingredients

2 (15-ounce) cans chickpeas	1/2 teaspoon paprika
1/2 loaf rustic bread	1 tablespoon harissa paste, more for later
Extra virgin olive oil	2 lemons
1 small yellow onion, finely chopped	1 cup packed chopped kale or spinach
1 carrot, peeled and diced	1/2 cup roughly chopped parsley, plus more for garnish
3 to 4 large garlic cloves, minced	2 green onions, trimmed and chopped (both white and green parts)
Kosher salt	
1 teaspoon ground cumin	
1/2 teaspoon ground coriander	

### Instructions

1. In a medium saucepan, set over medium-high heat add the chickpeas with their liquids and cover the chickpeas with water by about 1 inch.
2. Bring the chickpeas to a boil, then lower the heat and cover part-way with a lid. Simmer the chickpeas over low heat for about 15 minutes.
3. Add 2 tablespoons extra virgin olive oil in a medium non-stick skillet set over medium heat, sauté onions, carrot and garlic, a dash of kosher salt to taste, cumin, coriander, and paprika. Cook over medium heat, stirring regularly until the onions are tender and translucent.
4. When the chickpeas are tender, transfer the onion and garlic mixture to the saucepan with the chickpeas. Add 1 tablespoon harissa paste, juice from 1 lemon, chopped kale (or spinach), chopped parsley, and a good drizzle of extra virgin olive oil. Stir to combine. Taste and adjust seasoning.
5. Slice the remaining lemon into wedges. Prepare serving bowls and place a 1/2 cup of rice. Ladle the chickpea stew on top and add a good drizzle of olive oil, a dollop of harissa, more parsley, and the chopped green onions. Serve immediately with lemon wedges and enjoy!

3 cans chickpeas \$3.00  
1 onion \$0.65  
Garlic 1.00  
Fresh parsley or thyme \$1.99  
Tomato paste \$0.98  
1 can diced tomatoes \$1.25  
Harissa paste (can be made homemade

cheaper) \$4.39  
Vegetable broth \$1.69  
Bunch Kale \$1.65  
Carrots \$0.99  
Whole wheat bread or brown rice \$1.99 (for loaf of French bread or bag of rice)  
**Total: \$19.58**

THE SHIRVAN FAMILY LIVE WELL CENTER

59 West Palisade Avenue, Englewood, NJ 07631 | 551-285-0800  
[englewoodhealth.org/livewell](http://englewoodhealth.org/livewell)





# ENGLEWOOD HEALTH

---

## Oven roasted Chicken Quarters

(Served over sautéed cabbage and potatoes)

### Ingredients

4 chicken leg quarters  
1.5 tbs Italian seasoning  
1 tsp onion powder  
1 tsp garlic powder  
1 tsp ground mustard  
1/2 tsp paprika  
1/2 tsp ground black pepper  
Salt to taste  
1 tbs olive oil

### Instructions

1. Preheat oven to 425° and prepare a baking sheet by lining it with aluminum foil or parchment paper.
2. In a small bowl, mix all dry ingredients to create seasoning rub, set aside. Trim chicken leg quarters of any excess skin and fat, then pat dry with paper towels.
3. Lightly brush both sides of chicken quarters with oil and liberally apply seasoning rub. With skin side up, press seasoning rub into chicken skin and apply a final brushing of oil so nothing is too dry.
4. Bake in oven 35 to 45 minutes until cooked through. When chicken is done, remove from oven and let rest for 5-10 minutes before serving.

Serve over a portion of sautéed cabbage and potatoes (see recipe below).





# ENGLEWOOD HEALTH

---

## Sautéed Cabbage and Potatoes

### Ingredients

2 Tablespoons olive oil  
1 cup diced onion  
2 medium potatoes  
1 small head green cabbage  
1 cup chicken stock or water  
Salt and pepper to taste  
½ teaspoon garlic

### Instructions

1. Wash and slice the potatoes into relatively thin slices. Remove the core from the cabbage and cut into pieces about 1 inch x 1 inch. Or slice into thin strips.
2. Heat oil in large skillet over medium heat. Add diced onion and potatoes. Cook until the onions are translucent and potatoes are mostly cooked through.
3. Add in the cabbage, chicken stock and salt and pepper to taste. Cover and cook for about 15 minutes. Remove the cover and cook until liquid is entirely evaporated and potatoes and cabbage begin to lightly brown.
4. Remove from heat and serve.

4 pack chicken quarters \$4.99  
5lb bag russet potatoes \$3.99  
Low sodium chicken stock \$1.29  
Onion \$0.65  
Green cabbage \$1.99  
Garlic \$1.00  
**Total: \$13.91**

### THE SHIRVAN FAMILY LIVE WELL CENTER

59 West Palisade Avenue, Englewood, NJ 07631 | 551-285-0800  
[englewoodhealth.org/livewell](http://englewoodhealth.org/livewell)



# ENGLEWOOD HEALTH

---

## Baked Oatmeal

### Ingredients

3 cups rolled oats	1 cup fat free or low fat milk or plant based milk
3 tablespoons 100% pure maple syrup or	
1/4 cup unsweetened apple sauce	1/2 cup melted butter, coconut oil, ghee or avocado oil
1 mashed banana	2 teaspoons vanilla extract
2 teaspoons ground cinnamon	3/4 cups fresh or frozen berries, raisins or
2 teaspoons baking powder	1/2 cup mini dark chocolate chips
1 teaspoon salt, or to taste	
2 large eggs	

### Instructions

1. Gather all ingredients. Preheat the oven to 350 degrees.
2. Mix together oats, maple syrup (or apple sauce), banana, cinnamon, baking powder, and salt in a large bowl.
3. Beat in eggs, milk, melted butter (or oil), and vanilla extract. Stir in fruit of choice or chocolate chips
4. Spread into a 9x13-inch baking dish.
5. Bake in the preheated oven until top is golden, about 40 minutes. Remove from the oven and let cool for a few minutes. Serve and enjoy!

eggs \$2.29

Milk (1qt) \$1.29

pure maple syrup \$4.99

unsalted butter \$2.49

1 mashed banana banana \$0.35

old-fashioned whole rolled oats \$2.29

1 teaspoon baking powder \$1.35

fresh or frozen mixed berries \$2.99

**Total: \$18.04**

THE SHIRVAN FAMILY LIVE WELL CENTER

59 West Palisade Avenue, Englewood, NJ 07631 | 551-285-0800

[englewoodhealth.org/livewell](http://englewoodhealth.org/livewell)



# ENGLEWOOD HEALTH

---

## Huevos Rancheros

### Ingredients

2 cups prepared pico de gallo

4 - 6 eggs

1 can 15 oz of low sodium black or pinto beans

4 - 6 small corn tortillas

Optional garnishes: crumbled feta or cotija cheese, cheddar cheese, sliced avocado, guacamole, hot sauce.

### Instructions

1. Heat a large nonstick skillet to medium heat and add in all of the pico de gallo. Reduce to a simmer and cook for 4 - 6 minutes, until liquid reduces. Once done, remove from the heat and set aside in a clean bowl.
2. Meanwhile, heat up the refried beans in a small saucepan over medium heat for 3 to 5 minutes or place in a microwave safe bowl with a damp paper towel on top for 60 - 90 seconds, or until warm. Taste and add desired amount of salt and pepper.
3. Clean and place the large nonstick skillet back onto the stovetop on medium heat.
4. Lightly coat with nonstick spray or add a dash of olive oil. Fry eggs to your liking.
5. In the same skillet over medium heat, warm each tortilla until soft and edges begin to brown.
6. To plate, add the tortillas to a plate. Top each tortilla with black beans and one fried egg. Evenly spoon the warmed pico de gallo onto each egg. Garnish with cilantro, cotija cheese, avocado, and hot sauce if desired.

1 large can black beans \$1.97

Corn tortillas \$2.79

Half dozen eggs \$2.29

Pico de gallo \$3.96

Cotija cheese \$3.99

Fresh cilantro \$0.99

Avocado \$1.19

**Total: \$17.18**

**THE SHIRVAN FAMILY LIVE WELL CENTER**

59 West Palisade Avenue, Englewood, NJ 07631 | 551-285-0800

[englewoodhealth.org/livewell](http://englewoodhealth.org/livewell)

