



Chef Lawrence Pelland

Delicious, Healthy Meals ON A BUDGET

Has it been painful to look at your grocery receipt lately? If so, you're not alone.

You want to make healthy meals that fit both your budget and your busy schedule. But despite your best intentions, you find yourself sitting at the local drive-thru ordering items off the dollar menu. Fast? Sure. Cheap? Probably. Healthy? Not likely. However, with a little planning and commitment, you can achieve all three of your goals.

Here, Chef Lawrence Pelland, operations manager for Food Services at Baystate Franklin Medical Center, offers some money saving tips that are also delicious and nutritious.

4 TIPS FROM CHEF PELLAND

1 Planning your meals weekly really helps save money. Monday night's leftover beef tips could easily turn into Thursday night's beef stew by adding celery, carrots, potatoes, and peas. Tuesday's grilled chicken and rice easily turns into a nice chicken rice soup served with a

grilled cheese for a yummy Friday night soup and sandwich combination.

2 Buy in bulk when possible. Many items, like ground beef and chicken, are less expensive when you buy a larger package. When you get home, break them down into individual meal portions and freeze. You can do this with meals as well. Separate portions and create different meals that can be frozen—saving not only money but time. Just remove from the freezer, heat up, serve, and eat.

3 Try substituting ingredients that cost more and are less healthy with cheaper, healthier options. For example, make tacos using ground turkey. It makes a tremendous difference in both the fat content and the price. Then use the leftover turkey taco meat to make a nice taco salad for lunch the next day.

4 Buy fresh, local produce in season when possible; you'll save money and support our local farmers who provide us with some of the freshest, best tasting products available.

Try this recipe!

TURKEY TACO SALAD (SERVES 4)

TACO MEAT:

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| Ground turkey meat | 1 lb. |
| Olive oil | 1 oz. |
| Taco seasoning | 1 package |
| Pepper | To taste |
| Salt | To taste |

SALAD:

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|---|-----------------|
| Spring mix | 8 oz. |
| Shredded carrots | 4 oz. |
| Black olives, diced tomatoes, green onions, peppers: Your preference, | 1/4 cup |
| Low fat sour cream | 1 TBS per salad |
| Salsa | 1 TBS per salad |
| Low fat shredded cheddar | 1 TBS per salad |
| Parsley (chopped) | 3 sprigs |

METHOD:

Pour oil into frying pan, add ground turkey, and cook until no longer pink.

Add taco seasoning to meat, mix well.

Add salt & pepper, and then cook for 2-3 minutes.

Add the carrots and other vegetables to the salad mix, top with taco meat, sour cream, salsa, and cheese.

Garnish with some fresh chopped parsley, and enjoy!

