

A mini-guide excerpted from

MEETING YOUR

MYPLATE

GOALS ON A

BUDGET



For more tips
and recipes,
download the
full 44-page color
guide from



at www.apre.org

INTRODUCTION

Welcome! We're excited to share with you these tips for meeting your MyPlate goals on a budget. Think it's not possible? You're not alone – in fact, 62% of shoppers say it costs too much to eat healthy food. The good news is that it truly can be easy and affordable. In fact, one study showed that serving fruits and vegetables for snacks can actually **SAVE** you money. Snack-size portions of produce cost about 2 cents less on average than snack-size portions of foods like crackers, chips, or donuts.

Once you know you can do it, all you need are the tips and tricks to make it happen. Throughout this guide you'll find many ideas for making healthy, affordable choices within each MyPlate food group. You'll also get recipes and cooking tips to make those healthy foods taste great for your family. So what are you waiting for? Let's get started!

This guide is brought to you by the following
MyPlate National Strategic Partners:



VEGETABLES

Vary your veggies.

Make half your plate fruits and veggies.

Select vegetables with more potassium often, such as white potatoes, sweet potatoes, white beans, tomato products, beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.



FRUITS

Focus on fruits.

Make half your plate fruits and veggies.

Color your plate! Fill it with red, yellow, orange, blue, and purple fruits.

Whole fruits are a better choice than juice.



GRAINS

Make at least half your grains whole.

Start smart with breakfast. Look for whole grain cereals. Just because bread is brown doesn't mean it's whole grain. Check the ingredients list to be sure the first word is "whole."



PROTEIN

Go lean with protein.

Eat lean or low-fat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.

Mix it up! Beans, peas, nuts, seeds, and eggs are all great sources of protein, too.



DAIRY

Get your calcium-rich foods.

Look at the carton or package to make sure your milk, yogurt, or cheese is fat-free or low-fat (1%).

Calcium builds strong bones. If you can't have milk products, choose other calcium sources like fortified soy milk.



FRUITS AND VEGETABLES

MyPlate says:

Make half your plate fruits and vegetables.

The Budget Shopper says:

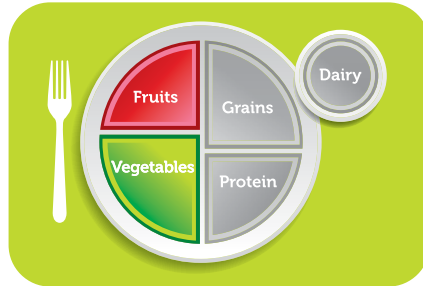
Buy fruits and vegetables in all their forms — fresh, frozen, and canned.

Fresh, frozen, and canned are all nutritious forms of fruits and vegetables. In fact, canned and frozen produce is typically picked and packed at its peak, when it's chock-full of nutrients. It also lasts longer than fresh, which can cut down on the amount you waste. Try these tips for choosing wisely with fresh, frozen, and canned:

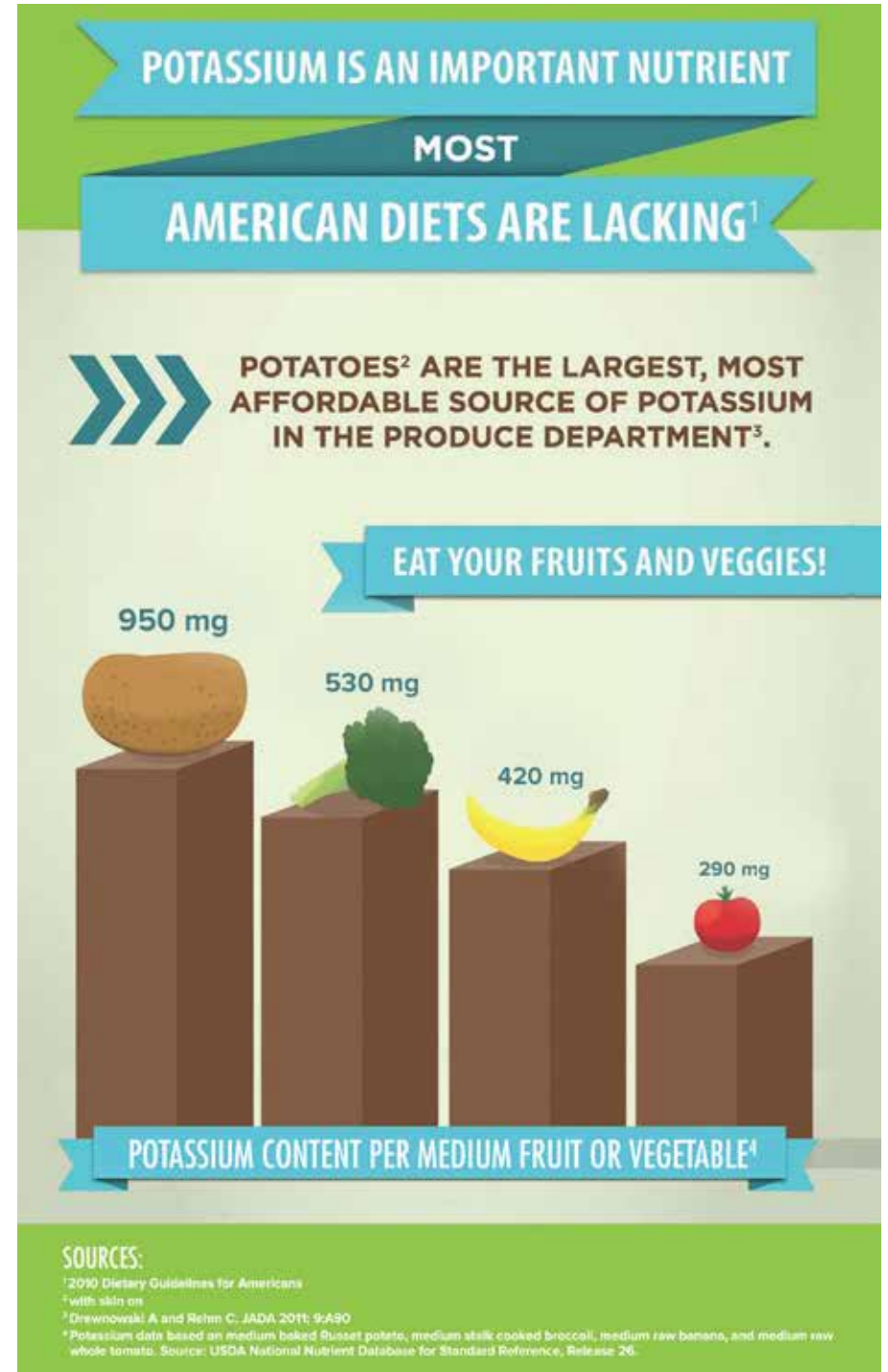
- Buy fresh produce when it's in season. It will cost less and taste better than out-of-season produce.
- Buy canned or frozen produce year-round. Look for veggies that have not been pre-sauced and say "no salt added," "low sodium," or "reduced sodium." Look for fruits canned in juice or light syrup.

Time-saving tip: Another great thing about canned and frozen produce?

It often comes pre-chopped and pre-cooked (think diced tomatoes and cut green beans), saving you time in the kitchen! Don't try this with fresh produce — pre-rinsed and pre-cut will almost always cost you more.



FOR MORE TIPS ON COOKING WITH CANNED FOODS, VISIT WWW.MEALTIME.ORG.



The Budget Chef likes potatoes!

At about 19 cents per serving, potatoes are the largest, most affordable source of potassium in the produce department. They have even more potassium than a banana! Most Americans are not meeting the recommended amount of potassium per day — and that's a big deal. Potassium can help lower blood pressure and may decrease chances of kidney stones and bone loss.

The Budget Chef cooks microwaved potatoes 3 ways!

For these recipes, start with 4 (5- to 6-ounce) whole potatoes, rinsed. Each recipe serves 4.

Classic Baked Potatoes

Cut a wedge out of each potato, about ¼-inch wide and 1-inch deep. This allows steam to escape while microwaving. Place in a microwave-safe dish. Microwave on high, uncovered, 10-12 minutes. Using a kitchen towel or oven mitts, remove hot dish from microwave. Carefully make a slit in the top of each potato. Fluff with a fork. Add your favorite toppings. For an extra veggie boost, top with chopped tomatoes, steamed broccoli, or cut corn.



Basic Mashed Potatoes

Place potatoes into microwave-safe dish. Do NOT puncture the skin. Cover — if covering with plastic wrap, poke small hole in plastic. Microwave on high, 10-12 minutes. Using a kitchen towel or oven mitts, remove hot dish. Carefully remove cover. Mash well with a fork. Stir in ½ cup each plain yogurt and low-fat milk, plus 1½ Tablespoons oil or butter. Add salt and pepper to taste.



Microwave Roasted Potatoes

Cut potatoes into 1-inch cubes. Place in microwave-safe dish. Drizzle 2 Tablespoons canola or olive oil. Sprinkle with herbs or seasonings of your choice (such as dried thyme, sage, or paprika). Toss to coat evenly. Cover — if covering with plastic wrap, poke small hole in plastic. Microwave on high, 10-12 minutes. Using a kitchen towel or oven mitts, remove hot dish and serve.



FOR MORE TIPS ON COOKING WITH POTATOES, VISIT WWW.POTATOGOODNESS.COM.

QUICK AND HEALTHY BAKED POTATO SALAD

www.potatogoodness.com

Serves 4

Prep time: 15 minutes • Cook time: 10 minutes



INGREDIENTS

1½ pounds red potatoes
1 cup non-fat plain yogurt
½ cup minced red onion
½ cup shredded reduced-fat Cheddar cheese
¼ cup snipped fresh chives
3 tablespoons real bacon bits or pieces
¼ teaspoon salt
Freshly ground pepper to taste
Chopped fresh parsley, optional

MATERIALS

Large bowl • Measuring cups • Measuring spoons • Microwave-safe dish with lid • Mixing spoon • Sharp knife

DIRECTIONS

1. Place whole potatoes (do not poke) into microwave-safe dish.
2. Cover dish. (If covering dish with plastic wrap, poke small hole in plastic).
3. Microwave on high for 10 to 12 minutes depending on strength of microwave.
4. Use oven mitts or a towel to remove dish from microwave; carefully remove cover from dish due to steam build-up and let cool.
5. Cut potatoes into bite-size pieces and place in a large bowl with remaining ingredients; stir well to mix.

CHEF'S NOTES

- This salad may be served right away, but is best if refrigerated for at least one hour to allow flavors to blend.

Nutrition Facts

Serving Size (261g)
Servings per Recipe 4

Amount Per Serving	
Calories 200	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 360mg	15%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 11g	
Vitamin A 10%	Vitamin C 35%
Calcium 25%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

QUICK AND HEALTHY POTATO CASSEROLE

www.potatogoodness.com

Serves 6

Prep time: 25 minutes • Cook time: 20 minutes



INGREDIENTS

- 1¼ lbs. Yukon Gold potatoes, very thinly sliced
- 1 cup quartered and thinly sliced onion
- 1 cup shredded reduced-fat sharp Cheddar cheese
- ½ teaspoon Italian herb seasoning
- ½ cup stock or reduced-sodium broth
- 1½ teaspoons Dijon mustard
- ½ teaspoon garlic salt
- Nonstick cooking spray

MATERIALS

- 8-inch square baking dish • Measuring cups • Measuring spoons • Mixing spoon • Plastic wrap • Sharp knife • Small bowl

DIRECTIONS

1. Spray an 8-inch microwave-safe baking dish with nonstick cooking spray. Place ½ of the potatoes and ½ of the onions on the bottom of the dish and sprinkle with ½ the cheese and ½ the herbs.
2. Repeat layers, then top with the last ½ of the potatoes, layering potatoes so that there is a solid layer of potatoes with no gaps; sprinkle with remaining cheese.
3. Stir together stock, Dijon and garlic salt and pour over the potatoes.
5. Cover with plastic wrap and microwave on HIGH for 20 minutes.
6. Use oven mitts or a towel to remove dish from microwave; carefully remove cover from dish due to steam build-up and serve.

CHEF'S NOTES

- Use regular salt and a dash of garlic powder in place of garlic salt if you like.
- Make a tex-mex potato casserole. Omit Dijon and garlic salt. Layer potatoes with 1 (4-oz.) can diced green chiles and ½ cup canned black beans. Use reduced-fat Cheddar or a Mexican cheese blend. Add 1 teaspoon chili powder, 1 teaspoon dried cilantro and ½ teaspoon ground cumin to broth. Cook as directed above. Delicious served with avocado wedges.

Nutrition Facts

Serving Size (162g)
Servings per Recipe 6

Amount Per Serving

Calories 130 **Calories from Fat** 35

%Daily Value*

Total Fat 3.5g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 270mg	11%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 2g	

Protein 8g

Vitamin A 2% • Vitamin C 15%

Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

FISH BRAISED IN GREEN CURRY WITH POTATOES

www.mealtime.org

Serves 4

Prep time: 10 minutes • Cook time: 20 minutes



INGREDIENTS

1½ pounds fish fillets (flounder, salmon or other mild fish)
Coarsely ground black pepper, to taste
1 tablespoon olive oil
1 can (15 ounces) sliced potatoes, drained
1 can (14½ ounces) low-sodium chicken broth
1 teaspoon chopped garlic
1 cup canned, light coconut milk
2 teaspoons canned Thai green curry paste
2 tablespoons chopped parsley, optional

MATERIALS

Can opener • Large skillet • Measuring cups • Measuring spoons • Sharp knife

DIRECTIONS

1. Season fish fillets with pepper.
2. Heat oil in a large skillet and brown fish on both sides.
3. Add potatoes, broth and garlic to the skillet and simmer until the fish flakes with gentle pressure, about 5 minutes.
4. Transfer fish and potatoes to a warm platter.
5. Over high heat, reduce liquid in the pan by about half.
6. Stir in coconut milk and curry paste.
7. Simmer until lightly thickened.
8. Stir in parsley and pour over fish and potatoes.

CHEF'S NOTES

- Use whatever type of fish are on sale or at best price. Check prices of frozen fish fillets.

Nutrition Facts

Serving Size (443g)
Servings per Recipe 4

Amount Per Serving

Calories 310 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 410mg **17%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 38g

Vitamin A 0% • Vitamin C 10%

Calcium 2% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

TUSCAN POTATO SKILLET

www.potatogoodness.com

Serves 4

Prep time: 15 minutes • Cook time: 25 minutes

INGREDIENTS

1 pound petite red potatoes
½ teaspoon salt
¼ teaspoon pepper
1 pound chicken pieces
2 tablespoons extra virgin olive oil, divided
1 tablespoon chopped fresh rosemary (or 1 teaspoon dried rosemary)
4 cloves garlic, minced
1 (12-oz.) bag frozen green beans, thawed
1 lemon, zested and juiced

MATERIALS

Large bowl • Large skillet
Measuring spoons • Mixing spoon • Sharp knife

DIRECTIONS

1. Cut each potato into 4 wedges. Place in a large microwave-safe bowl and season with salt and pepper. Microwave on HIGH for 4 minutes. Stir and microwave for 4 minutes more.
2. While potatoes are cooking, cut each chicken part into 4 equal pieces. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken and cook for 5 minutes or until nicely browned, stirring frequently. Add remaining oil and potatoes; cook and stir for 5 minutes more to brown potatoes and fully cook chicken.
3. Stir in rosemary, garlic, green beans, lemon zest and juice. Cook for a few minutes more to heat through.
4. Season to taste with salt and pepper

CHEF'S NOTES

- Use whatever type of potatoes you have on hand, are on sale, or offer best price.

Nutrition Facts

Serving Size (335g)
Servings per Recipe 4

Amount Per Serving

Calories 310 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 450mg **19%**

Total Carbohydrate 27g **9%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 28g

Vitamin A 10% • Vitamin C 45%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Building the Science Foundation for Potato Nutrition



This excerpt brought to you by



Alliance for Potato Research and Education
2000 Corporate Ridge, Ste. 1000
McLean, VA 22102
703.245.7694

www.apre.org