

Recipe Card: Black Bean & Corn Pita Pockets

1 can (15 oz) of black beans (low sodium)

Brand Name: Simple Truth Organic Black Beans

Nearby Location: Ralphps (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$1

1 cup of corn kernels, thawed

Brand Name:

Nearby Location: Ralphps (915 S Brookhurst St, Anaheim, CA 92804)

Cost:

1 cup fresh or canned tomato without salt

Brand Name: Any type

Nearby Location: Ralphps (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$0.29

1 avocado cut into pieces

Nearby Location: Ralphps (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$1.67

1 clove of garlic, finely chopped

Nearby Location: Ralphps (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$0.50

1 teaspoon fresh parsley

Nearby Location: Ralphps (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$1.25

1/8 teaspoon of cayenne pepper (cayenne pepper), to taste

Brand Name: any type

Nearby Location: Ralphps (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$3.22

2 teaspoons of lemon juice

Nearby Location: Ralphps (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$0.99

½ teaspoon chili powder

Brand Name: Any type

Nearby Location: Ralphps (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$1.25

2 whole wheat pita breads (or more if needed)

Brand Name: Simple Truth Flour Tortillas

Nearby Location: Ralphps (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$2.59

1/3 cup grated, partially skimmed Mozzarella cheese

Brand Name: Kroger's shredded cheese

Nearby Location: Ralphps (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$2.99

Preparation:

- Drain and wash the beans.
- Mix beans, corn kernels, tomato, avocado and garlic.
- Add the parsley, cayenne pepper, lemon juice and chili powder.
- Cut the two pita bread in half, forming 4 pockets, and with a spoon fill them with the mixture.
- Add cheese on top and serve.

Makes 4 servings - ½ pita per serving.

Recipe Card: Asian Chicken Lettuce Cups

1 cup chopped, grilled chicken

Brand Name: Simply Truth Natural Whole Chicken

Nearby Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$10.71

1 cup thinly sliced green onions (green parts only)

Nearby Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: around \$0.50

1 cup finely chopped water chestnuts (or ¼ cup chopped celery)

Brand Name: Kroger Sliced Water Chestnuts

Nearby Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$0.89

1 cup chopped carrots and peas mix

Brand Name: Birds eye steam fresh mix Broccoli, carrots, peas, chestnuts (has combination of all and if you buy it, you don't have to buy separate chestnuts)

Nearby Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$2.69

Iceberg lettuce leaves (cup-shaped)

Brand Name: Kroger Lettuce Hearts

Nearby Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$3.49

Preparation:

- Place the lettuce leaves into the cup and around the cup
- Add the chicken, peas+carrot mixture, chestnuts on top