

## Tips for Eating Healthy While Saving Money\*

- Replace meats with beans, lentils, soy, or nuts. These are often less expensive but are just as nutritious as meats, and have lower saturated fat content. You can reduce your grocery bill significantly by eating meatless meals at least two or more times per week.
- Do more "scratch" cooking using whole foods instead of processed or prepared foods.
- Drink plenty of water, but use filtered tap water instead of buying bottled water.
- Replace expensive junk foods with healthy snacks like fresh fruit or healthy homemade treats (see trail mix recipe).
- Use store brands whenever you can. Store brand cereals and canned goods have the same nutritional value as higher-priced national brands.
- Stop by your local produce stand or farmer's market if there's one near you. They can be a great source for healthy bargains. For the best deals, shop often and look for reduced-price produce or end-of-the-day specials.



*\* Provided by Cigna Medical Group Registered Dietician Kim Hohol*

# Quick and Easy Recipes for Healthy Eating\*

## Homemade Trail Mix

- 4 cups Honey Nut Cheerios (or any whole-grain cereal)
- 8 tbsp. raisins (or any dried fruit)
- 4 oz. peanuts (or any kind of nuts)

Toss all ingredients together. Serve immediately or store in individual bags for snacking later.

Makes 8 servings.

*Per Serving:*

Calories:	191
Total fat:	8 g
Saturated fat:	1 g
Cholesterol:	0 mg
Sodium:	195 mg
Carbohydrates:	27 g
Total fiber:	3 g
Protein:	6 g
Vitamin A:	85 mcg
Vitamin C:	4 mg
Calcium:	71 mg
Iron:	3 mg
Potassium:	266 mg

## Bean and Macaroni Soup

- 2 cans (16 oz. each) great northern beans
- 1 tbsp. olive oil
- ½ lb. fresh mushrooms, sliced
- 1 cup onion, coarsely chopped
- 2 cups carrots, sliced
- 1 cup celery, coarsely chopped
- 1 clove garlic, minced
- 3 cups tomatoes, fresh, peeled, cut up, or 1½ lb. canned, whole, cut up (use low salt to reduce sodium)
- 1 tsp. dried sage
- 1 tsp. dried thyme
- ½ tsp. dried oregano
- Black pepper, freshly ground to taste
- 1 bay leaf, crumbled
- 4 cups elbow macaroni, cooked

1. Drain beans and reserve liquid. Rinse beans.
2. Heat oil in 6-quart pan. Add mushrooms, onion, carrots, celery, and garlic. Sauté for 5 minutes.
3. Add tomatoes, sage, thyme, oregano, pepper, and bay leaf. Cover and cook over medium heat for 20 minutes.
4. Cook macaroni according to directions on package, using unsalted water. Drain when cooked. Do not overcook.
5. Combine reserved bean liquid with water to make 4 cups.
6. Add liquid, beans, and cooked macaroni to vegetable mixture.
7. Bring to boil. Cover and simmer until soup is thoroughly heated. Stir occasionally.

Makes 16 servings.

Serving size: 1 cup

*Per Serving:*

Calories:	158
Total fat:	1 g
Saturated fat:	less than 1 g
Cholesterol:	0 mg
Sodium:	154 mg
Carbohydrates:	29 g
Total fiber:	5 mg
Protein:	8 g
Potassium:	524 mg

## Bean and Crispy Noodle Salad

- 1 (16 oz.) can kidney beans, drained and rinsed
- ¼ cup honey mustard salad dressing
- 4 cups chopped romaine (about 1 head) lettuce
- 1 cup chow mein noodles
- 2/3 cup mandarin oranges, drained
- 1 green onion, chopped

Toss all ingredients together in a large mixing bowl. Serve immediately.

Makes 4 servings.

*Per Serving:*

Calories:	223
Total fat:	7 g
Saturated fat:	1 g
Cholesterol:	0 mg
Sodium:	222 mg
Carbohydrates:	35 g
Total fiber:	7 g
Protein:	7 g
Vitamin A:	368 mcg
Vitamin C:	25 mg
Calcium:	100 mg
Iron:	2 mg
Potassium:	375 mg

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