



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Stretch Your Food Budget - by Adding more plants!

Inflation on food costs is making it even more important to be a savvy shopper. Especially, when you're trying to eat healthier. Frozen and canned foods can help to stretch your food budget, while providing quality nutrition. In addition to meat, beans offer a quality source of protein. So, why not combine them together for a blended burger that costs a little less. You'll still enjoy the flavor of a beef burger while stretching your budget further with the black beans. Plus, the beans add important nutrients like fiber, folic acid, and calcium that you won't get in ground beef. It's like adding a boost of veggies to your burger, beyond your choice of toppings!

### Beef & Black Bean Sliders

#### Ingredients:

- 1/2 cup low-sodium black beans drained, rinsed
- 1 lb. lean ground beef
- 1/4 of small, sweet onion finely chopped
- 1 clove garlic minced
- 2 Tbsps. whole wheat breadcrumbs
- 1/2 tsp. Worcestershire sauce
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 8 whole wheat slider buns
- 4 slices low-fat Cheddar cheese cut in half

#### Directions:

1. In a bowl, mash beans and then combine with ground beef, onion, garlic, breadcrumbs, Worcestershire sauce, salt and pepper. Form into 8 slider patties.
2. Heat skillet over medium heat. Spray with nonstick cooking spray, add patties and cook 3-4 minutes per side, or until desired doneness is reached. Top with cheese and let melt.
3. Top buns with burgers, lettuce and tomato (optional).



### Baked Zucchini Fries

#### Ingredients:

- 2 medium zucchini
- 2 large eggs beaten
- 3/4 cup whole wheat breadcrumbs
- 3 Tbsps. grated Parmesan cheese
- 1 1/2 tps. Italian seasoning
- 1 tsp. garlic powder
- 1/2 tsp. salt

#### Directions:

1. Cut zucchini in half, then slice into thin sticks to resemble fries.
2. Place eggs in small pan. Mix breadcrumbs, cheese, Italian seasoning, garlic powder and salt on plate.
3. In batches, dip zucchini in egg, then breadcrumb mixture, making sure to coat well.
4. Place on prepared baking sheet and bake 20-25 minutes, or until golden and crispy.



Recipes (adapted) and image courtesy of [HealthyFamilyProject.com](http://HealthyFamilyProject.com).