



Eat Healthy On a budget

FROM FOOD STAPLES TO
AMAZING RECIPES





Harvest Project Nutrition Pathway

At Harvest Project, we believe that good health is a foundation for a thriving life. We also understand that navigating the challenges of tight budgets can make healthy eating feel out of reach. That's why this recipe book was created—to show that nutritious, delicious meals are possible without breaking the bank.

As nutritionist, my mission is to empower you with the tools and knowledge to make the most of what's available, while prioritizing health and wellness. I've designed these recipes with our clients in mind: meals that are simple, affordable, and packed with nutrients to help you and your family feel your best.

In this book, you'll find a variety of recipes that are:

- **Budget-Friendly:** Featuring accessible and low-cost ingredients, many of which may already be in your pantry or available through community resources.
- **Nutritionally Balanced:** Created to provide the essential nutrients your body needs, with an emphasis on whole foods, proteins, and healthy carbohydrates.
- **Culturally Inclusive:** Inspired by a range of flavors and traditions, because we celebrate the diversity of our clients and believe food connects us all.

Remember, eating well doesn't have to mean spending more. With a little creativity and guidance, you can turn even the simplest ingredients into meals that nourish both body and soul.

Here's to healthy, happy cooking—on any budget!

Warm regards,

Happy cooking!

Raphaela Vargas
Nutritionist



Fishy Patties

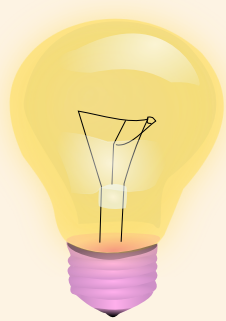
Prep Time : 10 min

Cook Time :10 min

Serving: 3 servings/ 6 tuna cakes

Ingredients:

- 2 cans of tuna
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 2 tablespoons fresh parsley, finely chopped
- 1 egg, beaten
- 2 tablespoons all-purpose flour (plus extra for coating)
- Salt and pepper to taste
- 2-3 tablespoons vegetable oil for frying



If you want to freeze them for later cook them until golden. Allow them to cool and store in your freezer. Reheat in oven, microwave or skillet.



Procedure:

1. **Mix Ingredients:** In a bowl, combine tuna, chopped onion, minced garlic, parsley, beaten egg, flour, salt, and pepper. Mix well.
2. **Shape Patties:** Form the mixture into small patties.
3. **Coat Patties:** Lightly coat each patty with flour.
4. **Fry:** Heat oil in a skillet. Fry patties for 3-4 minutes on each side until golden brown and crispy.
5. **Serve:** Drain excess oil on paper towels. Serve hot .

Customize it

Mashed potatoes


Caesar Salad

Rice Pilaf

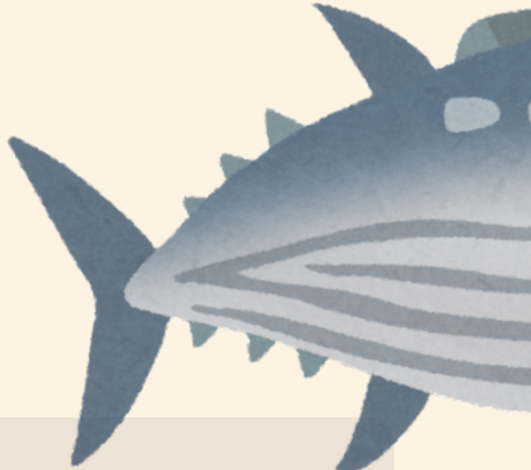
Quinoa

Sautéed vegetables





Savory Tuna Salad



Prep Time : 5 min
Cook Time :10 min
Serving: 4 servings

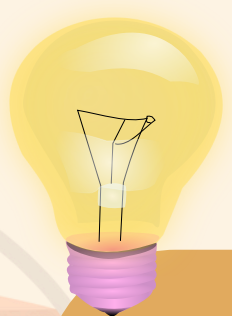
Ingredients:

- 2 cans (about 200g each) of tuna, drained
- 1/4 cup mayonnaise
- 1 tablespoon Dijon mustard
- 1/4 cup finely chopped red onion
- 2 tablespoons chopped fresh parsley
- 1 tablespoon lemon juice
- Salt and pepper to taste

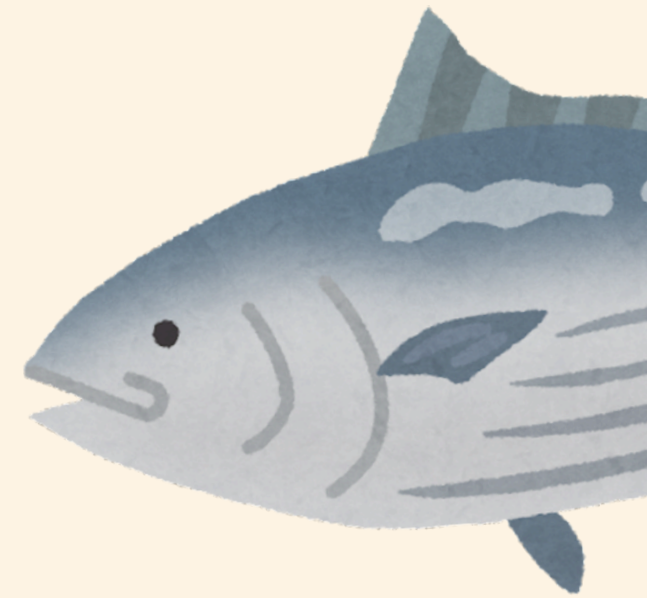


Procedure:

1. **Mix:** In a bowl, combine tuna, mayonnaise, mustard, onion, parsley, and lemon juice. Stir well.
2. **Season:** Add salt and pepper to taste. Adjust mayo and mustard to your preference.
3. **Serve:** Enjoy the tuna salad on lettuce leaves, with sliced tomatoes, avocado, or as a sandwich filling.
4. **Chill:** For best flavor, refrigerate for 30 minutes before serving.



Keep it in the fridge in an airtight container.
Use it as tasty snack!



Customize it

Whole grain tuna sandwich

Tuna Lettuce wraps

Tuna pita pockets

Mediterranean Salad

Tuna Stuffed bell peppers



Black Beans

Fiesta

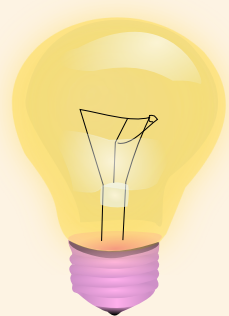
Prep Time : 7 min

Cook Time : 7 min

Serving: 4 servings

Ingredients:

- 1 can of black beans, drained and rinsed
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder (adjust to taste)
- Salt and pepper
- 1/4 cup chopped fresh cilantro (optional)
- Lime wedges (optional)



If you want add some bell peppers and corn to the mix. In order to freeze them for later, allow them to cool with and store in your freezer. Reheat in the microwave or skillet.



Procedure:

1. **Heat** olive oil in a skillet.
2. **Cook** chopped onion until soft.
3. Add minced garlic, ground cumin, and chili powder, cook briefly.
4. Add drained black beans, season with salt and pepper.
5. **Cook** for 5-7 minutes until heated through.
6. Optionally, add chopped cilantro.
7. Serve hot with lime wedges.

Customize it

Garlic rice

Quesadilla

Burrito

Black beans stew

Black bean Dip



Chickpeas Curry

Prep Time : 10 min

Cook Time : 25 min

Serving: 4 servings

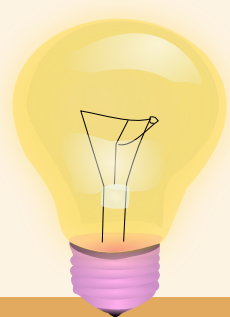
Ingredients:

- 1 can of chickpeas
- 1 tablespoon vegetable oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric powder
- 1 can (14 ounces) diced tomatoes
- 1 can (14 ounces) coconut milk or cream.
- Salt, to taste
- Fresh cilantro leaves, for garnish (optional)



Procedure:

- **Heat** the oil in a large skillet or pot over medium heat.
- Add chopped onion and cook until softened, about 5 minutes.
- **Stir** in minced garlic, ground cumin, ground coriander, and turmeric powder and salt . Cook for another minute.
- Add diced tomatoes with their juices. **Stir** and let it simmer for 5 minutes.
- Add canned chickpeas, coconut milk, and salt. **Stir** well and bring to a simmer.
- Let the curry **simmer** gently for 15-20 minutes until the sauce thickens slightly.
- **Serve hot**, garnished with cilantro leaves if desired, and with rice or naan bread.



Option, you can blend it and have a new version of hummus !

Customize it

Rice

Naan bread

Chickpea soup

Sweet potatoes fries

Roasted potatoes



PB Noodles

Prep Time : 5 min
Cook Time : 15 min
Serving: 3 servings

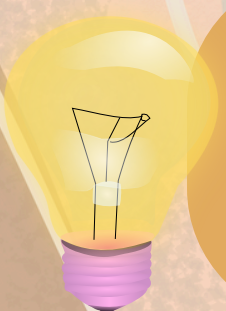
Ingredients:

- 400 g of your favorite noodles (rice noodles spaghetti, linguine, udon)
- 1/2 cup creamy peanut butter
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar or lime juice
- 1 tablespoon honey or maple syrup (optional)
- 2 cloves garlic, minced
- 1 teaspoon grated fresh ginger (optional)
- 2-3 tablespoons of water
- Chopped green onions and crushed peanuts
- Chili flakes optional



Procedure:

- **Cook** the noodles according to package instructions. Drain and set aside.
- In a bowl, **mix** together peanut butter, soy sauce, sesame oil, rice vinegar or lime juice, honey or maple syrup, and minced garlic (if using). Add warm water gradually to achieve desired consistency.
- **Toss** the cooked noodles with the peanut butter sauce until evenly coated.
- **Serve warm or cold.** Optionally, garnish with sliced green onions, chopped cilantro, sesame seeds, or crushed peanuts.



Cilantro goes well as a topping !

Customize it

Steamed Broccoli

Sautéed Bok choy

Fried Tofu

Sautéed Mushrooms

Boiled Edamame



Falafel balls

Prep Time : 10 min

Cook Time : 15 min

Serving: 6 to 8 servings

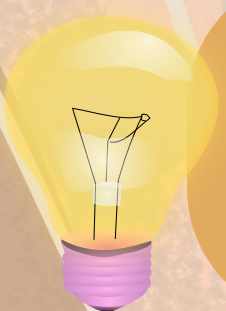
Ingredients:

- 1 can chickpeas, drained and rinsed
- 1/2 small onion, roughly chopped
- 2 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh cilantro, chopped
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon baking powder
- Salt and pepper, to taste
- Vegetable oil, for frying



Procedure:

- **Prepare** Mixture: In a food processor, blend drained chickpeas, onion, garlic, parsley, cilantro, cumin, coriander, baking powder, salt, and pepper until well combined.
- **Chill** Mixture: Transfer the mixture to a bowl, cover, and refrigerate for at least 30 minutes.
- **Shape Patties**: After chilling, shape the mixture into small patties, about 1 inch in diameter and 1/2 inch thick.
- **Fry** Patties: Heat vegetable oil in a skillet over medium heat. Fry the falafel patties until golden brown and crispy, about 3-4 minutes per side.
- **Drain** and **Serve**: Transfer the cooked falafel patties to a paper towel-lined plate to drain excess oil.



Prepare in batches and freeze it for later

Customize it

Mediterranean Salad

Pita Pockets

Couscous

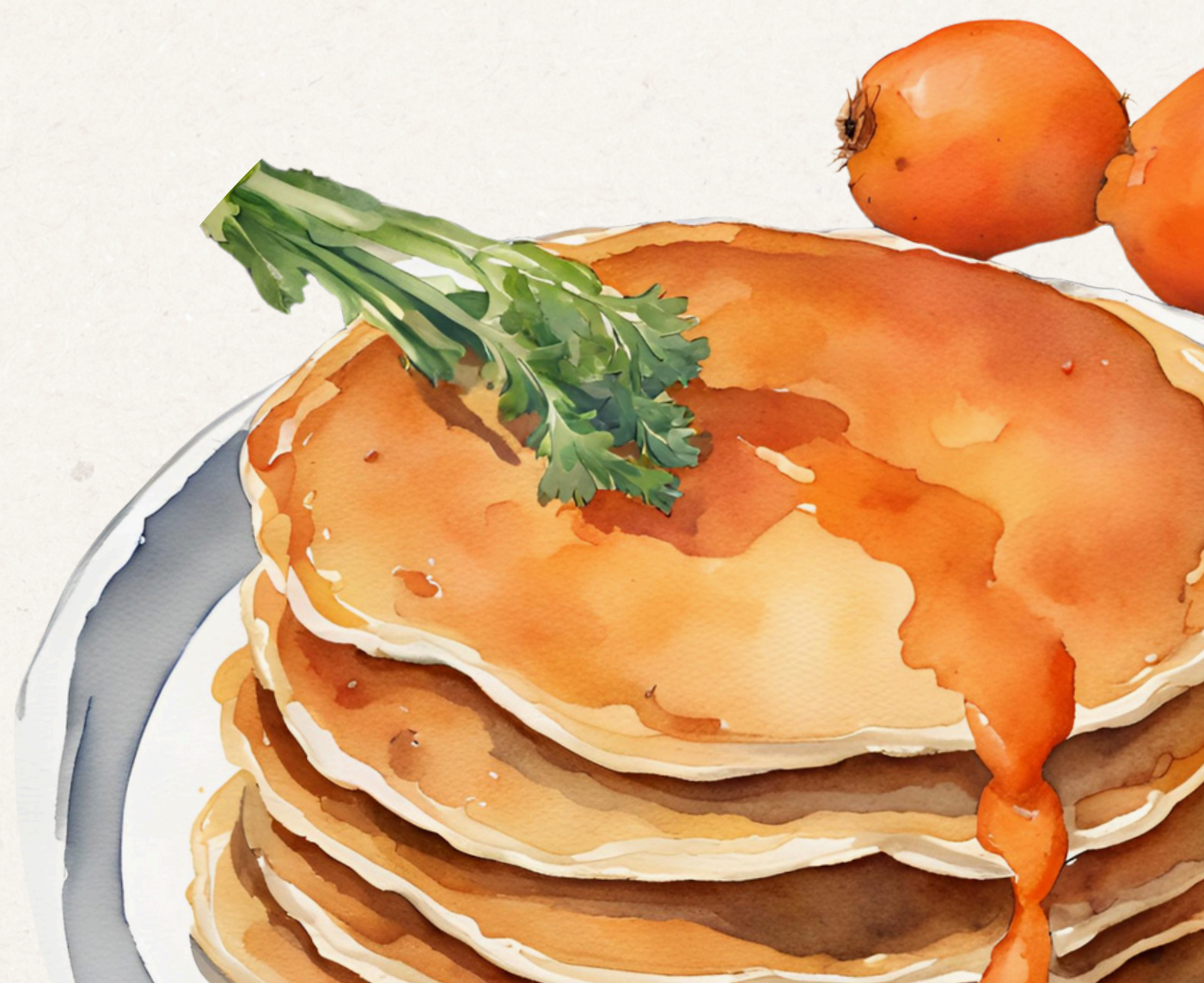
Wrap or Burrito

Bolognese Spaghetti





Breakfast
Ideas &
Soups



Crispy Peach Crumble

Prep Time : 10 min
Cook Time : 25-30 min
Serving: 4 servings

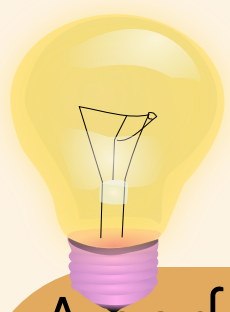
Ingredients:

- 3 small cup of diced canned peaches
- 1 cup rolled oats
- 1/2 cup sugar
- 1/2 cup flour
- 1/4 cup butter, melted



Procedure:

- **Preheat** Oven: Preheat your oven to 350°F (175°C).
- **Unpack** the peaches and drained them
- Make Crumble Topping: In a bowl, combine the rolled oats, brown sugar, flour, and melted butter. **Mix** until crumbly.
- Assemble: Spread the crumble topping evenly over the peaches.
- **Bake** in the preheated oven for 25-30 minutes, or until the topping is golden brown and the peaches are bubbly.
- **Serve**: Let it cool slightly before serving.



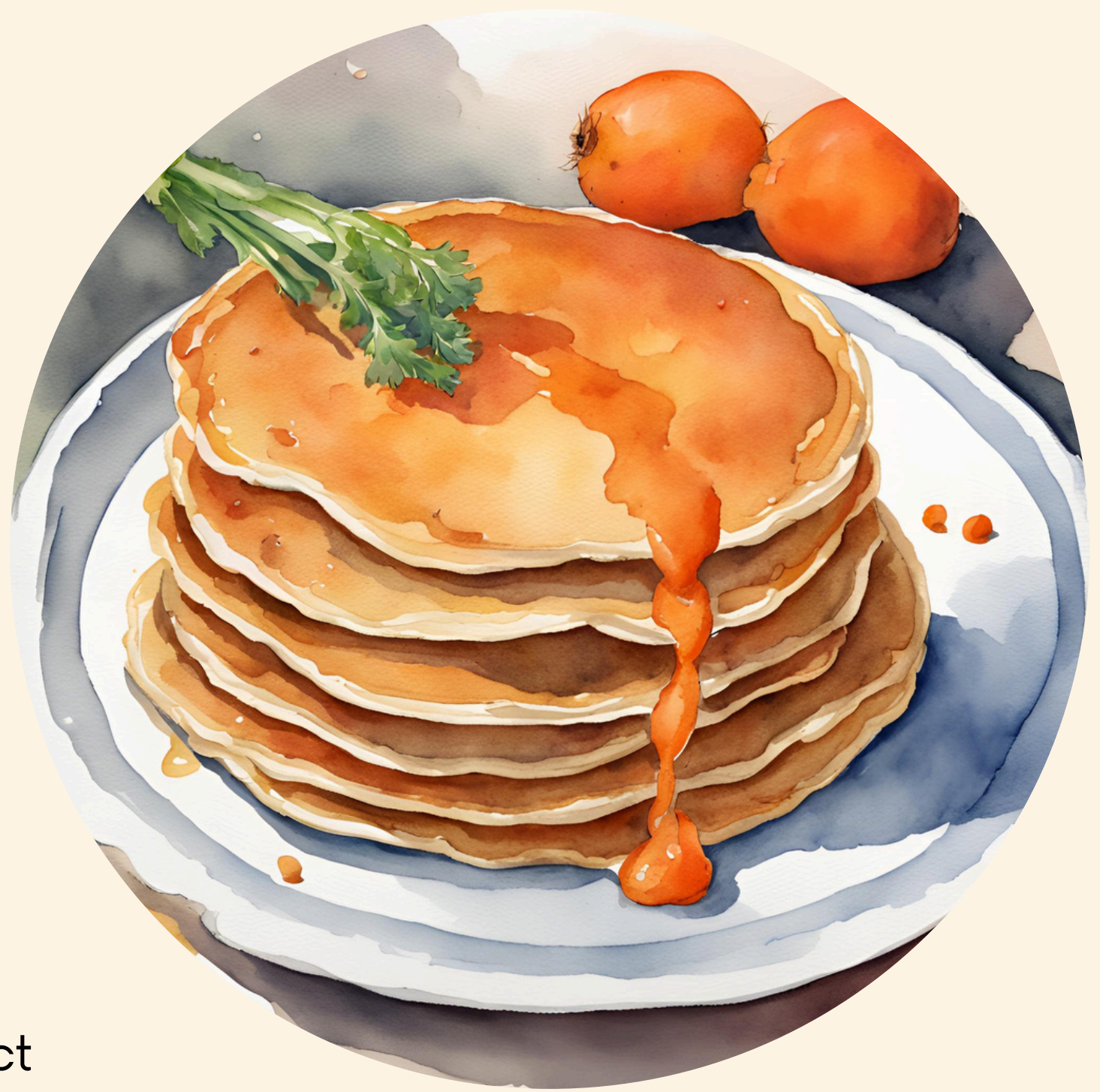
A perfect breakfast for the weekend. Also you can double the recipe and meal prep for the week ahead.

Carrot pancakes

Prep Time : 10 min
Cook Time : 20 min
Serving: 8-10 servings

Ingredients:

- 1 cup all-purpose flour
- 1 tbsp sugar
- 1 tbsp baking powder
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 1 cup milk
- 1 large egg
- 2 tbsp oil
- 1 cup finely grated carrots
- Optional: 1/2 tsp vanilla extract



Procedure:

Mix Dry Ingredients: In a large bowl, whisk together flour, sugar, Ingredients: In another bowl, beat the egg and then mix in the milk and melted butter (and vanilla extract if using).

Combine Wet and Dry: Pour the wet ingredients into the dry ingredients and stir until just combined. Don't overmix; a few lumps are okay.

Add **Carrots:** Gently fold in the grated carrots.

Cook: Heat a non-stick skillet or pan over medium heat and lightly grease oil. Pour 1/4 cup batter for each pancake onto the skillet. Cook until bubbles form on the surface, then flip and cook until golden brown on the other side.

Serve: Serve warm with your favorite toppings like maple syrup, yogurt, or extra grated carrots.

Prepare them in batches and keep them frozen.



Peanut Butter & Banana Smoothie

Prep Time : 5 min

Cook Time : 1min

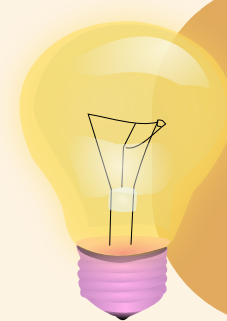
Serving: 1 serving

Ingredients:

- 1 ripe banana
- 2 tablespoons peanut butter
- 1 cup milk (dairy or non-dairy)
- 1/2 cup Greek yogurt (optional, for creaminess)
- Ice cubes (optional, for a chilled smoothie)
- da

Procedure:

- Blend Ingredients: In a blender, combine the banana, peanut butter, milk, and Greek yogurt (if using). Add ice cubes if you prefer a colder smoothie.
- Blend Until Smooth: Blend until smooth and creamy. You can adjust the thickness by adding more milk or ice as desired.
- Taste and Adjust: Taste the smoothie and add a little honey or maple syrup if you want it sweeter.
- Serve: Pour into a glass and enjoy immediately!



Excelent breakfast idea,
never throw ripe bananas
again

Microwave Banana Oat Muffin

Prep Time : 10 min
Cook Time : 15 min
Serving: 6 to 8 servings

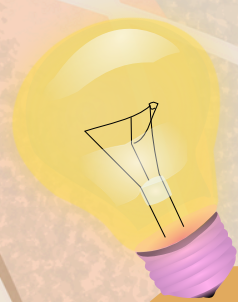
Ingredients:

- 1 ripe banana, mashed
- 1/4 cup milk (dairy or non-dairy)
- 1/4 teaspoon vanilla extract
- 1 tablespoon honey or maple syrup (optional, for sweetness)
- 1/2 cup rolled oats
- 1/4 teaspoon baking powder
- Pinch of salt
- Optional add-ins: a handful of raisins, or chocolate chips



Procedure:

- Banana Mashing: Make sure your banana is ripe and mashed well to ensure a smooth batter.
- Mixing Ingredients in a small bowl, ensure all ingredients are mixed thoroughly to distribute the baking powder evenly and to incorporate the oats.
- Microwave-Safe Container: Use a microwave-safe mug or bowl that is large enough to allow the muffin to rise without overflowing. start with 1 min and 30 sec and check.
- Cooling Time: Let the muffin cool slightly before eating to allow it to set and firm up.



Microwave Power: Microwaves can vary in power, so you may need to adjust the cooking time accordingly microwave power. 2 min average.

Pumpkin spice Smoothie

Prep Time : 5 min

Cook Time : 0 min

Serving: 2 servings

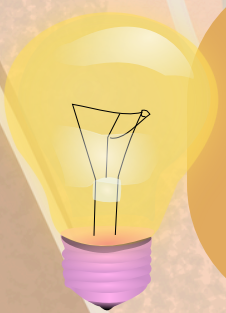
Ingredients:

- 1/2 can of pumpkin puree.
- 1 regular sized banana
- 1/2 of cold water
- 1/2 cup of milk or 1 cup vanilla yogurt .
- 1 Teaspoon of grounded cinnamon
- A pinch of nutmeg.
- Optional 1 scoop of peanut butter.



Procedure:

- In a blender, mix the peeled banana with the pumpkin puree and all the other ingredients. Blend for 1-2 minutes, then serve chilled.



Quick and Cozy Drink

Pumpkin soup

Prep Time : 5 min

Cook Time : 15 min

Serving: 3-4 servings

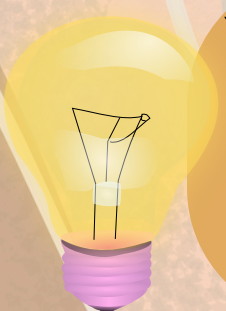
Ingredients:

- 1 can of pumpkin puree.
- 1/2 small onion, roughly chopped.
- 3 minced garlic cloves.
- 2 tablespoon of vegetable oil
- 3 cups of chicken or vegetable broth.
- 1/2 coconut milk
- 1 table spoon fresh ginger.
- Salt and pepper.



Procedure:

- in a saucepan heat the oil and add the chopped onion for 3 min , add the garlic and ginger until fragrant.
- Add the pumpkin puree and broth . Stir well until combine all the ingredients.
- Simmer: Bring the soup to boil, then reduce the heat to low , add the coconut milk and let it simmer for about 15 min.
- For a smoother texture use a blender to puree the soup.
- Serve and enjoy!



You can use leftover as a nice pasta sauce goes well with ravioli.

Middle Eastern Lentil Soup

Prep Time : 10 min
Cook Time : 40 min
Serving: 4-5 servings

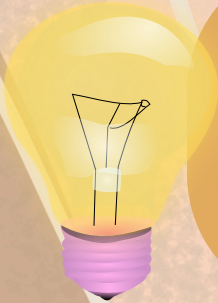
Ingredients:

- 1 cup brown or green lentils, rinsed
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 1 large tomato, diced (or 1 cup canned diced tomatoes)
- 1 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon paprika
- 6 cups vegetable broth or water
- 2 tablespoons oil.
- Salt and pepper, to taste



Procedure:

- Sauté Vegetables: Heat olive oil in a large pot over medium heat. Add the chopped onion, garlic, carrots, and celery. Sauté for about 5-7 minutes.
- Add Spices: Stir in the cumin, turmeric & paprika. Cook for another 1-2 minutes to toast the spices and release their flavors.
- Add Lentils and Tomatoes: Add the rinsed lentils and diced tomato to the pot. Stir well to combine.
- Add Liquid: Pour in the vegetable broth or water. Bring to a boil, then reduce the heat to low. Simmer uncovered for about 30-35 minutes, or until the lentils are tender.
- Season and Finish: Once the lentils are cooked, season the soup with salt and pepper to taste. Stir in the lemon juice.
- If desired, garnish with fresh parsley or cilantro.



Optional: Juice of 1 lemon & fresh parsley or cilantro, for garnish