

7-Day Food Stamp Challenge: California Food Literacy Center Recommendations

BREAKFAST

Red Potato & Spinach Mini Frittatas

Using affordable ingredients, [Poor Girl Eats Well](http://www.poorgirleatswell.com) creates a healthy and substantial breakfast for only \$0.65 a serving!

<http://www.poorgirleatswell.com/2010/06/recipe-red-potato-spinach-mini-frittatas.html>

Huevos Rancheros

[Awake at the Whisk](http://awakeatthewhisk.com) has a Mexican breakfast that will make your day *muy bueno* for only \$1.50 per serving!

<http://awakeatthewhisk.com/huevos-rancheros-recipe/>

Oatmeal

Start your day right with a nutritious breakfast! Have a heart-healthy breakfast that costs only \$1.10 per serving, created by [Awake at the Whisk](http://awakeatthewhisk.com).

<http://awakeatthewhisk.com/the-most-important-meal-of-the-day-saving-money-my-husband%E2%80%99s-cholesterol-with-oatmeal/>

Egg in the Nest French Toast

Who says breakfast can't be fun and affordable? [Eat Well, Live Free](http://eatwelllivefree.com) creates a delightful egg in the nest breakfast for only \$0.46 per serving!

<http://eatwelllivefree.com/2011/12/egg-in-the-nest-french-toast-with-attitude-and-a-bread-hole/#more>

Dee's Oatmeal Pancakes

[Simply Recipes](http://www.simplyrecipes.com) shows you how to make a heart-healthy and delicious oatmeal pancake for only \$0.74 a serving!

http://www.simplyrecipes.com/recipes/dees_oatmeal_pancakes/

Roasted Asparagus & Poached Eggs on Toast

[Poor Girl Eats Well](#) shows you how to create a fancy breakfast for \$1.75 per serving!

<http://www.poorgirleatswell.com/2012/03/recipe-roasted-asparagus-poached-eggs-on-toast.html>

Dippy Eggs and Soldiers

Create a breakfast that is fun and yummy for kids and adults! [Kiss My Spatula](#) shows you how for only \$0.81 a serving!

<http://kissmyspatula.com/2011/01/21/dippy-eggs-and-soldiers/>

LUNCH

Strawberry Love

Eight-year-old Madelene Silva won [California Food Literacy Center's](#) Kids' Food Literacy Sandwich contest with this scrumptious nut butter and strawberry sandwich that costs only \$0.77 per serving!

<http://californiafoodliteracy.org/2012/10/08/kids-food-literacy-sandwich-contest-strawberry-love/>

Apple Peanut Butter Sandwich

Eleven-year-old Alden shows [Simply Recipes](#) how to make a yummy peanut butter and apple sandwich that costs only \$0.35!

http://www.simplyrecipes.com/recipes/apple_peanut_butter_sandwich/

Homemade Fast Food Burrito

[California Food Literacy Center](#) shows you how to make a \$0.73 bean burrito that is cheaper than the fast food version!

<http://californiafoodliteracy.org/2012/04/23/homemade-fast-food-bean-burrito/>

My Favorite Sandwich

Finalist of [California Food Literacy Center's](#) Kids' Sandwich Contest, four-year-old Griffin shows us how to create a healthy vegetarian sandwich that costs only \$1.43!

<http://californiafoodliteracy.org/2012/09/22/favorite-sandwich/>

Tomato Avocado Salad

This fresh salad by [Awake at the Whisk](#) has protein and vitamins to keep you going all day and it costs only \$1.50 per serving!

<http://awakeatthewhisk.com/tomato-avocado-salad/>

ABC Delicious

Using chicken, avocado and basil aioli, [Stay at Home Foodie](#) creates a delicious and substantial Food Literacy sandwich that costs only \$1.54!

<http://stayathomefoodie.com/abc-delicious-a-sandwich-inspired-by-food-literacy-month/>

Deviled Egg Salad

Eggs are simple to prepare, nutritious, and affordable! Poor Girl Eats Well creates a delicious deviled egg salad sandwich that costs only \$1.25!

<http://www.poorgirleatswell.com/2011/09/recipe-deviled-egg-salad-sandwich-hunger-challenge-2011.html>

DINNER

Singapore Fried Rice Noodles

Craving Asian food? [California Food Literacy Center](#) shows you how to create your own take-out with an authentic Singapore fried rice noodles recipe that costs only \$1.24 per serving!

<http://californiafoodliteracy.org/2012/02/20/singapore-fried-rice-noodles-2/>

Potato and Roasted Garlic Soup

Warm your cold nights with a delectable and affordable potato and roasted garlic soup that costs only \$1.79 per serving, created by [California Food Literacy Center](#).

<http://californiafoodliteracy.org/2012/03/12/potato-roasted-garlic-soup/>

Lemon Chicken

[Simply Recipes](#) creates a simple, affordable, and scrumptious roasted lemon chicken that costs only \$2.20 per serving!

http://www.simplyrecipes.com/recipes/lemon_chicken/

Classic Baked Chicken

Baking chicken cannot get any easier than this! [Simply Recipes](#) creates a classic dish that you can enjoy for only \$1.33 per serving!

http://www.simplyrecipes.com/recipes/classic_baked_chicken/

Fast & Fancy Spaghetti

Fancy Italian food can be made at home for only \$1.04 per serving! [Awake at the Whisk](#) whips up a simple and delicious spaghetti with homemade tomato sauce.

<http://awakeatthewhisk.com/fast-fancy-spaghetti/>

Butternut Squash Tacos

Enjoy fall's harvest in a taco! [Eat Well, Live Free](#) creates healthy and yummy butternut squash tacos that cost only \$2.11 per serving!

<http://eatwelllivefree.com/2012/03/butternut-squash-tacos-food-literacy/#more>

Kabocha Squash Thai Red Curry

Spice up your dinner! Make affordable Thai food at home with [California Food Literacy Center's](#) kabocha squash Thai red curry that costs only \$2.13 per serving!

<http://californiafoodliteracy.org/2011/12/03/kabocha-squash-thai-red-curry/>