



Budget Bytes: Over 100 Easy, Delicious Recipes to Slash Your Grocery Bill in Half

By Beth Moncel

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Budget Bytes: Over 100 Easy, Delicious Recipes to Slash Your Grocery Bill in Half By Beth Moncel

The debut cookbook from the *Saveur* blog award-winning Internet expert on making eating cheap dependably delicious

As a college grad during the recent great recession, Beth Moncel found herself, like so many others, broke. Unwilling to sacrifice eating healthy and well—and armed with a degree in nutritional science—Beth began tracking her costs with obsessive precision, and soon cut her grocery bill in half. Eager to share her tips and recipes, she launched her blog, Budget Bytes. Soon the blog received millions of readers clamoring for more.

Beth's eagerly awaited cookbook proves cutting back on cost does not mean cutting back on taste. *Budget Bytes* has more than 100 simple, healthy, and delicious recipes, including Greek Steak Tacos, Coconut Chicken Curry, Chorizo Sweet Potato Enchilada, and Teriyaki Salmon with Sriracha Mayonnaise, to name a few. It also contains expert principles for saving in the kitchen—including how to combine inexpensive ingredients with expensive to ensure that you can still have that steak you're craving, and information to help anyone get acquainted with his or her kitchen and get maximum use out of the freezer. Whether you're urban or rural, vegan or paleo, *Budget Bytes* is guaranteed to delight both the palate and the pocketbook.

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Editorial Review

Review

"It doesn't matter who you are--college student, young professional, new parents, seniors; watching your pennies or rich as Croesus--"Budget Bytes" is one of those rare books that is meant for absolutely everyone; the recipes are remarkable in their scope, simplicity, flavor, and cost-consciousness, proving once again that "real food" never has to break the bank. I adored this book!"

--Elissa Altman, author of "Poor Man's Feast"

"Quick and delicious recipes, easy-to-follow instruction, and priceless cost-cutting tips from the queen of eating well on a dime. A great addition to any kitchen!"

--Antonia Lofaso, author of "The Busy Mom's Cookbook"

""Budget Bytes" demystifies how to eat home-cooked meals without sacrificing taste or your wallet."

--Rebecca Lando, author of "The Working Class Foodies Cookbook "

"Affordable ingredients and fabulous, easy recipes all in one delicious, healthy cookbook."

--Holly Clegg, author of the "Trim&TERRIFIC" cookbook series

About the Author

Beth Moncel has a B.S. in nutritional science and dietetics and a B.S. in clinical laboratory science from Louisiana State University. Her blog, Budget Bytes, won the 2016 Best How-To Food Blog Award from *Saveur* magazine. She lives in New Orleans.

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Easy Pad Thai recipe

Serves 4

I'm probably not supposed to play favorites, but this recipe is *definitely* my favorite. Pad thai is the epitome of simple ingredients creating dazzling flavor. It's fresh, light, exotic, and faster than any takeout (unless, of course, you happen to live above a restaurant that delivers). Fresh lime is key to creating the unique flavor, but one lime should be enough for a single or even double batch of this noodle dish. Fish sauce, which you can find in the Asian section of most major grocery stores or at Asian markets, gives this pasta a more authentic flavor, but if you can't find any, skip it; this dish will still rock your world.

INGREDIENTS

8 ounces pad thai or lo mein noodles

2 tablespoons vegetable oil

1 clove garlic, minced

2 large eggs

1 1/2 tablespoons soy sauce

2 tablespoons fresh lime juice (from about 1 medium lime)

2 tablespoons brown sugar

1 teaspoon fish sauce

1/8 teaspoon red pepper flakes

3 green onions, sliced

1/4 bunch fresh cilantro, leaves only, roughly chopped

1/4 cup chopped, unsalted peanuts

INSTRUCTIONS

Bring a large pot of water to a rolling boil. Add the noodles and cook for 7 to 10 minutes or until tender. Drain the noodles and set aside.

In a large skillet, heat the vegetable oil over medium heat. Add the garlic and cook for 1 to 2 minutes, or until tender.

Whisk the eggs lightly with a fork. Pour them into the skillet and cook just until they solidify, but are still moist, moving the eggs around the skillet slightly as they cook so that they lightly scramble. When the eggs are cooked, remove the skillet from the heat and set aside.

In a small bowl, stir together the soy sauce, lime juice, sugar, fish sauce, and red pepper flakes. Pour the sauce into the skillet with the scrambled eggs. Add the noodles and toss to coat in the sauce.

Sprinkle the green onions, cilantro, and peanuts over the noodles. Toss lightly to combine. Serve warm.

BUDGET BYTE: Pad thai noodles have a unique flavor and texture, but if you can't find them in your area, try substituting another flat pasta like linguine.

CHEF'S TIP: To get the most juice from your lime, roll it on your countertop while applying pressure before cutting it open. This causes the juice capsules to burst and release more juice.

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