

Easy Cheesy Enchiladas

10 Servings

Cost per serving \$1.50

Ingredients

Enchiladas

- ◆ 1 (3-ounce) package low-fat cream cheese
- ◆ 2 cups chopped, cooked chicken breast
- ◆ 12 ounces chunky salsa, mild
- ◆ 10 corn tortillas

Sauce

- ◆ 2 cups non-fat plain yogurt
- ◆ 1 cup chopped cilantro
- ◆ 1 teaspoon ground cumin

Directions

1. Heat cream cheese in large skillet over medium heat until soft.
2. Stir in chicken and ½ cup of the salsa; mix well.
3. Add ½ cup shredded cheese; stir until melted.
4. Spoon enchilada filling onto each tortilla; roll up. Place seam side down in baking dish. Top with remaining salsa and cheese.
5. Bake at 350 degrees F for about 15 minutes, or until heated through and through. Serve with yogurt sauce.



Nutrition facts per serving

Calories: 180

Total Fat : 5 g

Cholesterol: 32 mg

Sodium 418 mg

Total Carbohydrate: 20 g

Fiber: 2g

Protein: 16 g

www.nationaldairyCouncil.org

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.

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Stretching Your Food Dollars



A common misconception among people living on a tight budget is that it isn't really possible to purchase nutritious food products. The reality is that everyone can make good food choices and reduce their spending by adopting some simple strategies.

One of the most important things we can do when starting an important job is to plan. Grocery shopping is no different. Having a plan before going shopping can yield savings through allowing time for viewing sales ads and sensibly using coupons. A plan can also

prevent you from making impulse buys, which often lead to wasted money.

Comparing unit pricing labels at the grocery store is another way to stretch food dollars.

Buying in bulk can be a money saver as well, but be sure to check that you have enough freezer space before buying bulk items. Choose bulk items that won't expire before you use them.

Other money savers include buying fruits and vegetables that are in season, cooking several meals for the week on days off and freezing some for later use (this can take the place of less economical store-bought frozen meals), and avoid regular dining out.

These simple steps can contribute to healthier eating and a healthier pocketbook, even for families living on a tight budget.

Courtney Levens

County Extension Agent — FCS

Dawson County

400 South 1st

P.O. Box 1268

Lamesa, TX 79331

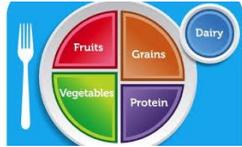
Courtney.levens@ag.tamu.edu

Office 806-872-3444

Fax 806-872-5606

dawson.agrilife.org

www.facebook.com/pages/dawson-county-fcs



10 Tips to Save More at the Grocery Store

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food. Use the MyPlate coupon tips to stretch your budget.

1. FIND DEALS RIGHT UNDER YOUR NOSE

Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

2. SEARCH FOR COUPONS

Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons." Go through your coupons at least once a month and toss out any expired ones.



3. LOOK FOR SAVINGS IN THE NEWSPAPER

Brand name coupons are found as inserts in the paper every Sunday—except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

4. JOIN YOUR STORE'S LOYALTY PROGRAM

Signup is usually free and you can receive savings and electronic coupons when you provide your email address.

5. BUY WHEN FOODS ARE ON SALE

Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

6. FIND OUT IF THE STORE WILL MATCH COMPETITORS' COUPONS

Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

7. STAY ORGANIZED SO COUPONS ARE EASY TO FIND

Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.



8. FIND A COUPON BUDDY

Swap coupons you won't use with a friend. You can get rid of clutter and discover additional discounts.

9. STICK TO THE LIST

Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet37SaveMoreAtTheGroceryStore.pdf>

10. COMPARE BRANDS

Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.



Money Saving Tips

Electricity prices are rising and utility bills are getting ugly. Fight back with these 10 tips, and reduce your electrical bill by up to 40 percent.



1. Turn your thermostat up 2 - 4 degrees.
2. Use fans only when you are in a room, a fan can make you feel 4 degrees cooler.
3. Change your AC air filters once a month, clean filters run more efficiently.
4. Block the sun from overheating your home by using shades, blinds and drapes.
5. Use toaster or microwaves instead of the oven that heats your whole house.
6. Seal your windows and doors.
7. Close air vents to rooms that aren't being used.
8. Replace regular bulbs with fluorescent bulbs.
9. Only wash full loads, laundry and dishes.
10. Turn lights, computers, TVs off when you leave a room.

