

QUICK FAMILY MEALS FOR \$12 OR LESS

PREMIERE  
ISSUE

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EASY  
FOOD FOR A  
BUSY LIFE

## Fall Food Harvest

AMAZING  
MAKE-AHEAD  
DINNERS

Lower  
Your  
Grocery  
Costs

Delicious  
Dishes with  
5 Ingredients

EASY APPLE  
CRUMB PIE

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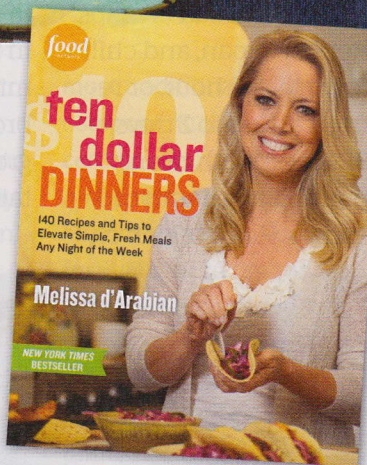


Ingrid Hoffmann:  
Fast, Affordable Dinner Secrets





**Who** would believe that a simple cooking demonstration could be the beginning of a booming career? If you had asked her five years ago, probably not Melissa d'Arabian, but that's exactly what happened to her.



A busy stay-at-home mom of four young girls, Melissa diligently and creatively streamlined her household budget so her family could live on just her husband's income, and she began teaching other homemakers the same money-saving strategies she used. One of these tips was how to make yogurt from scratch, which, with a family of six, saved Melissa hundreds of dollars a year; a video of the process landed her a spot on season five of *The Next Food Network Star*.

Immersed in the competition, Melissa's philosophy of feeding a gourmet meal to four people with just \$10 was put into action. Relying on savvy grocery shopping, using seasonal ingredients, and knowing how to stretch a dollar—all of which Melissa says she learned from being raised by her single mother—she made it to the final

# Dinners for \$10

From being a busy mom with young children to becoming a self-made television star, Melissa d'Arabian has always stayed true to her budget-conscious upbringing.

test: the "ultimate dinner party" for a group of internationally renowned chefs with a practically unlimited food budget. The dish that she says won her the title was a Potato-Bacon Torte, a rich, hearty, comforting pie that only costs about 50 cents a serving, far cheaper than many of her competitors' dishes. That experience sealed her view that delicious, nutritious food doesn't have to be expensive to be satisfying, even for the most refined palates.

Melissa's own show on Food Network demonstrated her talent for creating endless possibilities of meals, from appetizers and entrées to breakfasts and desserts and everything in between—which home cooks can also do for themselves with her cookbook *Ten Dollar Dinners*. The book features a convenient cost scale for each dish, which makes it easy to choose a meal for your \$10 budget. For Melissa, a meal is a main dish plus two other dishes, such as an appetizer and dessert, two sides, or a soup and salad. If you choose a pricier entrée, simply select other less-expensive dishes on the scale. To maximize your cost savings, she shares more than 100 tips for how to get the best deals in the supermarket, what ingredients to splurge on, how to stretch pricey items, and much more. The book's 11 chapters cover everything from starters and snacks to seafood and smoothies. You definitely get a wide variety of tastes and textures that make these budget meals anything but boring.

Hard at work on her second cookbook, Melissa continues to make homemade yogurt these days "because I love it," even though it's probably not the money-saving necessity it was a few years ago.

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## Roasted Tomato, Onion, and Eggplant Tian

Makes 4 servings

Recipe adapted from Ten Dollar Dinners by Melissa d'Arabian

- 2 tablespoons extra-virgin olive oil, divided
- 1 small eggplant, trimmed and cut into ¼-inch-thick rounds
- ¾ teaspoon kosher salt, divided
- 2 small onions, cut into ¼-inch-thick rounds
- 1 clove garlic, smashed
- 2 plum tomatoes, cut into ¼-inch-thick rounds
- ¼ cup grated Parmesan cheese

**ONE** Preheat oven to 375°.

**TWO** In a large skillet, heat 1 tablespoon oil over medium-high heat.

Add eggplant, and sprinkle with ¼ teaspoon salt. Cook until lightly browned on both sides, about 4 to 5 minutes.

Transfer eggplant to a plate, and set aside. Add 2 teaspoons oil to skillet, and add onion. Sprinkle with ¼ teaspoon salt, and cook until just beginning to brown, about 2 minutes. Using a spatula, turn onion, and cook 2 minutes more. Transfer to a plate, and set aside.

**THREE** To a 9-inch deep-dish pie plate, rub the interior with the garlic clove. Alternate adding eggplant, onion, and tomato slices around the edge of the dish. Repeat process with a smaller circle in the middle of the dish to form two concentric circles. Sprinkle with remaining ¼ teaspoon salt, and

drizzle with remaining 1 teaspoon oil.

**FOUR** Cover with aluminum foil, and bake for 20 minutes. The tomatoes should be soft but still hold their shape. Remove baking dish from oven, and set oven to broil. Remove foil, and sprinkle cheese evenly over top. Broil for 2 minutes or until cheese is melted and lightly browned. Serve immediately.

## Spinach-and-Cheese-Stuffed Chicken with Lemon Butter

Makes 4 servings

Recipes adapted from Ten Dollar Dinners by Melissa d'Arabian

- 8 ounces frozen chopped spinach, thawed and squeezed dry
- 4 ounces shredded mozzarella, provolone, Swiss, or Cheddar cheese
- 2 tablespoons cream cheese, softened
- Zest and juice of 1 lemon
- 1 clove garlic, chopped
- 1 teaspoon kosher salt, divided
- ¼ cup all-purpose flour
- 4 (6- to 8-ounce) boneless skinless chicken breasts, rinsed and patted dry
- 2 tablespoons canola or olive oil
- 2 tablespoons unsalted butter, cut into small pieces

**ONE** Preheat oven to 375°.

**TWO** In the work bowl of a food processor, place spinach, cheese, cream cheese, lemon zest, garlic, and ½ teaspoon salt. Pulse 4 to 5 times or until mixture is evenly blended. Set aside.

**THREE** In a shallow dish, place flour. Cut a horizontal slit through thickest portion of each chicken breast; do not cut completely through the breast. Stuff each breast with a few tablespoons of the spinach and cheese mixture. Secure each breast with 2 or 3 wooden picks.

Sprinkle chicken with remaining ½ teaspoon salt. Carefully dredge chicken breasts in flour, shaking off excess.

**FOUR** In a large oven-proof skillet, heat oil over medium-high heat. Add chicken, and cook 4 to 5 minutes per side or until browned. Drizzle lemon juice over chicken, and sprinkle with butter pieces. Bake for 15 minutes or until cooked through. Transfer to a serving platter, and drizzle with sauce from pan.

SPINACH NEVER  
TASTED SO GOOD.



### STOCK UP

Melissa says to buy your meat as loss leaders because that means you're getting it at half price; this is the meat you'll see advertised on the front of the grocery store flyer. Load up and freeze!