

The **\$5**
Dinner
Mom
Does
Holiday Dinner

A Cookbook Sampler
from Erin Chase

Complete with recipes,
tips, and lists for making
this year's holiday feast
the best one yet,
without breaking the bank!



A St. Martin's Griffin
Trade Paperback Original

What does the
\$5 Dinner Mom
do when it comes time
to serve a Holiday Dinner?

“I SET MY GOAL for the entire cost of the meal to total approximately \$5 per person. If I’ll be serving 8 around my table, then I’d plan a menu that would just cost \$40 or less. If we were expecting a larger crowd of 12 or 16, then I’d make a meal that costs between \$60 and \$80. Using this as a rule of thumb helps me make a nice meal without putting too much of a strain on the grocery budget.”

*“I thought I’d share
what we’ll be
having at our table
this holiday season...”*



MAIN DISH

Honey Glazed Ham with Pineapple Salsa

(Servings: 8)

Ingredients

1 8-10 pound ham (with bone) (\$15)	1 teaspoon chopped jalapeno (\$.49)
1 can (8 ounces) crushed pineapple, drained (\$.79)	1 teaspoon chopped cilantro (\$.25)
1 tablespoon strawberry or raspberry jelly (\$.05)	1 teaspoon lime juice (\$.05)
	¼ teaspoon salt

Directions

1. Cook the Honey Glazed Ham as directed on the package.
2. In a small mixing bowl, combine the crushed pineapple, jelly, chopped jalapeno, chopped cilantro, lime juice and salt. Serve over cooked slices of Honey Glazed Ham.

DURING OUR TIME living overseas in the Dominican Republic, we grew to love pineapples. We would watch them grow along the side of the road near our home, from tiny little pink pineapples to full grown, both yellow and sweet smelling. The combination of pineapples with a holiday ham is one of our favorites. So by just adding a hint of spice and some lime to crushed pineapple makes for the perfect pineapple salsa to top our holiday ham.



Frugal Fact:

Look for prices of \$1.69 to \$1.99/pound or less when purchasing your holiday ham.



ON THE SIDE

Potatoes Au Gratin

(Servings: 8)

Serving Potatoes Au Gratin at the holiday meal is a long time family tradition. I enjoy making them from scratch. And I enjoy having them "as is" for leftovers, or turning them into cheesy mashed potatoes.

Ingredients

6 large Russet potatoes, peeled and thinly sliced (\$.80)	4 tablespoons butter or margarine (\$.40)
1 yellow onion, thinly sliced (\$.20)	4 tablespoons flour (\$.05)
1 teaspoon garlic powder (\$.05)	4 cups milk (\$.40)
1 teaspoon each of salt and pepper	2 cups sharp cheddar cheese (\$1.50)

Directions

1. Preheat oven to 350°. Grease a 9x13-inch glass baking dish.
2. Place a layer of thinly sliced potatoes, followed by a layer of thinly sliced onions, and finally topped with another layer of thinly sliced potatoes in the glass baking dish. Sprinkle with garlic powder, salt and pepper.
3. In a medium saucepan, melt the butter and quickly whisk in the flour to form a paste. Pour the milk into the saucepan, whisking as you pour. Whisk until butter/flour paste dissolves into the milk. Heat the sauce over medium-high heat for 4 to 5 minutes, until it begins to bubble and thicken. Once thickened and bubbling, pour the sauce over the potatoes and onions in the glass baking dish.
4. Sprinkle shredded sharp cheddar cheese over the potatoes and sauce. Cover with foil and bake in the preheated oven for 35 minutes. Remove foil and return to the oven and bake for another 15 to 20 minutes, or until cheese is golden on top and sauce is bubbly.

Frugal Fact:

Purchase a larger bag of shredded cheese when on sale and stash it in your freezer. If you can't find a good sale price on shredded cheese, check to see if a block of cheese is cheaper than a bag of shredded cheese, and then shred it yourself.



ON THE SIDE

Green Beans Almondine

(Servings: 8)

There is just something about green beans and almonds. The combination is like the peanut butter and jelly for a holiday feast. They just work well together! Leftover slivered almonds can be ground in a coffee grinder and used to mix into pancake, muffin or cookie batters. Just add in 1/8 cup to your favorite baking recipes to give your treats a few extra vitamins and nutrients.

Ingredients

1 pound fresh green beans (\$.99) | ¼ cup slivered almonds (\$.50)
2 teaspoon olive oil (\$.07) | Salt and pepper, to taste

Directions

1. Wash and cut the stems off of the greens beans. Pat dry.
2. In large skillet, sauté the green beans in the olive oil for 4 to 5 minutes, stirring often. After about 2 minutes of sautéing, add the slivered almonds and sauté them with the green beans for the remaining 2 to 3 minutes. Season with salt and pepper to taste.



Frugal Fact:

Almonds, walnuts and pecans are often on sale during the holiday season. Consider buying an extra bag or two to use in baking and cooking after the holidays.

ON-SALE
JANUARY
2010



ON THE SIDE

Homemade Wheat Rolls

(Servings: 8)

A holiday meal at our house is not complete without freshly baked wheat rolls, warm from the oven, with a little butter melted into them and slathered with homemade jam.

Ingredients

- | | |
|--|---|
| 1 cup plus 2 tablespoons warm water | ½ cup wheat flour (\$.14) |
| 1 tablespoon vegetable or canola oil (\$.05) | 1 tablespoon sugar (\$.05) |
| 1 teaspoon salt | 1 packet (or 2 ¼ teaspoon) active yeast (\$.33) |
| 3 cups white flour (\$.60) | |

Bread Machine Directions

1. Place ingredients in the order listed above into bread machine. Set to the dough cycle and run.
2. When dough cycle finishes, preheat oven to 350° and grease 12 regular size muffin tins.
3. Place flour on your hands and remove dough from bread machine. Place dough on a lightly floured surface and knead into a large ball. Divide the ball in half, and then divide each dough ball into thirds. Divide each of these 6 balls into 12 small size rolls. Place the smallest 12 dough balls into the 12 muffin tin wells.
4. Let rise for 20 to 30 minutes in a warm place.
5. Bake in the preheated oven for 12 to 15 minutes, or until golden brown on top.
6. Serve warm with butter and jam.



By Hand Directions

1. In a mixing bowl, combine hot water plus 1 cup of flour. Add the honey, yeast, sugar, salt and oil. Whisk together to make a "spongy" dough. Let sit for 10-15 minutes.
2. Add the other 2 cups of flour to the spongy dough and stir with wooden spoon. When dough becomes thick enough, knead it by hand for 6 to 8 minutes on a floured surface or in a floured bowl.
3. Preheat oven to 350° and grease 12 muffin tins wells.
4. Divide the dough ball in half, then again into thirds. Then form into 12 small dough balls. Make rolls with these 12 small dough balls and place into 12 greased muffin tin wells.
5. Let rise for at least 30 minutes in a warm place.
6. Bake in the preheated oven for 12 to 15 minutes, or until golden brown on top.
7. Serve warm with butter and jam.

Frugal Fact:

Store yeast packets or jar in your freezer for up to a year. Purchase extra during the holiday baking sales and keep it in your freezer to use up throughout the year.



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AND FOR DESSERT...

Carrot-Apple Pie with Vanilla Ice Cream

(Servings: 8)

Adding shredded carrots into the traditional apple pie is a fantastic way to sneak in a vegetable and some extra nutrients and to bring another dimension of flavor to this favorite holiday dessert.

Ingredients

CRUST

2 cups all-purpose flour (\$.40)

1 teaspoon salt

$\frac{2}{3}$ cup shortening or butter (\$.60)

6-8 tablespoons cold water

Flour for dusting (\$.05)

FILLING

6 medium (about 2 pounds)

Macintosh or Jonathon apples,
peeled and thinly sliced (\$1.76)

2 cups shredded carrots (\$.20)

2 teaspoon lemon juice (\$.10)

$\frac{1}{4}$ cup flour (\$.05)

$\frac{1}{2}$ cup brown sugar (\$.10)

$\frac{1}{2}$ teaspoon cinnamon (\$.02)

$\frac{1}{2}$ teaspoon ground cloves (\$.05)

$\frac{1}{2}$ teaspoon nutmeg (\$.05)

6 teaspoons butter or margarine (\$.60)

Vanilla bean ice cream (\$3)



Directions

1. Preheat oven to 350° and grease a 9 inch pie plate.
2. In a large mixing bowl, whisk flour and salt. Using a pastry blender, cut the shortening or butter into the flour. Using a fork, stir in the cold water 1 tablespoon at a time, until dough ball forms.
3. Divide the dough ball into 2 equal halves. Place the 2 dough balls in plastic wrap or ziplock baggies and put into the refrigerator while you make the filling.
4. In a large mixing bowl, toss the thinly sliced apples and shredded carrots with lemon juice.
5. In a small mixing bowl, combine the flour, brown sugar, cinnamon, cloves and nutmeg. Stir together. Pour over the apples and shredded carrots and mix together.



(Carrot-Apple Pie with Vanilla Ice Cream continued)

6. Take the 2 dough balls from the refrigerator and place on lightly floured surface. Roll out both dough balls into a circle at least 12 inches in diameter and gently fold pie crust into quarters. Lift the folded crust into the greased pie plate and unfold. Press into the bottom of the pie plate.
7. Pour the apple-carrot filling into the pie plate. Evenly distribute 1 teaspoon dabs of butter or margarine over the filling.
8. Place the other crust over the top of the filling and margarine. Seal the edges and flute with your favorite design. With a sharp knife, cut 4 to 6 1 inch slits in the top crust to create a vent.
9. Bake in the preheated oven for 40 to 50 minutes, or until crust begins to golden. If necessary, during the last 20 minutes of baking, place a pie crust shield or foil shield around the crust edges to prevent burning of the edges.
10. Serve warm Carrot-Apple Pie with vanilla ice cream.

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TIP: Prepare this pie in advance, up through step #8, and wrap in plastic wrap and then in foil. Freeze it. Place it in the refrigerator the evening before your meal and let it thaw completely overnight. Placing a frozen pie plate directly into a hot oven will cause the glass to break. While you are enjoying your holiday meal, have the pie baking in the oven so when it comes time for dessert, the pie is perfectly warm straight from the oven.



Total Servings: 8
Cost per Person: \$3.71
Total Cost:
\$29.68

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LEFTOVERS

Leftover Ham and Broccoli Brunch Casserole

(Servings: 8)

Before you put away that ham, dice up a few slices and add it to this great brunch casserole. Make this as you're cleaning up and you'll thank yourself the next morning!

Ingredients

2 cups diced leftover ham	1 cup shredded sharp cheddar cheese (\$.75)
2 cups fresh or frozen broccoli florets (\$.50)	10 eggs (\$1)
6 slices whole wheat sandwich bread, torn into pieces (\$.30)	1 ½ cups milk (\$.15)
	1 teaspoon of each salt and pepper,

OPTION: Use leftover wheat rolls in place of the whole wheat sandwich bread. The torn bread pieces should cover the bottom of the baking dish. Use a combination of leftover rolls and sandwich bread if necessary.

Directions

1. Grease a 9x13-inch glass baking dish. To the baking dish, add 2 cups of diced leftover ham, 2 cups of fresh or frozen broccoli florets, 6 slices of whole wheat bread (torn into pieces) and 1 cup shredded cheddar cheese.
2. In a large mixing bowl, whisk the eggs, milk, salt and pepper. Pour over the ham, broccoli, bread and cheese in the baking dish. Cover with plastic and refrigerate overnight.
3. In the morning, preheat oven to 350°. Remove the plastic wrap and bake the casserole in the preheated oven for 40 to 50 minutes, or until begins to golden on top and the eggs have cooked through.
4. Serve Leftover Ham and Broccoli Brunch Casserole with fresh fruit.

Cost for the
casserole:

\$2.70



WANT SOME OTHER GREAT HOLIDAY MEAL LEFTOVER IDEAS?



- Turn the Potatoes Au Gratin into Cheesy Mashed Potatoes. Warm them up and then mash with a potato masher. Add milk, 1 to 2 tablespoons at a time, if needed, to give them the proper consistency.
- Save the ham bone and use to make a delicious post-holiday soup. Make a split pea soup, a bean soup, or use up some of the Potatoes Au Gratin and make a ham and potato soup.
- Not going to use the ham bone right away? Freeze it as is and use to make a delicious soup at a later time. Simply place the frozen ham bone in the refrigerator and let it thaw overnight. Then use for making your soup.
- Serve leftover ham slices with Swiss cheese slices in a tortilla with some Dijon mustard.



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SHOPPING LIST



1 8 to 10 pound ham
with honey glaze

PRODUCE

- 1 jalapeño
- 1 package fresh cilantro
- 5 lb. bag of Russet potatoes
- 1 yellow onion
- 1 pound fresh green beans
- 2 broccoli heads
- 2 pounds of Macintosh or Jonathan apples
- 1 pound bag carrot sticks

GENERAL GROCERY

- 1 can (8 ounces) crushed pineapple, drained
- Small bag of slivered almonds
- Lime juice
- Lemon juice
- 1 packet (or 2 ¼ teaspoons) active yeast
- 1 loaf of whole wheat bread

DAIRY

- Half gallon of milk
- 4 sticks of butter or tub of margarine
- 24 oz. bag of sharp cheddar cheese
- 1 dozen eggs
- 1 half gallon container of Vanilla Bean Ice Cream

SPICES

- Cinnamon
- Ground cloves
- Nutmeg

STAPLES FROM THE PANTRY OR REFRIGERATOR

- Garlic powder
- Salt and pepper
- white flour
- wheat flour
- Sugar
- Brown Sugar
- Olive oil
- Vegetable oil
- Strawberry or raspberry jelly



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The **\$5** Dinner Mom Cookbook

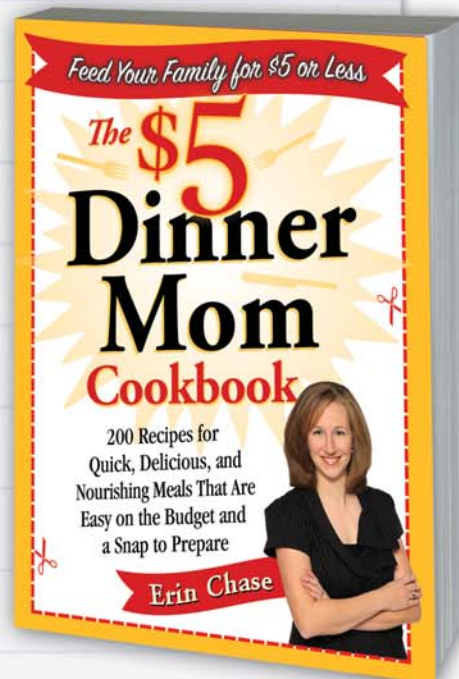
EAT WELL, STAY ON BUDGET, FEED YOUR FAMILY FOR \$5 OR LESS

This is Erin Chase's first cookbook with over 200 recipes that cost \$5 or less to make. These recipes are created with Erin's fool-proof methods of how to clip coupons, shop economically, and keep good taste in mind. Each recipe, enough to feed a family of four, lists the approximate cost of the items she uses as well as helpful shopping tips from her own experience behind the shopping cart.

In *The \$5 Dinner Mom Cookbook* you'll get:

- **GROCERY STORE STRATEGIES**
- **WEEKLY BUDGET PLANNING TIPS**
- **STRATEGIC COUPONING METHODS**
- **STRATEGIC MEAL PLANNING IDEAS**
- **SUGGESTIONS ON HOW TO USE YOUR SLOW COOKER**
- **A "WHAT KIND OF SHOPPER ARE YOU?" QUIZ**
- **AND DELICIOUS MEALS!**

Join the army of devoted followers who have already let Erin Chase show them how to be savvy supermarket shoppers who cook tasty meals with ease and you'll never spend more than \$5 on dinner again.



For more information visit www.5dollar dinners.com

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