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Healthy Meals for \$10 (or



You can feast on nutritious, delicious dishes without breaking the bank. Our experts show you how.

We demand a lot from our dinners: They need to be tasty, easy to make, and packed with important nutrients for a growing belly. Oh, and they to fit within a **tight grocery budget**. Sound like an impossible order? Not

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if you choose the right ingredients, says Sharon Richter, R.D., a nutritionist in New York City. By building meals around wallet-friendly ingredients, like beans and ground turkey, you can whip up a dinner that's nutritious, delicious, and convenient, too.

We challenged Richter and other culinary experts for dishes that meet these criteria—and cost less than \$10. Read on for their mouthwatering recipes that are right on the money:

Barley Jambalaya

This flavorful meal from chef Sarah McKay of [Share Our Strength's Cooking Matters](#) is made simple by barley, a quick-cooking whole grain that's high in fiber. The vegetables and lean turkey will keep you full for

hours.

Serves 6

Ingredients:

- 1 cup instant pearl barley
- 2 whole bay leaves
- 3 onions, diced
- 2 celery stalks, diced
- 1 bell pepper
- 2 cloves garlic, minced
- 1 tablespoon canola oil
- 4 ounces ground turkey
- 2 (14½-ounce) cans diced tomatoes, no salt added
- 1 teaspoon salt
- ½ teaspoon ground cayenne pepper
- 1½ teaspoons dried oregano



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1 teaspoon ground black pepper

Directions:

1. In a colander, rinse barley under cold water.
2. In a medium pot over high heat, bring barley, bay leaves, and 4 cups of water to a boil. Reduce to low and cover. Cook until barley is tender, about 20 to 30 minutes.
3. Heat oil in a large pot over medium-high heat. Add onions, celery, pepper and garlic. Cook until vegetables are soft, about 5 minutes.
4. Add turkey and cook until meat is brown, about 5 more minutes. Mix in tomatoes and their juices. Bring to a simmer.
5. Stir in spices. Cover and reduce heat. Cook at a low simmer for 15 minutes.

weekly tip:

Sometime between 16 and 22 weeks, you'll start to **feel your baby move**.



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6. Add cooked barley and stir to combine. Add more water or broth if needed. Cook over low heat for another 5 to 10 minutes.

7. Remove bay leaves and serve.

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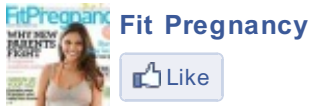
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