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Cheap and healthy recipes because you can eat well; healthy and rich for a little money. I offer homemade and easy-to-cook meals, perfect for eating every day and for the whole family, and all with fresh and natural products available to everyone. You will see how rich; a mountain of ideas to make a weekly menu. I remind you that to see the full recipes you have to click on the name of each recipe. I leave you a video recipe for another economical and healthy recipe that you may be interested in: Video recipe for potatoes with leeks or porrusalada: Vegetable system very easily I prepared the dough to think about all the people who have little time to cook and you love vegetables a lot, so I used canned vegetables; although I admit that fresh vegetable grower is the ultimate treat, I must also admit that with canned vegetables came a great dish that I recommend you try. Meat-free braised lentils This braised lentils are very comforting and does nothing heavy. It feels great and its way of doing, makes it taste a lot. You'd be surprised that with ingredients so basic and without the need for meat, it's so rich. When you try, you'll like it. Beetroot gazpacho Get healthy food with this light beetroot gazpacho. Not just because of its color, or its taste; the most important properties offered by this superfood. Beetroot is energetic and recommended to take it in case of anemia and for much more benefits. Minestrone Soup Is the most complete homemade soup; with vegetables, legumes, pasta,... of Italian origin and which today is a very popular spoon dish; The final touch will give cheese and basil. Green beans gardener Let's cook a rich dish of vegetables; Green beans for the gardener homemade and a very simple recipe perfect for this January slope. A very rich and tasty dish that is cooked very easily and which is also very healthy and economical. Potatoes and eggs in green sauce This dish that we eat a lot at home, a plate of spoons is always, simple and economical; Delicious potatoes with eggs in salsa verde. The homemade, light and delicious recipe is perfect for inclusion in your weekly menu, and that everyone will definitely like. Turkey for gardener Pead turkey for the gardener is another delicious way to eat this bird, since turkey allows so many different preparations as well as chicken, pulp or pork. A very healthy and economical recipe. You can find much cheaper and healthier recipes in this blog. As always, I hope you liked these economical and healthy recipes. You know that if you want to see all my news and news, you should follow me through my Facebook I encourage you to participate in my Cooking Group with Rose, cookrasmadre and ask your doubts or share your own recipes and cooking tricks. You can also see me on my YOUTUBE CHANNEL and if you like SUBSCRIBE. This post makes the best fish soaked in vegetables, low in fat! Click on the link to watch the video. If you need to change your diet during this season, it's time to prepare one of these healthy and inexpensive food recipes for Lent. You will love them! (18 TORTITAS recipes with vegetables and protein for a full meal). (Click on each name to learn about the complete recipes and ingredients). 1. Delicious zucchini, fried with garlic and lemon, ready for 15 minutes! Accompany your strong dishes with these impressive lemon zucchini with low-fat garlic! The perfect side dish to take care of your figure is consent to taste. 2. Vegetable pancakes with oatmeal, healthy without frying! Make these vegetable and oatmeal pancakes easy, fast and super healthy! 3. PAPA coriander ceviche: Vegan, inexpensive and delicious Mix all the ingredients of the recipe and you will have the best vegan (potato) ceviche in the world. 4. Chayotes stuffed with cheese and tuna, perfect for Lent! Make these rich chayotes with tuna, full and healthy food! 5. Unscathed cauliflower pancakes, cheese and oats, tasty and healthy! Make these rich cauliflower and oat pancakes, they are filling and delicious! 6. Delicious CAULIFLOWER with garlic, lemon and parsley, without oven! Make the most delicious baked cauliflower with this simple recipe with a few ingredients. This cauliflower with garlic, lemon and parsley will be your favorite side dish, try it! 7. Healthy carrot oat pancakes, no frying! Make delicious and fluffy oatmeal pancakes with carrots according to this simple recipe, they look delicious! 8. Delicious potato pancakes with Manchego cheese, without frying! Learn how to make potato pancakes with unscathed Manchego cheese, they look great! 9. Broccoli pancakes with unscathed cheese, healthy and inexpensive! Discover the most delicious and healthy way to eat broccoli in baked pancakes! 10. How to make carrot pancakes with cheese easy and delicious Make carrot pancakes with Manchego cheese lighter and tastier you've ever tasted, you'll love them! 11. Delicious lentil pancakes to pamper your family during Lent (easy recipe) Enjoy Lent time with these carrot lentil pancakes, their taste is delicious and your family will love it. 12. Delicious vegan mango ceviche, bring avocado, j'cama and lemon! Enjoy this delicious mango and avocado ceviche, perfect for toast! 13. Tsucchini Cream slits Take advantage of the poblano chili at your home and enjoy this rich flavor pump. 14. Delicious salad high in vegan protein detoxes your body with this delicious green salad full of vitamins, minerals and fiber that will make you feel light during the day. 15. High-fiber salad, improve digestion! Make this salad high in fiber and help eliminate the annoying constipation problem. 16. Delicious broccoli with gratin potatoes, perfect side dish! Serve your favorite dishes with this rich broccoli with a recipe for gratin potatoes. It's super easy to do and you don't have to spend all day in the kitchen. 17. Delicious salad to blow away the stomach and eliminate toxins Try this delicious salad without salad to blow away the stomach and remove toxins from the body, it looks delicious! 18. Light Mexican salad Nopal, fresh and fast, this salad is without a doubt one of the most delicious, so we share some tips, so it always comes out refined. Be sure to keep your content here and follow us on Pinterest WE RECOMMEND These healthy and inexpensive Mexican recipes will be your best ally if you want to lose weight and start the year of healthy eating. Just click on each title to learn about the full recipes and ingredients. 1. Light pumpkin pancakes with only 5 ingredients! Make these delicious pancakes with very few ingredients. 2. How to prepare the perfect Salad Nopal Easy, fresh and fast, this salad is definitely one of the most delicious, so we share some tips, so it always comes out exquisite. 3. Delicious canned tuna pancakes with knocks in red sauce, healthy recipe! Make this healthy tuna pancake dish with nopales in tomato caldillo. This is a super simple recipe to make, you don't need a lot of ingredients and the taste looks impressive, try them! 4. Delicious pepper stuffed with chicken with marinara sauce and gratin! Make these rich peppers stuffed with chicken and gratins. This recipe is very easy to cook and your family will be fascinated. 5. Rajas with cream that you like, prepare this delicious recipe of slices of chili with cream and elot, which is very easy to prepare and full of Mexican flavor. 6. Golden nopal and rething taquitos without frying! These tacts are light and absolutely delicious, best of all they have almost no fat. 7. Healthy Nopal Bean Soup Take care of your health and the health of your family with this delicious bean soup with nopales. Bring the guajillo chilli to give it a touch of picosito and a few cubes of cheese panela. It is very easy to do, it will become your favorite healthy soup. 8. This lentil lens will remind you of your grandmother's kitchen this little lentil muzzle is so comforting that it treats everything from flu to broken heart. You can change the recipe and add pieces of meat or fried bananas. 9. Spinach pancakes with amaranth These pancakes are a great way to start your day with a fresh and light breakfast. 10. Easy recipe for eloot teapot cream, ready in 15 minutes! I share a delicious recipe for teapot cream with corn kernels. This is one of the most delicious recipes you have ever tasted and is easy to cook. 11. Prepare a few chicken fajitas with pasta Why eat healthy, it's not just Monday to Friday we have the opportunity to eat easily and well on weekends or at all times. 12. Diet-gratin spinach (only 130 calories) Spinach with gratin cheese for your diet, you will cook them in two stages! 13. Delicious broccoli with gratin potatoes, perfect side dish! Serve your favorite dishes with this rich side of broccoli with gratin potatoes. It's super easy to do and you don't have to spend all day in the kitchen. 14. Vegetarian broccoli and cheese pancakes This pancake recipe is perfect for integrating this ingredient into your kitchen. 15. Celegs with gratin cheese (delicious recipe) These delicious leafy vegetables are more enjoyed by delicious cream and melted cheese. Find more recipes to feel in the Deli Cooking App. Download it for IOS here and for Android here. 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