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a day



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live below
the line



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RECIPE
BOOK



the most
inexpensive
staples



live below the line

When you and your family take the **Live Below the Line** challenge, you will learn that surviving on \$1.50 a day is both easier and harder than you think. Harder – because we barely notice the small change that makes the difference between a healthy meal and empty calories. Easier – because millions of families make the best of limited resources. If they can do it, so can you!

RECIPE
BOOK

UNICEF USA’S FAVORITE: **BREAKFAST**

sri lankan roti

- 3 cups all purpose flour sifted
- 1 cup cool water
- 1 cup freshly grated coconut (or dried coconut soaked in the water)
- salt to taste
- 1 tbsp canola oil
- ¼ cup finely chopped onions (optional)
- ¼ cup finely chopped chilies (optional)

In a large bowl, combine sifted flour, salt, oil and coconut. Mix well. Add water slowly until dough forms. If using chili and onion, add these to the mixture and combine. Form the dough into 10-11 balls of equal size. Gently roll out the dough into shape, being careful not to overwork it. In an oiled pan, fry on a medium high heat on both sides until well browned.

Serves 10

\$0.30
PER ROTI



UNICEF USA’S FAVORITE: **BREAKFAST**

pancakes

- 1 cup self rising flour
- ¾ cup milk
- 1 egg
- 2 tbsp brown sugar
- jam / berries (optional and extra \$)

Measure flour into a large mixing bowl. Add the brown sugar and mix. Add the egg and the milk and stir until the mixture is smooth and creamy. Pour the mixture into a non-stick pan making a circular shape. Flip and take out of the pan when cooked through.

Serves 2

\$0.46
PER SERVING



UNICEF USA’S FAVORITE: **BREAKFAST**

40 second omelet

- 2 eggs
- 2 tbsp of water
- 1 tbsp butter or margarine
- ¼–½ cups filling of your choice (cheese, spinach, ham, corn,) if budget allows
- salt and pepper

Beat eggs and water together until blended, adding salt and pepper to taste. In non-stick pan, heat butter or margarine until it sizzles, but not burnt. Pour in egg mixture.

With an inverted spatula, pull the cooked portions of egg from the perimeter of the pan to the centre so any uncooked egg can run into the cleared hot pan surface, tilting the pan and moving it as necessary to keep the egg shaped round on the bottom of the pan as you go. Do this until the egg is set and will not flow, but is still wet on top (about 20 seconds). Sprinkle the filling on one side of the omelet and fold the unfilled side entirely over the filled side with the spatula. Flip the finished omelet onto the plate and enjoy.

\$0.86
PER OMELET



stir fried rice

- ½ cup canola oil
- Half one onion, peeled, finely sliced
- 1 medium carrot, quartered lengthways, finely sliced
- ¼ of a green cabbage, roughly chopped
- ¼ of a leek, roughly chopped
- 4 cups cooked brown rice
- 1 chicken or vegetable stock cube, crushed
- salt and pepper to taste

In a large pot, with a little oil, gently sauté the finely chopped onion, celery, Heat oil in a large heavy-based frying pan over a medium to high heat. Add onion and carrots and cook for 5 minutes before increasing heat to high and adding cabbage and leeks. Cook for a further 2 to 3 minutes before adding rice and stock cube. Continue to heat until the rice is well heated through. Season to taste with a little salt and pepper, divide between 2 plates and serve immediately.

Serves 2

\$1.10
PER SERVING



minestrone

- 1 carrot
- 1 stalk celery
- ½ leek
- ½ cup bacon pieces
- ¾ jar pasta sauce
- 6 cups water
- 1 can chickpeas, drained and rinsed
- 1 cup penne pasta (or similar)

In a large pot, with a little oil, gently sauté the finely chopped onion, celery, leek and carrot for about 10 minutes, being careful not to brown them. When the vegetables are translucent add the sauce and 6 cups water. Simmer gently for 20 minutes then add the pasta and chickpeas. When the pasta is cooked season with salt and pepper and serve.

Serves 8

\$0.70
PER SERVING



UNICEF USA’S FAVORITE: LUNCH

vietnamese noodle salad

- ½ pkg rice noodles (vermicelli)
 - 1cm knob of root ginger
 - large handful of fresh coriander and mint
 - ¼ cabbage, finely sliced
 - 2 carrots, julienned
 - 1 stalk celery, thinly sliced
- dressing**
- ¼ cup lime juice
 - 2 tbsp fish sauce
 - 2 tbsp sweet chili sauce
 - 2 tbsp oil
 - 2 tbsp brown sugar
 - ½ cup roasted peanuts (optional)

Put rice noodles in a bowl and pour boiling water over them. Stir the noodles around to ensure they all are well covered by the water and allow to stand for 5 minutes before draining. Using scissors chop the noodles into more manageable pieces. Add the chopped vegetables and herbs. Whisk together the dressing ingredients and pour over the salad.

Allow the salad to stand for a couple of hours. Add the peanuts just before serving.

Serves 4

\$0.75
PER SERVING



UNICEF USA’S FAVORITE: **DINNER**

spaghetti aglio e olio

- half a box of dried pasta
- salt
- 2 tbsp olive oil
- 1–2 cloves of crushed garlic
- 1 tsp chili flakes
- Italian parsley
- pinch of parmesan or grana padano cheese

In a large pot bring salted water to a rapid boil. Add the pasta and stir until submerged. Separately, warm oil in a heavy skillet over a low heat and add garlic. It should bubble softly but not sizzle. Sprinkle with salt and dried chili flakes, stirring constantly. Add a couple of tablespoons of the pasta water and stir it in with the oil. This creates an emulsion, and really helps with coating the pasta properly. Add chopped parsley. When pasta is al dente (slightly firm, but not crunchy) drain the pasta and stir it into the oil mixture until chili flakes and parsley specks are uniformly distributed. Serve topped with plenty of grated cheese.

Serves 2

\$0.65
PER SERVING



lentil soup

- 1 cup red split lentils, rinsed
- 1 tsp ground turmeric (optional)
- 1 tsp vegetable oil
- 1 onion, chopped
- 4 cloves garlic, crushed
- 2 tsp mild curry powder
- 1 cup can reduced-salt chopped tomatoes
- ½ cup fresh coriander leaves, to serve
- ½ cup low-fat natural yoghurt, to serve

Place the rinsed lentils and turmeric in a saucepan. Add enough water to cover the lentils. Bring to the boil over medium heat and cook for 45 minutes, or until lentils are tender. Heat the oil in a saucepan over medium heat. Cook the onion and garlic for 5 minutes, or until the onion is soft. Add the curry powder and cook for 1 minute, until fragrant.

Stir in the tomatoes and ½ cup of water and simmer for 5 minutes. Add the cooked lentils and a further cup of water to the tomato mixture. Simmer for 5 minutes, to warm through. Stir in chopped coriander. Serve with a dollop of yoghurt.

Serves 4

\$1.26
PER SERVING



UNICEF USA’S FAVORITE: **DINNER**

potato & carrot kugel

- 1 tsp vegetable oil for greasing
- 7 cups (4 large or 6 medium) floury potatoes
- 2 cups (4 to 5 medium) carrots
- 2 large onions
- 2 cloves of garlic, minced
- 2 tbsp fresh chopped rosemary w(or 1 tbsp dried)*
- 2 tsp salt
- ½ tsp ground pepper
- 3 tbsp vegetable oil
- 2 tbsp cornflour
- 4 eggs, beaten
- ½ cup grated cheddar

Preheat the oven to 350°F and grease baking dish with a teaspoon of oil. Finely grate the potatoes, carrots and onions. Line a colander with a clean tea towel and tip in the grated vegetables. Gather up the edges of the tea-towel and squeeze out excess liquid. In a large bowl mix the grated vegetables together with garlic, rosemary, salt, pepper and oil. Then mix in the corn flour and beaten eggs. Turn the mixture into the greased dish and lightly press to smooth it out. Bake for one hour or until the mixture is cooked through (test with a skewer or fork) and the top is golden. Timing may vary depending on the size of the grated vegetables. Loosely cover with foil if the top browns before cooking has finished. Remove from the oven and sprinkle with the grated cheese. Return to the oven for 5 minutes to melt the cheese. Cut into squares or slices to serve.

Serves 8

\$0.73
PER SERVING

