

Team name: JYSM  
 Username: ajdomingo  
 Email: allanajuliad23114@isd273.org  
 School: Edina High School

**CHALLENGE**

Ingredients	Price	Location	Organic?
Tomatoes	Free	Our Garden	Yes
Onion	\$1	Farmer's Market	Yes
Brown Rice Noodles	\$1.99	Trader Joes	Yes
Thyme	Free	Our Plant	Yes
Cauliflower	\$4	Farmer's Market	Yes
Sausage	\$5	Costco (Bulk)	No
Parmesan Cheese	>\$1	Costco (Bulk)	Yes
Olive Oil	>\$1	Costco (Bulk)	No
Salt	>\$1	-	-
Pepper	>\$1	-	-
Total Price:	>\$15	Percent Organic:	75%



It was not very hard for me to stay on budget because our recipe was for 6 people and our total was below \$15. I found that in general it is very possible to get affordable organic foods when you buy in bulk and grow your own organic produce. I drove a little ways to get to a local farmer's market but most of the ingredients I already had at my house.



VIDEO OF PREPARATION: <https://youtu.be/D1M-TQrngNM>

**Pasta with tomato, sausage, and onion sauce with a cauliflower side**  
(bacon instead of sausage in my dad's original recipe)

Serves 6

*Ingredients*

3 tomatoes  
4 tbs olive oil  
1 large onion, chopped  
½ cup dry white wine  
Approx. ¼ tsp thyme  
Salt and pepper to taste  
1.2 lb roasted garlic & asiago chicken sausage, pre-cooked  
1 lb pasta of choice (brown rice g/f pasta)  
Parmesan cheese to serve

*Instructions*

Tomato Preparation

1. Blanch tomatoes in boiling water till the skin of one splits. Then take them out of the boiling water and transfer to a bowl to cool.
2. When cool, peel skins off and compost them!

Cauliflower Preparation

3. Prepare cauliflower by washing and removing tops from stems
4. Drizzle olive oil over cauliflower in pan and massage
5. Sprinkle salt over cauliflower
6. Preheat oven to 400 degrees
7. Place cauliflower in the oven for 10-15 minutes when other food is nearly ready

Pasta

8. Add 2 tbs olive oil to a large pan
9. Cook sausages on medium/high heat till slightly browned
10. Set the sausages aside
11. Sautee chopped onion over low/medium heat in the same large pan
12. Cut up the tomatoes and transfer to a bowl
13. Add thyme to the tomatoes
14. Add the tomatoes to the onions and continue to cook on low/medium heat, covered
15. Add salt and pepper to taste
16. Cut up the sausage and add it to the large pan
17. Cook pasta from instructions on packaging
18. Drain and add pasta to the large pan
19. Stir until well combined