Healthy tips

- Use lean meat and trim off visible fat. Remove skin from chicken and fish.
- Brown meat and drain the fat that cooks out before adding other ingredients.
- Use lots of vegetables, rice, noodles, dry beans or peas. Dry beans and peas have a lot of protein with very little fat.
- Use a small amount of sharp or aged cheese, like cheddar or parmesan, to get plenty of taste without a lot of fat or calories.

Keeping one dish meals safe

- Keep one dish meals hot until serving.
- If you have leftovers, promptly cover and store them in the refrigerator no longer than 1-2 days. For longer storage, freeze up to 1 month.
- Reheat leftovers until bubbling hot before serving.

One Dish Meals



One dish meals can be low cost, quick and easy!



Wisconsin Nutrition Education Program

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Use a variety of healthy ingredients to make a filling, nutritious meal!

When choosing ingredients for one dish meals, consider these money saving tips:

- Shop sales! Buy large packages of meat and chicken. Cook and freeze in separate small packages. Plan meals to use the meat.
- Buy larger packages of pasta, like macaroni. They are often better deals than smaller packages.
- Choose fresh vegetables in season.
- Purchase brown rice or regular white rice. They cost less than instant rice.
 - Choose store brands of frozen or canned vegetables instead of national brands.

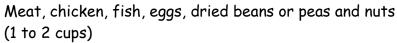
Follow these steps to make a casserole:

- 1. Prepare 1-1/2 cups white sauce, cream soup, or tomato sauce.
 - 2. Choose one ingredient from each category.
- 3. Add other flavorings such as 1 teaspoon onion powder and/or 1/4 cup Parmesan cheese.
- 4. Mix ingredients together.
- 5. Heat thoroughly in oven or on top of the stove. In the oven: Place ingredients in a covered casserole dish. Bake at 350 degrees for 35-40 minutes. Serve hot.
- Or, on top of the stove: Place ingredients in a large skillet. Simmer until bubbly. Serve hot. Makes 4 servings. Each serving is 1-1/2 cups.

Be creative! Combine a variety of foods.

Vegetables (1 to 2 cups)

- √ mixed vegetables
- √ tomatoes
- ✓ corn
- ✓ green beans
- cooked and cubed: acorn squash, zucchini, potatoes
- √ broccoli
- √ peas
- ✓ cabbage



- ✓ tuna fish
- ✓ cooked meat: hamburger, turkey, chicken, pork
- ✓ hard cooked eggs
- √ cooked lentils
- ✓ cooked split peas
- ✓ cooked navy or pinto beans

Cereal, Rice or Pasta (2 cups)

- √ cooked noodles
- ✓ cooked macaroni
- √ cooked rice
- √ cooked spaghetti
- √ cooked barley
- √ cooked bulgur



Cheesy Chicken, Broccoli and Rice Bake

Ingredients:

5 cups water

2 1/2 cups rice

1/4 cup chopped onion

1 garlic clove, chopped

1 cup skim milk

1 can (10.75 ounces) condensed, 98% fat-free cream of mushroom soup

1/4 teaspoon salt

1/4 teaspoon pepper

3/4 cup grated low-fat cheddar cheese

2 cups shredded, cooked chicken

2 cups broccoli pieces

Instructions:

- 1. Preheat oven to 350° F. In large saucepan bring water to boil. Add rice, onion, and garlic. Cook for about 20 minutes or until rice is soft.
- 2. While rice is cooking combine milk, soup, salt, and pepper, mix well. When rice is done combine with milk mixture, chicken and broccoli, mix well.
- 3. Grease 9 \times 13 pan and pour mixture into pan. Bake in the preheated oven for 18 minutes. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted. Serve immediately.

Perfect Pasta

Ingredients:

1/2 pound turkey, lean ground

1 teaspoon paprika

1 can (14 1/2 ounces) tomatoes, crushed

1 can (14 1/2 ounces) chicken broth, reduced sodium

2 cups pasta, bow-tie, uncooked

3 cups frozen vegetables such as carrots, broccoli and cauliflower, thawed

Tasty Topping:

1/2 cup chopped fresh or dried parsley

1/4 cup bread crumbs, seasoned, dry

1/4 cup grated Parmesan cheese

Instructions:

- 1. Heat a large nonstick pan over medium heat. Add ground turkey and paprika. Cook and stir until meat is brown and no longer pink, about 5 minutes.
- 2. Stir in tomatoes, chicken broth and pasta. Bring mixture to a boil. Reduce heat to medium-low. Cover and simmer until pasta is almost tender, about 10-15 minutes.
- 3. Remove lid. Place vegetables on top of pasta. Replace lid. Cook until vegetables are tender, about 5 minutes.
- 4. Prepare the Tasty Topping. Mix parsley, bread crumbs and Parmesan cheese. Sprinkle over vegetables in skillet. Cover and let sit for 3 minutes before serving