

Casseroles: An Easy, One Dish Meal



Choose ingredients from each column below to make a meal for 4-6 people. (2 Tablespoons of canola oil needed for cooking.)

WHOLE GRAINS

choose: 1 ½ cups, cooked

- Brown rice
- Whole wheat pasta
- Barley or quinoa
- Cubed whole wheat

VEGGIES

choose: 1-2 cups, chopped

- Spinach, chopped
- Carrots, chopped
- Zucchini, sliced
- Broccoli, chopped

TOPPINGS

optional: ½ cup

- Grated low-fat cheese
- Bread crumbs
- Crushed corn flakes
- Crushed tortilla chips

PROTEIN

choose: 1 cup, fully cooked

- Beef (lean cuts), ground
- Chicken, turkey or ham (boneless; skin removed) cubed or ground
- Beans or lentils
- Canned salmon or tuna

SAUCE

choose: one

- Diced tomatoes (14.5 oz can, drained, about 1 cup) + ½ cup reduced fat sour cream
- White Sauce: 2 Tablespoons butter or olive oil + 3 Tablespoons flour + ½ cup chicken broth + ½ cup 1% or 2% milk + ¼ teaspoons black pepper (recipe on back)

DIRECTIONS

COOK INGREDIENTS



1. Preheat oven to 350 degrees. Cook grains according to package instructions. Cook raw vegetables in 1 Tablespoon canola oil over medium-high heat until soft. If using canned or thawed frozen vegetables, drain them well and warm through.

2. Add sauce and protein. If desired, add seasoning (salt and pepper to taste or other spices, ½ teaspoon) to mixture and mix well. Add mixture to a 8X8 baking dish.

MIX INGREDIENTS



3. Sprinkle toppings over mixture (breadcrumbs, corn flakes or tortilla chips). Cover with foil and place in a 350 degrees preheated oven for 40-50 minutes or until top is brown and bubbly. Remove the foil for the last 5-10 minutes.

TOP AND BAKE



WHITE SAUCE DIRECTIONS

- In a small saucepan, melt butter over medium-low heat. Whisk in flour and let cook for 1-2 minutes. Stir often to prevent burning.
- Slowly stir in chicken broth, then milk. Whisk until it begins to thicken. Bring to a boil then turn down the heat. Let it simmer for a few minutes. Season with salt and pepper.

TRY THESE COMBOS!

- Mexican Black Beans and Rice: 1 cup black beans + 1 ½ cups chopped spinach + ½ cup corn + 1 ½ cups cooked brown rice + 1 cup diced tomatoes + ½ cup low-fat sour cream + ½ teaspoon ground cumin + ¼ teaspoon cayenne pepper + ½ cup shredded low-fat cheese on top.
- Chicken, Rice and Broccoli: 1 cup diced, cooked chicken + 1 ½ cups chopped, steamed broccoli + 1 ½ cups cooked brown rice + white sauce + ½ cup shredded low-fat cheese on top.

Inspired By:

Soups Made Simple



Choose ingredients from each column below to make a meal for 4-6 people. (1 Tablespoon canola oil needed for cooking.)

LIQUID

choose one: 4 cups

- Water
- Low-sodium broth (chicken, beef or vegetable broth)

WHOLE GRAINS

choose one: 1½ cups cooked

- Brown Rice
- Whole wheat pasta
- Barley or quinoa

PROTEIN

choose: 1 pound diced meat

- Beef (shoulder, round or brisket)
- Chicken or turkey (leg or thigh; boneless, skinless)
- Pork (shoulder or butt)
- Beans or lentils (cooked or drained and rinsed from can)

VETETABLES

choose: 2 cups, chopped

- Onions or celery
- Zucchini or broccoli
- Tomatoes
- Carrots
- Mushrooms
- Greens (spinach, kale or collards)

DIRECTIONS

COOK MEAT



1. If using meat as your protein, heat 1 tablespoon canola oil in a soup pot over medium-high heat. Sauté meat until lightly browned, about 5 minutes. If using beans or lentils, skip this step.

2. Add the vegetables. Reduce heat to medium and sauté for 5 minutes. If using canned or thawed frozen vegetables, skip this step and add vegetables during step 4.

3. Add liquid and bring to a boil. If using beans or lentils, add at this time. Reduce heat and simmer for 25-30 minutes or until meat is cooked through; shorten cooking time to 15 minutes if not using meat. Stir occasionally to keep ingredients from sticking to the bottom of the pot.

COOK VEGGIES



ADD GRAINS



4. Turn off the heat and add cooked grains. Mix together until warm throughout.

NUTRITION TIPS:

- Vegetables: Softer vegetables like spinach or zucchini will cook faster. Add during the last 5-7 minutes of cooking time.
- Whole grains: Cook grains according to package instructions ahead of time. Refrigerate and add to soups you make that week.
- Seasonings: In addition to salt and pepper, try adding herbs and spices such as dried thyme, parsley, or ground cumin. Or, kick up the flavor by adding some minced garlic, hot peppers, ginger, or citrus zest. When using fresh herbs, add them at the end of cooking to keep the flavor fresh.

For More Recipes visit acfb.org or contact nutrition@acfb.org; Adapted From: Cooking Matters



Inspired By:

Step-by-Step Stir-fry



20 min

Prep + Cook Time

Choose ingredients from each column below to make a meal for 4-6 people. (1 Tablespoon of canola oil needed for cooking.)

VEGGIES

choose: 2-3 cups

- Bell pepper, sliced
- Carrots or celery, sliced
- Snow peas, sugar snap peas or green beans
- Broccoli or cauliflower florets
- Mushrooms or onions sliced
- Zucchini or yellow squash, sliced rounds
- Cabbage, thinly sliced

PROTEIN

choose: one

- Boneless, skinless chicken breasts or thighs, trimmed and cut into bite-size pieces (1 pound)
- Sirloin or flank steak, trimmed and cut into bite-size pieces (1 pound)
- Extra firm tofu, drained and cut into 1-inch cubes (14 ounce package)

WHOLE GRAINS

choose: 1 cup dry

- Brown rice
- Whole grain couscous
- Barley
- Rice noodles or whole grain pasta

SAUCE

choose: one

- Peanut sauce
- Spicy soy sauce
- Lemon stir-fry sauce
- Salsa (1 cup)

Flavoring

choose: 1 Tablespoon

- Minced garlic
- Minced ginger (or ½ teaspoon ground ginger)
- Fresh jalapeños, diced or cilantro, chopped

DIRECTIONS

COOK PROTEIN



1. Cook grains following package directions. While grains cook, make stir-fry.
2. Heat 1 Tablespoon canola oil in a large skillet over medium-high heat. Add meat or poultry (If using tofu, add in step 3). Stir occasionally until browned, about 4-6 minutes. Transfer to a plate.

3. Add veggies to skillet. Start with harder veggies first (green beans, onion, carrots, broccoli or cauliflower). As they begin to become tender, about 5 minutes, add softer veggies (zucchini or yellow squash) and keep cooking for another 3-5 minutes. If using tofu, add and cook for 3-5 minutes.
4. Add “flavoring” items and cook until fragrant, about 15 seconds.

COOK VEGGIES



MIX INGREDIENTS



5. Add sauce to veggies and cook until sauce is thickened, about 1-2 minutes.
6. Stir cooked meat or poultry into veggie mixture. Serve stir-fry over cooked grains.

TRY THESE SAUCES!

- Peanut Sauce: In a small bowl, stir together $\frac{1}{4}$ cup peanut butter, $\frac{1}{2}$ cup warm water, $\frac{1}{4}$ cup low-sodium soy sauce, 2 Tablespoons cider vinegar and 4 teaspoons sugar
- Spicy Soy Sauce: In a small bowl, stir together $\frac{1}{4}$ cup low sodium soy sauce, 1 Tablespoon brown sugar, 1 Tablespoon cornstarch, 1 teaspoon minced jalapeño and $\frac{1}{2}$ teaspoon ground ginger
- Lemon Stir-fry sauce: In a small bowl, stir together 3 Tablespoons lemon juice, 3 Tablespoons low-sodium soy sauce and 2 teaspoons of cornstarch