

At the Grocery Store

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

- Shop Sales? Buy big pieces of meat and whole chickens. Cook, cut up and freeze in separate small packages. Plan meals to use the meat.
- Buy plain pasta shapes like macaroni. They are cheaper than fancy shapes.
- Select 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.
- Use white sauce instead of costly purchased cans of cream soups.



Keeping One Dish Meals Safe



- At the store, purchase frozen foods and meats last. Check expiration dates on meats.
- Freeze meat if you will not use it within 2 days.
- Refrigerate meats until you are ready to prepare them. Never thaw or leave meat on the counter at room temperature.
- Keep one dish meals hot until serving.
- If you have leftovers, promptly cover and store in the refrigerator no longer than 1-2 days. For longer storage, freeze up to two months. Thaw frozen casseroles in refrigerator.
- Thoroughly reheat leftovers before serving.

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ONE DISH MEALS



One dish meals or casseroles are tasty, quick and easy to make. Use a variety of ingredients from the food guide pyramid and create one today!

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WNEP education is supported by the USDA Food Stamp Program, UW-Extension, and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call 715-232-7360.

Create-A-Casserole

Serves 4

STEP 1: Choose rice, noodles or macaroni and cook . . .

Rice

2 cups water
½ teaspoon salt
1 cup rice

Heat water, rice and salt until boiling. Cover and simmer 15 minutes.

Macaroni

3 cups water
½ teaspoon salt
1 teaspoon margarine
1 cup noodles or macaroni

Heat water with salt and margarine until boiling. Stir in noodles or macaroni. Cook 2 minutes and stir. Remove from heat and cover. Let stand 15 minutes and drain.



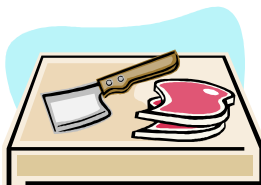
STEP 2: Add seasoning to meat or fish . . .

Choose one meat or fish

1 can tuna (7.25 ounces)
1 cup cooked or canned meat
1 pound ground beef or turkey, browned and crumbled

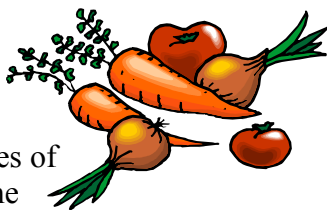
Season with

1 teaspoon salt, ½ tsp. pepper and one or more of the following:
¼ cup chopped onion
¼ cup chopped celery
¼ cup chopped green pepper



STEP 3: Choose a vegetable . . .

Use a 16-ounce can, 1 cup fresh, or two 10.5-ounce boxes of frozen vegetables, cooked and drained. Choose one of the following: green beans, lima beans, peas, corn, carrots, broccoli, spinach, tomatoes, cauliflower or leftover vegetables.



STEP 4: Prepare sauce; add to meat or fish. . .

Use one of the following for your sauce:

- ⇒ 1½ cups white sauce
- ⇒ 1 can of soup (tomato, cream of mushroom, celery or chicken) mixed with ¼ cup milk
- ⇒ 2 cups canned tomatoes
- ⇒ 2 cups tomato sauce
- ⇒ 2 cups tomato juice
- ⇒ 6-ounce can tomato paste mixed with 1 ¼ cups water
- ⇒ 1 cup of either chili sauce, taco sauce or barbecue sauce mixed with 1 cup of water

Mix the sauce with meat or fish.

STEP 5: Choose "crunch" for a topping . . .

Pick one of these:

- ⇒ ¼ to ½ cup cracker crumbs
- ⇒ ¼ to ½ cup bread crumbs
- ⇒ ¼ to ½ cup dry cereal



STEP 6: Assemble casserole and bake . . .

1. Grease a baking dish.
2. Make layers, starting with rice, noodles or macaroni, then vegetables and then meat and sauce mixture. Top with "crunch" and bake at 350° until bubbly (about 20 minutes).
3. Let stand for 10 minutes before cutting if you want to serve it in rectangular portions.

Menu Idea

Tasty Tuna Casserole
Carrot Sticks
Apple Slices
Milk

Tasty Tuna Casserole

Makes 5 servings

402 calories and 11 grams of fat per serving

8 ounces macaroni or noodles	2 cups milk
2 Tablespoons margarine or butter	1 can (16 ounces) peas, drained
¼ cup chopped onion	1 can (6½ ounces) tuna, drained
¼ cup flour	½ cup cheddar cheese, grated
½ teaspoon salt	seasoned bread crumbs (optional)
¼ teaspoon pepper	

1. Cook noodles in boiling water following directions on package. Drain.
2. While noodles are cooking, melt margarine in a skillet. Cook onions in the margarine until tender.
3. Stir flour and seasonings into margarine and onion mixture.
4. Gradually add milk and cook until mixture thickens, stirring often.
5. Add drained peas and tuna, noodles and cheese. Mix together.
6. Heat thoroughly in skillet and serve, or put in a casserole dish, top with seasoned bread crumbs and bake at 350° for 30 minutes.



White Sauce

White sauce can be used instead of canned cream of mushroom, cream of celery or cream of chicken soup in many recipes.

In place of one can of creamed soup, use one of the following:

- **Make 1½ cups of white sauce using this recipe:**

White Sauce

1 Tablespoon margarine	1¼ cups lowfat milk
4 teaspoons flour	

Melt margarine over low heat. Blend in flour and cook until the mixture is bubbly. Remove from heat. While stirring, slowly add milk. Cook mixture over low heat, stirring constantly until it thickens.

- **Make 1 ½ cups of white sauce using a mix:**
Stir together 1/3 cup Dry White Sauce Mix (below) and 1¼ cups water in a sauce pan. Cook and stir over medium heat until thick.

Dry White Sauce Mix

2 cups dry milk powder	¾ cup cornstarch
½ teaspoon thyme (optional)	¼ teaspoon pepper

Combine all ingredients. Stir well. Store in airtight container. May store up to six months.

Optional: For extra flavor add 1 to 2 Tablespoons chicken bouillon granules (regular or reduced sodium) to the mix. Stir well.

Menu Idea

Sensational Six-Layer Dinner
Whole Wheat Toast
Fruit Salad
Milk

Sensational Six-Layer Dinner

Makes 6 servings

333 calories and 15 grams of fat per serving

2-3 medium raw potatoes, sliced	1 pound hamburger, browned and drained
2 cups sliced carrots	
½ teaspoon salt	1 ½ cups green beans
¼ teaspoon pepper	1 can tomato soup
½ cup sliced onion	

Variations:

- Use peas, corn or any leftover vegetable instead of green beans.
- Use 1½ cups white sauce or 1 can cream soup instead of tomato soup.

1. Grease baking pan or casserole dish.
2. Layer ingredients in order given. Cover.
3. Bake at 350° for 45 minutes or until tender.
4. Uncover and bake 15 more minutes.



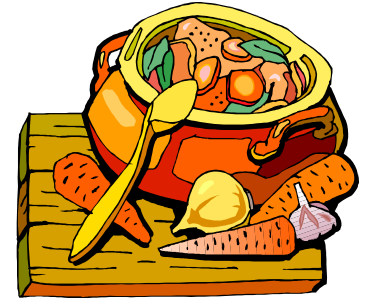
Menu Idea

Turkey Vegetable Bake
Celery Sticks
Pineapple Slices
Milk

Turkey Vegetable Bake

Makes 5 servings

288 calories and
14 grams of fat per serving



2 Tablespoons margarine	1 (10 ounces) package, frozen, or about 1½ cups cooked, fresh or canned mixed vegetables
2 Tablespoons flour	
1 cup turkey or chicken broth or bouillon	
2 cups turkey, cooked, cut into pieces	¾ cup cheese, grated
	½ cup bread crumbs

Preheat oven to 350°. In a saucepan, melt margarine. Stir in flour to make a paste. Add broth or bouillon. Cook and stir until thickened and bubbly. Remove from heat. Stir in turkey, vegetables and ½ cup cheese.

Transfer mixture to baking dish. Sprinkle with bread crumbs and the leftover ¼ cup cheese.

Bake at 350° for 30-35 minutes.

