

At the Grocery Store

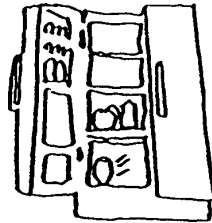
When choosing ingredients for one dish meals, consider these money saving tips:



- 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 a better deal than smaller packages.
- 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.

Keeping One Dish Meals Safe

- At the store, select frozen foods and meat last. Check expiration dates on meats.
- Freeze meat if you will not use it in 2 days.
- Refrigerate meats until you are ready to prepare them. Never 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 1 month.
- Reheat leftovers until bubbling hot before serving.



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**Wisconsin
Nutrition
Education
Program**

One Dish Meals

What You Need to Know
& Favorite Recipes

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



Be creative and combine a variety of foods.

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Based on a brochure created by Eau Claire County UW-Extension. UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call your local food stamp office

MyPyramid Helps Build a Healthy Diet

One Dish Meals Can Be Part of a Healthy Diet

Combine foods from different food groups into a one dish meal.

One dish meals can provide carbohydrates, protein, vitamins and minerals.



Healthy Tips:

- Use lean meat and trim off the 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 parmesan or sharp cheddar, to get plenty of taste with

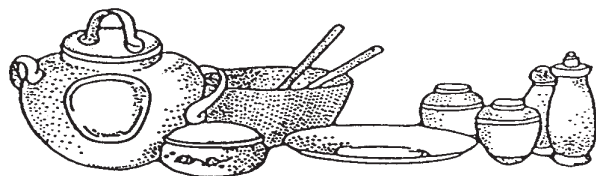
Be Creative!

Make a one dish meal to serve 4 to 6. Use ingredients from different food groups. Include:

- 1-1/2 to 2 cups cubed, cooked meat, poultry or fish, or drained ground beef or turkey, or cooked beans.
- 1-1/2 to 2 cups cooked, diced potatoes, or cooked rice, pasta or barley.
- 1-1/2 to 2 cups vegetables (fresh, canned or leftover).
- 1-1/2 to 2 cups tomato sauce or cream soup or white sauce.
- Season to taste. Use little salt.

1. Mix all ingredients together.
2. Put ingredients in a casserole dish. Cover. Bake at 350° for 30 minutes. Uncover and bake 15 more minutes. **OR**

Cook on top of stove. Place ingredients in a large skillet. Cover. Simmer on top of stove until bubbly. Serve hot.



Child Helper Hints



Allow your children to help when you are cooking. It helps them become excited about trying new foods. They will learn about planning and preparing nutritious meals.

Everyone should wash their hands before touching food.

Children can:

- Choose their favorite ingredients to create a new meal.
- Stir the ingredients together.
- Set the table.
- Make place cards for the table.

Remember:

- Keep directions simple. Explain one direction at a time.
- Be patient. Allow your children to do simple tasks by themselves.
- Children feel good when they can say, "I helped!"
- Thank them for helping.

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
2 cups sliced carrots
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup sliced onion
1 pound hamburger, browned and drained
1-1/2 cups green beans
1 can tomato soup

VARIATIONS:

- Use peas or corn instead of green beans.
- Use your favorite 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.

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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 Tablespoons margarine or butter
1/4 cup chopped onion
1/4 cup flour
1/2 teaspoon salt
1/4 teaspoon pepper
2 cups milk
1 can (16 ounces) peas, drained
1 can (6-1/2 ounces) tuna, drained
1/2 cup cheddar cheese, grated
seasoned bread crumbs (optional)

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.

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