

TURKEY NOODLE DINNER

Serves: 6
Serving Size: 2 cups

INGREDIENTS

- 1 pound ground turkey
- 4 stalks celery, chopped
- 4 green onions, chopped
- 2 green bell peppers, chopped
- 3 1/2 cups (about 2-15 ounce cans) canned diced tomatoes
- Salt and pepper to taste
- 1-8 ounce package noodles, cooked
- 1/2 cup shredded cheddar cheese

Cooking Tips

- If ground turkey is not available, lean ground beef may be substituted.

INSTRUCTIONS

1. Brown meat. Rinse with warm water to remove excess fat. *(See tips on page 10)*
2. Add celery, onion, and green pepper.
3. Add tomatoes then add salt and pepper to taste.
4. Bring mixture to a boil, reduce heat and simmer until vegetables are tender, about 30 minutes.
5. Mix meat and vegetables with cooked noodles in a casserole dish.
6. Top with cheese and cook in the microwave or 350° F oven until cheese is bubbly.



Nutrition Facts	
Serving Size 2 cups Servings Per Container 6	
Amount Per Serving	
Calories 330	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 470mg	20%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 22g	
Vitamin A 25%	Vitamin C 100%
Calcium 15%	Iron 20%

MEAT & VEGGIE MAC

Serves: 4
Serving Size: 1 1/4 cups
Cost per serving: \$.82

INGREDIENTS

- 1 7 1/4 ounce package macaroni & cheese mix
- 1 16 ounce package frozen mixed vegetables
- 1 1/2 cups chopped cooked beef, pork, or chicken
- 1/4 cup nonfat milk
- 1/8 teaspoon garlic or onion powder



INSTRUCTIONS

1. Cook macaroni in large saucepan as directed on package. After about 5 minutes, add the frozen vegetables and continue cooking until macaroni is tender and vegetables are cooked; drain.
2. Return macaroni and vegetables to the pan. Add the meat.
3. Stir the cheese sauce mix, milk, and garlic or onion powder together. Stir into macaroni mixture. (Omit the butter/margarine recommended on the package).
4. Cook over low heat for 1 to 2 minutes or until heated through, stirring occasionally.

Cooking Tips

- For a vegetarian meal, substitute 2 cups cooked black, kidney, or garbanzo beans (1 - 15 ounce can) for the beef, pork, or chicken.
- Teach your older children how to make this fast and easy main dish.
- Make broth and cooked chicken from leg quarter. *(recipe on page 78).*

Nutrition Facts	
Serving Size 1 1/4 cups Servings Per Container 4	
Amount Per Serving	
Calories 360	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 530mg	22%
Total Carbohydrate 52g	17%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 27g	
Vitamin A 0%	Vitamin C 20%
Calcium 15%	Iron 15%

TUNA MELT SANDWICH

Serves: 4
 Serving Size: 1 sandwich
 Cost: \$3.50 for whole recipe / \$0.88 per person

INGREDIENTS

- 2 6-ounce cans tuna, canned in water and drained
- 1 bunch green onions, chopped or 1/3 cup chopped onion
- 3 tablespoons light mayonnaise
- 1/8 teaspoon black pepper
- 1/8 teaspoon garlic powder
- 4 slices whole wheat bread
- 4 tomato slices (1 medium tomato)
- 4 slices (3 ounces) American cheese



INSTRUCTIONS

1. Preheat oven to 350°F
2. In medium-size bowl, combine tuna, onion, mayonnaise, pepper, and garlic powder. Mix well.
3. Place bread on baking sheet.
4. Spoon about one-fourth of the tuna mixture on each piece of bread, spreading nearly to the edges. Add a tomato slice.
5. Bake 5 minutes.
6. Add a cheese slice on top of each sandwich and return to oven for another 5 minutes, or until cheese is melted and bread is toasted. Serve.

Cooking Tips

- You can use any whole grain bread or split rolls.
- Instead of American cheese experiment with other kinds of cheese.

Nutrition Facts	
Serving Size 1 item (214.92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 340	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 4.5g	23%
Trans Fat	
Cholesterol 45mg	15%
Sodium 950mg	40%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 30g	
Vitamin A 15%	Vitamin C 15%
Calcium 15%	Iron 15%

STIR FRY

Serves: 6
 Serving Size: 3/4 cup

INGREDIENTS

- 1/2 pound boneless lean beef or chicken
- 1 tablespoon oil
- 2-3 cups raw vegetables, thinly sliced
- 1/4 teaspoon garlic powder
- 3 tablespoons water
- 3-4 cups instant rice



INSTRUCTIONS

1. Slice beef or chicken thinly or cut into small cubes.
2. In a frying pan, heat 1 tablespoon oil over high heat. When hot, add meat. Stir-fry until meat is brown but not quite done, about 3-5 minutes.
3. Add vegetables, garlic, and 3 tablespoons of water. Lower the heat and cover skillet. Cook until water evaporates, about 10 minutes. Veggies should be brightly colored and crisp-tender and the meat should be cooked and tender.
4. Make as many servings of instant rice as needed according to the package directions.
5. Serve stir fry hot over instant rice.
6. Refrigerate leftovers.

Cooking Tips

- If raw vegetables are not available, use frozen stir fry vegetables.
- Try instant brown rice in place of white rice.

Nutrition Facts	
Serving Size 3/4 cup w/o rice	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 80mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 10g	
Vitamin A 80%	Vitamin C 8%
Calcium 2%	Iron 4%