

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!**

*Your county
extension office*



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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



Meat, chicken, fish, eggs, dried beans or peas and nuts (1 to 2 cups)

- ✓ 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 x 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

