



Main Dishes

Mrs. Thomas, Toni, Leia, and Jon invite you to use the recipes and menu suggestions in this book. The recipes are creditable and the portion sizes meet the minimum food requirements for 3-5 year old children. Portion size adjustments will need to be made when you serve older or younger children.

These children are going to have Shepherd's Pie (recipe on page 67), apricots, a small biscuit and lowfat milk for lunch. It is one of their favorite meals.

Main Dishes

Recipe	Page	Recipe	Page
Cream Soup Mix	3	Chicken Zucchini Casserole	45
Homemade Breading	4	Chili	46
Spicy Coating Mix	5	Ham and Cheese Tortilla	47
Baked Beans with Weiners	6	Ham and Egg Skillet	48
Western Beans	7	Ham and Potato Casserole	49
Barbecue Beef Cups	8	Scalloped Ham & Potatoes	50
Beef and Cabbage	9	Ham and Rice	51
Beef in Gravy on Rice	10	Macaroni and Cheese Deluxe	52
Beef Noodle Casserole	11	Macaroni & Cheese with Vegetables	53
Beef and Potatoes	12	New England Beef Dinner	54
Beef and Potato Gem Casserole	13	Easy Omelet	55
Beef and Rice Casserole	14	Pig in a Blanket	56
Beef Taco	15	Individual Pizzas	57
Cheesy Beef and Macaroni	16	Pan Pizza	58
Beefburger Surprise	17	Pizza Burger	59
Beef Bengotti	18	Upside Down Pizza	60
Cheddar Burgers	19	Potato and Cheese Casserole	61
Cheeseburger Bake	20	Pork Chalupa	62
Chili Beef Potato Pie	21	Pork Loin and Rice Casserole	63
Cowboy Delight - Beef	22	Barbecued Pork Sandwich	64
Egg Burrito	23	Inside-Out Ravioli	65
Egg and Cheese Strata	24	Sausage and Sauerkraut	66
Egg Salad Sandwich	25	Shepherd's Pie	67
Enchilada Casserole	26	Sloppy Joe Squares	68
Fish in Foil	27	Beef Spanish Rice	69
Hamburger Quiche	28	Stromboli	70
Meat Balls	29	Bean and Cheese Taco	71
Meatloaf Patties	30	Impossible Taco Pie	72
Choose a Meatloaf	31	Tostadas	73
Herbed Meat Loaves	32	Tuna Rice Supreme	74
Meat and Vegetable Pie	33	Tuna Stuffed Baked Potatoes	75
Chicken Chop Suey	34	Tuna or Salmon with Pasta	76
Oven Fried Chicken	35	Turkey Divine	77
Skillet Chicken Au Gratin	36	Turkey or Chicken Meatballs	78
Chicken Broccoli Pie	37	Snow on Turkey Mountain	79
Chicken Enchilada Casserole	38	Hot Turkey Salad	80
Chicken and Homemade Noodles	39	Weiner Boats	81
Chicken Potato Combo	40	Roman Style Bean Soup	82
Chicken Ranch Pita Sandwich	41	Easy Oven Beef Stew	83
Quick Chicken and Rice	42	Hamburger Soup	84
Chicken Roll-ups	43	Chicken Vegetable Soup	85
Chicken Spaghetti	44	Ham and Bean Soup	86

Cream Soup Mix

This mix is a great nonfat substitute for condensed cream soups in your favorite recipes. You can also use it as a soup and add vegetables and/or meats of your choice. Ingredients are listed for the equivalent of eight "cans" and for one "can". When making the larger amount, it may be stored in an air tight container for up to 2 months. Stir well before using.

1 "Can"	Ingredients	8 "Cans"
¼ cup	Nonfat dry milk	2 cups
1 ½ Tbsp.	Cornstarch	¾ cup
¾ tsp.	Dried onion flakes	2 Tbsp.
Dash	Pepper	½ tsp.
⅛ tsp.	Dried basil	1 tsp.
⅛ tsp.	Dried thyme	1 tsp.
½ Tbsp.	Instant bouillon granules	¼ cup

1. Combine all ingredients and mix well.
2. Store in an air tight container.
3. Use in recipes in place of condensed cream of chicken soup.
4. Be sure to follow directions below to reconstitute.

Methods for making the equivalent of one "can" of condensed soup:

Stove-top Method: In saucepan, combine ⅓ cup dry mix with 1 ¼ cups cold water. Stir over low heat until thickened.

Microwave Method: In a microwave-safe bowl, combine ⅓ cup dry soup mix with 1 ¼ cups cold water. Heat on **high** for **4-5 minutes**, stirring several times until mixture thickens.

Note: This recipe for cream soup mix can be substituted for canned condensed cream of chicken soup. Mushrooms or celery may be added to make cream of mushroom or cream of celery soup. The following is a comparison of the commercial condensed soup to the homemade substitute:

<i>Cream of Mushroom Soup - 10¾ ounce can:</i>	<i>330 calories</i>
	<i>23.9 grams of fat</i>
	<i>2,370 milligrams of sodium</i>
 <i>Cream Soup Mix:</i>	 <i>95 calories</i>
	<i>0.2 gram of fat</i>
	<i>710 milligrams of sodium</i>

Iowa Cooperative Extension

Homemade Breading

Use Homemade Breading for making oven fried chicken, oven fried fish and chicken nuggets.

Yield: 4 cups
 Serving size: 1 tablespoon
 Calories per serving = 25

4 Cups	Ingredients	
4 cups	Cornflake crumbs*	
4 tsp.	Instant chicken bouillon	
4 tsp.	Paprika	
2 tsp.	Poultry seasoning	
1 Tbsp.	Italian herb seasoning	
½ tsp.	Pepper	
1 tsp.	Garlic powder	
1 tsp.	Onion powder	

1. Combine all ingredients and mix well.
2. Store in an air tight container.
3. Mix well before using.
4. Plan on ½-1 Tbsp. of breading for each chicken part or fish fillet.

*To make your own cornflake crumbs, put flakes in a sealed plastic storage bag. Use rolling pin to crush flakes into crumbs. However, compare cost; it may be less expensive to use packaged or commercial cornflake crumbs.

FOOD SAFETY NOTE:

Discard all breading from recipe preparation rather than returning it to the container of unused breading mixture.

Spicy Coating Mix

A recipe for homemade coating for poultry, meat and fish that is similar to commercial products, such as Shake and Bake™.

2 ½ Cups	Ingredients	
2 cups	Fine bread crumbs	
¼ cup	All-purpose flour	
3 Tbsp.	Paprika	
1 Tbsp.	Salt	
2 tsp.	Granulated sugar	
2 tsp.	Onion powder	
2 tsp.	Oregano	
½ tsp.	Garlic powder	
1 tsp.	Cayenne pepper	

1. Combine all ingredients and mix well.
2. Store in an air tight container; use within two months.
3. When preparing meat items, transfer the amount of crumb mixture needed to a pie plate or sealed plastic bag.

FOOD SAFETY NOTE:

Discard all coating mix remaining from recipe preparation rather than returning it to the container of unused coating mixture.

Baked Beans with Weiners

(Microwave)

This is an excellent EMERGENCY MEAL. Keep a can of beans in the cupboard and a pack of hot dogs in the freezer.

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Fruit/Vegetable (¼ cup)

Yield: 10 servings

Serving size: ⅔ cup

10 Servings	Ingredients	Servings
1 (28 oz.) can	Baked beans (label says seasoned with bacon, baked with brown sugar)	
1 lb. pkg. (10 per pkg.)	Frankfurters (all meat)	

CAUTION: Whole hot dogs can be a choking hazard for young children. It is recommended they be cut lengthwise so a round piece does not get caught in the throat.

1. Empty can of beans into microwave-safe casserole .
2. Cut hot dogs in half lengthwise; cut halves again to make quarters. Cut into 1" strips.
3. Add hot dog pieces to beans.
4. Cover and microwave on **high** for **2 minutes**; stir; microwave **1 minute** more.

Conventional Method:

Empty beans into a saucepan. Add cut hot dogs as described in step #2. Heat to simmer, stirring occasionally. **DO NOT OVER COOK.**

Menu Suggestion:	Baked Beans with Weiners (1 serving), canned fruit (¼ cup), saltine crackers (4), lowfat milk (¾ cup)
------------------	---

Althea Jones - Omaha

Charlotte Kern - Omaha

Western Beans

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

Yield: 8 servings
Serving size: ½ cup

8 Servings	Ingredients	Servings
4	Bacon strips, diced	
1 large	Onion, chopped	
1 (15 oz.) can	Whole tomatoes with liquid, chopped	
1 (15 oz.) can	Pinto beans, drained	
1 (15 oz.) can	Kidney beans, drained	
⅓ cup	Uncooked lentils	
1⅓ cups	Water	
2 Tbsp.	Catsup	
1 tsp.	Garlic powder	
¾ tsp.	Chili powder	
½ tsp.	Ground cumin	

1. Lightly fry bacon in heavy 3-quart saucepan.
2. Add onion. Cook until transparent.
3. Add tomatoes, pinto beans, kidney beans, lentils, water, catsup, garlic powder, chili powder and ground cumin. Cook over **medium heat** for **45 minutes**.

Menu Suggestion: Western Beans (1 serving), mashed sweet potatoes (¼ cup) recipe on page 105, sliced bananas (¼ cup) in strawberry gelatin, bread (½ slice), lowfat milk (¾ cup)

Barbecue Beef Cups

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Yield: 10 servings

Serving size: 1 barbecue cup

10 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
1 tsp.	Onion powder	
½ cup	Barbecue sauce	
1 tsp.	Sugar	
1 tube (10 count)	Refrigerated biscuits	
1 cup (4 oz.)	Shredded American cheese	

1. Brown beef until done. Drain fat.
2. Add onion powder, barbecue sauce and sugar. The sugar improves the taste of the sauce.
3. Press the biscuits into lightly greased muffin cups.
4. Fill biscuit cups with meat mixture.
5. Sprinkle grated cheese on top of meat.
6. Bake at **400°F** for **8-10 minutes**.

Menu Suggestion: Barbecue Beef Cup (1 serving), confetti coleslaw (¼ cup) recipe on page 95, grapes cut in fourths (¼ cup), lowfat milk (¾ cup)

Connie Karre - Grand Island
 Celeste Casuntilo - Bellevue

Janice Budd - Grand Island
 Rita Johnson - Omaha

Beef and Cabbage

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (½ cup)

Yield: 8 servings
 Serving size: 1 wedge

8 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
1 small (1 ¼ lbs.)	Head of cabbage	
1 tsp.	Onion powder	
1 (15 oz.) can	Seasoned tomato sauce or stewed tomatoes	
¾ cup (3 oz.)	Grated mozzarella cheese	

1. In a large oven-proof skillet, brown beef until done. Drain fat. Set aside.
2. Wash cabbage under running water; drain.
3. Cut cabbage into eight wedges.
4. Arrange cabbage on top of meat in skillet.
5. Add onion powder to tomato sauce.
6. Pour seasoned tomato sauce or stewed tomatoes over cabbage.
7. Cover tightly and bake at **350°F** for **45 minutes** or until cabbage is tender.
8. Sprinkle with cheese.
9. Return to oven for **5 minutes** to melt cheese.
10. Cut into eight pie-shaped wedges.

Menu Suggestion: Beef and Cabbage (1 serving), baked sweet potato (¼ cup), pear slices (½ cup), multi-grain bread (½ slice), lowfat milk (¾ cup)

Beef in Gravy on Rice

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: ½ cup beef in gravy
 ¼ cup rice

8 Servings	Ingredients	Servings
2 cups 1 ¼ lbs. 1 pkg.	Cooked rice Lean ground beef Brown gravy mix	

1. Prepare 2 cups of rice according to package directions.
2. Brown beef until done. Drain fat.
3. Prepare brown gravy mix according to package directions.
4. Add to cooked meat. Season to taste.
5. Serve meat mixture over rice.
6. Garnish with tomato cube, orange slice or slice of pimiento.

Variation:

- Cooked pasta (2 cups) or toasted bread (4 slices) may be used in place of rice.

Menu Suggestion: Beef in Gravy on Rice (1 serving), green peas (¼ cup), pineapple tidbits (¼ cup), lowfat milk (¼ cup)

Beef Noodle Casserole

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: ⅔ cup

10 Servings	Ingredients	Servings
2¾ cups (3½ oz.) 1½ lbs. 1 (10¾ oz.) can ¾ cup ¾ cup 2 Tbsp. 1 (2½ oz.) jar 1 tsp. 1 tsp. ¼ cup 1 Tbsp.	Enriched wide egg noodles Lean ground beef Undiluted cheddar cheese soup Lowfat milk Lite sour cream or small curd lowfat cottage cheese Chopped pimiento Sliced mushrooms, drained Dried parsley flakes Onion powder Fine bread crumbs (optional) Margarine, melted (optional)	

1. Cook noodles according to package directions for casseroles. **DO NOT OVERCOOK.** Drain. Set aside.
2. Brown beef until done. Drain fat.
3. Combine soup, milk and sour cream or cottage cheese.
4. Stir in pimiento, mushrooms, parsley flakes and onion powder.
5. Stir in cooked noodles and meat.
6. Put into a lightly greased 2½-quart casserole dish.
7. Optional: combine bread crumbs and margarine; sprinkle over top of casserole.
8. Bake at **375°F** for **35 minutes** or until heated through.

Variations:

- Substitute homemade noodles for packaged noodles; recipe on page 137.
- Substitute 3 cups (16 ounces) diced cooked ham for beef.
- Substitute a flavored tomato soup for cheddar cheese soup.

Menu Suggestion: Beef Noodle Casserole (1 serving), fresh tomatoes, cubed (¼ cup), cinnamon applesauce (¼ cup), lowfat milk (¾ cup)

Beef and Potatoes

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 10 servings
 Serving size: ⅔ cup

10 Servings	Ingredients	Servings
1 ½ lbs. 5 medium 1 (10¾ oz.) can 1 (10¾ oz.) can	Lean ground beef Potatoes Beef vegetable soup Undiluted reduced fat cream of mushroom soup*	

1. Brown beef until done. Drain fat. Set aside.
2. Wash and peel potatoes.
3. Slice potatoes into lightly greased 2-quart casserole dish.
4. Put cooked beef over potatoes.
5. Mix undiluted canned soups.
6. Pour over meat and potatoes.
7. Bake at **350°F** for **1 hour** or until potatoes are done.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Beef and Potatoes (1 serving), cooked carrots (¼ cup), pumpkin muffin (½) recipe on page 134, lowfat milk (¼ cup)

Karen Schmode - Battle Creek

Beef and Potato Gem Casserole

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 piece (2¾" x 3½")

8 Servings	Ingredients	Servings
1 ¼ lbs. 1 tsp. 1 (15 oz.) can 1 (10¾ oz.) can 1 (12 oz.) pkg.	Lean ground beef Onion powder Peas (or 1 lb. frozen) Undiluted reduced fat cream of chicken soup* Frozen potato gems	

1. Brown ground beef until done. Drain fat.
2. Spray a 7" x 11" baking pan with non-stick cooking spray.
3. Spread cooked meat in bottom of pan.
4. Sprinkle onion powder on top of meat.
5. Add layer of peas.
6. Spread undiluted soup over peas.
7. Place potato gems on top.
8. Bake at **350°F** for **45 minutes**.

Variations:

- Substitute other frozen vegetables (carrots, corn, mixed, etc.) for peas.
- Substitute cheddar cheese or reduced fat broccoli and cheese soup for the cream of chicken soup.

*Substitute 1"can" cream soup mix; recipe on page 3.

Menu Suggestion: Beef and Potato Gem Casserole (1 serving), cornmeal muffin (½) recipe on page 127, fresh fruit cup (¼ cup), lowfat milk (¾ cup)

Beef and Rice Casserole

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: ½ cup

10 Servings	Ingredients	Servings
2½ cups	Cooked rice	
1 lb.	Lean ground beef	
1 (10¾ oz.) can	Undiluted reduced fat cream of mushroom soup*	
1 (8 oz.) can	Stewed tomatoes, undrained, chopped	
1 tsp.	Onion powder	
½ tsp.	Garlic powder	
½ tsp.	Chili powder	
1 cup (4 oz.)	Shredded cheddar or American cheese	

1. Cook rice according to package directions. Set aside.
2. Brown beef until done. Drain fat.
3. Stir in rice, soup, tomatoes, onion powder, garlic powder and chili powder.
4. Pour mixture into lightly greased 2½-quart baking dish.
5. Bake at **350°F** for **20 minutes**.
6. Top with cheese; bake an additional **5 to 10 minutes** to melt cheese.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion:	Beef and Rice Casserole (1 serving), cooked broccoli (¼ cup), pineapple cubes (¼ cup), lowfat milk (¾ cup)
------------------	--

Karen Arends - Albion Margaret Fisher - Omaha Fae Morgan - Grand Island

Beef Taco

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 8 servings

Serving size: 1 taco

8 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
1 (8 oz.) can	Tomato sauce	
1 tsp.	Onion powder	
¼ tsp.	Garlic powder	
½ tsp.	Chili powder	
¼ tsp.	Pepper	
8	Taco shells*	
2 medium	Tomatoes, chopped	
¼ head	Lettuce, shredded	
1 cup (4 oz.)	Shredded cheddar cheese	

1. Brown meat until done. Drain fat.
2. Stir in tomato sauce, onion powder, garlic powder, chili powder and pepper.
3. Simmer, uncovered, for **15 minutes**.
4. While the sauce simmers, heat the taco shells if desired.
5. Fill taco shells with meat mixture.
6. Top each with tomato and lettuce mixture.
7. Sprinkle 2 tablespoons cheese on top.

*Substitute soft tortillas if young children have difficulty eating hard taco shells.

Menu Suggestion:	Beef Taco (1 serving), refried beans (¼ cup), apple slices (¼ cup), lowfat milk (¼ cup)
------------------	---

Cheesy Beef and Macaroni

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: ¾ cup

8 Servings	Ingredients	Servings
1 cup	Uncooked elbow macaroni	
1 lb.	Lean ground beef	
½ cup (1 med.)	Chopped onion	
1 (10¾ oz.) can	Flavored tomato soup	
½ soup can	Water	
¾ cup (3 oz.)	Cheddar cheese, chunked or shredded	
⅛ tsp.	Garlic powder	
Pinch	Ground oregano	
¼ tsp.	Pepper	
1 (4 oz.) can	Mushrooms, drained (optional)	

1. Cook macaroni as directed on package for *al dente* (tender but firm). Drain. Set aside.
2. In large skillet, brown beef with onion until done. Drain fat.
3. Add tomato soup, water, cheese, garlic powder, oregano and pepper to beef.
4. Simmer **5 minutes** until cheese melts and mixture is bubbly.
5. Optional: add drained mushrooms.
6. Add cooked macaroni. Combine mixture.
7. Cover, remove from heat and let stand for **5 minutes** before serving.

Menu Suggestion:	Cheesy Beef and Macaroni (1 serving), green peas (¼ cup), orange sections (¼ cup), lowfat milk (¾ cup)
------------------	--

Tamarah Bloyd - Omaha
 Sandra Denton - Omaha

Heather Lamb - Kearney
 Allie Shivers - Omaha

Beefburger Surprise

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (½ cup)

Yield: 8 servings

Serving size: ⅔ cup meat mixture

¼ cup rice/pasta

8 Servings	Ingredients	Servings
1 ¼ lbs.	Lean ground beef	
1 (15 oz.) can	Stewed tomatoes	
1 (15 oz.) can	Green beans, drained	
1 (8 oz.) can	Tomato sauce	
1 tsp.	Sugar	
⅛ tsp.	Pepper	
2 cups	Cooked couscous*, rice, noodles or pasta	

1. Brown beef until done. Drain fat.
2. Add stewed tomatoes, green beans and tomato sauce.
3. Add sugar and pepper.
4. Heat mixture.
5. Serve over cooked couscous, rice, noodles or pasta.

*Couscous, a pasta made from semolina wheat, is a staple food of North Africa. Look for this pasta in the grain section of your local supermarket.

Menu Suggestion: Beefburger Surprise (1 serving), carrot strips (3), lowfat milk (¼ cup)

Eileen Boettcher - Lincoln

Beef Bengotti

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: ¾ cup

8 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
1 (12 oz.) pkg.	Egg noodles	
½ tsp.	Onion powder	
1 (15 oz.) can	Cream-style corn	
1 (10¾ oz.) can	Undiluted reduced fat cream of mushroom soup*	
1 (10¾ oz.) can	Undiluted reduced fat cream of tomato soup	
1 cup (4 oz.)	Shredded cheddar cheese	

1. Brown beef until done. Drain fat.
2. Cook noodles according to package directions for *al dente* (tender but firm). Drain.
3. Combine meat, noodles, corn, mushroom soup and tomato soup.
4. Place in lightly greased 8" x 12" baking pan.
5. Sprinkle with cheese.
6. Bake at **350°F** for **30 minutes**.
7. Let stand **10 minutes** before serving.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Beef Bengotti (1 serving), lettuce salad (½ cup), peaches (¼ cup), lowfat milk (¾ cup)

Leora Wiedman - Valentine

Cheddar Burgers

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 1 cheddar burger

8 Servings	Ingredients	Servings
1 lb. ½ cup (2 oz.) ½ cup ¼ cup 3 Tbsp. 8 small	Lean ground beef Shredded cheddar cheese Bread crumbs Minced onion Heinz 57™ sauce Hamburger buns	

1. Mix beef, cheese, bread crumbs, onion and "57" sauce.
2. Form into 8 patties.
3. Grill or broil hamburgers until pink is gone and juices run clear (**160°F on meat thermometer inserted in center**).
4. Toast buns. Place cooked burger on bun.
5. Garnish with catsup, mustard and pickles as desired.

Menu Suggestion: Cheddar Burger (1 serving), fruity coleslaw (¼ cup) recipe on page 94, oven fried sweet potatoes (¼ cup) recipe on page 103, lowfat milk (¼ cup)

Cheeseburger Bake

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 10 servings

Serving size: 1 piece (2 ½" x 4 ½")

10 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
1 tsp.	Onion powder	
1 (10¾ oz.) can	Undiluted cheddar cheese soup	
1 lb.	Frozen mixed vegetables	
¼ cup	Lowfat milk	
2 cups	Reduced fat Bisquick™ baking mix	
¾ cup	Water	
1 cup (4 oz.)	Shredded cheddar cheese	

1. Brown beef until done. Drain fat.
2. Add onion powder, cheddar cheese soup, frozen vegetables and milk to meat. Mix. Set aside.
3. Preheat oven to **400°F**.
4. Spray a 9" x 13" pan with non-stick cooking spray.
5. Put Bisquick™ in the pan. Add water and stir until baking mix is moistened. Spread evenly on bottom of pan.
6. Spread beef mixture over batter.
7. Sprinkle with shredded cheese.
8. Bake at **400°F** for **30 minutes**.

Variation:

- Spray 9" x 13" pan with non-stick cooking spray. Put meat mixture in bottom of pan. Sprinkle with cheese. Place 10 refrigerated biscuits on top. Bake at **400°F** for **12 minutes** until biscuits are brown.

Menu Suggestion: Cheeseburger Bake (1 serving), orange and banana slices (¼ cup), lowfat milk (¾ cup)

Robin Elzey - Cortland

Judy Kellerman - Omaha

Chili Beef Potato Pie

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 2¾" x 3½"

8 Servings	Ingredients	Servings
12 oz.	Frozen hash brown potatoes, thawed	
1 lb.	Lean ground beef	
½ (1¼ oz.) pkg.	Mild chili seasoning mix	
1 (8 oz.) can	Tomato sauce	
½ cup	Water	
1 cup (4 oz.)	Shredded cheddar cheese	

1. Spray a 7" x 11" baking pan with non-stick vegetable spray.
2. Form a crust by pressing the thawed hash browns on bottom and sides of pan.
3. Bake at **350°F** for **12 minutes** or until "crusty".
4. While potatoes are baking, begin browning ground beef in skillet. Cook until done. Drain fat.
5. Add chili seasoning mix, tomato sauce and water to browned meat. Simmer **5 minutes**.
6. Add cheese to hot meat mixture.
7. Pour meat mixture over baked hash brown crust.
8. Return to **350°F** oven and heat until cheese melts.
9. Let stand for **10 minutes** before cutting into 8 portions.

Menu Suggestion: Chili Beef Potato Pie (1 serving), biscuit (1), strawberry applesauce (¼ cup), lowfat milk (¾ cup)
--

Cowboy Delight - Beef

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (½ cup)

Yield: 8 servings
 Serving size: 1 packet

8 Servings	Ingredients	Servings
1 ¼ lbs.	Lean ground beef	
1 lb. (about 3)	Potatoes, peeled and sliced	
1 lb. (about 6)	Carrots, peeled and sliced	
1 medium	Onion, cut into 8 slices	
1 medium	Green pepper, sliced into 8 rings	
To taste	Salt and pepper	

1. Shape ground beef into 8 patties.
2. Tear 8 pieces of aluminum foil. Each piece should measure 12" x 12".
3. Place ¼ cup potatoes, ¼ cup carrots, 1 onion slice and 1 green pepper ring on each square of foil.
4. Top with beef patty.
5. Season with salt and pepper if desired.
6. Wrap foil using drugstore wrap* method to seal package. Place on a 9" x 13" baking pan.
7. Bake in **350°F** oven for **45 minutes** or until vegetables are tender and meat is cooked.
8. Remove packets from oven, cool slightly and eat out of the packet.

*The directions for drugstore wrap are found on page 199.

SAFETY NOTE:

Remove contents from foil package and serve on plate to small children.

Menu Suggestion:	Cowboy Delight (1 serving), strawberries (½ cup), Italian bread (½ slice), lowfat milk (¼ cup)
------------------	--

Egg Burrito

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 burritos
 Serving size: 1 burrito

10 Servings	Ingredients	Servings
1 lb. 10 (6-inch) 10 large 1 ½ cups (6 oz.) ½ cup	Ground pork sausage Flour tortillas Eggs Shredded cheddar cheese Salsa, extra-mild	

1. Brown sausage until done. Drain fat.
2. Place tortillas in cast-iron skillet and warm over **low heat**, or heat tortillas in aluminum foil for **10 minutes** at **325°F**.
3. In separate skillet, prepare scrambled eggs.
4. Allow children to fill their own tortilla with sausage, eggs, cheese and salsa.

Breakfast Menu Suggestion: Egg Burrito (1 serving), tator tots (¼ cup), purple plums (¼ cup), lowfat milk (¾ cup)

Robin Timmerman - Geneva

Egg and Cheese Strata

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 12 servings
 Serving size: 1 piece (3" x 3 ¼")

12 Servings	Ingredients	Servings
12 slices 3 cups (12 oz.) 6 large 3 cups 1 tsp. ½ tsp. As needed	Bread (slices can be cubed) Shredded cheddar cheese Eggs Lowfat milk Dry mustard Pepper Paprika for garnish	

1. Lightly grease a 9" x 13" baking dish.
2. Layer dish with half of bread slices or cubes.
3. Sprinkle 1 ½ cups of the cheese over bread.
4. Repeat steps #2 and #3.
5. Combine eggs, milk, dry mustard and pepper.
6. Pour over bread and cheese layers.
7. Sprinkle with paprika.
8. Cover with aluminum foil.
9. Chill in the refrigerator for at least **8 hours** or overnight.
10. Bake, covered lightly with foil in a **325°F** oven for **45 minutes**. Remove foil, bake **15 minutes** longer or until lightly browned and knife inserted comes out clean.
11. Let stand for **10 minutes** before serving.

Variations:

- Vegetable Cheese Strata: prepare as above, except layer 1 cup chopped cooked broccoli or carrots atop cheese.
- Meat Cheese Strata: prepare as above, except layer 1 cup diced cooked ham, cooked chicken or turkey atop cheese.

Menu Suggestion: Egg and Cheese Strata (1 serving), scalloped tomatoes (¼ cup) recipe on page 113, orange slices (¼ cup), lowfat milk (¾ cup)

Roni Grieslmer - Papillion
 Angela Holthus - Johnson

Sheri Gillotte - Plattsmouth
 Kimberly Wheeler - Auburn

Egg Salad Sandwich

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: ½ sandwich

8 Servings	Ingredients	Servings
8 large 3 Tbsp. 2 Tbsp. 1 Tbsp. ¼ tsp. To taste 8 slices	Eggs Lite mayonnaise or lite salad dressing Sweet pickle relish Prepared mustard Onion powder Salt and pepper Bread *	

- To hard cook eggs, place eggs in saucepan. Cover eggs with water. Bring eggs to boil. Reduce heat so water is below simmering. Cover. Cook for 15 minutes. Transfer to sink. Drain hot water. Fill the saucepan with cold water and let stand 2 minutes. To quickly cool, add a few ice cubes. Drain. Gently tap each egg on counter top. Roll eggs between palm of hands. Peel off egg shells, starting at the large end. Rinse egg under water if necessary.
- Chop eggs finely. Use a sieved potato masher to make a smooth egg salad.
- Add mayonnaise, pickle relish, mustard, onion powder, salt and pepper. Mix.
- Divide egg salad into four equal portions. Spread evenly over slice of bread. Cover with second slice of bread. Cut sandwiches in half.

***Bread Suggestions:**

Whole wheat, pumpernickel, wheat hamburger buns, pita bread or lightly toasted enriched bread may be used.

Menu Suggestion:	Egg Salad Sandwich (1 serving), green peas (¼ cup), sliced banana (¼ cup) in cherry gelatin, lowfat milk (¼ cup)
------------------	--

Enchilada Casserole

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 1 piece (2" x 4")

8 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
1 tsp.	Onion powder	
1/8 tsp.	Garlic powder	
1/4 cup	Undiluted reduced fat cream of mushroom soup*	
3 Tbsp.	Tomato sauce	
2 Tbsp.	Tomato paste	
1 (4 oz.) can	Diced green chilies, mild	
4 (9-inch)	Tortillas, corn or flour	
3/4 cup (3 oz.)	Shredded longhorn or mild cheddar cheese	

1. Spray an 8" x 8" baking dish with non-stick cooking spray.
2. In skillet, brown beef until done. Drain fat.
3. Stir in mushroom soup, onion and garlic powder, tomato sauce, tomato paste and chilies.
4. Cook until mixture begins to boil. Remove from heat.
5. Tear tortillas into bite-size pieces.
6. Place half of tortilla pieces in bottom of 8" x 8" baking dish.
7. Pour meat mixture over tortilla pieces.
8. Top with remaining tortilla pieces and shredded cheese.
9. Bake at **375°F** for **20-25 minutes**.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Enchilada Casserole (1 serving), refried beans (1/4 cup), tangerine sections (1/4 cup), lowfat milk (3/4 cup)

Lori Singleton - Beatrice

Fish in Foil

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 packet

8 Servings	Ingredients	Servings
1 ¼ lbs.	Frozen fish fillets (cod, flounder, haddock, halibut, sole, whitefish)	
¼ tsp.	Garlic powder	
2 Tbsp. + 2 tsp.	Lite margarine	
8 sprigs	Parsley	
1 (16 oz.) pkg.	Frozen mixed vegetables, thawed	

1. Thaw fish in refrigerator.
2. Cut thawed fish into 2 ounce portions.
3. Mix garlic powder with soft margarine.
4. Tear 8 pieces of aluminum foil. Each piece should measure 12" x 12".
5. Place one portion of fish in center of each foil square.
6. Put 1 teaspoon of garlic margarine on top of each piece of fish; add sprig of parsley.
7. Place ¼ cup of thawed vegetables beside fish.
8. Wrap foil using drug store wrap* method to seal package. Place on 9" x 13" baking pan.
9. Bake at **350°F** for **15 minutes**.
10. Remove packets from oven, cool slightly and eat out of the packet.

*The directions for drugstore wrap are found on page 199.

SAFETY NOTE:

Remove contents from foil package and serve on plate to small children.

Menu Suggestion: Fish in Foil (1 package), strawberry salad (¼ cup) recipe on page 111, whole wheat bread (½ slice), lowfat milk (¾ cup)

Hamburger Quiche

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 8 servings

Serving size: 1 piece

8 Servings	Ingredients	Servings
1 (9 inch)	Prepared deep dish pie crust	
¾ lb.	Lean ground beef	
1 lb.	Frozen broccoli cuts, cooked and drained	
¾ cup	Lowfat milk	
4 large	Eggs, beaten	
¼ tsp.	Salt	
¼ tsp.	Pepper	
¼ tsp.	Dry mustard	
1 cup (4 oz.)	Shredded cheddar cheese	

1. Pre-bake the prepared pie crust according to directions.
2. Brown beef until done. Drain fat.
3. Cook broccoli according to package directions. Drain.
4. Mix beef and broccoli and place in pie shell.
5. Measure milk into a quick shake container, add beaten eggs, salt, pepper, dry mustard; shake to blend.
6. Pour evenly into pie shell. Sprinkle cheese over the top.
7. Bake at **325°F** for **35-40 minutes**. Quiche is done when an inserted knife comes out clean.
8. Let stand for **10 minutes** before cutting into eight pieces.

Note: Cover crust with foil to prevent over-browning when baking quiche.

Variations:

- Substitute 1 cup diced cooked chicken, turkey or ham for ground beef.
- Omit the meat and serve a vegetarian quiche. It will still meet the meat/meat alternate requirement.

Menu Suggestion: Hamburger Quiche (1 serving), peach cubes (¼ cup), lowfat milk (¾ cup)

Irene Bruckner - Omaha

Meat Balls

(Slow Cooker)

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

Yield: 8 servings
Serving size: 2 meat balls

8 Servings	Ingredients	Servings
1 large	Egg	
½ cup	Dry bread crumbs	
1 tsp.	Onion powder	
½ (10¾ oz.) can	Chicken rice soup	
¼ tsp.	Pepper	
1 lb.	Lean ground beef	
½ cup	Crushed cornflakes	
1 Tbsp.	Vegetable oil	
1 (10¾ oz.) can	Undiluted reduced fat cream of mushroom soup*	
⅔ cup	Water	

1. In a mixing bowl, beat egg.
2. Add bread crumbs, onion powder, chicken rice soup and pepper.
3. Add ground beef. Mix well.
4. Form 16 meat balls. Use a tablespoon or a #40 dipper to assure uniform size.
5. Roll in crushed cornflakes.
6. Lightly brown meatballs in a skillet with oil.
7. Arrange meatballs in slow cooker.
8. Combine cream of mushroom soup and water.
9. Pour over meatballs.
10. Cook **1 hour** on **high temperature (300°F)**. *IMPORTANT: This high temperature is required to kill bacteria in the meat.*
11. Lower temperature to **200°F** and cook for 3 more hours.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Note: Read page 184 for slow cooker hints.

Menu Suggestion: Meat Balls (1 serving), rice (¼ cup), green lima beans (¼ cup), strawberry-applesauce (¼ cup), lowfat milk (¾ cup)
--

Meatloaf Patties

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

Yield: 8 servings
Serving size: 1 pattie

8 Servings	Ingredients	Servings
1 large	Egg	
¼ cup	Cracker or dry bread crumbs	
2 Tbsp.	Dried onion flakes	
½ cup	Catsup	
¼ cup	Barbeque sauce	
1 lb.	Lean ground beef or turkey	

1. In a mixing bowl, beat egg.
2. Stir in cracker crumbs, onion flakes, catsup and barbeque sauce.
3. Add meat; mix well.
4. Divide into eight equal portions.
5. Shape into patties.
6. Use an electric skillet set at **350°F**. Fry until pink is gone and juices run clear (**160°F on meat thermometer inserted in center**).

Variations:

- Substitute mild salsa for catsup and barbeque sauce.
- Substitute Italian seasoning for onion flakes.
- Substitute quick-cooking oats for cracker or bread crumbs.

Menu Suggestion:	Meatloaf Pattie (1 serving), mashed potatoes (¼ cup), grapes cut in fourths (¼ cup), roll (1 small), lowfat milk (¾ cup)
------------------	--

Choose a Meatloaf

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

Yield: 8 servings
Serving size: 1 piece

8 Servings	Ingredients	Servings
1 large	Egg	
¼ cup	Dry bread or cracker crumbs or oatmeal	
¼ cup	Catsup or chili sauce or barbeque sauce	
¼ cup	Finely chopped onion	
½ tsp.	Dried sage or thyme or basil or oregano	
½ tsp.	Salt	
¼ tsp.	Pepper	
1 lb.	Lean ground beef or turkey (or use ½ of each)	

1. In a mixing bowl, beat egg.
2. Add bread crumbs, catsup, onion, herb, salt and pepper.
3. Add ground meat. Mix well.
4. Form meatloaf into desired shape:
 - a. Pat mixture into a 7" x 3" x 2" greased loaf pan, or
 - b. Pat into greased bundt pan, or
 - c. Divide mixture into 8 greased muffin cups.
5. Bake in **350°F** oven **45-50 minutes** for loaf, **25-30 minutes** for bundt pan or **20-25 minutes** for muffin cups. Bake until no pink remains (**160°F on meat thermometer inserted in center**).
6. Loaf or bundt pan meat loaf should be cut into 8 equal pieces. One muffin cup meat loaf is one serving.

Menu Suggestion: Meatloaf (1 serving), baked potato (½ small), green beans (¾ cup), whole wheat bread (½ slice), lowfat milk (¾ cup)

Herbed Meat Loaves

(Microwave)

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

Yield: 8 servings
Serving size: 1 mini loaf

8 Servings	Ingredients	Servings
1 large ½ cup ⅓ cup 1 Tbsp. 6 Tbsp. 1 lb.	Egg Herb-seasoned stuffing mix* Lowfat milk Onion soup mix Catsup or barbeque sauce or chili sauce Lean ground beef	

1. In a mixing bowl, beat egg.
2. Add stuffing mix crumbs, milk, soup mix and 3 tablespoons of the catsup.
3. Add ground beef. Mix well.
4. Divide into 8 equal portions.
5. Shape into mini-meat loaves.
6. Arrange loaves spoke-fashion in a 10" microwave-safe dish. Cover.
7. Microwave on **High 8-10 minutes**, turning dish once. Cook until no longer pink and juices run clear (**160°F on a meat thermometer inserted in center**).
8. Spoon the additional 3 tablespoons of catsup over the eight loaves and serve.

*Substitute homemade bread crumbs for stuffing mix. Use blender or food processor to make crumbs. Store extra in freezer.

Note: Read page 186 for microwave hints.

Menu Suggestion:	Herbed Meat Loaves (1 serving), seasoned noodles (¼ cup), broccoli and corn bake (¼ cup) recipe on page 90, lettuce salad (¼ cup), lowfat milk (¾ cup)
------------------	--

Lisa Shaefer - Omaha

Meat and Vegetable Pie

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 8 servings

Serving size: 1 piece

8 Servings	Ingredients	Servings
2 (9-inch)	Pie crusts	
⅓ cup	Diced onions	
⅓ cup	Thinly sliced celery	
2 Tbsp.	Margarine	
¼ cup	Flour	
¼ tsp.	Dried thyme	
To taste	Salt and pepper	
1⅓ cups	Chicken broth	
⅔ cup	Lowfat milk	
2½ cups	Diced cooked chicken	
1 (10 oz.) pkg.	Frozen peas and carrots, thawed	

1. Place one pie crust in **425°F** preheated oven for **10 minutes**. Set aside remaining pie crust.
2. Saute onions and celery in margarine until tender.
3. Stir in flour and seasoning; cook **5 minutes**.
4. Gradually stir in the chicken broth and milk.
5. Continue to stir until mixture thickens.
6. Stir in chicken, peas and carrots; mix well.
7. Pour into baked pie crust.
8. Cover filling with remaining pie crust; seal edges.
9. Prick the top with a fork to allow steam to escape.
10. Bake at **400°F** for **20 minutes** or until the crust is golden brown.
11. Let stand **10 minutes** before cutting pie into eight pieces.

Variation:

- Diced cooked turkey, beef, or drained water pack tuna may be substituted for chicken.

Menu Suggestion: Meat and Vegetable Pie (1 serving), pear (¼ cup) in lime gelatin, lowfat milk (¾ cup)

Chicken Chop Suey

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 10 servings
 Serving size: ⅔ cup

10 Servings	Ingredients	Servings
⅓ cup	Thinly sliced celery	
¼ cup	Chopped onion	
2 Tbsp.	Vegetable oil	
1 Tbsp.	Cornstarch	
¾ cup	Water or chicken stock	
1	Chicken bouillon cube	
2 Tbsp.	Low sodium soy sauce	
1 (14 oz.) can	Chop Suey vegetables, drained	
1 (15 oz.) can	Bean sprouts, drained	
3 cups	Diced cooked chicken	

1. Cook celery and onion in hot oil in skillet for **2 minutes**.
2. Blend cornstarch with water (chicken stock, if available) and stir into celery and onions.
3. Add chicken bouillon cube and soy sauce.
4. Cook, stirring constantly, until sauce is thick and clear.
5. Add Chop Suey vegetables to sauce.
6. Rinse bean sprouts and add to mixture.
7. Add diced cooked chicken.
8. Heat thoroughly and serve over rice.

Variations:

- Beef or pork may be substituted for chicken.
- Turn this recipe into chow mein by substituting chow mein noodles for rice.

Menu Suggestion: Chicken Chop Suey (1 serving), rice (¼ cup), apple slices (¼ cup), lowfat milk (¼ cup)

Jody Bergstrom - Ewing Linda Jackson - Waterloo Ellen Olsen - Plattsmouth

Oven Fried Chicken

This is a low fat alternative to traditional fried chicken.

Meal Component:

Meat/Meat Alternate (1 ½ ounces)

Yield: 8 servings

Serving size: 1 piece

8 Servings	Ingredients	Servings
4	Boneless, skinless chicken breasts OR 8 chicken legs, skin removed	
8 Tbsp.	Homemade breading (see page 4)	

1. Preheat oven to **400°F**.
2. Cut chicken breasts in half.
3. Place breading in a plastic bag; add a few chicken pieces and shake to coat. Repeat until all chicken is coated.
4. Spray a 9" x 13" baking dish with non-stick cooking spray.
5. Arrange chicken pieces in baking dish so that they are not touching.
6. Bake boneless chicken breasts for **20-30 minutes** and chicken legs for **35-40 minutes**. Chicken is done when it reaches **170°F on a meat thermometer** inserted in the thickest part of the breast.

Menu Suggestion: Oven Fried Chicken (1 serving), glazed sweet potatoes (¼ cup) recipe on page 104, spinach salad (¼ cup) recipe on page 110, lowfat milk (¼ cup)

Nikki Banzhaf - Indianola

Robin Timmerman - Geneva

Skillet Chicken Au Gratin

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: ¾ cup meat mixture
 1 biscuit

8 Servings	Ingredients	Servings
4 slices	Bacon	
2½ cups	Chicken broth	
1 tsp.	Onion powder	
1 (5½ oz.) pkg.	Au gratin potato mix	
1½ cups	Lowfat milk	
⅛ tsp.	Pepper	
2½ cups	Diced cooked chicken	
1 tube (10)	Refrigerated biscuits	

1. In large oven proof skillet, brown bacon until crisp; drain grease.
2. Crumble bacon and return to pan.
3. Add the chicken broth, onion powder, au gratin potato mix including the sauce, milk and pepper to bacon.
4. Bring to a boil, reduce heat, simmer **15 minutes**, stirring often.
5. Stir in diced chicken.
6. Top with refrigerated biscuits.
7. Bake at **450°F** for **8-10 minutes** until biscuits are golden brown.

Menu Suggestion: Skillet Chicken Au Gratin (1 serving), fruity coleslaw (¼ cup) recipe on page 94, lowfat milk (¾ cup)

Kathleen Kush - Columbus

Chicken Broccoli Pie

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 12 servings
 Serving size: 1 piece (2¾" x 3")

12 Servings	Ingredients	Servings
2 (10 oz.) pkgs. 1 ½ cups (6 oz.) 2 cups 1 ½ tsp. 1 ⅓ cups 3 large ¾ cup ¼ tsp. ¼ tsp.	Frozen chopped broccoli Shredded cheddar cheese Diced cooked chicken Onion powder Lowfat milk Eggs Reduced fat Bisquick™ baking mix Salt Pepper	

1. Preheat oven to **400°F**.
2. Lightly grease an 8" x 12" baking dish.
3. Rinse broccoli in cold water to thaw; drain thoroughly.
4. Mix broccoli, 1 cup of the cheese, chicken and onion powder. Spread mixture evenly in pan.
5. Beat milk, eggs, baking mix, salt and pepper for 15 seconds in blender on high speed or until smooth. Pour over chicken mixture.
6. Bake for **30-35 minutes** or until knife inserted in center comes out clean.
7. Top with remaining ½ cup cheese. Return to oven and bake **1-2 minutes** to melt cheese.
8. Let stand **5 minutes** before serving.

Menu Suggestion: Chicken Broccoli Pie (1 serving), purple plums (¼ cup), whole wheat bread (½ slice), lowfat milk (¾ cup)

Chicken Enchilada Casserole

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 12 servings
 Serving size: ⅔ cup

12 Servings	Ingredients	Servings
1 (10¾ oz.) can	Undiluted reduced fat cream of mushroom soup*	
1 (10¾ oz.) can	Undiluted reduced fat cream of chicken soup*	
1 soup can	Lowfat milk	
¼ tsp.	Garlic powder	
1 tsp.	Onion powder	
¼ tsp.	Pepper	
1 (4 oz.) can	Diced green chilies	
3 cups	Diced cooked chicken	
8 oz.	Lowfat tortilla chips	
2 cups (8 oz.)	Shredded cheddar cheese	

1. Preheat oven to **350°F**.
2. In a large bowl, combine both soups and milk. Mix.
3. Add garlic powder, onion powder, pepper and chilies. Mix well.
4. Fold in diced chicken. Set aside.
5. Spray 9" x 13" baking pan with non-stick vegetable spray.
6. Lightly crush tortilla chips in bottom of pan.
7. Spread ½ of the chicken mixture over the chips.
8. Layer ½ of the cheese over the chicken mixture.
9. Repeat a second layer of chips, chicken mixture and cheese.
10. Bake for **30 minutes**.
11. Let stand for **5 minutes** before serving.

*Substitute 2 "cans" of cream soup mix; recipe on page 3.

Menu Suggestion: Chicken Enchilada Casserole (1 serving), zucchini medley (¼ cup) recipe on page 116, fresh pear slices (¼ cup), lowfat milk (¼ cup)

Chicken and Homemade Noodles

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 12 servings
 Serving size: ¾ cup

12 Servings	Ingredients	Servings
4 lbs.	Stewing chicken	
1 cup	Chopped celery	
1 cup	Sliced carrots	
1 cup	Diced onions	
1 tsp.	Garlic powder	
1 tsp.	Salt	
½ tsp.	Pepper	
3 cups	Homemade noodles, uncooked (see page 137)	

1. Wash chicken under running water.
2. Place chicken in a large sauce pan.
3. Add 4 quarts of water.
4. Bring to boil, reduce heat; simmer for **1 hour** or until chicken falls off bones.
5. Remove chicken from pot. Save broth.*
6. Remove skin from chicken. Carefully remove chicken from bones. ***(Take your time doing this so that no stray bones remain in the meat.)*** Dice or shred the chicken. Put in refrigerator.
7. Add vegetables and seasonings to the chicken broth. Simmer **15 minutes**.
8. Add homemade noodles and cook **5-7 minutes** until noodles are tender.
9. Add diced chicken. Heat thoroughly.

*Chicken flavor can be improved by adding chicken bouillon to taste.

Menu Suggestion: Chicken and Noodles (1 serving), mashed potatoes (¼ cup), orange slices (¼ cup), lowfat milk (¼ cup)

Chicken Potato Combo

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 9 servings
 Serving size: ⅔ cup

9 Servings	Ingredients	Servings
2 Tbsp.	Water	
1 cup	Diced celery	
½ cup	Chopped onion	
1 (10¾ oz.) can	Undiluted reduced fat cream of chicken soup*	
1 (10¾ oz.) can	Undiluted chicken and rice soup	
⅛ tsp.	Pepper	
½ tsp.	Dry mustard	
3 cups	Diced cooked chicken	
1 lb.	Frozen potato rounds or gems	

1. In medium skillet, saute onion and celery in water. Cook until tender. Drain water.
2. Add undiluted soups, pepper and dry mustard.
3. Fold in chicken and potato rounds.
4. Pour into lightly greased casserole dish.
5. Bake uncovered at **350°F** for **45 minutes**.

*Substitute 1 "can" of cream soup mix; recipe on page 3.

Menu Suggestion: Chicken Potato Combo (1 serving), confetti slaw (¼ cup) recipe on page 95, whole wheat muffin (½) recipe on page 136, lowfat milk (¾ cup)

Kristen Columbus - Holdrege

Chicken Ranch Pita Sandwich

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 1 pita sandwich

8 Servings	Ingredients	Servings
2½ cups	Finely diced cooked chicken breast (no skin)	
½ cup	Shredded mozzarella cheese	
1 tsp.	Onion powder	
½ cup	Fat-free ranch dressing	
½ tsp.	Salt	
⅛ tsp.	Garlic powder	
4 (6-inch)	Pita bread rounds	

1. In a mixing bowl, combine chicken, mozzarella cheese, onion powder, ranch dressing, salt and garlic powder. Mix well.
2. Cut each pita bread round in half.
3. Put ⅛ of the mixture into each pita half.

Variation:

- Finely chopped cooked turkey, ham or beef may be substituted for chicken.

Menu Suggestion: Chicken Ranch Pita Sandwich (1 serving), oven fried potato sticks (¼ cup) recipe on page 101, sliced peaches (¼ cup), lowfat milk (¼ cup)

Quick Chicken and Rice

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Yield: 8 servings

Serving size: ¾ cup

8 Servings	Ingredients	Servings
2 cups	Chicken broth*	
¼ tsp.	Garlic powder	
½ tsp.	Onion powder	
⅛ tsp.	Tabasco sauce	
¾ cup	Uncooked regular rice	
2½ cups	Diced cooked chicken	
2 tsp.	Vegetable flakes	

1. In a 2-quart saucepan, combine chicken broth, garlic powder, onion powder and tabasco sauce.
2. Bring to a rolling boil. Turn heat to low.
3. Stir in rice. Cover.
4. Cook **20 minutes** or until rice is tender. Remove from heat; let stand for **5 minutes**.
5. Fold in cooked chicken. Return to stove; heat thoroughly.
6. Stir in vegetable flakes for color.

*Use canned chicken broth or make your own with 2 chicken bouillon cubes dissolved in 2 cups of hot water.

Menu Suggestion: Quick Chicken and Rice (1 serving), spinach with bacon dressing (¼ cup) recipe on page 110, apricots (¼ cup), lowfat milk (¾ cup)

Chicken Roll-ups

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 1 roll-up

8 Servings	Ingredients	Servings
1 (10¾ oz.) can ½ soup can 1 cup (4 oz.) 2 cups 1 tube (8)	Undiluted reduced fat cream of chicken soup* Lowfat milk Shredded cheddar cheese Diced cooked chicken or turkey Refrigerated reduced fat crescent rolls	

1. Heat the soup, milk and ½ cup of the cheese in a saucepan.
2. Open and unroll crescent roll dough. Separate along perforated lines. There should be 8 triangles.
3. Combine chicken and remaining ½ cup of cheese.
4. Divide mixture evenly on each triangle.
5. Fold two short points over filling.
6. Fold long point over filling and wrap around to form neat package.
7. Pinch corners and edges to seal dough.
8. Place in an 8" x 8" casserole sprayed with non-stick vegetable spray.
9. Pour soup mixture over top.
10. Bake at **375°F** for **20 minutes**.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Chicken Roll-ups (1 serving), squash and apple bake (¼ cup) recipe on page 109, canned bing cherries (¼ cup), lowfat milk (¾ cup)

Chicken Spaghetti

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: ½ cup

10 Servings	Ingredients	Servings
5 oz.	Uncooked spaghetti	
2 cups	Diced cooked chicken, turkey or ham	
1 (10¾ oz.) can	Undiluted reduced fat cream of mushroom soup*	
½ cup	Water	
¼ cup	Diced pimienta	
½ cup	Diced onion	
½ tsp.	Salt	
⅛ tsp.	Pepper	
1 ½ cups (6 oz.)	Shredded cheddar cheese	

1. Preheat oven to **350°F**.
2. Break spaghetti into 2-inch pieces. Cook according to package directions for *al dente* (cooked but firm). Drain water.
3. In a mixing bowl, combine the cooked spaghetti, chicken, soup, water, pimienta, onion, salt, pepper and 1 cup of the cheese.
4. Pour into a lightly greased 2½-quart casserole dish.
5. Bake for **30 minutes**.
6. Remove from oven, sprinkle with the remaining ½ cup cheese.

Variation:

- Substitute any favorite pasta in place of spaghetti.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion:	Chicken Spaghetti (1 serving), cooked carrots (¼ cup), purple plums (¼ cup), lowfat milk (¾ cup)
------------------	--

Ellen Olsen - North Platte
 Christine Ienn - Ralston

Ellen Olson - Plattsmouth
 Nancy Dickey - York

Chicken Zucchini Casserole

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 8 servings

Serving size: 1 piece (3" x 4")

8 Servings	Ingredients	Servings
2½ cups	Diced cooked chicken or turkey	
2½ cups	Peeled grated zucchini	
1 tsp.	Onion powder	
8 oz.	Lite sour cream	
1 (10¾ oz.) can	Undiluted reduced fat cream of chicken soup*	
1 (6 oz.) box	Stovetop™ or cornbread stuffing mix	

1. In a large bowl, combine chicken, zucchini, onion powder, sour cream, soup and stuffing mix. Mix well.
2. Pour into a lightly greased 8" x 12" baking dish.
3. Bake at **350°F** for **1 hour**.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Chicken Zucchini Casserole (1 serving), fruit sauce (¼ cup) recipe on page 97, lowfat milk (¾ cup)

Chili

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 12 servings
 Serving size: ¾ cup

12 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
1 (1.48 oz.) pkg.	Chili seasoning mix	
2 (15 oz.) cans	Kidney, red or pinto beans, drained	
2 (15 oz.) cans	Tomato pieces, crushed	

1. Brown beef until done. Drain fat.
2. Add chili seasoning mix and stir.
3. Drain beans. Mash to break skin.
4. Add lightly mashed beans and tomatoes.
5. Heat to boiling. Reduce heat.
6. Simmer, uncovered for **15 minutes**.

Note: The beans are contributing to the meat/meat alternate component in this recipe.

Menu Suggestion: Chili (1 serving), apple slices (¼ cup), bread stick (1) recipe on page 120, lowfat milk (¾ cup)

Charlotte Kern - Omaha

Ham and Cheese Tortilla

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 1 tortilla

8 Servings	Ingredients	Servings
8 (8-inch)	Flour tortillas	
8 (¾ oz.) slices	American cheese	
8 (¾ oz.) slices	Deli ham	

Method I:

1. Warm flour tortillas by placing in a cast iron skillet over low heat or wrap them with aluminum foil and warm in a **300°F** oven for **3-5 minutes**.
2. Put each warmed tortilla on a plate.
3. Place 1 slice of cheese and 1 slice of ham on tortilla.
4. Roll it up "burrito style."

Method II:

1. Place one slice of cheese and one slice of ham on tortilla.
2. Fold tortilla in half. Sometimes a toothpick is needed to hold contents together.
3. Toast 3 at a time in a toaster oven.
4. Toast until lightly brown and cheese is melted.

Menu Suggestion: Ham and Cheese Tortilla (1 serving), corn (¼ cup), sliced fresh pear (¼ cup), lowfat milk (¾ cup)

Ham and Egg Skillet

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 wedge

8 Servings	Ingredients	Servings
2 Tbsp.	Vegetable oil	
1 lb.	Frozen hash brown potatoes	
1 cup	Diced cooked ham	
1 tsp.	Onion powder	
5 large	Eggs, slightly beaten	
1 cup (4 oz.)	Shredded cheddar cheese	

1. Heat oil in a large skillet.
2. Add the potatoes, ham and onion powder. Mix.
3. Saute over low heat for **15 minutes**, stirring constantly.
4. Pour the eggs evenly over the top of the potato mixture.
5. Cover; cook over low heat for **10 minutes**, or until the eggs set with no liquid remaining.
6. Remove the skillet from heat.
7. Top with cheese, cover skillet until the cheese melts.
8. Cut into 8 wedges. Serve immediately.

Menu Suggestion: Ham and Egg Skillet (1 serving), snow peas (¼ cup), cinnamon roll (1) recipe on page 122, lowfat milk (¾ cup)

Ham and Potato Casserole

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Fruit/Vegetable (½ cup)

Yield: 8 servings

Serving size: 1 piece (2 ¾" x 3 ½")

8 Servings	Ingredients	Servings
1 pkg.	Hollandaise sauce mix	
2 Tbsp.	Vegetable oil	
4 medium	Peeled potatoes, boiled and sliced	
2 cups	Diced cooked ham	
2 cups	Broccoli florets (raw)	
1 tsp.	Onion powder	
¼ cup	Water	
1 small	Tomato, diced	
½ cup (2 oz.)	Shredded Monterey Jack or mozzarella cheese	

1. Prepare hollandaise sauce according to package directions. Set aside.
2. Heat oil in skillet.
3. Brown potatoes; place in lightly greased 7" x 11" pan.
4. Pour ½ hollandaise sauce over potatoes.
5. In skillet, saute ham, broccoli and onion powder in water.
6. Put sauteed broccoli and ham on top of potatoes.
7. Add diced tomato and pour remaining sauce over top.
8. Cover with shredded cheese. Bake at **350°F** for **20 minutes** or until cheese melts.

Menu Suggestion: Ham and Potato Casserole (1 serving), orange sections (½ cup), dinner roll (½), lowfat milk (¾ cup)

Scalloped Ham and Potatoes

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (½ cup)

Yield: 8 servings
 Serving size: ¾ cup

8 Servings	Ingredients	Servings
2¼ cups	Diced cooked ham	
1 medium	Onion, chopped	
6 medium	Peeled potatoes, sliced thin	
½ tsp.	Salt	
¼ tsp.	Pepper	
2 Tbsp.	Margarine	
3 Tbsp.	Flour	
1 ¼ cups	Lowfat milk	
1 cup	Cubed American cheese	

1. Layer half of the ham, half of the potatoes and half of the onion in a greased 2-quart casserole dish.
2. Repeat step #1 with remaining ham, potatoes and onion.
3. Sprinkle with salt and pepper.
4. Make a white sauce by combining the margarine, flour and milk.
5. Add cheese to the white sauce and stir until melted.
6. Pour over layered ingredients.
7. Bake, covered, at **350°F** for **1 hour**. Uncover and bake **15 minutes** more. Let stand for **10 minutes**.

Variation:

- Omit white sauce. Cover potatoes with 1 (10¾ oz.) can cheddar cheese soup diluted with ½ cup lowfat milk.

Menu Suggestion: Scalloped Ham and Potatoes (1 serving), apricots (½ cup), perfect cornbread (1 piece) recipe on page 127, lowfat milk (¾ cup)

Jill Rasmussen - Omaha

Ham and Rice

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 8 servings

Serving size: ⅔ cup

8 Servings	Ingredients	Servings
1 (10¾ oz.) can 2¼ cups 2 cups 2 cups (12 oz.) 1 tsp.	Undiluted reduced fat cream of chicken soup* Diced cooked ham Cooked rice Frozen green beans, thawed Onion powder	

1. Preheat oven to **400°F**.
2. Combine all ingredients in a lightly greased 2½-quart casserole dish.
Cover with lid.
3. Bake for **20 minutes**.

Variations:

- Substitute diced cooked chicken or turkey for ham.
- Substitute green peas, mixed vegetables, green lima beans, etc. for green beans.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion:	Ham and Rice (1 serving), carrot and celery sticks (½ cup), Royal Anne cherries (¼ cup), lowfat milk (¼ cup)
------------------	---

Macaroni and Cheese Deluxe

(from box)

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 8 servings

Serving size: ¾ cup

8 Servings	Ingredients	Servings
1 (7¼ oz.) box 2¼ cups 1 (10¾ oz.) can 1 (16 oz.) pkg.	Macaroni and cheese Diced cooked chicken, turkey or ham Undiluted reduced fat cream of mushroom soup* Frozen mixed vegetables, thawed	

1. Make one box of macaroni and cheese following directions on the box.
2. Add chicken and soup to macaroni and cheese; mix thoroughly.
3. Carefully fold in mixed vegetables.
4. Heat thoroughly, stirring occasionally.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Macaroni and Cheese Deluxe (1 serving), scalloped tomatoes (¼ cup)
recipe on page 113, lowfat milk (¾ cup)

Jessica Diaz - Omaha

Macaroni and Cheese with Vegetables

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: ¾ cup

8 Servings	Ingredients	Servings
1 cup (4 oz.)	Uncooked elbow macaroni	
¼ cup	Margarine	
¼ cup	Flour	
2 cups	Lowfat milk	
3 cups (12 oz.)	Shredded cheddar cheese	
1 (16 oz. pkg.)	Frozen mixed vegetable medley	

1. Cook macaroni as directed on package for *al dente* (tender but firm). Drain. Set aside.
2. Melt margarine in medium sauce pan.
3. Stir in flour until smooth.
4. Gradually add milk.
5. Bring to a boil; stirring constantly.
6. Reduce heat and simmer mixture **1 minute**; remove from heat.
7. Stir in 2½ cups cheese; stir until cheese is all melted.
8. Add cooked macaroni.
9. Gently stir in vegetables.
10. Pour into a lightly greased 2½-quart casserole dish.
11. Sprinkle remaining ½ cup of cheese on top.
12. Bake at **350°F** for **30 minutes**, or until bubbly and cheese is golden brown.

Menu Suggestion: Macaroni and Cheese with Vegetables (1 serving), fresh fruit cup (¼ cup), lowfat milk (¾ cup)

New England Beef Dinner

(Slow Cooker)

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Fruit/Vegetable (½ cup)

Yield: 10 servings

Serving size: Beef, carrot, potato and
cabbage (1 of each)

10 Servings	Ingredients	Servings
2 ½ lbs.	Lean chuck or rump roast	
5 medium	Carrots	
5 medium	Potatoes	
1 small head	Cabbage	
1 small	Red onion	
2 ribs	Celery	
2 tsp.	Worcestershire sauce	
½ tsp.	Salt	
¼ tsp.	Pepper	
¾ cup	Water	

1. Cut uncooked beef into 10 pieces.
2. Peel and cut potatoes and carrots in half.
3. Cut cabbage into 10 wedges.
4. Cut onion and celery into small chunks.
5. Place vegetables in the bottom of a 5-quart slow cooker.
6. Place meat atop vegetables.
7. Combine water, Worcestershire sauce, salt and pepper.
8. Pour over meat and vegetables.
9. Cover; cook on **medium heat** setting for **10-12 hours**.

Note: Read page 184 for hints on slow cooker cooking.

SAFETY NOTE:

Carrots may need to be cut into bite-size pieces for smaller children before serving.

Menu Suggestion:	New England Beef Dinner (1 serving), applesauce (½ cup), whole wheat bread (½ slice), lowfat milk (¾ cup)
------------------	---

Mary Muller - Elkhorn

Easy Omelet

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

Yield: 8 servings
Serving size: 1 wedge

8 Servings	Ingredients	Servings
8 oz.	Lean ground beef or sausage	
½ tsp.	Onion powder	
⅛ tsp.	Garlic powder	
6 large	Eggs	
⅛ tsp.	Pepper	
2 Tbsp.	Grated Parmesan cheese	

1. In a 10-inch non-stick skillet, brown ground meat until done. Drain fat.
2. Add onion powder and garlic powder to meat.
3. In a bowl, beat eggs and pepper.
4. Pour beaten eggs over meat.
5. Cook over medium heat. As mixture sets, run a spatula around edge of skillet, lifting egg mixture to allow uncooked portions to flow underneath.
6. Continue working and lifting edges until egg mixture is almost set (surface will be moist).
7. Remove skillet from heat; cover and let stand **3-4 minutes** or until top is set with no liquid remaining.
8. Sprinkle with Parmesan cheese.
9. Cut into 8 wedges.

Variations:

- Substitute 1 cup diced cooked ham, chicken or turkey for beef.
- Substitute shredded American cheese for Parmesan cheese.

Menu Suggestion: Easy Omelet (1 serving), oven fried potato sticks (¼ cup) recipe on page 101, stewed apples (¼ cup), raisin bread (½ slice), lowfat milk (¾ cup)

Pig in a Blanket

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 1 pig in blanket

8 Servings	Ingredients	Servings
8 (1 ½ oz.) 4 slices 1 tube (8)	Hot dogs, all meat American cheese Refrigerated reduced fat crescent rolls	

CAUTION: Whole hot dogs can be a choking hazard for young children. It is recommended they be cut lengthwise so a round piece does not get caught in the throat.

1. Slice hot dog lengthwise. Insert ½ slice of cheese.
2. Open and unroll crescent dough. Separate along perforated lines. There should be 8 triangles.
3. Place one hot dog with cheese on dough.
4. Roll dough, starting with the longest edge, up to the tip of the triangle.
5. Place wrapped hot dogs onto a greased cookie sheet.
6. Bake in a **350°F** oven for **10-15 minutes** or until crescent roll is golden brown.

Variation:

- Substitute flattened refrigerated biscuits for crescent rolls; wrap around hot dog.

Menu Suggestion:	Pig in a Blanket (1 serving), baked beans (¼ cup), gelatin made with 100% pineapple-orange juice (¼ cup), lowfat milk (¾ cup)
------------------	---

Patricia Derr - Omaha
 Theresa Rybinski - Columbus

Linda Jackson - Waterloo
 Valerie Sieburg - Springfield

Individual Pizzas

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: 1 pizza

10 Servings	Ingredients	Servings
1 lb. 10 (1 tube) ¾ cup 1 ½ cups (6 oz.)	Lean ground beef Refrigerated biscuits Pizza sauce or spaghetti sauce Shredded mozzarella cheese	

1. Brown beef until done. Drain fat.
2. On a cookie sheet, press biscuits into round flat individual pizza shapes with sides slightly raised.
3. Place 1 tablespoon sauce on each biscuit.
4. Add 2 tablespoons ground beef.
5. Sprinkle cheese on top of each pizza.
6. Bake in **400°F** oven for **10 minutes** or until cheese melts.

Variations: *Reduce temperature to 350°F for 10 minutes to heat any of the variations.*

- 1 ounce pepperoni per pizza may be substituted for ground beef.
- English muffin halves, Italian bread slices or rice cakes may be substituted for biscuits.
- 6-inch pita bread halves may be substituted for biscuits. Spoon 1 tablespoon of pizza sauce into each pita half. Add 2 tablespoons meat and top with shredded cheese.

Menu Suggestion: Individual Pizza (1 serving), lettuce and tomato (¼ cup), cantaloupe cubes (¼ cup), lowfat milk (¾ cup)

Mary Gordon - Omaha
 Deborah Newman- Omaha

Tammy Liebgott - Omaha
 Jolene Brandt - Kearney

Pan Pizza

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: 2 pieces
 (Each piece - 2 ½" x 3")

10 Servings	Ingredients	Servings
1 loaf (1 lb.)	Frozen bread dough, thawed OR	
	1 pkg. pizza crust mix	
1 lb.	Lean ground beef	
2 cups	Pizza or spaghetti sauce	
1 cup (4 oz.)	Shredded Mozzarella cheese	

1. Roll bread out on a 10" x 15" cookie sheet. Let rest **5 minutes**. Bake at **400°F** for **10 minutes** or until lightly browned.
2. If using pizza crust mix, prepare according to package instructions.
3. Brown beef until done. Drain fat. Set aside.
4. Spread pizza sauce on pre-baked crust.
5. Spread cooked beef over sauce.
6. Sprinkle cheese on top.
7. Bake at **400-425°F** for **15-20 minutes**.
8. Cut pizza into 20 equal pieces.

Variations:

- Sausage or pepperoni may be substituted for the ground beef or can be used in combination with the beef.
- Use flour tortillas or flat Syrian bread for the pizza crust.
- Make a rice pizza crust: combine 3 cups cooked rice, 2 beaten eggs, 1 cup shredded Mozzarella cheese. Press firmly in a 10" x 15" lightly greased cookie sheet. Bake at **450°F** for **20 minutes**. Add toppings listed above.

Menu Suggestion: Pan Pizza (1 serving), tossed green salad (¼ cup), sliced peaches (¼ cup), lowfat milk (¼ cup)

Nancy Karnes - Omaha

Lana Urban - Seward

Jean Jones - David City

Pizza Burger

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: 1 pizza burger

10 Servings	Ingredients	Servings
1 lb.	Lean ground beef or sausage	
1 (16 oz.) jar	Pizza or spaghetti sauce	
5 (10 halves)	Buns (hamburger, hot dog, hoagie, etc.)	
1 cup (4 oz.)	Shredded mozzarella cheese	

1. Brown meat until done. Drain fat.
2. Add pizza sauce to meat.
3. Lay bun halves on cookie sheet.
4. Divide meat mixture equally between the 10 bun halves.
5. Sprinkle mozzarella cheese on top of each.
6. Bake in a **350°F** oven until cheese is bubbly.

Menu Suggestion: Pizza Burger (1 serving), lemon turnips (¼ cup) recipe on page 114, grapes cut in fourths (¼ cup), lowfat milk (¾ cup)

Upside-Down Pizza

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Yield: 12 servings

Serving size: 1 piece (3" x 3 ¼")

12 Servings	Ingredients	Servings
1 ½ lbs.	Lean ground beef	
½ cup (1 med.)	Chopped onion	
2 cups	Pizza sauce (15-16 oz. jar or can)	
½ tsp.	Ground oregano	
1 ½ cups (6 oz.)	Shredded Mozzarella cheese	
2 large	Eggs, beaten	
1 cup	Lowfat milk	
1 Tbsp.	Vegetable oil	
½ tsp.	Salt	
1 ½ cups	Flour	
½ cup	Grated Parmesan cheese	

1. Brown beef with onion until meat is done. Drain fat.
2. Add pizza sauce and oregano to meat mixture.
3. Place meat mixture in greased 9" x 13" pan.
4. Sprinkle with mozzarella cheese.
5. In a medium bowl, combine eggs, milk, oil, salt, flour and Parmesan cheese.
6. Pour flour mixture over meat mixture.
7. Bake at **350°F** for **30 minutes**.

Variations:

- Add sliced mushrooms or chopped peppers to meat mixture.
- Substitute sausage, Canadian bacon or pepperoni for part of the ground beef.

Menu Suggestion: Upside-Down Pizza (1 serving), broccoli (¼ cup), cherry applesauce (¼ cup), lowfat milk (¼ cup)

Shelly Bower - Franklin

Barbara Holen - Overton

Potato and Cheese Casserole

Meal Components:

Meat/Meat Alternate (½ ounce)

Fruit/Vegetable (¼ cup)

Yield: 15 servings

Serving size: 1 piece (3" x 2½")

15 Servings	Ingredients	Servings
1 (26 oz.) bag	Frozen hash brown potatoes	
2 cups (8 oz.)	Shredded cheddar cheese	
½ cup	Minced onion	
1 (10¾ oz.) can	Undiluted reduced fat cream of chicken soup*	
1 cup	Lite sour cream	
½ cup	Lowfat milk	
1 cup	Crushed corn flakes	

1. In large bowl, thaw potatoes.
2. Add cheese, onion, cream of chicken soup, sour cream and lowfat milk.
3. Mix thoroughly.
4. Place mixture in a 9" x 13" baking pan coated with non-stick cooking spray.
5. Sprinkle crushed corn flakes on top of casserole.
6. Bake at **350°F** for **1 hour**.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Potato and Cheese Casserole (1 serving), meatloaf pattie (1) recipe on page 30, zucchini medley (¼ cup) recipe on page 116, enriched bread (½ slice), lowfat milk (¾ cup)

Anne Dufek - Creighton
Christine Iean - Ralston

Helen McDermott - Omaha
Sandra Preble - Scottsbluff

Pork Chalupa

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: ⅔ cup over chips

10 Servings	Ingredients	Servings
½ lb.	Dry pinto beans	
1 lb.	Lean pork roast, raw	
3½ cups	Water	
1 tsp.	Onion powder	
⅛ tsp.	Garlic powder	
1 tsp.	Salt	
1 tsp.	Chili powder	
1 tsp.	Cumin	
½ tsp.	Oregano	
1 (4 oz.) can	Diced green chilies	
1 (12 oz.) bag	Corn chips	

1. Place the first 10 ingredients listed in a big kettle.
2. Cover and **simmer** about **2 hours** or until roast falls apart.
3. Break up roast into bite-size pieces.
4. Leave uncovered and cook until thick, about **30 minutes**.
5. Place ½ cup chips on plate.
6. Scoop meat mixture over top of chips.

Optional:

- a. Avocado, tomato, onion, olives or lettuce may be used as vegetable toppings.
- b. Shredded cheese may be sprinkled over the top.

Menu Suggestion: Pork Chalupa over Corn Chips (1 serving), lettuce and tomato or vegetable toppings (¼ cup), cinnamon apples (¼ cup) recipe on page 91, lowfat milk (¾ cup)

Robin Elzey - Cortland

Pork Loin and Rice Casserole

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: ⅔ cup

10 Servings	Ingredients	Servings
1 cup	Uncooked regular rice	
1 pkg.	Dry onion soup mix	
1 cup	Lowfat milk	
1 (10¾ oz.) can	Undiluted reduced fat cream of celery soup*	
1¾ lbs.	Lean boneless pork loin, raw	
¼ tsp.	Paprika	

1. Lightly grease an 9" x 13" baking pan.
2. Spread uncooked rice on bottom of baking pan.
3. Cover rice with onion soup mix.
4. Cut meat into thin strips. Place on top of rice and soup mix.
5. Mix milk and soup together. Pour over rice and meat.
6. Sprinkle with paprika.
7. Seal pan with aluminum foil.
8. Bake at **375°F** for **2 hours**. **DO NOT PEEK!**

Variation:

- Substitute 10 raw chicken legs for pork.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Hint: To slice raw meat into thin strips, partially freeze meat; remove meat from freezer and it will slice easily.

Menu Suggestion: Pork Loin and Rice Casserole (1 serving), cooked carrots (¼ cup), raspberry applesauce (¼ cup), lowfat milk (¼ cup)

Barbecued Pork Sandwich

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 24 servings
 Serving size: 1 sandwich

24 Servings	Ingredients	Servings
4¼ lbs.	Lean boneless pork roast, raw	
2 medium	Onions, coarsely chopped	
2 Tbsp.	Chili powder	
1 Tbsp.	Dry mustard	
1 Tbsp.	Brown sugar	
1 cup	Water	
2 cups	Catsup	
¼ cup	Vinegar	
12 (24 halves)	Hamburger buns	

1. Cut pork into thin strips.
2. In a Dutch oven, combine pork strips, onions, chili powder, dry mustard, brown sugar, water, catsup and vinegar.
3. Cover and **simmer** for **2 hours** or until the meat falls apart easily.
4. Skim off the excess fat.
5. Remove meat with a slotted spoon, reserving cooking liquid.
6. Shred the meat with two forks or pastry blender.
7. Return meat to the cooking liquid and heat thoroughly.
8. Serve ⅓ cup meat mixture over ½ hamburger bun.

Note: This meat mixture may be frozen.

Hint: To slice raw meat into thin strips, partially freeze meat; remove meat from freezer and it will slice easily.

Menu Suggestion:	Barbecued Pork Sandwich (1 serving), oven fried potato sticks (¼ cup) recipe on page 101, orange sections (¼ cup), lowfat milk (¾ cup)
------------------	--

Terry Pfeiffer - Syracuse

Inside-Out Ravioli

Meal Components:
 Meat/Meat Alternate (1½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 piece (4½" x 3¼")

8 Servings	Ingredients	Servings
1 cup	Uncooked shell macaroni	
1 lb.	Lean ground beef	
1 (10 oz.) pkg.	Frozen chopped spinach	
1 tsp.	Onion powder	
¼ tsp.	Garlic powder	
1 (16 oz.) can	Spaghetti sauce	
1 (8 oz.) can	Tomato sauce	
1 (6 oz.) can	Tomato paste	
1 cup (4 oz.)	Shredded sharp American cheese	
½ cup	Soft bread crumbs	
2 large	Eggs, well beaten	

1. Cook shell macaroni according to package directions for *al dente* (tender but firm). Drain. Set aside.
2. Brown beef until done. Drain fat.
3. Cook spinach using package directions.
4. Drain spinach, reserving liquid; add water to make 1 cup. Set spinach aside.
5. Add spinach liquid, onion powder, garlic powder, spaghetti sauce, tomato sauce and tomato paste to meat.
6. **Simmer 10 minutes.** Set aside.
7. Combine cooked spinach and macaroni.
8. Add shredded cheese, bread crumbs and beaten eggs to the macaroni mixture.
9. Spread macaroni mixture in lightly greased 9" x 13" baking dish.
10. Top with meat sauce mixture.
11. Bake at **350°F** for **30 minutes.**
12. Let stand **10 minutes** before serving.

Menu Suggestion: Inside-Out Ravioli (1 serving), fruit soup (¼ cup) recipe on page 98, lowfat milk (¾ cup)

Sausage and Sauerkraut

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: ½ cup

8 Servings	Ingredients	Servings
2½ lbs.	Uncooked sausage links (mild flavor)	
2 medium	Apples, peeled and sliced	
2 cups	Bavarian style sauerkraut, undrained	
¼ cup	Brown sugar	
¼ cup	Water	

1. Cut sausage in half lengthwise; cut halves again to make quarters. Then cut into 1" strips.
2. In a skillet, cook sausage until brown. Drain fat.
2. Stir in apples, sauerkraut, brown sugar and water.
3. Transfer to a 2½-quart baking dish.
4. Cover and bake at **350°F** for **30 minutes** until heated thoroughly.

Note: Bavarian style sauerkraut is sweeter and milder and contains a few caraway seeds. It suits a child's taste.

Menu Suggestion: Sausage and Sauerkraut (1 serving), mashed potatoes (¼ cup), light rye bread (½ slice), lowfat milk (¼ cup)

Annette Froid - Kearney

Shepherd's Pie

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (½ cup)

Yield: 12 servings
 Serving size: 1 piece (3" x 3¼")

12 Servings	Ingredients	Servings
1 ½ lbs.	Lean ground beef	
½ cup (1 med.)	Chopped onion	
6 medium	Potatoes, washed and peeled	
1 (15 oz.) can	Corn, drained	
1 (15 oz.) can	Green beans, drained	
1 (10¾ oz.) can	Undiluted reduced fat cream of mushroom soup*	
1 tsp.	Worcestershire sauce	
½ cup	Skim milk for mashed potatoes	
To taste	Salt and pepper	
½ cup	Grated Parmesan cheese	

1. Brown beef and onion until meat is done. Drain fat. Set aside.
2. Boil potatoes for making mashed potatoes.
3. Mix ground beef, corn, green beans, undiluted mushroom soup and Worcestershire sauce.
4. Put mixture in a lightly greased 9" x 13" pan.
5. Mash potatoes adding milk, salt and pepper to taste.
6. Spoon 12 mounds of mashed potatoes on top of meat/vegetable mixture.
7. Sprinkle the Parmesan cheese over the mashed potatoes.
8. Bake at **375°F** for **25 minutes** until hot and tops of potatoes get slightly brown.

Variations:

- Frozen vegetables may be substituted for canned vegetables.
- Instant mashed potatoes may be used.
- Spread mashed potatoes over meat mixture instead of making mounds.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Shepherd's Pie (1 serving), apricots (½ cup), biscuit (1), lowfat milk (¾ cup)

Tammie Kleich-Gering
 Betty Angle - Atkinson

Mikey Springer - Omaha
 Debora Thompson - Omaha

Sloppy Joe Squares

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (⅓ cup)

Yield: 10 servings
 Serving size: 1 piece (2 ½" x 4 ½")

10 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
½ tsp.	Onion powder	
½ (1 ¼ oz.) pkg.	Sloppy Joe mix	
1 (16 oz.) can	Seasoned tomato sauce	
1 tube (8)	Refrigerated reduced-fat crescent rolls	
1 cup (4 oz.)	Shredded cheddar cheese	

1. Brown beef until done. Drain fat.
2. Add onion powder, sloppy joe mix and tomato sauce. Mix.
3. **DO NOT SEPARATE CRESCENT ROLLS.** Form a crust using crescent roll dough on a lightly greased 9" x 13" baking pan.
4. Spread meat mixture evenly on dough.
5. Bake at **400°F** for **15 minutes**.
6. Sprinkle top with cheese.
7. Return to oven until cheese melts.
8. Let cool slightly.
9. Cut into 10 pieces.

Variation:

- Use biscuit dough for crust as a substitute for crescent rolls.

Menu Suggestion: Sloppy Joe Squares (1 serving), oven fried sweet potatoes (¼ cup) recipe on page 103, Brussel sprouts (⅓ cup), lowfat milk (¾ cup)

Beef Spanish Rice

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 10 servings
 Serving size: ⅔ cup

10 Servings	Ingredients	Servings
1 ½ lbs.	Lean ground beef	
½ cup	Diced green pepper	
1 cup	Uncooked regular rice	
1 tsp.	Onion powder	
½ tsp.	Chili powder	
1 tsp.	Reduced sodium soy sauce	
2 (15 oz.) cans	Seasoned stewed tomatoes	
1 tsp.	Sugar	
½ cup	Water	

1. Cook beef and green pepper in large non-stick skillet over medium heat until done. Drain fat.
2. Stir in rice, onion and chili powder, soy sauce, stewed tomatoes, sugar and water; bring to a boil.
3. Reduce heat to lowest setting, cover and **simmer 20 minutes** or until rice is tender.

Note: As the rice cooks, it will absorb liquid from the tomatoes and water. It will not burn if set at the lowest heat setting.

Menu Suggestion: Beef Spanish Rice (1 serving), pear slices (¼ cup), lowfat milk (¾ cup)

Stromboli

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: 1 piece

10 Servings	Ingredients	Servings
1 (16 oz.) loaf	Frozen bread dough, thawed	
2 oz.	Sliced pepperoni	
3 oz.	Sliced ham or Canadian bacon	
3 oz.	Sliced turkey	
2 oz.	Sliced mozzarella cheese	
3 oz.	Sliced American cheese	
3 oz.	Sliced Swiss cheese	
1 (16 oz.) jar	Spaghetti sauce	

1. Roll out thawed bread dough into a rectangle (10" x 16") to ¼-inch thick.
2. On narrow (lengthwise) half of bread dough, layer mixture of meats and cheese.
3. Fold the other half of bread dough over the meat and cheese mixture. Seal edges of dough. Place on a lightly greased cookie sheet.
4. Bake at **400°F** for **20-25 minutes** until the bread is baked.
5. Heat spaghetti sauce.
6. Cut stromboli into 10 pieces.
7. Put sauce on each child's plate and let them dip their piece of Stromboli in it.

Variation:

- Substitute Armenian cracker bread for frozen bread dough. Soften cracker bread according to package directions. Cover round of bread with thin layer of soft lowfat cream cheese. Layer meat and cheese pizza fashion allowing 4" at one end. Beginning with the filling side, roll tightly like a jelly roll. Cut into 1-inch slices. Serve cold. Serving size: 3 slices.

Menu Suggestion: Stromboli (1 serving), asparagus (¼ cup), pineapple tidbits (¼ cup), lowfat milk (¼ cup)

Bean and Cheese Taco

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 taco

8 Servings	Ingredients	Servings
8 (6-inch)	Soft tortillas, flour or corn	
1 (16 oz.) can	Refried beans, mashed lightly	
2 medium	Tomatoes, fresh cubed	
1 ½ cups	Shredded lettuce	
1 ½ cups (6 oz.)	Shredded cheddar cheese	
½ cup	Pineapple tidbits (optional)	
1 (4 oz.) can	Diced green chilies, drained (optional)	
½ cup (1 med.)	Chopped onions (optional)	

1. Place tortillas in cast iron skillet and warm over low heat, or wrap in aluminum foil and warm at **325°F** for **10 minutes**.
2. Spread 2 tablespoons refried beans on tortilla.
3. Add 1 tablespoon chopped tomatoes.
4. Add 3 tablespoons shredded lettuce.
5. Top with 3 tablespoons shredded cheese.
6. Optional: Add 1 teaspoon pineapple, chilies and/or onion according to child's taste.
7. Fold in half and serve.

Variation:

- Pre-formed taco shells may be used but they are more difficult for small children to handle. They can be softened by heating.

Menu Suggestion:	Bean and Cheese Taco (1 serving), tropical fruit salad (¼ cup), lowfat milk (¾ cup)
------------------	---

Impossible Taco Pie

Meal Component:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 1 wedge

8 Servings	Ingredients	Servings
1 lb.	Lean ground beef or turkey	
½ cup (1 med.)	Chopped onion	
1 (1 ¼ oz.) pkg.	Taco seasoning mix	
1 (4 oz.) can	Diced green chilies	
1 ¼ cups	Lowfat milk	
2 large	Eggs	
1 cup	Reduced fat Bisquick™	
1 medium	Tomato, chopped	
½ cup (2 oz.)	Shredded Mozzarella cheese	

1. Brown beef and onion until beef is done. Drain fat.
2. Stir taco seasoning mix into meat.
3. Spread meat mixture in a lightly greased 9" pie plate.
4. Spread chilies on top of meat.
5. Beat milk, eggs and baking mix until smooth.
6. Pour over meat mixture.
7. Bake at **400°F** for **25 minutes**.
8. Top with tomato and cheese.
9. Bake **8-10 minutes** longer until knife inserted in center comes out clean.
10. Let stand **5 minutes**. Cut into 8 wedges.

Menu Suggestion: Impossible Taco Pie (1 serving), corn (¼ cup), fruit sauce (¼ cup) recipe on page 97, Italian bread (¼ slice), lowfat milk (¾ cup)

Debbie Lea Mansur - Omaha

Tostadas

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 12 servings

Serving size: 1 tostada

12 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
½ tsp.	Onion powder	
2 (15 oz.) cans	Refried beans	
12 (6-inch)	Tostada shells (fried tortillas)	
2 cups (8 oz.)	Shredded cheddar cheese	
¼ cup	Chopped green pepper	
1 cup	Shredded lettuce	
¼ cup	Diced fresh tomatoes	

1. Brown beef until done. Drain fat.
2. Add onion powder and refried beans to meat. Mix well over low heat.
3. Put tostada shells on cookie sheets.
4. Put ½ cup beef and bean mixture on top of each tostada.
5. Cover each tostada with grated cheese.
6. Place in **350°F** oven until cheese melts.
7. Top with chopped green pepper, shredded lettuce and diced fresh tomatoes.

Variation:

- Mozzarella or Feta cheese can be substituted for the cheddar cheese.

Note: The fruit/vegetable credit for this recipe is based only on the refried beans.

Menu Suggestion:	Tostada (1 serving), vegetable toppings for tostada (¼ cup), apple slices (¼ cup), lowfat milk (¼ cup)
------------------	--

Barbara Peterson - Lincoln

Tuna-Rice Supreme

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 10 servings

Serving size: ¾ cup

10 Servings	Ingredients	Servings
1 ¼ cups	Instant rice, uncooked	
1 ¼ cups	Cut broccoli, fresh or frozen	
1 ¼ cups	Cubed carrots, raw	
½ cup	Chopped onion	
3 cups	Water	
1 (10¾ oz.) can	Undiluted reduced fat cream of mushroom soup*	
1 tsp.	Garlic salt	
¼ tsp.	Pepper	
3 (6 oz.) cans	Water packed tuna, drained	
½ cup	Lowfat milk	

1. In a large sauce pan, combine rice, broccoli, carrots, onion and water. Cover with lid.
2. Bring to a boil; reduce heat and **simmer** for **15 minutes** or until rice is cooked.
3. Remove from heat. Drain excess liquid.
4. Add mushroom soup, garlic salt, pepper, drained tuna and milk.
5. Put mixture in a greased 2½-quart casserole dish.
6. Bake at **350°F** for **45 minutes**.

Variations:

- Substitute 1 ½ (16 oz.) cans deboned salmon for tuna.

* Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Tuna-Rice Supreme (1 serving), mandarin oranges (¼ cup) in pineapple gelatin, lowfat milk (¾ cup)

Kathy Hansen - Omaha

Tuna Stuffed Baked Potatoes

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 stuffed potato

8 Servings	Ingredients	Servings
4 medium	Baking potatoes	
1 Tbsp.	Vegetable oil	
½ cup	Lite mayonnaise or plain lowfat yogurt	
¾ cup (3 oz.)	Shredded cheddar cheese	
¼ cup	Chopped green pepper	
1 tsp.	Onion powder	
2 (6 oz.) cans	Water packed tuna, drained	

1. Wash potatoes under running water. Dry. For soft skin, coat with oil. Prick potatoes with fork.
2. Bake potatoes in **400°F** oven for **1 hour**.
3. Cut potato in half lengthwise.
4. Scoop potato from shell and mash.
5. Add mayonnaise, cheese, green pepper, onion powder and drained tuna to potatoes.
6. Spoon potato-tuna mixture back into each potato shell.
7. Bake at **400°F** for **20 minutes**.

Optional: Garnish with grated cheese or sprinkle with paprika.

Menu Suggestion: Tuna-Stuffed Baked Potato (1 serving), carrot and celery strips (¼ cup), bing cherries (¼ cup), bread stick (1) recipe on page 120, lowfat milk (¼ cup)

Tuna or Salmon with Pasta

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: ¾ cup

8 Servings	Ingredients	Servings
2 cups 1 (10¾ oz.) can ½ cup ¾ cup (3 oz.) 2 (6 oz.) cans	Cooked pasta (spaghetti broken into pieces, wagon wheels, mostaccioli, sea shells, etc.) Undiluted reduced fat cream of mushroom soup* Lowfat milk Shredded American cheese Water packed tuna, drained OR 1 (16 oz.) can of salmon, drained and deboned	

1. Cook pasta according to package directions. Drain.
2. In medium saucepan, mix undiluted mushroom soup with milk, stirring until smooth.
3. Add shredded cheese and drained tuna to soup. Mix.
4. Heat on **medium-low** until sauce is hot. Remove from heat.
5. Stir pasta into tuna sauce.
6. Let stand for **5 minutes** to let flavors blend.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion:	Tuna or Salmon with Pasta (1 serving), green beans (¼ cup), orange slices (¼ cup), lowfat milk (¾ cup)
------------------	--

Caralee Harkins - Sidney

Turkey Divine

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 sandwich

8 Servings	Ingredients	Servings
2 cups 1 (10¾ oz.) can 1 tsp. 8 small 12 oz.	Chopped broccoli Undiluted reduced fat cream of mushroom soup Mustard Croissants Thinly sliced turkey	

1. Microwave or steam broccoli. Drain. Set aside.
2. Mix undiluted soup with mustard.
3. Slice croissants in half lengthwise.
4. Place 8 croissant halves on cookie sheet.
5. Spread ½ tablespoon soup mix on each croissant half.
6. Place 1 ½ ounces of sliced turkey on croissant half.
7. Layer ¼ cup broccoli on top of turkey.
8. Spread ½ tablespoon soup mix on each remaining croissant half.
9. Position croissant top on filled bottom.
10. Heat at **350°F** for **5 minutes**.
11. Cut sandwich in half for easy handling and eating.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Turkey Divine (1 serving), sliced strawberries (¼ cup), lowfat milk (¼ cup)

Turkey or Chicken Meatballs

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 2 meatballs

8 Servings	Ingredients	Servings
1 ¼ lbs.	Ground turkey or chicken	
1 large	Carrot, grated	
½ tsp.	Onion powder	
1 tsp.	Sugar	
1 Tbsp.	Low sodium soy sauce	
1 Tbsp.	Worcestershire sauce	
1 tsp.	Parsley flakes	
½ tsp.	Oregano	
½ tsp.	Black pepper	
1 tsp.	Garlic powder (optional)	
1 cup	Seasoned bread crumbs	

1. In a mixing bowl, combine all ingredients except the bread crumbs.
2. Form 16 meat balls. Use a tablespoon or a #40 dipper to assure uniform size.
3. Place on lightly greased baking pan.
4. Bake at **350°F** for **20 minutes**.

Menu Suggestion: Turkey or Chicken Meatballs (1 serving),
 cinnamon-glazed acorn squash (¼ cup) recipe on page 107,
 grapes cut in fourths (¼ cup), lowfat milk (¼ cup)

Snow on Turkey Mountain

Meal Components:
 Meat/Meat Alternate (1½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 wedge

8 Servings	Ingredients	Servings
1¼ lbs.	Ground turkey	
1 large	Egg	
¼ cup	Oatmeal	
½ cup	Catsup	
¼ tsp.	Black pepper	
1 tsp.	Onion powder	
2 cups	Seasoned mashed potatoes	

1. Mix first six ingredients and shape into a "mountain" in a round or square cake pan.
2. Bake at **350°F** for **45 minutes**.
3. Meanwhile, prepare mashed potatoes. Use dry flakes as directed on package or use 4 boiled fresh potatoes.
4. Pile mashed potatoes on top and sides of meatloaf and bake **15 additional minutes**, or until meatloaf is done and potatoes begin to brown.
5. **Insert meat thermometer into center of meatloaf; it should register 160°F.**
6. Cut "mountain" into eight wedges.

Variation:

- Gravy may be ladled over meat and potato mixture.

Note: This recipe was designed for children and is easy enough for them to do most of the mixing of the ingredients, shaping the "mountain" and adding the "snow."

Menu Suggestion: Snow on Turkey Mountain (1 serving), Brussel sprouts (¼ cup), bran muffins (1 small) recipe on page 135, lowfat milk (¼ cup)

Hot Turkey Salad

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

Yield: 10 servings
Serving size: 1 piece (2 ½" x 4")

10 Servings	Ingredients	Servings
3 cups	Diced cooked turkey or chicken	
1 cup	Chopped celery	
2	Green onions, finely chopped	
1 Tbsp.	Lemon juice	
½ tsp.	Seasoned salt	
½ cup	Lite mayonnaise	
½ cup (2 oz.)	Shredded cheddar cheese	
1 cup	Crushed reduced fat potato chips	

1. Combine turkey, celery, onion, lemon juice, seasoned salt and mayonnaise. Mix well.
2. Spread mixture in a 8" x 12" baking pan.
3. Top with shredded cheese.
4. Cover with crushed potato chips.
5. Bake at **400°F** for **20 minutes**.

Menu Suggestion: Hot Turkey Salad (1 serving), baked sweet potato (¼ cup), green peas (¼ cup), dinner roll (½), lowfat milk (¾ cup)

Donna Gould - North Platte

Weiner Boats

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 weiner boat

8 Servings	Ingredients	Servings
2 cups	Mashed potatoes	
8 (1 ½ oz.)	Hot dogs	
4 slices	American cheese	

Caution: Whole hot dogs can be a choking hazard for young children. It is recommended they be cut lengthwise so a round piece does not get caught in the throat.

1. Prepare instant or fresh mashed potatoes.
2. Cook hot dogs. Drain.
3. Make a lengthwise slit in each hot dog and fill with ¼ cup mashed potatoes from end to end.
4. Put ½ slice of cheese on top of potatoes.
5. Place on a cookie sheet under the broiler until cheese melts **OR** cut cheese diagonally and it will serve as the "sail" on the "boat."

Variation:

- Shredded cheese may be used in place of cheese slices.

Menu Suggestion:	Weiner Boat (1 serving), pineapple tidbits and bananas (¼ cup), garlic bread (½ slice), lowfat milk (¾ cup)
------------------	---

Roman Style Bean Soup

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 10 servings
 Serving size: ¾ cup

10 Servings	Ingredients	Servings
4 slices	Raw bacon, diced	
2	Sliced green onions with tops	
1 (15 oz.) can	Stewed tomatoes	
1 (8 oz.) can	Tomato sauce	
1 lb. (8)	Frankfurters (quartered in 1" strips)	
2 cups	Water	
2 tsp.	Instant chicken bouillon	
½ tsp.	Pepper	
1 (16 oz.) can	Kidney beans	
1 cup	Uncooked shell macaroni	

Caution: Whole hot dogs can be a choking hazard for young children. It is recommended they be cut lengthwise so a round piece does not get caught in the throat.

1. Cook diced bacon and onions in large stock pot over medium heat until bacon is crisp and onions are tender. Drain fat.
2. Stir in tomatoes, tomato sauce, cut frankfurters, water, instant bouillon and pepper.
3. Heat to **boiling**; reduce heat.
4. Cover and **simmer** until bouillon is dissolved, about **5 minutes**.
5. Stir kidney beans and macaroni into tomato mixture.
6. Heat to **boiling**; reduce heat.
7. Cover and **simmer** until macaroni is tender, about **10 minutes**.

Menu Suggestion:	Roman Style Bean Soup (1 serving), sweet potato pie (1 piece) recipe on page 106, oyster crackers (8), lowfat milk (¾ cup)
------------------	--

Millie Hard - Omaha

Easy Oven Beef Stew

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (½ cup)

Yield: 10 servings
 Serving size: 1 cup

10 Servings	Ingredients	Servings
2 lbs.	Beef stew meat, cut into bite-size pieces	
½ cup	Flour	
1 tsp.	Salt	
1 tsp.	Pepper	
1 tsp.	Paprika	
2 envelopes	Dry onion soup mix	
3 Tbsp.	Vegetable oil	
5 medium	Carrots, peeled and chunked	
7 medium	Potatoes, peeled and chunked	
1 ½ cups	Water	
1 (28 oz.) can	Tomato pieces	

1. In a bowl, combine all dry ingredients to form flour mixture.
2. Add stew meat to flour mixture and toss to coat all pieces.
3. Put the oil in a roasting pan; add coated meat.
4. Bake uncovered at **400°F** for **30 minutes**.
5. Add carrots, potatoes, water and tomatoes. Stir.
6. Reduce heat to **375°F**; cover and bake **1 hour**.
7. Stir thoroughly and bake for **1 more hour**.

Menu Suggestion: Easy Oven Beef Stew (1 serving), raw turnip sticks (½ cup), biscuit (1 small), lowfat milk (¾ cup)

Hamburger Soup

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (½ cup)

Yield: 8 or 20 servings

Serving size: ¾ cup

8 Servings	Ingredients	20 Servings
1 ¼ lbs.	Lean ground beef	2 ¾ lbs.
¾ cup	Chopped onions	2 cups
To taste	Salt and pepper	To taste
4 ¾ cups	Boiling water	12 cups
1 ½ cups	Tomato juice	3 ¾ cups
2 medium	Carrots, cut up	1 ¼ lbs.
3 medium	Potatoes, cut up	2 ½ lbs.
1 ½ cups	Chopped celery	4 cups
¾ cup	Uncooked regular rice	2 cups

1. In a large stock pot, brown meat with onions, salt and pepper. Drain fat.
2. Stir in remaining ingredients.
3. **Simmer** slowly for **one hour** or until vegetables are tender.

Note: Hamburger soup comes in many varieties. Other favorite vegetables can be substituted as long as the total amount of vegetable remains the same.

Menu Suggestion: Hamburger Soup (1 serving), saltine crackers (2), cherry crisp (1 piece)
 recipe on page 143, lowfat milk (¾ cup)

Kelly Klug - Columbus
 Margie Meyer - Wayne

Barbara Williams - Omaha
 Janet Votruba - Hemingford

Sherry Liska - Sutton
 Mary Lou Berry - Omaha

Chicken Vegetable Soup

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (½ cup)

Yield: 10 servings
 Serving size: ¾ cup

10 Servings	Ingredients	Servings
3½-4 lbs.	Chicken, washed and cut-up (need 3 cups diced cooked chicken or turkey)	
5 cups	Water	
2	Celery ribs, diced	
½ cup	Chopped onion	
1 (14½ oz.) can	Chicken broth	
2	Chicken bouillon cubes	
3 medium	Carrots, peeled and diced	
3 medium	Potatoes, peeled and diced	
½ head	Cabbage, cubed	
1 ½ cups	Uncooked bow-tie noodles	

1. In large stock pot, combine chicken pieces, water, celery and onion.
2. **Simmer** for **1½ hours** over medium low heat.
3. Remove chicken from broth. Cool chicken slightly.
4. Strain chicken broth to remove any bones. Return broth to stock pot.
5. Remove skin from chicken. Carefully remove chicken from bones. (*Take your time doing this so that no stray bones remain in the meat.*) Dice or shred the chicken. Put in refrigerator.
6. Add chicken broth and bouillon cubes to the chicken broth in the stock pot.
7. Add carrots and potatoes; bring to boil. **Boil** for **20 minutes**.
8. Add cut-up chicken, cabbage and noodles. Cook **10 minutes** more or until vegetables are tender.

Menu Suggestion: Chicken Vegetable Soup (1 serving), buttermilk buns (1) recipe on page 121, strawberry slices (½ cup), lowfat milk (¾ cup)

Ham and Bean Soup

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

Yield: 8 servings
Serving size: ½ cup

8 Servings	Ingredients	Servings
1 cup	Dry navy beans	
5 cups	Water	
1 ½ lbs.	Meaty ham bone (need 1 cup ham)	
½ cup	Chopped onion	
¾ tsp.	Crushed dried thyme	
½ tsp.	Salt	
¼ tsp.	Pepper	

- Sort and wash beans.
- Simmer** in boiling water for **2 minutes**.
- Remove from heat; cover and soak 1 hour or overnight in refrigerator.
- Drain and rinse beans: DO NOT reuse soaking water.
- In stock pot, combine soaked beans, water, ham bone, onion, thyme, salt and pepper.
- Bring to boil; reduce heat. Cover and **simmer** about **1 hour** or until beans are tender.
- Remove ham bone. Cool. Cut meat off bone and chop into small pieces. Discard bone. Add meat to bean stock pot.
- Heat thoroughly before serving.

Menu Suggestion: Ham and Bean Soup (1 serving), scalloped tomatoes (¼ cup) recipe on page 113, apple slices (¼ cup), perfect cornbread (1 piece) recipe on page 127, lowfat milk (¾ cup)

Marla Oseka - Kearney