

Knowledge @ Noon

“Skillet Meals”



Wednesday, September 17, 2014
12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

Instructors:

Marais des Cygnes Extension District Master Food Volunteers



SKILLET MEALS

Skillet meals can add interest and variety to everyday meals. They are easy to make and serve. They are perfect for busy homemakers who are pushed for a nutritious meal in minutes. Making a skillet meal is also a good way to use up leftovers in the refrigerator.

Things to Know

- ◆ Skillet meals provide part of the protein that we need in the form of fish, meat, poultry, eggs, and cheese.
- ◆ A skillet meal can contain something from every food group. If it doesn't contain all the ingredients for a complete meal, replace what is lacking with a side dish.
- ◆ You can save money when preparing a skillet meal by:
 - Using bread or dried beans to extend the meal.
 - Using less tender cuts of meat. You can make them more tender by cooking slowly with moisture, grinding, cubing, pounding and scoring.
 - Using leftovers.
 - Using fresh vegetables only if they are in season.
- ◆ The directions for assembling a skillet meal can be used for oven casseroles as well. Simply mix or layer ingredients in a casserole dish and place in a 350 degree oven and bake until hot and bubbly (about 35 minutes).

Skills

- ◆ Keep food in bite-size pieces which you can identify.
- ◆ Provide contrast in flavor, color and texture.
- ◆ A covered pan or skillet retains heat and moisture for quick cooking.
- ◆ Do not overcook any foods that need to be precooked for use in skillet meals. This is especially true for rice, noodles, macaroni and other pasta products. They will finish cooking during the time the skillet meal is cooking.

Storage

- ◆ Skillet meals can be refrigerated for a few days. Store in air tight containers.
- ◆ Skillet meals do not freeze well after cooking because pasta turns mushy. However, all the ingredients may be combined ahead of time and frozen until ready to cook.

Skillet Meals

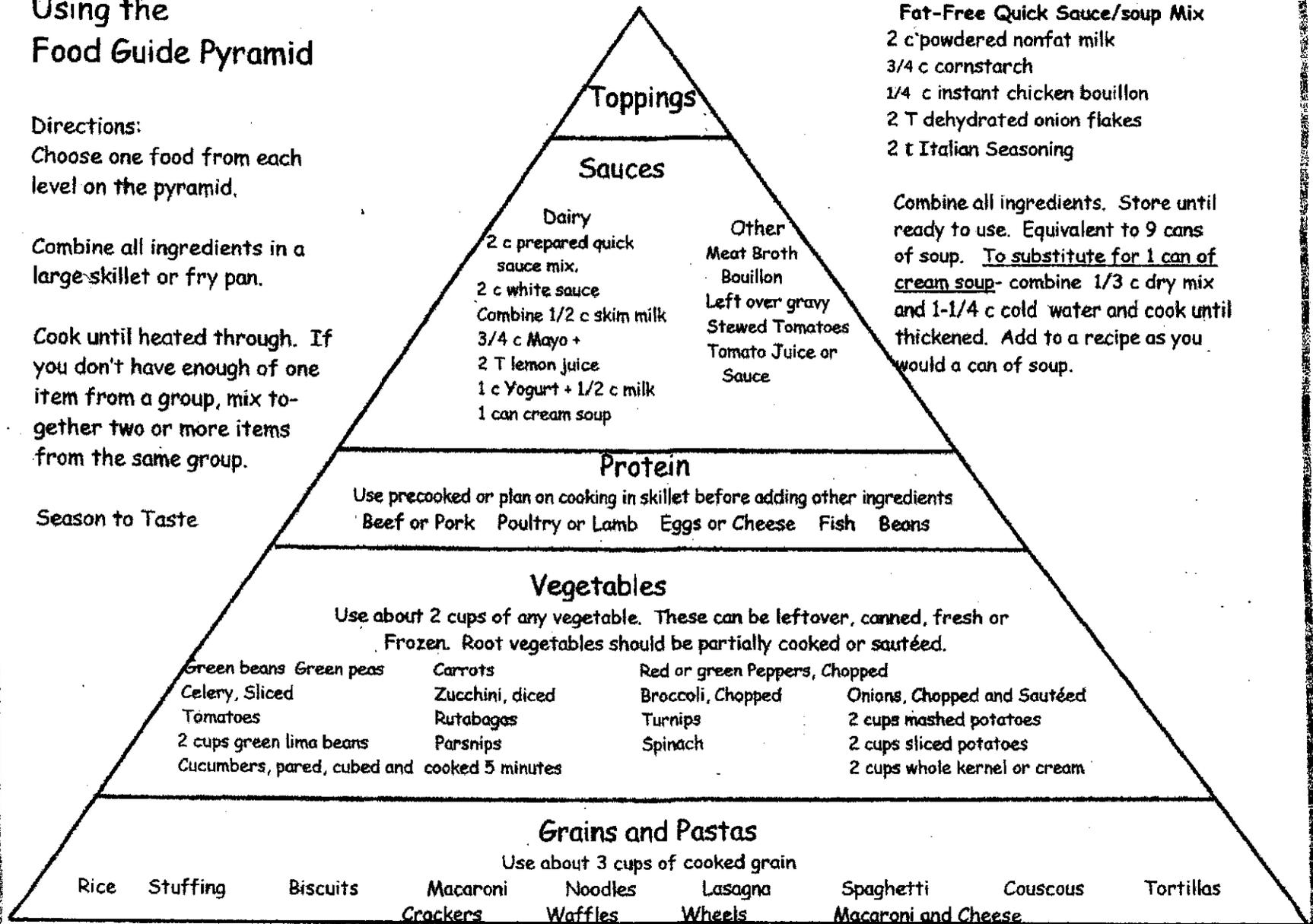
Using the Food Guide Pyramid

Directions:
Choose one food from each level on the pyramid.

Combine all ingredients in a large skillet or fry pan.

Cook until heated through. If you don't have enough of one item from a group, mix together two or more items from the same group.

Season to Taste



Fat-Free Quick Sauce/soup Mix
 2 c powdered nonfat milk
 3/4 c cornstarch
 1/4 c instant chicken bouillon
 2 T dehydrated onion flakes
 2 t Italian Seasoning

Combine all ingredients. Store until ready to use. Equivalent to 9 cans of soup. To substitute for 1 can of cream soup- combine 1/3 c dry mix and 1-1/4 c cold water and cook until thickened. Add to a recipe as you would a can of soup.

Toppings

Sauces

Dairy

2 c prepared quick sauce mix,
 2 c white sauce
 Combine 1/2 c skim milk
 3/4 c Mayo +
 2 T lemon juice
 1 c Yogurt + 1/2 c milk
 1 can cream soup

Other

Meat Broth
 Bouillon
 Left over gravy
 Stewed Tomatoes
 Tomato Juice or
 Sauce

Protein

Use precooked or plan on cooking in skillet before adding other ingredients
 Beef or Pork Poultry or Lamb Eggs or Cheese Fish Beans

Vegetables

Use about 2 cups of any vegetable. These can be leftover, canned, fresh or Frozen. Root vegetables should be partially cooked or sautéed.

Green beans	Green peas	Carrots	Red or green Peppers, Chopped
Celery, Sliced		Zucchini, diced	Broccoli, Chopped
Tomatoes		Rutabagas	Onions, Chopped and Sautéed
2 cups green lima beans		Parsnips	2 cups mashed potatoes
Cucumbers, pared, cubed and cooked 5 minutes		Spinach	2 cups sliced potatoes
			2 cups whole kernel or cream

Grains and Pastas

Use about 3 cups of cooked grain

Rice	Stuffing	Biscuits	Macaroni	Noodles	Lasagna	Spaghetti	Couscous	Tortillas
			Crackers	Waffles	Wheels	Macaroni and Cheese		

Homemade Skillet Meals; Easy, Healthy & Low-Cost

By Karen Wobig

University of Nebraska, Lincoln - Extension Educator

Take a walk through the frozen foods sections of your grocery store and you're sure to find the latest answer for how to help a busy family. Meals in a bag, otherwise known as skillet meals, are growing in popularity as people strive to eat healthy, yet spend less time in the kitchen. Skillet meals typically contain a protein source (meat or beans), vegetables, a grain and sometimes a milk group food, all in one bag and ready to dump into the skillet and heat.

A goal of the Nutrition Education Program is to teach families and individuals with limited resources how to spend less money at the store and less time in the kitchen, but still eat nutrient rich meals. Skillet meals may be one answer to meeting this goal.

However, the cost of store bought "skillet meals" can be expensive, ranging from \$5 to \$8 per bag. Preparing a "homemade" skillet meal can cost less and can be made much healthier. Often times, the amount of actual protein contained in the ready-to-eat meals is minimal. I recently looked through a chicken skillet meal bag and found less than one cup of chicken in the entire bag.

Another pre-packaged meal option is boxed meals where you add your own meat. Again, you are paying more than if you prepared the same food from scratch. The boxed meals are usually high in sodium, as are the frozen skillet meals. When preparing these meals at home, you control the amount of fat and salt, and can substitute healthier spices.

Other advantages to skillet meals are they offer one-pan cleanup and won't heat up your kitchen like using an oven!

Having certain ingredients on hand and knowing how to combine them is the key to successfully creating the homemade skillet meal. By choosing an item from each of the groups in the following chart, you can easily create a main dish. Serving it with a fruit, 100% juice or milk will create a complete meal.

Create Your Own Skillet Meal

1. Choose at least one ingredient from each category.
2. If meat is not pre-cooked, you need to cook first in the skillet, then add additional ingredients. TIP: When buying chicken, beef or pork, cook the entire package, cut up into bite size chunks and freeze extra portions.
3. Combine all chosen ingredients into a skillet containing 1-2 tablespoons olive oil.
4. Simmer over medium heat, stirring occasionally, for 20 minutes or until heated through.

PICK A GRAIN	PICK A VEGGIE	PICK A MEAT/BEANS	ADD A SAUCE
<p>2-3 cups (measure uncooked), cooked:</p> <ul style="list-style-type: none"> • macaroni • rigatoni • similar pasta 	<p>1 package (10 oz.) frozen (thawed and drained):</p> <ul style="list-style-type: none"> • spinach • broccoli • green beans • peas • mixed vegetables 	<p>2 cups diced, cooked:</p> <ul style="list-style-type: none"> • chicken • turkey • ham • beef • pork • ground beef 	<p>1 can (10.75 oz.) mixed with milk to make 2 cups:</p> <ul style="list-style-type: none"> • low-sodium cream soup (mushroom, celery, broccoli cheese, etc.)
<p>1 cup (measure uncooked), cooked:</p> <ul style="list-style-type: none"> • brown or white rice 	<p>1 can (14.5 oz.):</p> <ul style="list-style-type: none"> • green beans • peas • carrots • corn • mixed vegetables 	<p>2 cups, chopped:</p> <ul style="list-style-type: none"> • hard-cooked egg 	<p>1 can (16 oz.):</p> <ul style="list-style-type: none"> • whole, stewed or diced tomatoes with juice
<p>4 cups (measure uncooked), cooked:</p> <ul style="list-style-type: none"> • wide or narrow noodles 	<p>2 cups cooked fresh or one small can/jar:</p> <ul style="list-style-type: none"> • mushrooms <p>2 cups fresh (diced or sliced):</p> <ul style="list-style-type: none"> • zucchini 	<p>2 cans (6-8 oz.)(drained and flaked):</p> <ul style="list-style-type: none"> • fish or seafood <p>2 cups:</p> <ul style="list-style-type: none"> • cooked beans 	

Season to taste with onion, garlic, celery, oregano, basil, salt or pepper.
 Top with shredded cheese, grated Parmesan or bread crumbs.

Plum & Chicken Stir-Fry Makes 4 servings

¼ cup each dry sherry or apple juice and low-sodium chicken broth
2 Tablespoons plum jam
1 Tablespoon each low-sodium soy sauce and rice vinegar
2 teaspoon chili garlic sauce
1 teaspoon five-spice powder
1 Tablespoon cornstarch
12 ounces boneless, skinless chicken breast, sliced (1/4 inch thick)
1 Tablespoon canola oil

FOR the Stir- Fry Add

2 Tablespoons minced fresh ginger
1 bunch bok choy, ribs bias-sliced, leaves cut into ribbons
2 cups scallions (3-inch pieces)
2 cups each trimmed sugar snap pea, mung bean sprouts, and sliced fresh plums
2 Tablespoons chopped dry-roasted peanuts

For the chicken, whisk together sherry, broth, jam, soy sauce, vinegar, chili garlic sauce, five-spice powder and cornstarch; add chicken and toss to coat.

Coat wok with nonstick spray. Heat oil in wok over medium-high. Stir-fry chicken in 2 batches until brown, 2-3 minutes, reserving marinade; transfer to a plate. Remove wok from heat; coat with nonstick spray and return to heat. For the stir-fry, add ginger to wok and stir-fry 30 seconds. Add bok choy ribs and scallions; stir-fry 2 minutes. Add peas and bok choy leaves; stir-fry 2 minutes. Return chicken and reserved marinade to wok and heat until marinade thickens. Add sprouts and plums, and stir-fry 1 minute. Garnish with peanuts.

Nutritional information; Per serving: 337 calorie, 9 g total fat (2 g Sat), 56 mg cholesterol, 360mg sodium, 37 g carbs, 8 g fiber, 28 g protein. *Recipe from Cuisine Tonight/ Quick& Easy Menus*

Sausage and Fennel Orzotto Makes 6 servings

2 Tablespoons olive oil	½ cup dry white wine
1 pound Mild Italian sausage	3 ½ cups low-sodium chicken broth, warmed
2 cups thinly sliced fennel (reserve the fronds)	½ cup grated Parmesan
1 cup diced red onions	¼ cup chopped fresh parsley
2 teaspoons minced fresh garlic	2 Tablespoon unsalted butter
½ teaspoon red pepper flakes	2 teaspoons minced lemon zest
½ teaspoon dried thyme	Salt and pepper to taste
2 cups dry orzo paste	

Heat oil in a large sauté pan over medium heat. Add sausage; sauté until browned, 10 – 12 minutes per side. Transfer sausage to a paper towel lined plate. When cool enough to handle, slice sausage into ½ inch thick bias-sliced pieces.

Sauté fennel and onion in the same pan until they begin to brown and soften, 5 minutes.

Add garlic, pepper flakes and thyme; cook, stirring constantly, 2 minutes. Transfer vegetable mixture to a bowl.

Add orzo to the sauté pan, stirring to coat pasta with residual oil in the pan; cook 2 minutes.

Deglaze the pan with wine, scraping up any browned bits.

Add 1 ½ cups warm broth to the orzo; cook, stirring constantly, until broth is nearly absorbed, about 5 minutes. Add another cup of broth; cook and stir until nearly absorbed, about 5 minutes. Add the remaining cup of broth; cook and stir until liquid is fully absorbed. Taste orzo for doneness. It should be creamy but not gummy.

Stir in sausage slices and vegetable mixture, then add Parmesan, parsley, butter, zest and chopped fronds.

Season with salt and pepper.

(The rice-like shaped pasta called orzo use here is a riff or risotto, but you can use any small-shaped pasta or Arborio rice.) Recipe from Cuisine Tonight/ Quick& Easy Menus

Easy Skillet Supper

1 1/2 lbs. hamburger (raw)
4 sliced potatoes
1 large sliced onion
1 pkg. slaw mix
1 pkg. frozen mixed vegetables
1 can cream of celery soup
Shredded cheese

Layer (in this order) - potatoes, onion, meat, slaw mix and veggies in large skillet... cook for 30-45 minutes on medium heat. Sprinkle cheese on top before serving.

Recipe can be cut in 1/2 for small skillet.....(use entire can of soup)

Cheesy Chicken & Salsa Skillet

2 cups whole wheat (or regular) Pasta, uncooked
1 pound boneless skinless chicken breasts or tenders, cut into bite-size pieces
1 1/4 cups Salsa
1 cup frozen corn
1 large green pepper, cut into short thin strips (or diced)
1 cup Mexican style shredded four cheese

Cook pasta as direct on package. I like to use wagon wheel or penne pasta.

Meanwhile, heat large nonstick skillet sprayed with cooking spray on medium-high heat. Add chicken; cook and stir 2 minutes. Stir in salsa, corn and peppers. Bring to boil. Simmer on medium-low heat 10 minutes or until chicken is done, stirring occasionally.

Drain pasta. Add to chicken mixture; mix lightly. Top with cheese. Remove from heat; cover. Let stand 1 minute or until cheese is melted.

Nutritional information per serving: Calories 450, Total fat 9 g, Saturated fat 4 g, Cholesterol 85mg, Sodium 850 mg, Carbohydrate 49g, Dietary fiber 6 g, Sugars 5 g, Protein 42 g.

Skillet Lasagna

1/2 pound ground beef	8 ounces wide noodles
1/2 onion, chopped (about 1/2 cup)	1 (10 oz) pkg. chopped spinach, thawed
2 cloves garlic, minced or 1/4 teaspoon garlic powder	1 (12 oz) container lowfat cottage cheese
3 cups spaghetti or pasta sauce (26 to 28 ounces)	1/2 cup (4 oz) shredded mozzarella cheese
1 cup water	Optional: fresh or canned, drained sliced mushrooms

Cook ground beef, onions and garlic together in a large skillet or electric fry pan; stir to prevent sticking. When ground beef has turned brown transfer mixture to a colander set over a bowl and rinse with hot water to remove grease. Return mixture to skillet.

Add spaghetti sauce and water to skillet and bring to a boil.

Add uncooked noodles, stir, cover with lid, turn down the heat and cook 5 minutes.

Squeeze the thawed spinach with your clean hands to remove the juice and then stir into the pan. Add mushrooms if you like. Cover and simmer 5 minutes.

Spoon cottage cheese over the top. Sprinkle with mozzarella cheese, put the lid on and let it heat another 5 to 10 minutes until heated through and noodles are tender.

Skillet Eggplant Parmesan

2 eggs
1 pkg. (5.5 oz) Shake 'N Bake seasoned Panko Coating mix
2 eggplants each cut crosswise into 9 slices

1 jar (24 oz) spaghetti sauce
½ cup water
1 ½ cup shredded Italian Five Cheese
with a touch of Philadelphia

Beat eggs in shallow dish until blended. Empty coating into separate shallow bowl. Dip eggplant in egg, then in coating, turning to evenly coat both sides of each slice. Gently press coating mix into slices to secure. Spray both sides of eggplant slices with cooking spray.

Brush 2 teaspoons oil onto bottom of large skillet; heat on medium heat. Add 1/3 of the eggplant: cook 1 to 2 minutes on each side or until crisp and evenly browned. Repeat with remaining oil and eggplant.

Mix spaghetti sauce and water; spread ¾ cup onto bottom of skillet. Cover with layers 1/3 of the eggplant, ¾ cup sauce, ½ cup cheese: repeat layers. Top with remaining eggplant and sauce; cover.

Cook on medium-low heat 20 -25 minutes or until heated through. Sprinkle with remaining cheese. Remove from heat. Let stand, covered, for 5 minutes or until cheese is melted.

Lazy Stuffed Peppers Recipe 6 – 8 servings

2 Tablespoons olive oil
1 pound extra-lean ground beef
1 medium yellow onion, finely diced
3 bell peppers, seeded and diced large
2 cloves garlic, minced
14.5 oz. can petite diced tomatoes, with juices
14.5 oz can chicken or beef broth

8 oz. can tomato sauce
2 teaspoons beef or chicken bouillon
2 teaspoons Worcestershire sauce
1 teaspoon Italian seasoning or oregano
1 cup white long grain rice, uncooked
1 ½ cups shredded cheddar cheese

Place a large skillet with tight fitting lid over medium-high heat then add olive oil. When the oil is hot, add ground beef and cook 5-7 minutes, breaking into small pieces as it browns.

Add onions, bell peppers and garlic in with beef; stir to combine. Once the peppers have started to soften and the onions are translucent, carefully drain excess grease from skillet.

Return to stove reducing heat to medium. Stir in diced tomatoes with juice, broth, tomato sauce, bouillon, Worcestershire sauce and Italian seasoning.

Bring to a boil then stir in uncooked rice. Return to a boil, reduce heat to low, cover and simmer for 25 minutes, or until rice is tender.

Remove skillet from heat, stir lightly to fluff up the rice, sprinkle with shredded cheddar cheese and replace the lid. Allow the casserole to rest, covered, for about 10 minutes before serving. Enjoy!

Skillet Ziti

8 ounces uncooked ziti
1 pound ground round beef
1 large onion, chopped
½ teaspoon salt
¼ teaspoon freshly ground black pepper

1 (26 oz) jar tomato and basil pasta sauce
1 (8 oz) container sour cream
1/3 cup shredded Parmesan cheese
1 (8 oz) package shredded Italian Six Cheese Blend

Cook pasta according to package directions. Drain and set aside.

While pasta cooks, cook beef, onions, salt and pepper in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink, drain.

Stir in pasta sauce, cook 1 minute or until thoroughly heated. Add pasta, stirring to coat.

Combine sour cream and Parmesan cheese. Stir into pasta mixture. Sprinkle Italian cheese blend over pasta mixture. Cover, reduce heat to medium and cook 5 minutes or until cheese melts.

Easy Chicken Cacciatore 6 servings

3 tablespoons all-purpose flour	½ pound sliced fresh mushrooms
1 ½ teaspoons Italian seasoning	1 cup sliced zucchini
6 boneless skinless chicken breast halves (4 ounces each)	2 cans (14 1/2 oz each) Italian stewed tomatoes
2 teaspoons olive oil, divided	1 can (6 oz) tomato paste
½ cup chopped onion	1 teaspoon salt
	8 ounces uncooked spaghetti

In a large resealable plastic bag, combine flour and Italian seasoning. Add chicken, a few at a time; seal and shake to coat. In a large nonstick skillet coated with cooking spray, cook chicken in 1 tsp. oil for 4-5 minutes on each side or until browned. Remove chicken from skillet and keep warm.

In same skillet, cook onion in remaining oil for 2 minutes. Add mushrooms and zucchini; cook until onion is tender. Stir in tomatoes, tomato paste and salt. Bring to a boil. Return chicken to skillet. Reduce heat; cover and simmer 10 – 14 minutes or until a meat thermometer reads 160 degrees. Cook pasta according to package directions; drain.

Serve chicken mixture with spaghetti.

Nutritional facts: 1 chicken breast half with ¾ cup sauce and 1 cup spaghetti equals 366 calories. T g. fat, 63 mg cholesterol, 931 mg, sodium, 49 g carbohydrate, 6 g fiber, 32 g protein. *Recipe from Taste of Home 2014*

Beef Skillet Supper

1 package (8 oz) medium egg noodles	1 can (11 oz) Mexicorn, drained
1 ½ pounds ground turkey or beef	½ teaspoon salt
1 medium onion	½ teaspoon pepper
1 can (8 oz) tomato sauce	1 cup (4 oz) shredded cheddar cheese
½ cup water	

Cook noodles according to directions. Meanwhile, in a large skillet, cook beef and onion over medium heat, until meat is no longer pink; drain. Add tomato sauce and water. Bring to a boil. Reduce heat; cover and cook for 8 minutes.

Drain the noodles; add to beef mixture. Stir in corn, salt and pepper. Sprinkle with cheese, cover and cook until heated through and cheese is melted. Makes 8 – 10 servings.

Nutritional Fact: 1 serving (9 1 cup) equals 268 calories, 67 mg cholesterol, 10 g fat (5 g saturated fat), 512 mg sodium, 25 g carbohydrate, 2 g fiber, 19 g protein.

Taco Cheeseburger Macaroni

6 ounces Macaroni	1 can (10 ¾ oz) Cheddar cheese soup
1 pound lean ground beef	4 ounces (1 cup) shredded Cheddar cheese
1 Tablespoon olive oil	¾ cup milk
1 medium onion, chopped	1 envelop taco seasoning mix
1 medium red or green pepper, chopped	Salt and pepper to taste

Cook the macaroni according to package directions. Add the olive oil to the skillet and brown the ground beef, onion and peppers. Drain the macaroni and add it to the skillet along with the soup, milk and taco seasoning. Season with salt and pepper to taste. Cover and cook on medium for 7 – 10 minutes. Stir two or three times. Serves 4.

Taco Seasoning (use for one pound of ground beef)

2 teaspoons instant minced onion	1 teaspoon salt
1 teaspoon chili powder	¼ teaspoon dried, crushed oregano leaves
½ teaspoon cornstarch	½ teaspoon cumin
½ teaspoon dried, crushed red pepper	Add ½ cup water

Student's Ragout

4 medium size potatoes	1 pound round steak, cut thin
2 medium sized carrots or more	Salt and pepper
3 medium size onions	1 cup cold water
½ pound sliced Canadian Bacon OR ¼ pound Bacon	

Prepare in skillet with a tight fitting lid. Wash, peel, thin slice potatoes. Wash, scrape, slice carrots. Peel & slice onions. Cut round steak ACROSS the grain into strips 2"x ½" wide.

If bacon is used, halve slices.

LAYER: bacon, steak and sprinkle with pepper; onions & carrots, sprinkle with salt & pepper; top with thinly sliced potatoes, sprinkle with salt & pepper.

Put skillet over medium fire. Start cooking. After 3 minutes, add cup of water. Put on lid.

Simmer for 45 minutes. (Very good the next day. Can be frozen. (I add 2 or 3 extra carrots))

May serve 6 *Recipe submitted by Jerri Hefling, MFV*

Tomato and Spinach Pasta

2 cups penne pasta, uncooked	2 cans diced tomatoes with garlic, basil, and oregano
½ pound Italian sausage	1 cup shredded mozzarella cheese
1 pkg. (6 oz.) baby spinach leaves	1 Tablespoon Parmesan cheese

Cook the pasta according to directions. Brown the meat in a skillet. Add the tomatoes and the spinach. Drain the pasta and add it to the skillet. Mix well. Add the cheeses and stir lightly.

Fiesta Skillet Dinner

1 cup prepared brown instant rice (1/2 cup uncooked)
1 can(15.5 ounces) Mexican style tomatoes
1 can(15.5 ounces) black beans, rinsed
1 cup frozen corn
1 tablespoon chili powder
2 cups cooked diced chicken
1/2 cup 2% reduced fat cheddar cheese, shredded

1. Prepare the brown rice according to package directions.
2. While the rice cooks, mix the tomatoes, black beans, corn, chili powder, and chicken in a large skillet. Cook over medium heat until heated through
3. Add the cooked rice and stir thoroughly. Top with shredded cheddar cheese.
4. Serve hot.

Serves 5 with 1 1/2 cups.

Nutrition Facts: Calories 230 Calories from fat 40 Total Fat 4.5g Cholesterol 40mg Sodium 580 mg Total Carbohydrate 31g Dietary Fiber 7g Sugars 7g Protein 20g

Cheesy Chicken & Salsa Skillet

2 cups whole wheat (or regular) pasta, uncooked
1 lb. boneless skinless chicken breasts or tenders,
cut into bite-size pieces
1-1/4 cups Salsa

1 cup frozen corn
1 large green pepper, cut into short thin strips
or diced
1 cup Mexican style shredded four cheese

COOK pasta as directed on package. I like to use wagon wheel or penne pasta.

MEANWHILE, heat large nonstick skillet sprayed with cooking spray on medium-high heat. Add chicken; cook and stir 2 min. Stir in salsa, corn and peppers. Bring to boil. Simmer on medium-low heat 10 min. or until chicken is done, stirring occasionally.

DRAIN pasta. Add to chicken mixture; mix lightly. Top with cheese. Remove from heat; cover. Let stand 1 min. or until cheese is melted.

Nutritional information per serving Calories - 450 Total fat - 9 g Saturated fat - 4 g Cholesterol - 85 mg Sodium - 850 mg Carbohydrate - 49 g Dietary fiber - 6 g Sugars - 5 g Protein - 42 g Vitamin A - 15 %DV
Vitamin C - 35 %DV Calcium - 45 %DV, Iron - 15 %DV

Chicken & Vegetable Stir Fry

4 teaspoons cornstarch
1 cup reduced sodium chicken broth
2 Tablespoons reduced sodium soy sauce
1 pound boneless skinless chicken breast,
cut into 1/4 inch strips
2 Tablespoons olive oil, divided
1 1/2 cups cauliflowerets
1 1/2 cups broccoli florets

1 sweet red pepper, julienned
1 small onion, halved & sliced
1 garlic clove, minced
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 - 1/2 teaspoon crushed red pepper flakes
2 1/2 cups hot cooked rice
Minced fresh cilantro

Combine cornstarch, broth and soy sauce until smooth, set aside.

In large skillet or wok, stir-fry chicken in 1 Tablespoon oil until no longer pink. Remove, keep warm.

Stir-fry cauliflower, broccoli, carrots, red pepper and onion in 1 Tbsp oil until crisp-tender. Add garlic, salt, pepper and red pepper flakes. Cook for 1 minute longer. Stir cornstarch mixture and add to pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Add chicken, heat thoroughly.

Serve with rice. Sprinkle with cilantro. Yield: 5 servings.

Nutrition facts: 1 cup stir fry with 1/2 cup rice: 297 calories, 1 g fat (1 g sat fat), 50 mg cholesterol, 670 mg sodium, 32 g carbs, 3 g fiber, 23 g protein. *Recipe from Taste of Home 2010.*

Chicken in Creamy Pepperoni Sauce

3 - 4 chicken split breasts with ribs
2 Tablespoon olive oil
1 large onion, thinly sliced
1 small (3.5 oz) pkg. thinly sliced pepperoni

1 can (28 oz) whole peeled tomatoes, chopped
1 teaspoon dried oregano
1/2 cup light cream or Half and Half

Rise chicken and pat dry. Heat oil over medium-high heat in a large Dutch oven or large deep skillet.

Cook chicken until brown on all sides, 15 minutes total. Remove chicken and set aside.

In pan dripping, sauté onion and pepperoni until onion is tender, about 5 minutes. Add chicken, tomatoes and oregano. Cover and cook until juices run clear, turning occasionally. Stir in cream and heat.

Recipe submitted by Jerri Hefling, MFV.

Cheesy Rotini & Tuna Serves 6

2 cups tricolored rotini pasta, uncooked	8 oz. processed cheese, cut into cubes
2 cans (6 oz) tuna in water, drained	½ cup low-fat sour cream
1 package (10 oz) frozen broccoli, thawed, drained	¼ teaspoon black pepper

Cook pasta as directed on package. Drain. Place in skillet and add the remaining ingredients. Stir and cook on low heat for 15 minutes or until heated through and cheese is melted.

Source: Nutrition Education Program Cookbook: The Cook's Helper, Univ. of Nebraska

Skillet Scramble (serves 4)

2 Tablespoons oil	½ cup chopped bell pepper
½ cup chopped onion	3 eggs
2 cups diced cooked ham (optional)	1 cup shredded cheese
3 medium potatoes, thinly sliced	

Heat oil in a large skillet. Add potatoes, onion, bell pepper and ham. Cover and cook over low heat for about 20 minutes or until potatoes are done. Beat eggs lightly and pour over skillet mixture. Cook about 10 minutes until eggs are set. Top with cheese and heat until melted. Cut into wedges.

(Potatoes, onions and bell peppers may be substituted with a 16 oz. package of frozen potatoes with peppers.)

Source: Nutrition Education Program Cookbook: The Cook's Helper, Univ. of Nebraska

Easy Skillet Lasagna Serves 6

1 pound ground beef	1 teaspoon Italian seasoning
½ cup onion	1 8oz. pkg. wide noodles
2 (8 oz.) cans tomato sauce	1 cup cottage cheese
1 ½ cups water	½ cup grated cheese
¼ teaspoon garlic powder	

Brown beef and onion in a large frying pan; drain. Add tomato sauce, water, garlic powder and seasoning; bring to a boil. Add uncooked noodles, cover and simmer for 10 minutes. Stir mixture; spread cottage cheese on top and sprinkle with grated cheese. Cover and simmer for 10 minutes until noodles are tender.

Nutrition: 1 cup. Calories 443, Total fat 13 g (Sat. fat 5g), Chol. 30 mg, Sodium 660 mg, Total Carbs 5g, Protein 5g.

Garlic Chicken Alfredo

1 pkg. fresh fettuccine (9 oz)	2 teaspoons minced fresh garlic
12 oz. boneless, skinless chicken breasts	½ cup heavy cream
Salt and black pepper	1/3 cup shredded Italian cheese blend
1 stick unsalted butter, divided (8 Tbsps)	½ cup frozen green peas, thawed

Cook fettuccine in a pot of boiling salted water according to package directions; drain and set aside.

Cut chicken into bite-size pieces and season with salt and pepper.

Melt 1 Tbsp. butter in a sauté pan over medium heat. Add chicken and Sauté until lightly browned and almost cooked, 3-5 minutes. Stir in garlic; cook 2 minutes.

Add remaining 7 Tbsp. butter and cream to chicken mixture; bring to a boil and simmer until butter melts and mixture begins to thicken, 5 minutes, stirring frequently.

Stir cheese and peas into chicken mixture and cook until cheese melts and mixture thickens, 2-3 minutes; season with salt and pepper. Combine chicken mixture with fettuccine; serve immediately.

(The cheese will start thickening the sauce right away. If it thickens too much, stir in a little hot water.)

Makes 4 servings. Per serving: 591 calories, total fat 35 g (21 g sat) cholesterol 193 mg, sodium 201 mg, carbs 36 g, fiber 2g, protein 30g. Recipe from Cuisine Tonight/ Quick & Easy Menus

Chicken Cutlets with Almond Butter

4 boneless, skinless chicken breasts (5-6 oz each)
Salt and black pepper
2 Tablespoons all-purpose flour
4 Tablespoons unsalted butter, sliced
¼ cup chopped scallions

1 Tablespoon canola oil
¼ cup slivered almonds
½ cup dry white wine or low-sodium chicken broth

Pound each chicken breast between 2 sheets of plastic wrap with a meat mallet or rolling pin into 1.2 inch thick cutlets. Season cutlets with salt and pepper and dredge both sides in flour. Heat oil in a sauté pan over medium-high. Arrange cutlets in pan and sauté until browned, about 4 minutes per side. Remove cutlets from pan to a plate; tent with foil. Add almonds to pan and sauté until toasted, about 3 minutes. Deglaze pan with wine, scraping up browned bits from the bottom; simmer until wine thickens slightly, 3 minutes, then remove from heat. Stir in butter until melted and sauce thickens. Add scallions to sauce. Divide sauce among servings of chicken. Makes 4 servings. Nutrition Per serving; 327 calories, total fat 21 g (sat 9g), cholesterol 103 mg, sodium 73 mg, carbs 5g, fiber 1g, protein 29g. *Recipe from Cuisine Tonight/ Quick& Easy Menus*

Pork and Mushroom Stew

1 Tablespoon each olive oil and unsalted butter
1 ½ pound pork tenderloin, trimmed, cut into
2 inch pieces, dried with paper towels, seasoned
with salt and black pepper
8 ounces cremini mushrooms, quartered
½ cup sliced leeks or shallots
½ cup diced carrot (1 carrot)
2 Tablespoons all-purpose flour

¼ cup dry sherry or white wine
¾ cup apple cider or juice
¾ cup low-sodium chicken broth
1 Tablespoon minced fresh thyme
Salt and black pepper to taste

Heat oil and butter in a sauté pan over medium high. Add pork and sauté until brown on both sides, about 2 minutes per side. Transfer pork to a plate; set aside. Sweat mushrooms, leeks and carrot in same pan over medium heat until softened, 3-4 minutes. Stir in flour and cook 1 minute. Deglaze the pan with sherry, scraping up any bits on bottom, and reduce until evaporated. Stir in cider and broth; bring to a boil. Reduce heat to medium-low. Add pork with residual juices and thyme. Simmer stew until thickened, 5 minutes; season with salt and pepper. Makes 4 cups. Nutrition per cup; 332 calories, Total fat 12 g (sat. fat 4g), cholesterol 119 mg, sodium 133mg, carbs 15 g, fiber 2g, protein 39g. *Recipe from Cuisine Tonight/ Quick& Easy Menus*

Vegetable Rice Skillet Serves 5

1 can (15 oz) Kidney, black or garbanzo beans,
drained and rinsed
1 can (14.5 oz) stewed tomatoes
2 cups mixed vegetables, frozen
1 cup water

¾ cup rice, uncooked
½ teaspoon dried thyme or dried dill weed
1 can (10.75 oz) tomato soup
Hot sauce (optional)
Shredded Cheese (optional)

In skillet, stir together beans, tomatoes, vegetables, water, rice and thyme or dill weed. Bring to a boil. Reduce heat, cover and simmer 20 minutes or until rice is tender. Stir a few times while cooking. Add more water if mixture becomes too dry. Stir in tomato soup. Bring to a boil. Let simmer 2-3 minutes. Serve with hot sauce or shredded cheese, if desired.

Source: Nutrition Education Program Cookbook: The Cook's Helper, Univ. of Nebraska

Sweet and Sour Chicken and Vegetables

2 Tablespoons canola oil	1 medium red bell pepper, cut into ¾ inch chunks
2 1/2 pounds boneless, skinless chicken breasts, cut into thin strips	2 Tablespoons low sodium soy sauce
1 (20-ounce) can pineapple chunks in syrup, drained and liquid reserved	1 Tablespoon white vinegar
1 (8- ounce) can sliced water chestnuts, drained	1 Tablespoon ketchup
1 cup fresh broccoli florets	2 Tablespoons cornstarch
	1 Tablespoon sugar
	1 cup fresh snow peas, trimmed

In a large skillet or wok, heat oil over high heat. Add chicken and stir-fry for 4 to 5 minutes, or until no pink remains.

Add pineapple chunks, water chestnuts, broccoli, and red pepper. Stir-fry for 3 or 4 minutes until the vegetables are crisp-tender.

In a small bowl, combine the reserved pineapple liquid, soy sauce, vinegar, ketchup, cornstarch, and sugar; mix well. Stir into skillet or wok and cook 3 minutes. Add the snow peas and cook 1 minute, or until sauce has thickened.

Serve immediately

Makes 6 servings. **Nutrition per serving:** Calories 390, Total fat 9.7 g, Sat. Fat 1.7 g, Cholesterol 121 mg, Sodium 592 mg, Carbs 33g, Fiber 2.9g. *Recipe from everydaydiabetic recipes.*

Italian Chicken and Vegetable Skillet (serves 6)

2 tablespoons olive oil
1 ¼ pounds chicken tenders or boneless skinless chicken breasts cut into strips
2 teaspoons Italian seasoning
2 teaspoons seasoned salt*
1 cup grape tomatoes
1 cup green beans, cut into 2 inch pieces or 1 cup asparagus pieces
1 cup sliced yellow or zucchini squash
½ cup bell pepper strips
½ cup sliced onion

1. Heat oil in large nonstick skillet on medium –high heat. Add chicken, cook and stir 5 to 6 minutes until golden brown.
2. Stir in all vegetables except tomatoes, and seasonings. Cook and stir 5 minutes or until vegetables are tender-crisp. Add tomatoes; cook and stir 1 to 2 minutes until tomatoes are slightly softened and chicken is cooked.

Nutrition Information: Calories : 171, Sodium: 564 mg, Fat: 7 gram Carbohydrates: 4 gram,
Protein: 23 gram, Fiber: 2 gram To reduce sodium use less seasoned salt or other salt free seasoning

Just Plain Fired Hotdogs

Spray skillet with Pam. Slice hotdogs almost in half and brown on both sides. Serve on bun or bread

Hot Dog Goulash

7 potatoes 5 eggs
4 hotdogs

In skillet make some home fries. When almost done, cut up several hotdogs and brown them with the potatoes. Beat eggs together and pour over potato and hotdog mixture. Cook until eggs are set.

Hotdog Recipes submitted by Audrey Tate, MFV.

Ginger- Sesame Rice

1 Tablespoon minced fresh ginger	1 cup dry converted white rice
2 scallions, thinly sliced, white and green parts separated	2 ¼ cups water
2 teaspoons toasted sesame oil	1 teaspoon kosher salt
2 teaspoon toasted sesame seeds	

Gook ginger and scallion whites in oil in a saucepan over medium heat, 1 minute.
Add rice and stir to coat, then add water and salt; bring to a boil, cover, reduce heat to low, and simmer until rice is tender, about 15 minutes. Remove pan from heat; let rice rest 5 minutes.
Garnish rice with scallion green and sesame seeds.

Apple Raspberry Coconut Crisp

1 cup plus 1 Tablespoon white whole wheat flour	½ cup coconut oil (chill for 5 minutes if liquidy)
1/3 cup plus 1 Tbsp. coconut sugar OR packed brown sugar	¼ cup slivered almonds (optional)
½ teaspoon ground cinnamon	6 large or 8 small Granny Smith Apples (3 lbs) peeled, cored, and sliced into ¼ inch wedges (about 10 cups)
½ teaspoon salt	2 (6 oz) containers or raspberries
¼ teaspoon baking powder	

Heat oven to 375° F. Whisk together 1 cup flour, 1/3 cup coconut sugar, cinnamon, salt and baking powder in a medium bowl. Using your hands, work the coconut oil into the flour mixture until coarse crumbs form. Add almonds and toss to combine. Chill until needed
Toss together apples, raspberries, remaining 1 Tbsp. flour and remaining 1 Tbsp. coconut sugar in a large bowl. Transfer to a 3 quart, 9x13x2 inch baking dish.
Scatter topping over fruit. Bake until brown and bubbling, 30 – 35 minutes. Tent with foil if it is browning too quickly. Makes 10 servings.
Nutrition: 239 calories, Fat 11 g (Sat. fat 9g), Protein 2g, carbs 35g, sugar 22g, fiber 5g, sodium 134mg
Recipe from Dr. OZ Magazine

Slow Cooker Apple-Pecan Crisp

5 large Granny Smith Apples, peeled and cut into ¼ inch thick slices
2 Tablespoons lemon juice
¾ cup all –purpose flour
¾ cup packed dark brown sugar
1 teaspoon ground cinnamon
1/8 teaspoon salt
½ cup cold butter
¾ cup chopped pecans, toasted

Spray 6 quart slow cooker with cooking spray. In slow cooker, toss apples with lemon juice.
In medium bowl, mix flour, brown sugar, cinnamon and salt. Cut in butter, using pastry blender until mixture is crumbly. Sprinkle evenly over apples.
Cover, cook on High heat setting 3 hours or until apples are tender. Sprinkle with pecans.
Per serving: Calories 473, total Fat 25g, Sodium 192 mg, Carbs 64g, Fiber 4g, Protein

Mom's Fabulous Chicken Pot Pie with Biscuit Crust

Ingredients:

1/4 cup butter	2 cups lower-sodium chicken broth
1 small onion, chopped	2/3 cup half & half cream or evaporated milk
3 celery ribs, chopped	Salt and ground black pepper to taste
3 carrots, chopped	3 cups cooked chicken, cut into bite-size pieces
2/3 cup frozen peas	1 (16.3 oz) can refrigerated flaky-style biscuits
3 Tablespoons chopped fresh parsley	1 egg yolk, beaten
1/4 teaspoon dried thyme	1 Tablespoon water
1/4 cup all-purpose flour	
1 medium potato, cubed	

Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Melt butter in a skillet over medium-low heat, and cook the onion, celery, and carrots until the celery and carrots are tender, about 15 minutes, stirring occasionally. Stir in peas, parsley, thyme and flour, and cook, stirring constantly, until the flour coats the vegetables and begins to fry, about 5 minutes. Whisk in chicken broth and half-and-half, and cook until the sauce is thick and bubbling. Season to taste with salt and black pepper, and mix in the chicken meat.
3. Transfer the chicken, vegetables, and sauce into a 2-quart baking dish. Arrange biscuits on top of the filling. In a small bowl, beat egg yolk with water; brush egg yolk on the biscuits.
4. Bake in the preheated oven until the biscuits are golden brown and the pie filling is bubbling, 20 to 25 minutes. Let rest 10 minutes before serving.

Nutrition Information Servings Per Recipe: 6 Calories: 577 Total Fat: 31.

Cholesterol: 120mg. Sodium: 1065m Total Carbs: 44.7g Dietary Fiber: 3.5g Protein: 27.1g

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