



Nutritious & Delicious Recipes for Healthy Families



This Family and Consumer Sciences is funded under an agreement with the Tennessee Department of Human Services and USDA Supplemental Nutrition Assistance Program.



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

Cheesy Chicken Skillet

(Serves 5)

- 1 tablespoon oil
- 1 onion, chopped
- 3 cups water or chicken broth
- 1 cup rice, uncooked
- 3 carrots, sliced
- 2 cups cooked diced chicken
- 1 can (14.5 oz.) green beans
- 1 cup shredded cheese

In a large skillet, heat oil and cook onion until tender and lightly browned. Add water or broth. Heat to boiling. Stir in rice and carrots. Reduce heat to simmer. Cover and cook for 20 minutes. Add chicken, beans, and cheese. Cover and cook over low heat until hot and cheese is melted.

Source: Nutrition Education Program Cookbook: The Cook's Helper

Nutrition Information (per serving): 390 calories, 9g total fat (14% DV), 3.5g saturated fat (18% DV), 640mg sodium (27% DV), 51g total carbohydrate (17% DV), 9g dietary fiber (36% DV), 30g protein

Note: Water, brown rice, canned chicken, and reduced-fat mozzarella cheese were used in the nutrition analysis.



This material was funded by
USDA's SNAP-ED Program

Cheesy Rotini & Tuna

(Serves 6)

2 cups tricolored rotini pasta, uncooked
2 cans (6 oz.) tuna in water, drained
1 package (10 oz.) frozen broccoli, thawed, drained
8 oz. processed cheese, cut into cubes
½ cup low-fat sour cream
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 2008 Calendar

Nutrition Information (per serving): 320 calories, 12g total fat (18% DV), 7g saturated fat (35% DV), 750mg sodium (31% DV), 29g total carbohydrate (10% DV), 2g dietary fiber (8% DV), 23g protein



This material was funded by
USDA's SNAP-ED Program



Easy Low-fat Chili

(Serves 7)

- 1 medium onion, chopped
- ¼ cup chopped green pepper
- 2 cups water
- 1-16 oz. can great northern beans, rinsed and drained
- 1-16 oz. can navy beans, rinsed and drained
- 1-6 oz. can tomato paste
- 1-17 oz. can diced tomatoes, undrained
- 2-4 teaspoons chili powder
- 1 teaspoon salt, optional
- ½ teaspoon pepper

In large saucepan, cook the onion and green pepper in ½ cup water until tender. Add beans, tomato paste, and tomatoes. Stir in chili powder, salt if desired, pepper and remaining water. Bring to boil. Reduce heat; cover and simmer for 20 minutes.

Source: The kitchen of Carroll County TNCEP

Nutrition Information (per serving): 160 calories, 1g total fat (2% DV), 0g saturated fat, 800mg sodium (33% DV), 30g total carbohydrate (10% DV), 9g dietary fiber (36% DV), 9g protein

Note: Salt listed as optional was not included in the nutrition analysis.



This material was funded by
USDA's SNAP-ED Program

Skillet Lasagna

(Serves 6)

½ lb. lean ground beef
1 small onion, chopped
1 clove garlic, minced or ¼ teaspoon garlic powder
1 can (15 oz.) tomato sauce
1 cup water
½ teaspoon dried oregano
½ teaspoon dried basil
3 cups wide noodles, uncooked
1 package (10 oz.) frozen spinach, thawed
1 cup low-fat cottage cheese
2 oz. reduced-fat cheese, diced or grated

In a large skillet, brown ground beef, onion, and garlic. Drain fat. Add tomato sauce, water, oregano, and basil. Bring to boil. Add noodles and stir. Cover and boil gently for 5 minutes. Break up the thawed spinach into small pieces. Stir into the skillet mixture. Bring to boil. Cover and boil gently for 5 more minutes. Stir. Spoon cottage cheese on top. Sprinkle with diced cheese. Cover and simmer for about 10 minutes or until noodles are tender. Add water if mixture is too thick.

Source: Nutrition Education Program Cookbook: The Cook's Helper

Nutrition Information (per serving): 220 calories, 6g total fat (9% DV), 2.5g saturated fat (13% DV), 700mg sodium (29% DV), 21g total carbohydrate (7% DV), 3g dietary fiber (12% DV), 20g protein



This material was funded by
USDA's SNAP-ED Program

Skillet Scramble

(Serves 4)

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

Heat oil in a large skillet. Add potatoes, onion, bell pepper, and ham (if using). 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.

Note: Potatoes, onion, and bell peppers may be substituted with a 16 oz. package of frozen potatoes with peppers. Serve with orange juice and toast for a complete meal.

Source: Extension Associate Mary Abbott

Nutrition Information (per serving): 330 calories, 16g total fat (25% DV), 5g saturated fat (25% DV), 290mg sodium (12% DV), 32g total carbohydrate (11% DV), 4g dietary fiber (16% DV), 15g protein



This material was funded by
USDA's SNAP-ED Program



Vegetable Rice

(Serves 5)

1 can (15 oz.) kidney, black or garbanzo beans, drained and rinsed

1 can (14.5) stewed tomatoes

2 cups mixed vegetables, frozen

1 cup water

$\frac{3}{4}$ cup rice, uncooked

$\frac{1}{2}$ teaspoon dried thyme or dried dill weed

1 can (10.5 oz.) tomato soup

Hot sauce (optional)

Cheese, shredded (optional)

In skillet, stir together beans, tomatoes, vegetables, water, rice and thyme or dill weed. Bring to 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 boil. Let simmer 2-3 minutes. Serve with hot sauce or shredded cheese, if desired.

Source: Nutrition Education Program Cookbook: The Cook's Helper

Nutrition Information (per serving): 270 calories, 1g total fat (2% DV), 0g saturated fat, 560mg sodium (23% DV), 56g total carbohydrate (19% DV), 7g dietary fiber (28% DV), 9g protein



This material was funded by
USDA's SNAP-ED Program

Create Your Own Skillet Meal

Easy, Healthy & Low Cost

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 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
2-3 cups (measure uncooked) cooked: <ul style="list-style-type: none"> o macaroni rigatoni o similar pasta 1 cup (measure uncooked), cooked: <ul style="list-style-type: none"> o brown or white rice 4 cups (measure uncooked) cooked: <ul style="list-style-type: none"> o wide or narrow noodles 	1 package (10 oz.) frozen (thawed and drained): <ul style="list-style-type: none"> o spinach o broccoli o green beans o peas o mixed vegetables 1 can (14.5 oz.): <ul style="list-style-type: none"> o green beans o peas o carrots o corn mixed vegetables 2 cups cooked fresh or 1 small can/jar: <ul style="list-style-type: none"> o Mushrooms 2 cups fresh (diced or sliced): <ul style="list-style-type: none"> o zucchini 	2 cups diced cooked: <ul style="list-style-type: none"> o chicken o turkey o ham o beef o pork o ground beef 2 cups chopped: <ul style="list-style-type: none"> o hard-boiled eggs 2 cans 6-8 oz.) (drained and flaked) : <ul style="list-style-type: none"> o fish or seafood 2 cups: <ul style="list-style-type: none"> o cooked beans 	1 can (10.75 oz.) mixed with milk to make 2 cups: <ul style="list-style-type: none"> o low-sodium cream soup (mushroom, celery, broccoli cheese, etc.)

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

Sources: Karen Wobig, University of Nebraska-Lincoln Extension Educator



This material was funded by
USDA's SNAP-ED Program

Vegetable Salad

(Serves 12, serving size is ½ cup)

- 1 can (12 oz.) drained whole kernel corn
- 1 can (14 ½ oz.) drained carrots
- 1 can (14 ½ oz.) drained green beans
- 1 can (14 ½ oz.) tomatoes, chopped
- 1 tablespoon finely chopped onion
- 1 tablespoon finely chopped green pepper
- 1/3 cup tomato juice from canned tomatoes
- ¼ cup vegetable oil
- 1/3 cup vinegar
- 2 tablespoon corn syrup
- 1/8 teaspoon black pepper

Drain corn, carrots, and green beans. Throw away liquid. Rinse vegetables and drain again. Drain tomatoes. Save 1/3 cup of the liquid. Mix corn, carrots, green beans, tomatoes, onion, and green pepper in a large bowl. Mix together all other ingredients in a separate bowl. Pour over vegetables. Cover and set aside at least 3 hours in the refrigerator.

Note: You can also use a 16 oz. bag of frozen vegetables in place of canned corn, carrots, and green beans.

Source: Cent\$ible Nutrition Cook Book, p. fv-28 University of Wyoming Cooperative Extension

Nutrition Information (per serving): 90 calories, 5g total fat (8% DV), 0.5g saturated fat (3% DV), 220mg sodium (9% DV), 11g total carbohydrate (4% DV), 2g dietary fiber (8% DV), 1g protein



This material was funded by
USDA's SNAP-ED Program

Farmers Market Salsa

(Serves 8)

- ½ cup fresh cooked or frozen corn
- 1 can (15 oz.) drained and rinsed black beans
- 1 cup fresh diced tomatoes
- ½ cup diced onion
- ½ cup diced green pepper
- 2 tablespoons lime juice
- 2 finely chopped garlic cloves
- ½ cup picante sauce

Combine all ingredients in a large bowl. Chill until serving time. Drain before serving. Serve with low-fat baked tortilla chips or fresh vegetables.

Source: Kids a Cookin', Kansas Nutrition Program

Nutrition Information (per serving): 50 calories, 0g total fat (0% DV), 210mg sodium (9% DV), 12g total carbohydrate (4% DV), 3g dietary fiber (12% DV), 3g protein



This material was funded by
USDA's SNAP-ED Program

Corn and Green Chili Salad

(Serves 4, serving size is ¾ cup)

- 2 cups frozen and thawed corn
- 1 can (10 oz.) diced tomatoes with green chilies
- ½ tablespoon vegetable oil
- 1 tablespoon lime juice
- 1/3 cup sliced green onions
- 2 tablespoons fresh chopped cilantro

Combine all ingredients in a medium bowl. Mix well.

Source: Healthy Latino Recipes: Made with Love, California Latino 5-a-Day Campaign, California Department of Health Services

Nutrition Information (per serving): 90 calories, 2.5g total fat (4% DV), 0g saturated fat (0% DV), 300mg sodium (13% DV), 16g total carbohydrate (5% DV), 2g dietary fiber (8% DV), 3g protein



This material was funded by
USDA's SNAP-ED Program

