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One Dish Meals to Save Time and Money!

Make a double recipe to feed your family now... and freeze the leftovers for later! Here are some great ideas for recipes:

- Stir Fry
- Soups
- Casseroles
- Chili



Making a large batch can give you a quick meal for another night!



- Refrigerate leftovers within 2 hours of cooking. Serve leftovers within 3 days.
or
- Freeze leftovers to use weeks or months later. Label freezer bags or containers with the date.

Kids Can....

- ★ Put washed and cut up fruits and veggies in freezer bags
- ★ Help stir soups or stir fry's

Freeze *small portions* of veggies or fruits to use in:

- smoothies
- casseroles
- soups
- omelets

Freeze *grated* veggies or fruits to use in:

- pancakes
- bread
- muffins
- meatloaf

It's easy, quick, and delicious!



Monthly Hero Checklist

- Freeze extra soups or casseroles
- Make colorful bags of fruits and veggies to freeze
- Check out the [freezing tip](#) on Food Hero
- _____

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Oregon State UNIVERSITY **OSU** Extension Service



One Pan Spaghetti

Ingredients

- ½ pound lean **ground beef**
- 1 medium **onion**, chopped
- 3 ½ cups **water**
- 1 can (15- ounce) **tomato sauce**
- 2 teaspoons dried **oregano**
- ½ teaspoon **sugar**
- ½ teaspoon **garlic powder**
- ½ teaspoon **rosemary**
- ¼ teaspoon **pepper**
- 2 cups (12 ounces) broken **spaghetti**
- 1 cup (4 ounces) shredded **parmesan cheese**

Directions

1. Brown meat and onions in a large skillet over medium-high heat (300 degrees in an electric skillet). Drain fat.
2. Stir in water, tomato sauce, and spices; bring to a boil.
3. Add spaghetti, cover pan, and simmer 10-15 minutes, stirring often to prevent sticking.
4. When spaghetti is tender, top with grated cheese.
5. Refrigerate leftovers within 2-3 hours.

Note

- Try ground turkey or small cooked shrimp for the meat.
- Try whole-wheat pasta to increase fiber.
- Use cheddar cheese in place of parmesan.

Nutrition Facts	
Serving Size 1 cup (195g)	
Servings Per Container 10	
Amount Per Serving	
Calories 220	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 360mg	15%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 12g	
Vitamin A 6%	• Vitamin C 8%
Calcium 10%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more recipes and tips on eating well for less, visit www.foodhero.org