

What I have on hand

Casserole recipe

Servings: 6

Grain (choose one and cook)

- 2 cups whole-wheat pasta (macaroni, penne, spiral, bow tie)
- 1 cup long-grain white or brown rice
- 1 cup bulgur or whole-grain barley
- 4 cups whole-wheat noodles

Protein (choose one)

- 2 cups lean ground beef, cooked
- 2 cups chicken, turkey, ham, beef or pork, cooked and diced
- 2 cups hard-cooked egg, chopped
- 2 (6 to 8 ounces) fish or seafood, flaked
- 2 cups canned beans (like kidney, pinto) or cooked, dried beans

Vegetable (choose one or more)

- 1 (10-ounce) package frozen spinach, broccoli, green beans or peas, thawed and drained
- 1 (16-ounce) can green beans, peas, carrots or corn, drained
- 2 cups fresh vegetables, washed and sliced

Sauce (choose one)

- 2 cups white sauce
- 1 can soup (mushroom, celery, cheese, tomato*) mixed with low-fat milk to make 2 cups
- 1 (16-ounce) can diced tomatoes

*choose 98 percent fat-free or low-sodium soup

Flavor (choose one or more)

- 1 to 2 teaspoons mixed dried herbs (basil, thyme, marjoram, tarragon)
- ½ cup celery, chopped
- ¼ cup onion, chopped
- Salt and pepper to taste



Directions

Choose food(s) from each food category or use your own favorites. Combine in a buttered 2-quart casserole dish (or use nonstick cooking spray instead of the butter). Cover and bake at 350 degrees F for 50 to 60 minutes or microwave using 50 percent power for 15 to 30 minutes, rotating or stirring as necessary. (Remember, each microwave is different.) Heat until steaming hot (165 F) throughout.

After cooking, add topping(s) listed below and return casserole, uncovered, to oven for about 10 minutes or microwave for about 2 minutes.

Topping (optional, choose one or more)

- 2 tablespoons Parmesan cheese, grated
- ¼ cup Swiss, low-fat cheddar or low-fat Monterey Jack cheese, shredded
- ¼ cup whole-wheat bread crumbs
- ¼ cup nuts, chopped

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