

Commodity Use Guide and Helpful Hints



Above photo from www.gabsagri.com



Lincoln Trail District
Health Department



Public Health
Prevent. Promote. Protect.

Refrigerator/Freezer Storage Chart



Category	Food	Refrigerator (40°F or below)	Freezer (0 °F or below)
Salads	Egg, chicken, ham, tuna & macaroni salads	3-5 days	Does not freeze well
Hot dogs	Opened package	1 week	1-2 months
Hot dogs	Unopened package	2 weeks	1-2 months
Luncheon meat	Opened package or deli sliced	3-5 days	1-2 months
Luncheon meat	Unopened package	2 weeks	1 to 2 months
Bacon	Bacon	7 days	1 month
Sausage	Raw-from chicken, turkey, pork, or beef	1-2 days	1-2 months
Hamburger & other ground meats	Hamburger, ground beef, turkey, veal, pork, lamb, & mixtures	1-2 days	3-4 months
Fresh beef, veal, lamb & pork	Steaks	3-5 days	6-12 months

Fresh beef, veal, lamb & pork	Chops	3-5 days	4-6 months
Fresh beef, veal, lamb & pork	Roasts	3-5 days	4-12 months
Fresh poultry	Chicken or turkey, whole	1-2 days	1 year
Fresh Poultry	Chicken or turkey, pieces	1-2 days	9 months
Soups & Stews	Vegetable or meat added	3-4 days	2-3 months
Leftovers	Cooked meat or poultry	3-4 days	2-6 months
Leftovers	Chicken nuggets or patties	3-4 days	1-3 months
Leftovers	Pizza	3-4 days	1-2 months
Eggs	Fresh in shell	3-5 weeks	Don't freeze
Eggs	Hard cooked	1 week	Don't freeze well
Liquid pasteurized eggs, egg substitutes	Opened	3 days	Don't freeze well
	Unopened	10 days	1 year

Information derived from foodsafety.gov

**EXPIRATION
DATE: - - - - -**

Best if used by date, expiration date, sell-by??
What they mean:

Best if used by: may still be edible past this date, but maximum freshness, flavor, and texture might not be best. This does not mean it is unsafe to use past this point.

Expiration date: the date the product is no longer considered safe to use. Throw out any product that is past the expiration date.

Sell-by date: the date the store should no longer sell the product. It does not mean the product is bad in your home. For example, milk with a sell by date for today should still be good for at least another week.



Photo from www.befoodsmart.com

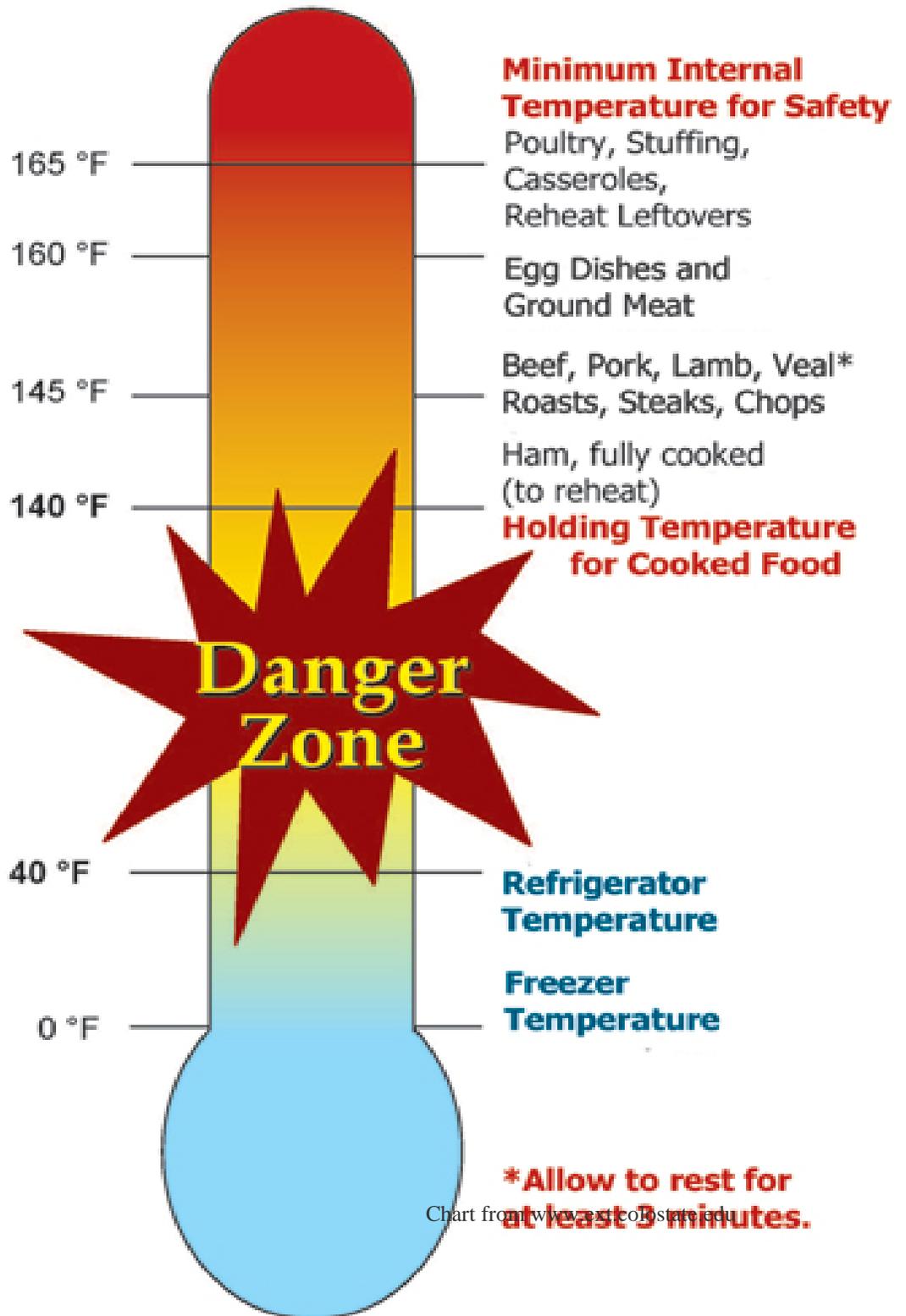


Chart from www.fda.gov/oc/ohst/ohst.html

Make My Milk, Milk!

Powdered, Evaporated, and Shelf-Stable Milk

Powdered Milk

- All water is evaporated from the milk to make powdered milk.
- Unopened it can last for a few years. Be sure to check the dates on the package.
- After opening and mixing, refrigerate and use within 4-5 days.

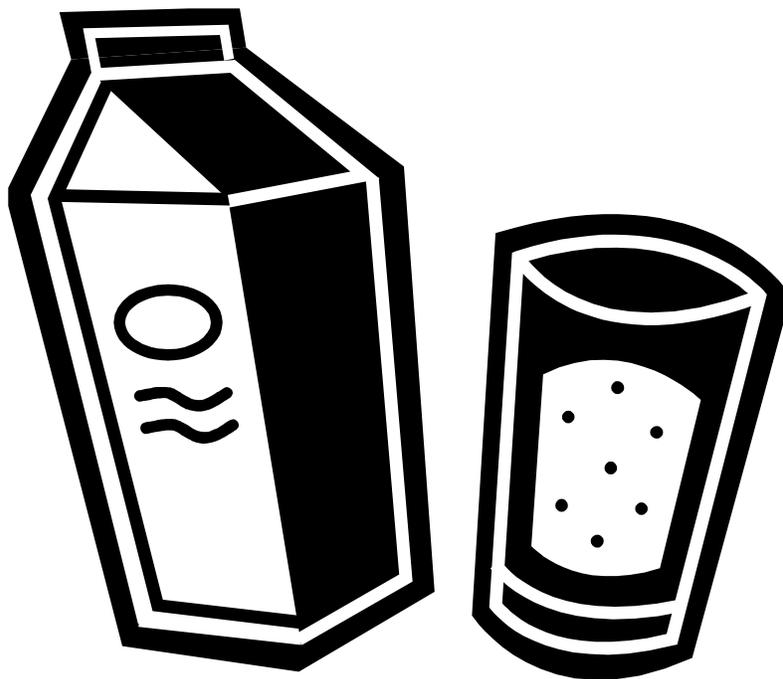
Water		Powdered Milk		Liquid Milk
1 Cup	+	3 tablespoons	=	1 Cup
1 Quart	+	1 1/3 Cups	=	1 Quart
1 Gallon	+	5 1/3 Cups	=	1 Gallon

Evaporated Milk

- Some water is removed from the milk to make evaporated milk. It is then canned and heated to remove any possible bacteria. Unopened it can be stored for up to a year (check the date on the can). After opening and mixing, refrigerate and use within 7 days.
- To convert into drinking milk mix evaporated milk with equal parts water. For example, mix ½ cup evaporated milk with ½ cup water to make 1 cup milk.

Shelf-Stable Milk

- Shelf-stable milk is ultra-pasteurized at very high temperatures to remove any possible bacteria and then packaged in specialized aseptic containers that prevent any bacteria, light or air getting into the milk.
- The packages are similar to the ones used for juice, broth and soups.
- Unopened the milk can be stored out of the refrigerator. Check the package for use by dates.
- Once opened, shelf-stable milk should be refrigerated and used within a week.
- Shelf stable milk does not have to be mixed and is ready to be used once opened.



Mix and Match Casserole

Choose a sauce:

1 can cream soup (any), do not add water

2 cans of diced tomatoes, do not drain

Choose a vegetable:

1 can cut green beans, drained

1 can sweet peas, drained

1 can whole kernel corn, drained

1 can chopped spinach

Choose one pasta/rice:

2 cups uncooked elbow macaroni

1 cup uncooked regular rice

4 cups uncooked wide egg noodles

3 cups uncooked small pasta shells

Choose one

meat/fish/poultry:

2 (6 oz) cans tuna, drained and flaked

2 cups canned, cooked chicken, ham, beef or turkey

Optional Add-Ins:

1 (3 oz.) can sliced mushrooms, drained

1/4 cup sliced ripe olives

1/4 cup chopped red or green bell pepper

1/4 cup chopped onion

1/4 cup chopped celery

2 garlic cloves, minced

1 (4 1/2 oz.) can chopped green chiles

1 (1 1/2 oz.) envelope taco seasoning mix

Toppings:

1/2 cup shredded mozzarella cheese

1/2 cup grated

Parmesan cheese

1/2 cup shredded Swiss cheese

1/2 cup fine, dry breadcrumbs

1 cup round buttery crackers, crushed

1 cup herb-seasoned stuffing mix

Preparing the Casserole:

1 (8 oz.) container sour cream

1 cup milk

1 cup water

1 tsp. salt

1 tsp. pepper

Selected ingredients (see above)

- Combine sour cream, milk, water, salt, and pepper with chosen Sauce Maker (omit sour cream and milk when using tomatoes).
- Stir in selected Vegetable, Pasta/Rice, Meat/Fish/Poultry, and any optional add-ins.
- Spoon into a lightly greased 13x9-inch baking dish.
- Bake, covered, at 350°F for 1 hour and 20 minutes. Uncover and sprinkle with selected Toppings; bake 10 more minutes.

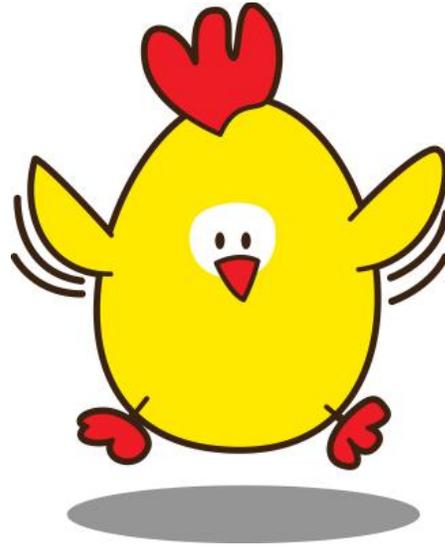
This recipe can be found at: <http://www.cooks.com/recipe/ny51u0va/mix-and-match-casserole.html>

Stretch Your Chicken

By roasting a chicken early in the week, you can plan meals with shredded or cubed chicken for several days, without the hassle of cooking more meat.

Some ideas include:

- Chicken Tacos
- Chicken Salad
- Bar-B-Que Chicken Nachos
- Chicken Noodle Soup
- Chicken and Pasta
- Chicken and Rice
- Chicken and Dumplings
- Chicken Sandwiches
- Top a Green Salad with Chicken
- Chicken Corn Chowder
- Chicken Kabobs
- Chicken Pot Pie
- Chicken Fajitas
- Bar-B-Que Chicken
- Chicken Pizza



These are just a sampling of the things you could do, with a little imagination and a few ingredients. Chicken and vegetables, rice, pasta, potatoes, or breads you can turn this versatile meat into many meals.

eating better on a budget



10 tips to help you stretch your food dollars

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 **PLAN, PLAN, PLAN!**
Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 **GET THE BEST PRICE**
Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

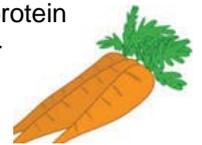
3 **COMPARE AND CONTRAST**
Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4 **BUY IN BULK**
It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 **BUY IN SEASON**
Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 **CONVENIENCE COSTS... GO BACK TO THE BASICS**
Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

7 **EASY ON YOUR WALLET**
Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



8 **COOK ONCE...EAT ALL WEEK!**
Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 **GET YOUR CREATIVE JUICES FLOWING**
Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

10 **EATING OUT**
Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill



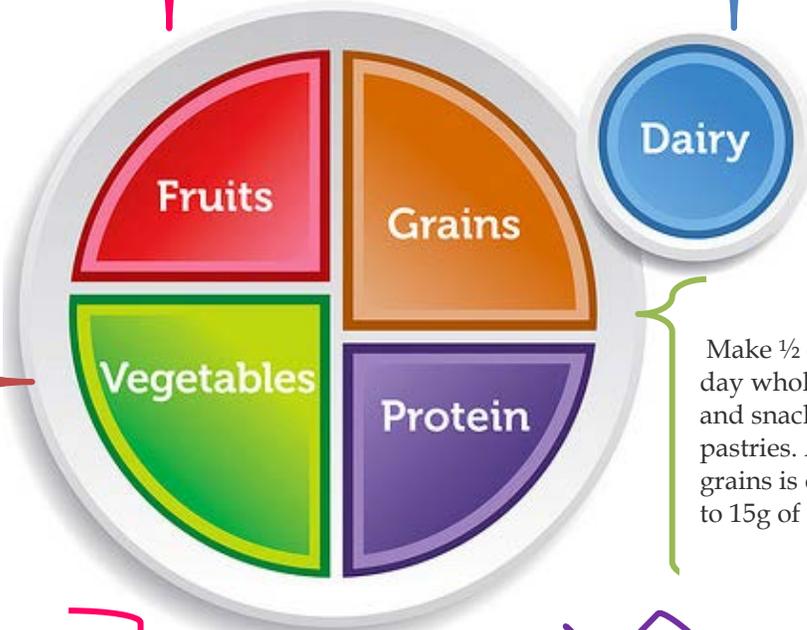
Perfecting Portion Sizes

A “portion” can be thought of as the amount of a specific food an individual eats for a meal or snack. Many factors affect appropriate food portions, such as the individual’s age, gender, activity level, appetite and where and when the food is obtained and eaten. Being aware of standard portion sizes will help you and your students build appropriate sized meals, including a variety of food groups. Everything you eat and drink matters. The right mix of right sized portions can help you be healthier now and in the future.

Make half your plate fruits and vegetables. Focus on whole fruits, but if you drink juices, choose 100% juice varieties. A ½ cup or small piece of whole fruit counts as a serving of fruit.

Move to low fat dairy. Choose fat free milk, yogurt or milk alternatives like soy. Eight ounces of milk counts as a serving of dairy.

Vary your veggies. When making half your plate fruits and veggies, choose a variety of colorful vegetables prepared in healthful ways such as sautéed, roasted or raw. Serving sizes of vegetables vary. On average, a ½-1 cup counts as a serving of vegetables.



Make ½ of your grain servings each day whole grains. Limit desserts and snacks like cookies cakes and pastries. A standard serving of grains is often a ½ cup, equivalent to 15g of carbohydrates.

Drink and eat less food high in sodium, saturated fat and added sugars. These should be consumed in moderation, both by kids and adults. Choose vegetable based oils instead of butter. Choose beverages wisely and reach for water before soda or other sugary drinks.

Switch up your proteins and watch for appropriate portions. A portion of protein = 3oz. Mix up your protein sources to include seafood, beans, nuts and seed and vegetable sources of protein like soy.

Food For Thought... Quit the clean your plate club. Take your cues from natural feelings of fullness, rather than what you have been served. Often portion sizes served are bigger than what we actually need.

CHICKEN RICE SOUP

MAKES 6 SERVINGS

Ingredients

- 1 can (12 ½ ounces) chicken, undrained
- 5 stalks celery, chopped
- 1 medium onion, chopped
- 1 teaspoon black pepper
- 1 tablespoon parsley
- 4 cups water
- 1 tablespoon margarine
- 1 cup rice, uncooked
- 1 can (about 15 ounces) low-sodium carrots, drained
- 1 can (about 15 ounces) low-sodium green beans, drained

Directions

1. In a large pot, over high heat, combine chicken, celery, onion, pepper, parsley, and water. Stir and bring to boil. Reduce heat to low and cook, covered, for 35 minutes.
2. Cook rice according to package directions.
3. Add carrots, green beans, and cooked rice to large pot and heat for 5 more minutes over medium heat. Serve hot.

Nutrition Information for 1 serving of Chicken Rice Soup							
Calories	280	Cholesterol	50 mg	Sugar	5 g	Vitamin C	11 mg
Calories from Fat	50	Sodium	368 mg	Protein	20 g	Calcium	80 mg
Total Fat	6 g	Total Carbohydrate	35 g	Vitamin A	420 RAE	Iron	4 mg
Saturated Fat	1.5 g	Dietary Fiber	5 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook

BLACK BEANS AND RICE

MAKES 4 SERVINGS

Ingredients

- 1 teaspoon vegetable oil
- 1 tablespoon garlic, finely chopped
- 1 cup onion, chopped
- 1 cup green pepper, diced
- 2 cans of low-sodium black beans
- 2 cups low-sodium chicken broth
- 1 tablespoon vinegar
- ½ teaspoon oregano
- 3 cups cooked rice
- black pepper to taste

Directions

1. In a large skillet, heat oil and cook garlic, onions, and green peppers for about 3 minutes.
2. Stir in the beans, broth, vinegar, and seasonings and boil.
3. Reduce heat and cover. Cook on low heat for 5 minutes.
4. Spoon over cooked rice and serve.

Nutrition Information for 1 serving (about 1½ cup) Black Beans and Rice							
Calories	180	Cholesterol	0 mg	Sugar	23 g	Vitamin C	1 mg
Calories from Fat	20	Sodium	180 mg	Protein	5 g	Calcium	51 mg
Total Fat	3 g	Total Carbohydrate	38 g	Vitamin A	6 RAE	Iron	2 mg
Saturated Fat	0 g	Dietary Fiber	5 g				

Recipe adapted from Food and Health Communications, Inc.

VEGETABLE-BEEF SOUP

MAKES ABOUT 8 SERVINGS

Ingredients

- 1 can (about 24 ounces) beef
- 1 cup whole grain rotini, uncooked (other pastas can be used instead)
- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 4 cups water (for soup)
- 1 cup kidney beans, cooked
- 1 can (about 15 ounces) low-sodium carrots, drained
- 1 can (about 15 ounces) low-sodium corn, drained
- 2 cans (about 15 ounces each) low-sodium tomatoes, diced, undrained

Directions

1. Cook pasta according to package directions; drain and set aside.
2. In a large pot over medium heat, cook onion in vegetable oil for about 5 minutes, stirring often, until onion is soft.
3. Add beef to onions and cook for about 1 minute.
4. Add water, kidney beans, carrots, corn, tomatoes, and cooked pasta to the beef and onion mixture.
5. Heat on high for about 10 minutes.

Nutritional Information for 1 serving Vegetable-Beef Soup							
Calories	360	Cholesterol	60 mg	Sugar	7 g	Vitamin C	18 mg
Calories from Fat	150	Sodium	239 mg	Protein	22 g	Calcium	82 mg
Total Fat	16 g	Total Carbohydrate	33 g	Vitamin A	313 RAE	Iron	5 mg
Saturated Fat	7 g	Dietary Fiber	6 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook

Recipe adapted from Food.com

CHEESY RICE SQUARES

MAKES ABOUT 8 SERVINGS

Ingredients

- 1 cup blended American and skim milk cheese, cut into small pieces
- 3 cups white rice, cooked
- ½ cup fresh parsley, chopped (if you like)
- ¼ cup onion, chopped
- ½ teaspoon salt
- 3 eggs, beaten
- 1 ½ cups evaporated milk
- 1 teaspoon Worcestershire sauce (if you like)
- Nonstick cooking spray

Directions

1. Preheat oven to 350 degrees F and coat a 9x9-inch baking pan with nonstick cooking spray.
2. In a bowl, combine the rice, cheese, onion, and salt. If using parsley, add that too.
3. In a separate bowl, combine the eggs and milk. If using worcestershire sauce, add that too. Pour over rice. Mix well.
4. Pour into a 9x9-inch baking dish.
5. Bake until just firm, about 35 to 40 minutes. Cut into squares to serve.

Nutritional Information for 1 serving (about 1 square) of Cheesy Rice Squares							
Calories	190	Cholesterol	100 mg	Sugar	0 g	Vitamin C	2 mg
Calories from Fat	60	Sodium	230 mg	Protein	11 g	Calcium	237 mg
Total Fat	7 g	Total Carbohydrate	22 g	Vitamin A	83 RAE	Iron	2 mg
Saturated Fat	3.5 g	Dietary Fiber	0 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook

GREEN BEAN AND TUNA SALAD

MAKES ABOUT 8 SERVINGS

Ingredients

- 14-ounce package elbow macaroni
- 1 can (about 15 ounces) low-sodium green beans, drained
- ½ can (about 6 ounces) tuna packed in water, drained and flaked with a fork
- ½ cup sweet pickles, diced (if you like)
- ½ cup onions, diced
- 1 cup plain low-fat yogurt
- ½ cup light mayonnaise
- 1 ½ tablespoons lemon juice
- ½ teaspoon pepper

Directions

1. Prepare elbow macaroni according to package directions and drain.
2. Add green beans, onions, and tuna. If using sweet pickles, add that in too.
3. Mix yogurt, mayonnaise, lemon juice, and pepper together and toss with macaroni mixture.
4. Chill before serving.

Nutrition Information for 1 serving of Green Bean and Tuna Salad							
Calories	310	Cholesterol	20 mg	Sugar	7 g	Vitamin C	4 mg
Calories from Fat	60	Sodium	333 mg	Protein	15 g	Calcium	89 mg
Total Fat	6 g	Total Carbohydrate	47 g	Vitamin A	17 RAE	Iron	2 mg
Saturated Fat	1 g	Dietary Fiber	3 g				

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov/>

SALMON CASSEROLE

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 can (about 14 ounces) pink salmon, drained
- 1 cup macaroni, uncooked
- 1 cup water
- 2 tablespoons margarine
- 1 small onion, chopped
- ¾ cup evaporated milk
- 2 tablespoon flour
- 1 cup reduced-fat cheddar cheese, shredded
- 1 cup low-sodium canned peas, drained

Directions

1. Mix macaroni, water, and margarine in a microwave safe bowl. Cover loosely and microwave for 3 minutes.
2. Stir in milk and flour. Cover again and microwave 3 minutes.
3. Add salmon and microwave 2 minutes.
4. Stir in cheese and peas, and microwave 1 minute.

Nutritional Information for 1 serving (about 1 cup) Salmon Casserole							
Calories	320	Cholesterol	80 mg	Sugar	2 g	Vitamin C	4 mg
Calories from Fat	120	Sodium	510 mg	Protein	27 g	Calcium	450 mg
Total Fat	13 g	Total Carbohydrate	25 g	Vitamin A	125 RAE	Iron	2 mg
Saturated Fat	6 g	Dietary Fiber	2 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook

DUTCH APPLE YOGURT

MAKES ABOUT 2 SERVINGS

Ingredients

- ½ cup plain or vanilla nonfat yogurt
- ½ cup unsweetened applesauce
- 1 tablespoon raisins
- ⅛ teaspoon ground cinnamon
- 1 teaspoon brown (or regular) sugar
- 1 tablespoon nuts, or 1 tablespoon crunchy cereal such as oat cereal or corn flakes

Directions

1. Combine all ingredients in a small bowl and mix well.
2. Cover and refrigerate until chilled.
3. Eat and enjoy as a snack or dessert.

Nutrition Information for 1 serving (about ½ of recipe) of Dutch Apple Yogurt							
Calories	130	Cholesterol	5 mg	Sugar	22 g	Vitamin C	14 mg
Calories from Fat	20	Sodium	90 mg	Protein	4 g	Calcium	100 mg
Total Fat	2.5 g	Total Carbohydrate	25 g	Vitamin A	1 RAE	Iron	3 mg
Saturated Fat	0 g	Dietary Fiber	2 g				

Recipe adapted from SNAP-ED Connection Recipe Finder

BRUNSWICK STEW

MAKES 8 SERVINGS

Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 2 cups low-sodium chicken broth
- 1 can (about 12 ounces) chicken, drained
- 1 can (about 15 ounces), tomatoes, drained and chopped
- 2 cups lima beans, cooked
- 1 can (about 15 ounces) corn, drained

Directions

1. Heat oil in a large pan. Add onion and cook until tender.
2. Add chicken broth, tomatoes, lima beans and corn; simmer for 20 minutes over medium heat.
3. Reduce heat to low, add chicken, cook for 5 more minutes.

Nutritional Information for 1 serving (about 1 cup) of Brunswick Stew							
Calories	200	Cholesterol	35 mg	Sugar	4 g	Vitamin C	15 mg
Calories from Fat	45	Sodium	370 mg	Protein	18 g	Calcium	44 mg
Total Fat	5 g	Total Carbohydrate	23 g	Vitamin A	14 RAE	Iron	3 mg
Saturated Fat	1 g	Dietary Fiber	4 g				

Recipe provided by SNAP-ED Connection Recipe Finder

30-MINUTE CHILI

MAKES 6 SERVINGS

Ingredients

- 1 pound ground beef
- 1 onion, chopped
- 2 cups light red kidney beans, cooked
- 1 can tomato soup, no water added
- 1 tablespoon chili powder (or to taste)
- Hot pepper sauce (to taste, if you like)

Directions

1. In a large skillet, brown the meat for about 10 to 15 minutes.
2. Drain the meat; add onion and cook for 5 minutes.
3. Add kidney beans, soup, and chili powder and heat for 5 minutes. If using hot pepper sauce, add that too.

Nutrition Information for 1 serving for 30-Minute Chili							
Calories	310	Cholesterol	65 mg	Sugar	7 g	Vitamin C	7 mg
Calories from Fat	90	Sodium	350 mg	Protein	28 g	Calcium	43 mg
Total Fat	10 g	Total Carbohydrate	26 g	Vitamin A	19 RAE	Iron	4 mg
Saturated Fat	4 g	Dietary Fiber	5 g				

Recipe adapted from Justbeans.com.

HONEY RAISIN CARROTS

MAKES ABOUT 8 SERVINGS

Ingredients

- 1 can (about 15 ounces) carrots, drained
- 1 tablespoon margarine, from tub preferred
- 2 tablespoons seedless raisins
- 1 tablespoon honey
- ¼ teaspoon cinnamon

Directions

1. In saucepan on the stove, combine all ingredients and heat through.

Microwave Directions

1. Combine all ingredients in microwave safe bowl.
2. Cook on high for 3 minutes, stirring halfway through (after 1 ½ minutes).

Tip

For variety, try canned peas or canned lima beans in place of canned carrots.

Nutrition Information for 1 serving (½ cup) of Honey Raisin Carrots							
Calories	80	Cholesterol	0 mg	Sugar	10 g	Vitamin C	2 mg
Calories from Fat	25	Sodium	70 mg	Protein	1 g	Calcium	40 mg
Total Fat	3 g	Total Carbohydrate	14 g	Vitamin A	3485 RAE	Iron	1 mg
Saturated Fat	0.5 g	Dietary Fiber	2 g				

Recipe provided by DelMonte.com

CRUNCHY POTATO CASSEROLE

MAKES ABOUT 8 SERVINGS

Ingredients

- 2 cups corn flakes cereal, crushed into crumbs
- 2 pounds potatoes, peeled and grated
- ¼ cup margarine, melted
- ¼ teaspoon black pepper
- 1 onion, chopped
- 1 can (about 10 ounces) low-sodium cream of chicken soup
- ¾ cup fat-free sour cream
- 1 cup low-fat cheddar cheese, shredded

Directions

1. Preheat oven to 350 degrees F.
2. Combine potatoes, margarine, and black pepper in a large bowl.
3. Add onion, soup, sour cream, and cheese; mix well.
4. Pour into a 13x9-inch baking dish and sprinkle with corn flakes.
5. Bake for 45 minutes.

Calories	240	Cholesterol	15 mg	Sugar	4 g	Vitamin C	27 mg
Calories from Fat	70	Sodium	340 mg	Protein	8 g	Calcium	118 mg
Total Fat	7 g	Total Carbohydrate	35 g	Vitamin A	445 RAE	Iron	2 mg
Saturated Fat	2.5 g	Dietary Fiber	3 g				

Recipe adapted from Food.com

15-MINUTE ENCHILADAS

MAKES ABOUT 8 SERVINGS

Ingredients

- Nonstick cooking spray
- 1 can (about 24 ounces) chili without beans
- 1 ½ cups canned refried beans, low-sodium, no-fat
- 2 cups low-fat cheddar or Monterey Jack cheese, shredded
- 8 flour tortillas (large size)

Directions

1. Preheat oven to 350 degrees F.
2. Cover a cookie sheet with foil and spray with nonstick cooking spray.
3. In a medium-size saucepan, heat chili and refried beans until warm (do not boil).
4. Spoon about half of the chili mixture evenly onto the tortillas, sprinkle with cheese, and roll up. Place side by side on the cookie sheet with seam side down.
5. Top tortillas with remaining chili mixture. Sprinkle with remaining cheese.
6. Bake for 10 minutes until cheese is melted.

Calories	310	Cholesterol	55 mg	Sugar	7 g	Vitamin C	16 mg
Calories from Fat	150	Sodium	500 mg	Protein	17 g	Calcium	55 mg
Total Fat	17 g	Total Carbohydrate	23 g	Vitamin A	270 RAE	Iron	4 mg
Saturated Fat	6 g	Dietary Fiber	4 g				

Recipe adapted from Food.com

FIESTA CORN AND BLACK BEAN SALAD

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 can (15 ¼ ounces) low-sodium corn, drained
- 1 can (15 ounces) black beans, drained
- ½ cup onions, chopped
- 1 can (14 ½ ounces) unsalted tomatoes, diced or chopped, drained
- 1 can (4 ounces) green chiles, drained, diced
- 2 tablespoons vegetable oil
- ½ teaspoon ground cumin (if you like)
- ¼ cup chopped cilantro, for topping (if you like)
- Lime juice, to taste, for topping (if you like)

Directions

1. Combine all ingredients in medium bowl and mix. If using cumin, add that too.
2. If using cilantro and lime juice as a topping, shake cilantro over the top of the salad. Squeeze lime juice over the top of the salad

Nutrition Information for 1 serving (½ cup) of Fiesta Corn and Black Bean Salad							
Calories	150	Cholesterol	0 mg	Sugar	24 g	Vitamin C	15 mg
Calories from Fat	40	Sodium	445 mg	Protein	5 g	Calcium	24 mg
Total Fat	5 g	Total Carbohydrate	24 g	Vitamin A	90 RAE	Iron	2 mg
Saturated Fat	0 g	Dietary Fiber	5 g				

Recipe adapted from DelMonte.com.

SPRING CHICKEN

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 cup macaroni, dry
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 zucchini, chopped
- ½ cup salsa
- 1 can (about 12 ounces) chicken, drained
- 1 can (about 15 ounces) low-sodium tomatoes, undrained
- 1 can (about 15 ounces) low-sodium corn, drained
- ½ cup reduced-fat cheddar cheese, shredded

Directions

1. Prepare macaroni according to package directions.
2. In a large pan over medium heat, cook onion and zucchini in the oil until soft.
3. Stir in salsa, chicken, tomatoes, corn, and cooked macaroni. Cook for 10 minutes over medium heat.
4. Remove from heat and stir in cheese until melted.

Nutritional Information for 1 serving (about 1 ½ cups) of Spring Chicken							
Calories	240	Cholesterol	35 mg	Sugar	5 g	Vitamin C	17 mg
Calories from Fat	70	Sodium	490 mg	Protein	18 g	Calcium	141 mg
Total Fat	9 g	Total Carbohydrate	24 g	Vitamin A	17 RAE	Iron	3 mg
Saturated Fat	2.5 g	Dietary Fiber	4 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook



Lincoln Trail District Health Department

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