



A Nutrition Resource

INVENT A CASSEROLE

Choose one grain, meat, and sauce. Multiple vegetables can be included.

Seasoning and toppings can be added, if desired.

WHOLE GRAINS (Cooked)	VEGETABLES (Frozen, canned, or fresh)	PROTEIN	SAUCE	SEASONINGS & TOPPINGS
<i>1 1/2 to 2 Cups</i>	<i>1 1/2 Cups</i>	<i>1 1/2 to 2 Cups</i>	<i>1 Cup or 1 Can Soup + 1/3 Cup Milk or Water</i>	<i>Optional (Measure to taste)</i>
<ul style="list-style-type: none"> • Whole grain noodles, macaroni, spaghetti, or other pasta • Brown rice • Barley • Bulgur 	<ul style="list-style-type: none"> • Mixed vegetables • Tomato • Corn • Green bean • Acorn squash • Pea • Broccoli • Green pepper • Cabbage • Zucchini • Potato • Turnip • Sweet potato 	<ul style="list-style-type: none"> • Tuna fish • Cooked beans • Pork and beans • Split peas (uncooked) • Lentils (uncooked) • Canned meat • Eggs (uncooked) • Cooked lean hamburger • Cooked turkey • Cooked chicken • Cooked pork • Canned beans 	<ul style="list-style-type: none"> • White sauce • Homemade cheese sauce • Tomato soup • Cream soup 	<p>Seasonings</p> <ul style="list-style-type: none"> • Salt (up to ¼ teaspoon) • Pepper • ¼ cup chopped onion, celery, or green pepper • ½ teaspoon parsley, oregano, or another herb <p>Toppings</p> <ul style="list-style-type: none"> • Cracker crumb • Bread crumb • Dry unsweetened cereal

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FAVORITE COMBINATIONS

	WHOLE GRAINS (Cooked)	VEGETABLES	MEAT	SAUCE	EXTRA	TOPPINGS
SOUTH OF THE BORDER	Elbow macaroni or tortillas	Corn	Lean ground beef	Tomatoes	Taco seasoning, olive	Cheddar cheese
MONTEREY CHICKEN	Egg noodles	Broccoli	Chicken	Cream of chicken soup	Green chilies	Cracker crumbs, jack cheese
BEEFY ONION	Elbows	Green beans	Cubed lean beef	Cream of mushroom soup	Mushroom	Caramelized onions
SEA SPECIAL	Wide noodles	Green beans	Tuna	Cream of mushroom soup	Mushroom	Cracker crumbs
CHILI MAC	Spiral noodles	Tomato, green pepper, celery, onion	Kidney beans	Tomato soup	Chili seasoning	Cheddar cheese
TACO RICE	Rice	Corn	Lean ground beef or cooked beans	Canned tomatoes	Taco seasoning or chili powder	Cheddar cheese

BAKE IN OVEN:

Layer or mix all foods except toppings in a casserole dish. Bake at 350°F for 30-45 minutes. Add toppings and return to oven for about 10 minutes.

COOK ON STOVETOP/ ELECTRIC FRYING PAN:

Measure water for noodles or rice, cook until tender. Drain off excess water. Mix in remaining ingredients except for topping. Heat 5 to 10 minutes. Sprinkle on toppings.

MICROWAVE:

Combine all ingredients except toppings. Microwave on HIGH for 6 to 8 minutes. Sprinkle on toppings.

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