

MAKE YOUR FOOD DOLLARS COUNT

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Homemade Skillet Meals

Meals in a bag, otherwise known as skillet meals, are growing in popularity as people strive to eat healthy, yet spend less time in the kitchen. Preparing a "homemade" skillet meal can cost less and be made much healthier too.

Having certain ingredients on hand and knowing how to combine them is the key to successfully creating a homemade skillet meal. By choosing an item from each of the groups in the chart below, you can easily create a main dish. Serving it with a fruit, 100% juice or lowfat milk will create a complete meal.

Create Your Own Skillet Meal

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 add additional ingredients.
- *TIP: When buying chicken, beef or pork, cook the entire package, cut into bite size chunks and freeze extra portions.
3. Combine all chosen ingredients into a skillet containing 1-2 tablespoons oil.
4. Simmer over medium heat, stirring occasionally, for 20 minutes or until heated through.



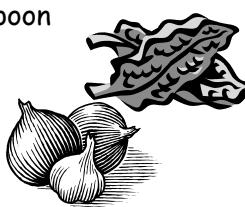
Pick a Grain	Pick a Veggie	Pick a Protein	Add a Sauce
2-3 cups (measure uncooked), cooked: <ul style="list-style-type: none"> macaroni rigatoni similar pasta 1 cup (measure uncooked), cooked: <ul style="list-style-type: none"> brown or white rice 4 cups (measure uncooked), cooked: <ul style="list-style-type: none"> wide or narrow noodles 	1 package (10 oz.) frozen (thawed and drained): <ul style="list-style-type: none"> spinach broccoli green beans peas mixed vegetables 1 can (14.5 oz.): <ul style="list-style-type: none"> green beans peas carrots corn mixed vegetables 2 cups cooked fresh or one small can/jar) <ul style="list-style-type: none"> mushrooms 	2 cups diced, cooked: <ul style="list-style-type: none"> chicken turkey ham beef pork ground beef 2 cups, chopped: <ul style="list-style-type: none"> hard-cooked egg 2 cans (6-8 oz.) (drained and flaked): <ul style="list-style-type: none"> fish or seafood 2 cups: <ul style="list-style-type: none"> cooked beans 	1 can (10.75 oz.) mixed with lowfat milk to make 2 cups: <ul style="list-style-type: none"> low-sodium cream soup (mushroom, celery, broccoli cheese, etc.) 1 can (16 oz.): <ul style="list-style-type: none"> whole, stewed or diced tomatoes with juice

Season to taste with onion, garlic, celery, oregano, basil, or pepper. Top with shredded cheese, grated Parmesan or bread crumbs if desired.

Homemade Skillet Meals: Easy, Healthy & Low-Cost

Skillet Lasagna

1/2 pound lean ground beef
 1 small onion, chopped
 1 clove garlic, minced or 1/4 teaspoon garlic powder
 1 can (15 oz.) tomato sauce
 1 cup water
 1/2 teaspoon dried oregano
 1/2 teaspoon dried basil
 3 cups wide noodles, uncooked
 1 package (10 oz.) frozen spinach, thawed
 1 cup low-fat cottage cheese
 2 oz. cheese, diced or grated

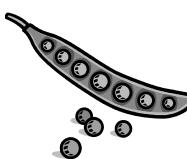


In large skillet, brown ground beef, onion and garlic. Drain fat. Add tomato sauce, water, oregano and basil. Bring to a boil. Add noodles and stir. Cover and boil gently for 5 minutes. Break up the thawed spinach into small pieces. Stir into the skillet mixture. Bring to a boil. Cover and boil gently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

Yield: 8 servings; serving size 1 cup (230 calories, 3.5 grams fat, 3 grams fiber, 480 mg sodium)

Vegetable Rice Skillet

1 can (15 oz.) kidney, black or garbanzo beans, drained and rinsed
 1 can (14.5 oz.) stewed tomatoes
 2 cups mixed vegetables, frozen
 1 cup water
 3/4 cup rice, uncooked
 1/2 teaspoon dried thyme or dried dill weed
 1 can (10.75 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 a 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 a boil. Let simmer 2-3 minutes. Serve with hot sauce or shredded cheese, if desired.

Yield: 8 servings; serving size 1 cup (140 calories, 1 gram fat, 6 grams fiber, 500 mg sodium)

Cheesy Chicken Skillet

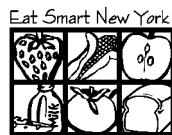
1 Tablespoon oil
 1 onion, chopped
 3 cups water or chicken broth
 1 cup rice, uncooked
 3 carrots, sliced
 2 cups cooked diced chicken
 1 can (14.5 oz.) green beans
 1 cup cheese, shredded



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.

Yield: 10 servings: serving size 1 cup (130 calories, 3.5 grams fat, 2 grams fiber, 35 mg sodium)

Free Nutrition Education Programs



Nutrition staff are available to help limited income families and individuals throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Topics include:

- Stretching food dollars
- Preparing low cost, easy recipes and menus
- Eating healthy and staying active

Contact:

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Need help paying your grocery bill? Food Stamps can help!
 Call (315) 894-9917 today.

Nutrition Outreach & Education Program
 Catholic Charities of Herkimer County

To view past issues of "Make Your Food Dollars Count"
 newsletter on-line see:

<http://counties.cce.cornell.edu/herkimer/esnynewsletters.htm>