

# how to MAKE A PASTA DISH

NUTRITIONAL INFORMATION FROM SECOND HARVEST FOOD BANK OF NORTHWEST NC

Grains are an affordable ingredient that can also be healthy. Check for labels that say “100% Whole Wheat” to make sure you are getting enough fiber. Choose an ingredient from each column to help you make a meal for four.

GRAIN (1/2 pound)	PROTEIN	VEGGIES (2 cups total, any combo)	SAUCE (1-2 cups)	SEASONINGS (Optional, to taste)
Whole grain pasta	Lean ground beef, turkey, or chicken, cooked and drained (1 pound)	Spinach, chard or kale	Marinara	Dried oregano
Brown rice	Canned Tuna	Broccoli	Peanut Sauce	Garlic powder
Whole grain macaroni	Beans, rinsed and drained (1 can or 2 cups cooked)	Carrots	Canned, diced or crushed tomatoes	Dried basil
Whole grain penne pasta	Frozen peas or soy beans, 2 cups thawed and drained	Sugar snap or snow peas	Quick cheese sauce	Italian seasoning
	Chicken or turkey sausage, cooked and sliced (1 pound)	Zucchini or yellow squash (summer squash)	White sauce	Minced/fresh garlic
		Bell peppers, onions and garlic		Bay leaf

## DIRECTIONS

- 1 Cook pasta (grain) according to package directions. Drain if necessary.
- 2 If using protein, cook as needed. Add optional fresh garlic during the last minute of cooking time.
- 3 Cook veggies by steaming, grilling, roasting, sauteing or adding to boiling pasta water during the last few minutes of cooking.
- 4 If using sauce, heat over medium heat. Add optional spices. Add protein and veggies to heat through. Toss with hot cooked pasta and serve.

## REFERENCE

Cooking Matters for Adults • Recipe Framework

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# how to MAKE A SALAD BOWL

NUTRITIONAL INFORMATION FROM SECOND HARVEST FOOD BANK OF NORTHWEST NC

Salads are a perfect way to feel satisfied after a lunch or dinner. Serve a small salad before or during lunch and dinner. Add ingredients from each column to make a salad for four.

GREENS (4 cups)	VEGGIES (1-2 cups total, any combo)	OPTIONAL PROTEIN (2 cups)	OPTIONAL ADD-INS (1/2 cup)	SEASONINGS (Optional to taste)
Leaf lettuce	Raw beets or carrots, peeled and shredded	Canned tuna	Cheese, shredded or crumbled	Honey
Spinach	Broccoli or cauliflower, chopped	Canned beans, rinsed and drained	Whole grain croutons	Citrus dressing
Romaine lettuce	Cucumber, chopped or sliced	Hard-boiled eggs, chopped	Cooked barley, brown rice, or whole grain pasta	Balsamic vinaigrette
Mixed salad greens	Tomatoes, diced (canned or fresh)	Roasted chicken, turkey, beef or pork, shredded or sliced	Olives, sliced	Creamy ranch
	Corn kernels or peas (fresh or frozen, thawed)	Frozen peas or soy beans, thawed and drained	Toasted nuts or seeds, chopped or sliced	Oil and Vinegar
	Radishes, sliced		Apple, orange, tangerine, grapefruit or mango cut into segments	
	Bell pepper, chopped		Dried fruit	

## SALAD DRESSING MADE SIMPLE

Why buy salad dressing when you can make your own with basic ingredients? Follow this ratio:

- 2 parts olive or canola oil
- 1 part acid, such as vinegar, lemon or lime juice, or Dijon mustard
- Salt and pepper

REGULAR DRESSING	CITRUS DRESSING	CREAMY RANCH	HONEY MUSTARD	BALSAMIC VINAIGRETTE
3 tablespoons olive oil 2 tablespoons red wine vinegar 1 teaspoon salt ¼ teaspoon pepper	2 tablespoons lime, lemon or orange juice 3-4 tablespoons oil Salt and pepper to taste ¼ teaspoon of dried oregano and basil	1 (6-ounce) container plain nonfat or low-fat yogurt ½ cup low-fat mayonnaise 2 tablespoons white vinegar 1 tablespoon dried dill ¼ teaspoon garlic powder ½ teaspoon salt	6 tablespoons mustard ½ tablespoon fresh lemon juice or cider vinegar ½ tablespoons honey 1 teaspoon oil Salt and pepper to taste	2 tablespoons balsamic vinegar 1 tablespoon Dijon mustard 3-4 tablespoons oil Salt and pepper to taste

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# how to MAKE A CASSEROLE DISH

NUTRITIONAL INFORMATION FROM SECOND HARVEST FOOD BANK OF NORTHWEST NC

A great way to use leftover ingredients is in a casserole dish. Use the guide below to help you create a unique casserole dish that will not break the bank.

PROTEIN (1 cup fully cooked)	VEGETABLES (1 ½ - 2 cups, chopped)	SAUCE (choose one)	WHOLE GRAIN (1 ½ cups cooked)	TOPPINGS (½ cup)
Beef (lean cuts), cubed or ground	Greens (kale, spinach or chard)	Low-fat or nonfat cream soup, such as mushroom, celery, or tomato (10 ounce can) + ¼ cup nonfat milk	Brown rice	Grated low-fat cheese
Chicken or turkey (boneless; skin removed), cubed or ground	Mixed vegetables (such as carrots, peas and corn)	Diced tomatoes (14.5 oz can, drained approx. 1 cup) + ½ cup reduced-fat sour cream (optional)	Whole wheat pasta	Bread crumbs
Ham, diced	Zucchini		Barley	Crushed corn flakes
Beans or lentils	Mushrooms		Quinoa	Crushed tortilla chips
Canned tuna or salmon	Broccoli		Cubed whole wheat bread (1 cup)	
	Canned green beans, rinsed and drained			
	Bell pepper, chopped			

## DIRECTIONS

- 1 Cook grain according to package directions. Drain if necessary.
- 2 Season protein with salt and pepper and cook as needed. Add fresh garlic during the last minute of cooking time.

- 3 Cook veggies by steaming, grilling, roasting, sauteing or boiling.
- 4 Mix grain, protein and veggies in a bowl. Add chosen sauce to the mixture and stir. Add cayenne pepper to taste.
- 5 Transfer mixture to a baking dish and bake at 325° F for 40-60 minutes until top is brown and bubbly.

## CASSEROLE MADE SIMPLE

TUNA PASTA BAKE	SMOKED TURKEY & SPINACH	MEXICAN BLACK BEANS & RICE	CHICKEN, RICE & BROCCOLI
1 can of low-sodium tuna 1 ½ cups of chopped green onions 2 cups of whole wheat pasta 1 cup of frozen peas 1 cup nonfat plain yogurt 2 teaspoons dried dill or parsley ¼ teaspoon salt ¼ teaspoon pepper ½ cup shredded low-fat cheese on top	1 cup diced, smoked turkey 1 ½ cups chopped spinach ½ cup chopped mushrooms 1 ½ cups cooked barley 1 can cream of celery soup ¼ cup nonfat milk ½ cup shredded low-fat cheese on top	1 cup black beans 1 ½ cups chopped spinach ½ cup corn 1 ½ cups cooked brown rice 1 cup diced tomatoes ½ cup low-fat sour cream ½ teaspoon ground cumin ¼ teaspoon cayenne pepper ½ cup shredded low-fat cheese on top	1 cup diced, cooked chicken 1 ½ cups chopped cooked broccoli 1 ½ cups cooked brown rice 1 can cream of mushroom soup ¼ cup nonfat milk ½ cup shredded low-fat cheese on top

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# how to MAKE A STIR-FRY DISH

NUTRITIONAL INFORMATION FROM SECOND HARVEST FOOD BANK OF NORTHWEST NC

Stir-fry is a great way to use up veggies that may soon spoil. Choose ingredients and follow the directions below to make a tasty meal for four.

VEGGIES (2-3 cups total, any combo)	PROTEIN	OPTIONAL FLAVORING (1 Tablespoon)	SAUCE	GRAIN (1 cup)
Bell pepper, sliced	Boneless, skinless chicken breasts or thighs, trimmed and cut into bite-size pieces (1 lb.)	Minced garlic	Peanut Sauce	Brown rice
Carrots or celery, sliced	Pork tenderloin or boneless loin chops, trimmed and cut into bite-size pieces (1 lb.)	Minced ginger or ½ teaspoon ground ginger	Spicy Soy Sauce	Whole grain couscous
Green beans, snow peas or sugar snap peas	Frozen edamame (soy beans), thawed and drained (2 cups)		Lemon Stir-Fry Sauce	Instant barley
Broccoli or cauliflower florets	Canned beans, rinsed and drained			Whole grain pasta or rice noodles
Mushrooms or onion, sliced	Sirloin or flank steak, trimmed and cut into bite-sized pieces (1 lb.)			
Zucchini or yellow squash, sliced				
Cabbage, thinly sliced				
Mixed frozen veggies				

## DIRECTIONS

- 1 Cook grains following package directions. While grains cook, make stir-fry.
- 2 In a large skillet over medium-high heat, heat 1 tablespoon of canola oil. Add meat or poultry. Stir occasionally until just cooked through, about 4-6 minutes. Transfer to a plate.
- 3 Add veggies to skillet. Start with harder veggies first (e.g., green beans, onion, carrots, broccoli, cauliflower). As they begin to soften, add softer veggies (e.g., zucchini, yellow squash) and keep cooking. Total cooking time may be about 10 minutes.
- 4 If using garlic and/or ginger, add to skillet when all veggies are soft. Stir until fragrant, about 15 seconds.
- 5 If using peanut sauce or other thick sauce, remove pan from heat and stir in sauce. If using Spicy Soy Sauce, Lemon Stir-Fry Sauce, or other thin sauce, add to pan and bring to a boil. Cook until thickened, about 1-2 minutes.
- 6 Stir cooked meat or poultry into veggie mixture. Serve stir-fry over cooked grains.

## SAUCE MADE SIMPLE

PEANUT SAUCE	WHITE SAUCE	CHEESE SAUCE	SPICY SOY SAUCE	LEMON STIR-FRY SAUCE
In a small bowl, stir together: ¼ cup peanut butter ½ cup warm water ¼ cup low-sodium soy sauce 2 tablespoons cider vinegar 4 teaspoons sugar.	In a small bowl, stir together: 2 tablespoons of cornstarch 1 cup of low fat milk Mix until smooth Over medium heat, cook mixture until thickened Add 2 teaspoons of mustard Add about ¼ teaspoon of seasoning such as basil, oregano, dill or parsley and salt and pepper.	In a small bowl, stir together: 2 tablespoons of cornstarch 1 cup of low fat milk Mix until smooth Over medium heat, cook mixture until thickened Add 2 ounces of low-fat cheddar cheese (shredded or grated) Add 2 teaspoons of mustard Add about ¼ teaspoon of seasoning such as basil, oregano, dill or parsley and salt and pepper.	In a small bowl, stir together: ¼ cup low-sodium soy sauce 1 tablespoon brown sugar 1 tablespoon cornstarch 1 teaspoon minced jalapeno ½ teaspoon ground ginger.	In a small bowl, stir together: 3 tablespoons lemon juice 3 tablespoons low-sodium soy sauce 2 teaspoons cornstarch.

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