

COMMODITY CONNECTION

RECIPES AND TIPS USING COMMODITY FOODS



MyPyramid.gov
STEPS TO A HEALTHIER YOU

January 2009

**Provided by:
Family Nutrition Program, K-State Research and Extension, Pottawatomie County**

Calendar of Best Buys - Fresh Fruits and Vegetables

February

Apples
Broccoli
Grapefruit

March

Apples
Broccoli
Grapefruit
Spinach

April

Asparagus Pineapple
Broccoli Rhubarb
Grapefruit Spinach
Oranges Strawberries



▲ Enjoy a variety of fruits and vegetables everyday.
Fruit and Veggies - More Matters!

Hot Ham and Noodles

2 cups cooked egg noodles
1 cup cooked ham, diced
½ cup shredded cheddar cheese
1 can (10.75 ounces) cream of mushroom soup (can use low fat, if desired)
¾ cup low fat or skim milk (fill soup can ½ full)

Pre-heat oven to 375° F. Coat a 9" x 9" baking dish with non-stick cooking spray. Combine all ingredients in a large mixing bowl. Pour mixture into prepared pan. Bake for 25 to 30 minutes until hot and bubbly. Makes 4 servings.

This casserole can be cooked in the microwave. Use a microwave safe dish. Cover and microwave on medium power for 8 to 9 minutes. Stir. Microwave, uncovered, on medium power 3 or 4 minutes more until hot and bubbly.

Nutrition information per serving:

Calories: 310 Fat: 14 grams Protein: 17 grams Dietary Fiber: 1 gram
Carbohydrates: 29 grams Cholesterol: 60 mg Sodium: 1180 mg

Recipe source: www.kidsacookin.org

January is National Oatmeal Month

The 2005 Dietary Guidelines for Americans recommends that at least half of the grain foods we eat should be made from whole grains. Whole grain foods are higher in fiber and other nutrients. **Oatmeal** is one of the whole grain foods we can enjoy everyday. Oats are a tasty, versatile grain that we can eat as cereal or use as an ingredient to make other healthy foods.

For many years we have known that the fiber in oats can help reduce cholesterol and can be an important part of a heart healthy eating plan. The fiber in oats can help lower the level of LDL (bad) cholesterol in your blood which reduces your total cholesterol level.

Cooking oatmeal in the microwave is easy. For one serving, measure about ½ cup oats into a microwave safe bowl. Add about ⅔ cup water and microwave on high for about 1 to 2 minutes, depending on how your microwave cooks. For additional flavor, sprinkle on some ground cinnamon or add a few raisins or dried cranberries. Pour on some low fat milk and you have a heart healthy breakfast or snack.

For more recipes using oats check out www.quakeroats.com.



Chewy Oatmeal Bars

2¼ cups quick oats or long-cooking oats	5 tablespoons margarine, softened
½ cup flour	¼ cup honey
½ teaspoon baking soda	¼ cup brown sugar
½ teaspoon vanilla extract	1 cup raisins (can use dried cranberries, if desired)

Pre-heat oven to 325° F. Lightly coat an 8" x 8" pan with cooking spray. In a large mixing bowl, combine all ingredients. Stir until well blended. Press mixture into pan and bake 18 to 22 minutes or until golden brown. Cool 10 minutes, then cut into bars. Let bars cool in pan before serving. Makes 16 bars.

Nutrition information per bar:

Calories: 150 Protein: 2 grams Fat: 4.5 grams Dietary Fiber: 2 grams
Carbohydrates: 26 grams Cholesterol: 0 mg Sodium: 85 mg

Recipe source: www.kidsacookin.org

Skillet Pizza Casserole

1 pound ground beef or turkey	2 cups pizza sauce (can use spaghetti sauce, if desired)
2 fresh mushrooms	2 cups water
12 slices pepperoni (regular or low fat)	2 cups dry noodles
¼ cup dried onion flakes	½ cup shredded cheddar or mozzarella cheese

Brown meat in a large skillet. Drain fat. Wash and slice the mushrooms. Stir in remaining ingredients, except noodles. Heat to boiling. Stir in noodles and simmer mixture about 8 to 10 minutes until noodles are cooked. Stir occasionally during cooking. Sprinkle cheese over mixture just before serving. Makes 8 servings.

Nutrition information per serving:

Calories: 308 Protein: 29 grams Fat: 12 grams Carbohydrates: 19 grams
Cholesterol: 106 mg Dietary Fiber: 2 grams Sodium: 950 mg

Recipe source: K-State Research & Extension - Pottawatomie County

MyPyramid Corner - How do commodity foods fit into MyPyramid?

Noodles and **rolled oats** are part of the **grain** group. One-half cup of cooked oatmeal or ½ cup cooked noodles provides one ounce of grains. A typical adult should aim for at least 6 ounces of grain foods everyday. Remember to try to include foods made from whole grains everyday.

Spaghetti sauce is made from tomatoes which are in the **vegetable** group.

Peaches, apple juice and raisins are part of the **fruit** group. **Fruits and vegetables** provide us with important vitamins, minerals and fiber. Most adults should eat about 4 ½ cups of fruits and vegetables everyday.

Peanut butter and **beef** are part of the **meat and beans** group, providing protein, iron and zinc in the diet. One tablespoon of peanut butter is equal to one ounce of meat in this group. The average adult should eat 5-6 ounces of meat daily.





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SNAP provides food assistance to people with low income. For information, call 1-888-369-4777.**