

CREATE A ONE-DISH MEAL

Prepare a one-dish meal by following these steps:

- Choose one or more ingredient(s) from each list below.
- Add other optional ingredients you like for flavor: onion, spices, herbs.
- Mix ingredients together.
- Cook using one of these methods:

Oven: Place ingredients in a covered casserole dish. Add optional toppings: bread crumbs, cracker crumbs, Parmesan cheese. Bake at 350° for 45 minutes. Uncover last 15 minutes to brown topping.

Stove-top: Place ingredients in a large skillet. Simmer on top of stove until bubbly. Serve hot. Add optional topping to each serving: Parmesan cheese, croutons

Serve hot.

Vegetables	Chicken, fish, meat, eggs, dried beans, or peas	Liquid ingredients	Bread, rice, or noodles
About 1 ½ cups	1 ½ to 2 cups	1 to 1 ½ cups	1 to 1 ½ cups
mixed vegetables tomatoes corn green beans cooked and cubed: acorn squash zucchini potatoes broccoli peas cabbage	tuna fish canned meat cooked meat: chicken hamburger lean sausage pork turkey hard cooked eggs cooked lentils cooked split peas cooked navy or pinto beans	cheese sauce white sauce cream soups: broccoli celery chicken mushroom cheese soup tomato soup tomato sauce shredded cheese plus milk evaporated milk	bread, cubed cooked rice cooked macaroni cooked spaghetti cooked noodles cooked barley cooked bulgur
			

