

Can-Do CRACKERS

Cheese Sticks

Servings: 6

Ingredients

- Six 1-ounce mozzarella string cheese sticks or cheese of choice
- 1 egg
- 1 cup crackers, finely crushed
- ½ teaspoon Italian seasoning
- ½ cup marinara sauce, warmed (optional)
- Nonstick cooking spray

Directions

1. Wash hands and surfaces. Preheat oven to 400°F.
2. Line a baking sheet with foil and spray lightly with cooking spray.
3. Remove each cheese stick from packaging and cut in half to get 12 total small cheese sticks.
4. Beat egg in a bowl. In a separate bowl, combine crushed crackers and Italian seasoning.
5. Dip each piece of cheese in egg and then into crushed cracker, coating completely. Place on baking sheet about 1½ inches apart.
6. Bake 5-6 minutes or until heated through. Cheese may melt slightly and lose shape. Simply press it back into place.
7. Dip in warmed marinara sauce and enjoy!
8. Refrigerate leftovers immediately



Cooking tips

Crackers lose their crunch and go stale when they absorb moisture from the air. If your crackers have gotten soft, don't throw them out! Spread them in a single layer on a baking sheet and put it in a 200-225 F oven for 5 minutes. Stir and cook for another 5 minutes, repeating until crisp.



Lemon Velvet Supreme

Servings: 6

Ingredients

- 2 cups fat-free vanilla yogurt
- 3 tablespoons instant lemon pudding mix
- 8 graham crackers squares, crushed
- One 4-ounce can mandarin orange slices or pineapple tidbits, drained

Directions

1. Wash hands and surfaces.
2. Combine vanilla yogurt and pudding mix. Gently stir together.
3. Layer bottom of 1½-quart serving dish with crushed graham crackers.
4. Immediately pour pudding mixture over cracker crumbs.
5. Top with mandarin orange slices or your favorite fruit.
6. Enjoy! Refrigerate leftovers immediately.

If your recipe calls for crushed crackers:

29 soda crackers = 1 cup crushed

14 graham crackers = 1 cup crushed



Simple Oven-Baked Chicken

Servings: 4

Ingredients

- 4 skinless chicken breasts
- ½ cup melted butter or margarine
- 2 cups crushed salted or buttered crackers

Directions

1. Wash hands and surfaces. Preheat oven to 350 F.
2. Dip chicken into bowl with melted butter or margarine.
3. In separate bowl, coat chicken with crushed cracker crumbs.
4. Place on baking sheet lined with foil.
5. Bake for 1 hour, or until temperature in center is 165 F.
6. Enjoy! Refrigerate leftovers immediately.

Additional cooking tips

- Try substituting the chicken in this recipe with pork. Please note that pork must be cooked to an internal temperature of 145 F.
- Try it spicy: add ¼ cup buffalo sauce to melted butter.



Funded in part by USDA SNAP.
For more information, call MU Extension's
Show Me Nutrition Line at 1-888-515-0016.
Need help stretching your food dollars?
Contact your local resource center or go
online to mydss.mo.gov/food-assistance

Tuna Noodle Casserole

Servings: 4

Ingredients

- One 10.5-ounce can condensed 98% fat-free cream of mushroom soup
- 2¼ cup cooked noodles of your choice
- Two 6-ounce cans tuna, drained
- 1 cup shredded low-fat cheddar cheese
- One 15-ounce can peas, drained
- 1 cup crushed salted or butter crackers
- ½ cup melted butter

Directions

1. Wash hands and surfaces. Preheat oven to 375 F.
2. In medium-size bowl, combine soup, noodles, tuna, cheese and peas.
3. Spread mixture into 9-by-13-inch baking dish.
4. Combine crushed crackers and melted butter in bowl and sprinkle evenly over top of casserole.
5. Bake uncovered 20–25 minutes or until crackers turn golden brown.
6. Enjoy! Refrigerate leftovers immediately.

