



Additional cooking tips

- Sugar substitution: 1 cup sugar = 1 $\frac{1}{3}$ cups brown sugar or 1 $\frac{1}{2}$ cups powdered sugar
- Can use prepared bouillon cubes instead of canned chicken broth.
- If substituting fresh herbs with dried herbs, use $\frac{1}{3}$ of what the recipe asks because dried herbs are more potent. Conversely, if a recipe calls for dried and you would like to use fresh, triple the amount called for in the recipe.

Enchiladas

Servings: 6

Ingredients:

- 12 (6-inch) whole-wheat tortillas
- 1 can (16-ounce) fat-free refried beans
- 2 cups cooked rice, brown or white
- 1 can (15-ounce) diced tomatoes with chiles
- 1 cup shredded reduced fat cheddar cheese, divided
- 1 can (16-ounce) enchilada sauce, divided
- Optional: 1 can (2 $\frac{1}{4}$ ounces) sliced olives, drained

Directions:

1. Wash hands and surfaces.
2. Arrange the tortillas in 2 stacks and place in a cold oven. Heat the oven to 400°F. Remove the tortillas after 10 minutes and cover with a warm, damp towel.
3. Mash the refried beans in a medium bowl with a fork. Add the rice, $\frac{1}{3}$ cup cheese, tomatoes and olives (if desired).
4. Coat the bottom of a 9-by-13-inch baking dish with a thin layer of enchilada sauce. Save about half the sauce to use as a topping.
5. Spoon about $\frac{1}{3}$ cup rice mixture over the center of a tortilla; roll it up. Set in the baking dish seam-side down. Fill the remaining tortillas and place them in the baking dish, squeezing them into place.
6. Pour the remaining enchilada sauce over the rolled tortillas and sprinkle remaining cheese over the top.
7. Bake, uncovered for 30 to 35 minutes until hot and bubbly. Let stand a few minutes before serving.
8. Refrigerate leftovers immediately.

Recipe adapted from the Canned Food Alliance, mealtime.org

Running out of money for food?

Contact your local food stamp office
or go online to: dss.mo.gov/fsd/fstamp/



Oriental Rice

Servings: 4

Ingredients

- 1 tablespoon vegetable oil
- 2 eggs (beaten)
- 3 ½ cups rice, cooked
- 1 can (10-ounce) chunk chicken, drained
- 1 (8.5-ounce) can peas and carrots, drained
- Soy sauce or hot sauce to taste (optional)

Directions

1. Wash hands and surfaces.
2. Heat pan. Add 1 teaspoon of oil. Add eggs and scramble.
3. Remove cooked eggs and set aside.
4. Add the rest of oil (2 teaspoons) to pan. Stir-fry rice, breaking up lumps by pressing rice against pan for a couple of minutes.
5. Add chicken and vegetables. Stir-fry until heated.
6. Add reserved eggs and sauce to taste. Serve hot.
7. Cover and refrigerate leftovers immediately.

Adapted from USDA, recipefinder.nal.usda.gov/recipes/oriental-rice

Substitute fresh or frozen chicken for canned chicken by using the preparation instructions below:

- Wash hands before and after handling poultry.
- Completely thaw poultry before cooking so that it cooks more evenly. Defrost in the refrigerator, in cold water or in the microwave. Never defrost food at room temperature. Food thawed in cold water or in the microwave should be cooked immediately.
- Cook poultry until it reaches a safe internal temperature of 165°F. Use a food thermometer. You can't tell it is cooked by looking!
- Never place cooked food on a plate that previously held raw poultry or other types of meat.
- Rinsing poultry under water is not a safety step. Cooking to a safe internal temperature of 165°F is what will kill pathogens that could cause illness.
- Let the chicken cool, and shred before adding to recipes.

Vegetable Soup

Servings: 4

Ingredients

- 4 cups broth (or prepared bouillon)
- 1 cup rice (uncooked)
- 1 cup canned mixed vegetables, drained
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ tablespoon parsley (dried)

Directions

1. Wash hands and surfaces.
2. Place broth and uncooked rice in a saucepan over medium-high heat. Cover the pan.
3. Bring the broth and rice to a boil and then turn the heat to low.
4. Stir and simmer for 15 minutes.
5. Add remaining ingredients.
6. Simmer for 10 to 15 minutes until the vegetables are heated through.
7. Refrigerate leftovers immediately.



Adapted from USDA, recipefinder.nal.usda.gov/recipes/chicken-soup



Cheesy Broccoli Casserole

Servings: 4

Ingredients

- 2 cups, broccoli, cut into small chunks
- 1 can (10 $\frac{3}{4}$ -ounce) cheddar cheese soup
- 1 can (12-ounce) chunk chicken, drained
- 2 cups cooked rice
- $\frac{1}{2}$ cup milk
- 1 cup shredded cheddar cheese

Directions

1. Heat the oven to 350°F.
2. Wash hands and surfaces.
3. Combine broccoli, soup, chicken, rice, milk and $\frac{1}{2}$ cup cheese in a 2-quart casserole dish.
4. Bake for 15 minutes, top with remaining cheese and bake another 15 minutes. Let cool slightly before serving.
5. Refrigerate leftovers immediately.

MEASUREMENT EQUIVALENTS:

3 teaspoons	= 1 tablespoon
4 tablespoons	= $\frac{1}{4}$ cup
5 $\frac{1}{8}$ tablespoons	= $\frac{1}{3}$ cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon

Becky's Brunch Bars

Servings: 12

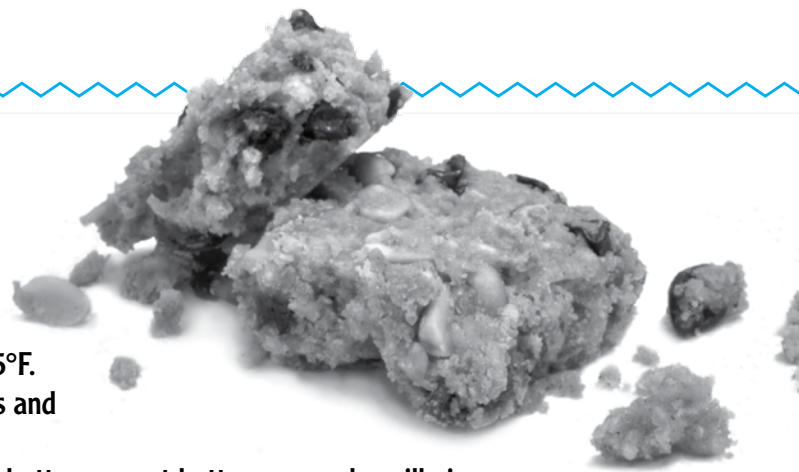
Ingredients:

- Nonstick cooking spray
- $\frac{3}{4}$ cup firmly packed brown sugar
- $\frac{1}{4}$ cup butter, softened
- $\frac{1}{2}$ cup peanut butter
- 1 large egg
- 1 tablespoon vanilla
- 2 cups rice, cooked
- 1 cup whole-wheat flour
- 1 $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon ground cinnamon
- *2 cups of mixed nuts and dried fruit

* Could use chocolate chips or any other ingredient that you would put in cookies instead of nuts and dried fruit.

Directions:

1. Preheat oven to 375°F.
2. Wash hands and surfaces.
3. Beat sugar, butter, peanut butter, egg and vanilla in a large bowl.
4. Stir in flour, baking powder, salt and cinnamon.
5. Fold in rice, mixed nuts and dried fruit.
6. Spray a 9-by-13-inch baking dish with nonstick spray and spread evenly into dish.
7. Bake 25-30 minutes until golden brown; cool, cut and serve. Refrigerate leftovers.



COOKING TERMS

BEAT: to mix rapidly in order to make a mixture smooth and light by incorporating as much air as possible

BLEND: to incorporate two or more ingredients thoroughly

BOIL: to heat a liquid until bubbles break continually on the surface

CHOP: to cut solids into pieces with a sharp knife or other chopping device; finely chop is just chopping solids into small pieces

DIVIDED: to use a particular ingredient more than once in the same recipe

FOLD: cut down through mixture with spoon, whisk, or fork and go across bottom of bowl, up and over, close to surface; the process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended

SAUTÉ: to cook and/or brown food in a small amount of hot fat

SIMMER: to cook slowly in liquid over low heat at a temperature of about 180 degrees; the surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles

STIR-FRY: to cook food by constantly stirring in a lightly oiled pan over high heat

We hope you enjoy the recipes!

For additional information on nutrition and physical activities you can do with your family, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.

Each caller will receive a free healthy gift!

For more recipes and physical activity ideas, visit us online at missourifamilies.org.

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 Extension

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