

September 2013

SNAP ED Program MSU Extension

For more information on feeding your family great, low-cost meals, contact Stephanie Bruno at MSU Extension, Menominee County (906) 753-2209 or 1-888-678-3464 ext 63666

Chicken Ramen Dinner

- 1 can chicken, drained
- 1-2 Tablespoons oil for cooking
- 1 cup diced zucchini
- ½ cup diced onion
- 1 can diced tomatoes, with juice
- 1 can corn, with juice
- 1 pkg. chicken flavored Ramen noodles

Saute' zucchini and onion in oil over medium heat until tender. Add chicken, tomatoes and corn- heat through. Stir in seasoning packet from noodles. Break noodles up and stir into chicken/veggies. Cover and simmer until noodles are tender, stirring occasionally, until noodles are tender- about 3-4 minutes. Enjoy! You also stir in 1 cup of salsa to give it a little more flavor.

Chicken Tacos

- 1 can chicken, drained
- 1 pkg taco season
- 1 can tomatoes, reserve ½ cup juice
- 1 /2 cup diced onion (optional)
- 1 can corn, drained, (optional)
- 1 Tablespoon cooking oil
- Taco shells
- Shredded lettuce
- Shredded cheese

Saute onion in oil, add chicken and heat through. Stir in tomatoes, juice and taco seasoning; heat through. Add corn if desired. Fill taco shells with chicken mixture and top with lettuce and cheese. Serve with salsa and sour cream if desired.

Chicken Enchiladas

- 1 can chicken, drained
- ½ jar salsa
- 4 oz cream cheese
- 1 small jar green chilies, drained
- 1 cup canned pinto or black beans, drained
- Shredded cheddar cheese
- Flour tortillas

Combine the chicken, salsa, chilies, beans and cream cheese in a medium size pan. Heat over low-medium heat until cream cheese is melted. Spray a casserole dish with non-stick spray. Put a large spoonful of chicken mixture in tortilla and roll up, place seam side down in prepared dish. Cover with shredded cheese and heat through in 350° F oven, about 20-30 minutes.

Chicken or Pork Shepard's Pie

- 1 can chicken or pork, drained
- ½ cup diced onion
- 1-2 Tablespoons oil
- 1 to 2 cans green beans, corn, carrots or mixed vegetables, drained
- 1 can (15 oz size) cream soup
- ½ cup milk
- 4 cups prepared mashed potatoes

In medium skillet heat oil; add onion and cook until softened and translucent. Add meat and heat through. Stir in vegetables, cream soup and milk. Salt & pepper to taste. Pour mixture into casserole dish sprayed with non-stick cooking spray. Top with prepared mashed potatoes. Bake at 350° for 30 minutes or heated through.

Southwestern Pork & Rice

- 1 ½ teaspoons chili powder
- ¾ teaspoon ground cumin
- ¾ teaspoon black pepper
- ¾ teaspoon salt
- 1 large can pork (24 oz)
- 1 Tablespoon oil
- 1 cup rice (regular, not instant)
- 1 ½ cups water
- ½ cup chopped onion
- 1 can diced tomatoes, with juice

Drain pork and place in a medium size bowl. Mix in spices. Heat oil in large deep skillet. Add pork; cook, stirring occasionally until browned, about 3 minutes. Remove from skillet. Add rice and onion to skillet, cook & stir for 2 minutes. Stir in water and tomatoes- bring to boil; stir in pork. Reduce heat to low; cover and simmer for 25-30 minutes or until rice is tender and most of the liquid is absorbed. You can also add 1 can drained corn to mixture for added flavor. If you do not have the seasonings, use 1 package of taco seasoning mix instead.

Hot BBQ Sandwiches

- 1 can chicken or pork, drained
- 1 small onion, chopped fine
- 1 Tablespoon vegetable oil
- 2/3 to 1 cup ketchup
- 2 Tablespoons mustard
- 2 Tablespoons vinegar
- 2 Tablespoons sugar, brown or white

In frying pan, heat oil over medium heat. Add onion and stir to coat all pieces. Add canned meat, the rest of the ingredients, and heat through. Serve on toasted bread, biscuits, or buns. If too thick, stir in a few tablespoons of water to thin out.

Meal Ideas for Using Commodity Foods~~~~

- Add drained carrots and corn to beef stew, serve over prepared mashed potatoes. Complete the meal with a pears or mixed fruit.
- Drain and pan fry chicken or pork- add garlic powder, paprika or cumin while browning; add barbecue sauce and heat through. Serve on toasted bun with a side of green beans or salad and canned fruit.
- Drain and pan fry chicken or pork, add seasoning and heat through. Spread a toasted bun with cranberry sauce and top with warm seasoned meat. The cranberry sauce adds so much flavor!
- Freeze orange juice in ice cube trays and add to cranberry/apple juice for a wonderful taste treat, and a great way to get 1 or 2 fruit servings for the day!
- Serve the fruit and nut mix with juice as a healthy snack or fast breakfast.
- Serve cranberry sauce with heated chicken or pork.
- Make your own Kentucky Fried Chicken meal; Heat and season drained chicken with paprika and garlic, serve over mashed potatoes and top with heated drained corn; top with prepared gravy.