



# A nutrition Fact Sheet



## Invent a Casserole

Choose one grain, meat, and sauce. Multiple vegetables can be included.  
Seasoning and toppings can be added, if desired.

Whole grains (Cooked)	Vegetable (Frozen, canned, or fresh, uncooked)	Meat	Sauce	Seasonings and Toppings
1½ to 2 cups	1½ cups	1½ to 2 cups	1 cup or 1 can soup + ½ cup milk or water	Optional (Measure to taste)
Whole grain noodles, macaroni, spaghetti, or other pasta Brown rice Barley Bulgur	Mixed vegetables Tomatoes Corn Green beans Acorn squash Peas Broccoli Green pepper Cabbage Zucchini Potatoes Turnip Sweet potatoes	Tuna fish Cooked beans Pork and beans Split peas (uncooked) Lentils (uncooked) Canned meat Eggs (uncooked) Cooked lean hamburger Cooked turkey Cooked chicken Cooked pork Canned beans	White sauce Homemade cheese sauce Tomato soup Cream soup	<u>Seasonings</u> Salt (up to ¼ teaspoon) Pepper ¼ cup chopped onion, celery, or green pepper ½ teaspoon parsley, oregano, or other herb  <u>Toppings (Whole grain)</u> Cracker crumbs Bread crumbs Dry unsweetened cereal

**To bake in oven:** Layer or mix all foods except toppings in a casserole dish. Bake at 350°F for 30-45 minutes. Add toppings and return to oven for about 10 minutes.

**To cook on stove top or in an electric frying pan:** Measure water for noodles or rice, cook until tender. Drain off excess water. Mix in remaining ingredients except for topping. Heat 5 to 10 minutes. Sprinkle on toppings.

**Microwave:** Combine all ingredients except toppings. Microwave on HIGH for 6 to 8 minutes. Sprinkle on toppings.

# Favorite Combinations

	<b>Whole Grains (Cooked)</b>	<b>Vegetables</b>	<b>Meat</b>	<b>Sauce</b>	<b>Extra</b>	<b>Toppings (Whole grain for grains)</b>
<b>Hambo</b>	Rice	Cauliflower	Ham	Cheddar cheese soup	-----	Bread crumbs, cheese
<b>South of the Border</b>	Elbow macaroni or tortillas	Corn	Lean ground beef	Tomatoes	Taco seasoning, olives	Cheddar cheese
<b>Monterey Chicken</b>	Egg noodles	Broccoli	Chicken	Cream of chicken soup	Green chilies	Cracker crumbs, Jack cheese
<b>Beefy Onion</b>	Elbows	Green beans	Cubed lean beef	Cream of mushroom soup	Mushrooms	Caramelized onions
<b>Sea Special</b>	Wide noodles	Green beans	Tuna	Cream of mushroom soup	Mushroom	Cracker crumbs
<b>Chili Mac</b>	Spiral noodles	Tomatoes, green peppers, celery, onions	Kidney beans	Tomato soup	Chili seasoning	Cheddar cheese
<b>Taco Rice</b>	Rice	Corn	Lean ground beef or cooked beans	Canned tomatoes	Taco seasoning or chili powder	Cheddar cheese



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