

Commodity Foods Recipes And Use Guide

K-State Research and Extension - Geary County

Kansas SNAP-Ed

February 2017

Spaghetti Bake

Makes: 6 Servings

Ingredients

- ½ pound spaghetti or other pasta type
- 1 tablespoon vegetable oil
- 1½ cups canned chicken (drained)
- 2 cloves garlic (chopped)
- 1 teaspoon dried oregano (if you like)
- ¼ teaspoon black pepper
- 2 cans low-sodium tomatoes (not drained, about 15 ounces each)
- ¾ cup reduced-fat cheddar cheese (shredded)



Directions

1. Preheat oven to 350 degrees F.
2. Cook spaghetti according to package directions. Drain and place in a 9x9-inch baking dish.
3. In a large skillet over medium heat, combine chicken, garlic, and pepper. If using oregano, add that too. Cook in oil until hot, about 5 minutes.
4. Stir in tomatoes. Lower the heat and cook for 10 minutes.
5. Spoon tomato and chicken mixture over the spaghetti in the baking dish. Sprinkle with cheese.
6. Bake for 30 minutes or until hot and bubbling.

Nutrition Facts: One serving provides 220 Calories, 8g Total Fat, 2.5g Saturated Fat, 220mg Sodium, 22g Total Carbohydrate, 1g Dietary Fiber, 16g Protein

It's our pleasure to provide you with this information about using commodity foods and other food pantry items. This newsletter contains tips and uses for foods along with recipes and serving ideas.

Provided by:

Deb Andres

*Geary Co. Extension Agent
Family & Consumer Sciences
PO Box 28
119 E. 9th St.
Junction City, KS. 66441
785-238-4161
dandres1@ksu.edu*

Susie Bilderback

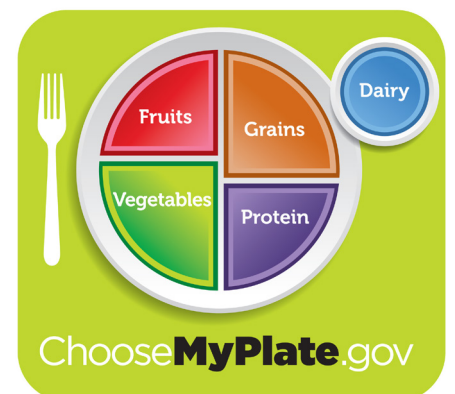
*SNAP-Ed Program Assistant
sbilderb@ksu.edu*

Megan Dougherty

*SNAP-Ed Program Assistant
mcdough92@k-state.edu*

Canned Chicken Tips and Uses

- Add canned chicken to quesadillas, enchiladas, tacos, or spaghetti for a quick meal.
- Canned chicken can be used in soups, casseroles, or chicken salad.



Vegetable Cheese Soup

Makes: about 4 Servings

Ingredients

- 1 cup instant nonfat dry milk
- 2 cups water
- 3 cups canned mixed vegetables, drained
- ¼ cup onion, chopped
- ½ teaspoon curry powder (if you like)
- 1 cup water
- 1½ tablespoons cornstarch
- ½ cup Swiss or cheddar cheese, cut into small pieces or shredded



Directions

1. Bring 2 cups water to a boil in a medium pot. Add vegetables and onions. If using curry powder, add that too. Cook, covered, until onion is almost soft.
2. Mix dry milk, 1 cup water, and cornstarch together in a bowl or cup. Add to vegetables.
3. Cook over medium heat, stirring often, until thickened.
4. Add cheese and stir until melted. Add more water if soup is too thick.

Nutrition Facts: One serving provides 250 Calories, 4g Total Fat, 2.5g Saturated Fat, 380mg Sodium, 35g Total Carbohydrate, 4g Dietary Fiber, 18g Protein

Cream Soup Substitute

Use in any recipe calling for a can of cream soup

- 2 cups nonfat dry milk crystals
- ¾ cup cornstarch
- ¼ cup instant chicken bouillon (low sodium recommended)
- 2 tablespoons dried onion flakes
- 1 teaspoon dried thyme, crushed
- 1 teaspoon dried basil, crushed
- ½ teaspoon pepper

- Combine all ingredients and store in airtight container.
- To Use, mix ⅓ cup of dry mix with 1¼ cups water in a saucepan.
- Cook and stir until thickened.

Nonfat Dry Milk Tips and Uses

- Enjoy prepared instant nonfat dry milk as a beverage.
- Prepared instant nonfat dry milk can be used in recipes calling for milk, such as breads, cakes, casseroles, soups, mashed potatoes, and desserts.
- Try adding a tablespoon or two of instant nonfat dry milk to smoothies for a creamier result.
- Try using instant nonfat dry milk in coffee or tea as a healthier substitute for cream or creamer.

Preparation

- To prepare instant nonfat dry milk, combine ⅓ cup nonfat dry milk with 1 cup water and mix well.

Storage

- Store unopened packages of nonfat dry milk in a cool, clean, dry place.
- After opening, store in a tightly covered container or sealable plastic bag.
- Store prepared nonfat dry milk covered in the refrigerator for up to 5 days.
- Look at the “Best if used by” or “Best by” date on the package.

Bean and Rice Burritos

Makes: 8 Servings

Ingredients:

- 2 cups rice, cooked
- 1 onion, chopped
- 1 can (about 15 ounces) low-sodium, light red kidney beans, drained
- 8 flour tortillas (about 7 to 8 inches each) (can use whole grain tortillas instead)
- ½ cup salsa
- ½ cup low-fat cheddar cheese, grated



Directions:

1. Preheat oven to 300 degrees F
2. Mix the rice, onion, and beans in a bowl.
3. Place the tortillas flat on a baking pan and put about ½ cup of the bean and rice mixture in the middle of each tortilla.
4. Fold the sides of the tortilla over to hold the rice and beans.
5. Bake for 15 minutes.
6. Add about a tablespoon of salsa and a tablespoon of cheese to each burrito.
7. Serve warm.

Nutrition Facts: One serving provides 300 Calories, 7g Total Fat, 3g Saturated Fat, 400mg Sodium, 431g Total Carbohydrate, 9g Dietary Fiber, 25g Protein

Bean Dip

Makes: 6 Servings

Ingredients:

- 2 cups canned light red, low-sodium kidney beans, drained (save ½ cup of the liquid)
- 1 tablespoon vinegar
- ¾ teaspoon chili powder
- ⅛ teaspoon ground cumin (if you like)
- 1 tablespoon onion, chopped
- 1 cup low-fat cheddar cheese, grated

Directions:

1. Place the drained kidney beans, vinegar, and chili powder in a blender; if using cumin, add that too.
2. Blend until smooth. Add some of the bean liquid to make the dip easy to spread.
3. Stir in onion and cheese; place in refrigerator for about an hour to chill.

Nutrition Facts: One serving provides 100 Calories, 1.5g Total Fat, 1g Saturated Fat, 210mg Sodium, 14g Total Carbohydrate, 4g Dietary Fiber, 10g Protein

Canned Kidney Beans Tips and Uses

- Serve light red kidney beans cold or heated in salads, soups, stews, and chili.
- Light red kidney beans are great when added to rice, served as a side dish, or in a dip.

Preparation/Cooking

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

Chicken Club Salad

Makes: 4 servings

Ingredients

- 1 cup pasta (uncooked whole wheat, small, such as macaroni or rotelle)
- 6 cups romaine lettuce (well washed and torn, or spinach)
- 2 cups vegetables (fresh, green pepper, celery, cauliflower florets, cucumber, carrots chopped)
- 2 cups tomatoes (chopped)
- ½ cup cubed cooked skinless chicken (½ pound skinless, boneless chicken)
- ½ cup Italian dressing (lowfat)
- 1 egg (hard cooked, optional)
- ¼ cup cheese (shredded, or cheese crumbles)

Directions

1. Wash hands.
2. Cook pasta according to package directions; drain and cool.
3. Place 1½ cups of the romaine in each of 4 large bowls or plates.
4. Combine chopped vegetables, chicken and pasta.
5. Add dressing; toss lightly to coat. Divide evenly among the 4 bowls.
6. Top each serving with a few egg slices, if desired, and 1 tablespoon of the shredded cheese.

Nutrition Facts: One serving provides 270 Calories, 6g Total Fat, 1.5g Saturated Fat, 380mg Sodium, 29g Total Carbohydrate, 6g Dietary Fiber, 24g Protein,

Macaroni Tips and Uses

- Macaroni may be topped with a tomato or meat sauce oil and garlic, cheese, and vegetables
- Macaroni may also be used in recipes for soups, casseroles or salads.
- Combine with eggs, fish, poultry, vegetables, or meat

Preparation/Cooking

- Boil water in a large pot.
- Add macaroni. Bring to boil again. Stir often.
- Cook macaroni uncovered approximately 8 to 10 minutes until firm to bite for full flavor.
- Macaroni is done cooking when it is easy to bite through but still firm.
- Remove from heat and drain well before serving.

K-STATE
Research and Extension

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

