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Now You're Cookin'!

Tasty, Healthful Meals on a Budget

Week 4: Planned-over Food Tips, Menus and Recipes

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Stretch Your Food Dollar$

Be aware of your habits in your kitchen to avoid letting food go to waste. Check (✔) the statements that are true of you.

- ❑ I keep my cabinets and refrigerator organized.
- ❑ I rarely buy duplicates of food I already have because I keep track of what I have on hand.
- ❑ I keep a grocery list handy so I can jot down what I need the next time I go to the grocery store.
- ❑ I pay attention to the amount of food, such as overripe fruit or spoiled food, I throw away.
- ❑ When I compare prices of different sizes of food products, I consider the product with the amount I can use in a reasonable amount of time.

Think about the items you marked and the ones you did not mark. The above ideas are practices that may stretch your food dollars.

Planning menus, shopping for foods and using your leftovers wisely can pay off in many ways. Your family can enjoy healthy meals with lots of variety, and you can stretch your budget.

This is the fourth in a series of publications to help you eat well but spend less at the grocery store. It includes sample menus and recipes that you can adapt to meet your family's tastes. It also includes creative ways to make use of your leftovers, which become "planned-overs."

Turn Leftovers into "Planned-overs"

"Leftovers" often have a bad reputation. They may get forgotten in the back of your refrigerator and later thrown out. Instead of letting them go to waste, turn extra food items into planned-overs. Consider these ideas for making good use of extra food:

- **Planned-over whole roast chicken:** Shred it, add some mayonnaise and chopped celery and use it to make sandwiches. Add some salsa and use it for chicken tacos. Simmer it with barbecue sauce and make sandwiches. Make some chicken-vegetable soup.
- **Planned-over spaghetti sauce with meat:** Use it to make lasagna or homemade pizza, or freeze it for a quick dinner later.
- **Planned-over roast beef:** Use it to make soup, stew or stir-fry. Shred it, add some barbecue sauce and serve it on buns.

Handle Planned-overs Safely

Large quantities of planned-over perishable food can become a food safety issue if they are not cooled promptly. Most foods, including meat, casseroles, rice, beans, baked potatoes, cooked vegetables, and cut-up fruit and vegetables, are perishable. Perishable foods should spend no more than two hours at room temperature.

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- Divide large amounts of leftovers into small, shallow containers for quick cooling. Slice meat into smaller pieces. Thick foods, such as stew, should be no more than 2 inches deep in a shallow container.
- Freeze planned-overs in recipe-sized portions. Label the container with the date and type of food.
- Use refrigerated planned-over foods within a few days.
- Reheat gravy and meat to 165 degrees Fahrenheit.

Size up your portions with these visual clues. As shown, one-half of a baseball is the same size as ½ cup mashed potatoes.

½ baseball 	=	½ cup of mashed potatoes
large egg or golf ball 	=	¼ cup of dried cranberries
ping-pong ball 	=	2 tablespoons of peanut butter
checkbook 	=	3 ounces of fish
card deck 	=	3 ounces of meat or poultry
four dice 	=	1½ ounces of natural cheese (cheddar, Swiss)
thumb tip 	=	1 teaspoon of margarine or butter

What's Your Healthy Plate Plan?

Each person has different needs based on gender, age and level of physical activity. Learn what each of your family members needs at their particular calorie levels by checking out the Daily Servings Guide at https://cdn.realfood.gov/Daily%20Serving%20Sizes.pdf.

- Protein Foods: Animal- and plant-based protein foods, including meat, poultry, eggs, seafood, beans, peas, lentils, legumes, nuts, seeds and soy.
- Dairy: Whole, reduced-fat, low-fat or nonfat dairy products, including fluid, dry or evaporated milk; yogurt; and cheeses. Lactose-free and lactose-reduced products, as well as fortified dairy alternatives, are also options.
- Vegetables: Vegetables of all types — dark green; red and orange; beans, peas, lentils and legumes; starchy; and other vegetables, including fresh, frozen, canned, cooked or raw.
- Fruits: Fruits of all types, including fresh, frozen, canned, juiced and dried.
- Whole Grains: All whole-grain foods and products made with whole grains as ingredients.

Healthy Plate Serving Size Examples

Grain serving examples:	1 slice whole-wheat bread 1/2 cup cooked oats 1/2 cup cooked brown rice 1/2 cup cooked quinoa
Vegetable serving examples:	1 cup raw or cooked vegetables 2 cups raw, leafy greens
Fruit serving examples:	1 cup raw fruit 1/4 cup dried fruit
Dairy serving examples:	1 cup milk 3/4 cup yogurt 1 ounce hard cheese (such as cheddar, mozzarella, Swiss, Parmesan) 1 cup calcium-fortified soymilk
Protein serving examples:	3 ounces cooked meat, poultry, or seafood 1 egg 3 ounces soy protein (tofu, seitan, tempeh) 1/2 cup cooked beans or lentils 2 tablespoons peanut butter 1 ounce nuts or seeds

Example:

Healthy Plate Plan and three-day menu plan for a 40-year-old male who is 6'0 and 170 pounds who gets 30-60 minutes of physical activity per day*



My Healthy Plate Plan*

Grains.....2-4 servings
Vegetables.....3 servings
Fruit .....2 servings
Dairy .....3 servings
Protein Foods .....3-4 servings

Three-day Menu Plan for a 40-year-old Male*

	Meal 1	Meal 2	Meal 3	Snack
Day 1	3 slices French toast ⅓ c. "lite" syrup ½ c. orange slices 1 c. nonfat milk	1½ c. Beef Stew* 1 c. Cinnamon Fruit Salad* 1 whole-wheat bun with 2 tsp. soft margarine 1 c. nonfat milk 1½ c. tomato soup	1 c. Middle Eastern Bean Salad* 8 saltine crackers ½ c. canned pear halves 1 c. nonfat milk 3 c. popcorn	2 scrambled eggs
Day 2	1 toasted English muffin with 2 Tbsp. peanut butter ½ c. orange juice 1½ c. broccoli soup 8 crackers	1 c. celery and carrot sticks 2 buns 2 tsp. soft margarine 1 medium banana 1 c. nonfat milk	1 Beef Burrito* 1 c. Mexican-style corn (canned) ½ c. apple slices 1 c. nonfat milk	1 c. low-fat yogurt with fruit 2 graham crackers
Day 3	1 c. cereal Toasted bagel with jam ½ grapefruit 1 c. nonfat milk	2 slices whole-wheat bread 2 Tbsp. peanut butter 1 c. carrot sticks with 2 Tbsp. low-fat ranch 1 c. grapes 1 c. nonfat milk	1 serving Easy Supper Casserole* 1 c. green beans 1 serving Orange Jello Salad* 2 dinner rolls 2 tsp. soft margarine 1 c. nonfat milk	2 oz. baked tortilla chips with ½ c. salsa

* indicates recipe is included

Enjoy Family Mealtimes

Eating is a source of enjoyment. Families who spend time together at meals eat more healthfully. Children who enjoy family meals are more likely to do well in school. They are more likely to avoid risky behavior, such as smoking and drinking, too.

Slow down and enjoy family mealtimes. Your brain takes about 20 minutes to get the signal that your stomach is full. If you eat too quickly, you may eat more than you need before your brain tells you to stop.

Week 4

Weekly Meal Planner (* indicates recipe is included)

	Meal 1	Meal 2	Meal 3	Snack
Day 1	French toast with "lite" syrup Orange slices Nonfat milk	Beef Stew* Cinnamon Fruit Salad* Whole-wheat buns Nonfat milk	Tomato soup (canned) Middle Eastern Bean Salad* Crackers Canned pears Nonfat milk	Popcorn
Day 2	Scrambled eggs English muffin with peanut butter Orange juice	Cream of broccoli soup (canned) Carrot and celery sticks Crackers/whole-wheat bun Banana Nonfat milk	Beef Burrito* Mexican-style corn (canned) Apple slices Nonfat milk	Yogurt with fruit Graham crackers
Day 3	Cereal ½ whole-wheat bagel Grapefruit Nonfat milk	Peanut butter sandwich Carrot sticks Grapes Nonfat milk	Easy Supper Casserole* Green beans Orange Juice Salad* Bun Nonfat milk	Baked tortilla chips with salsa
Day 4	Cream of wheat with milk Whole-wheat toast with jam Orange juice Nonfat milk	Fried egg with cheese on toasted English muffin Broccoli florets Apple slices Nonfat milk	Rice Hot Dish* Mixed vegetables Fruit cocktail Nonfat milk	Carrots and celery with ranch dip
Day 5	Oatmeal with raisins ½ whole-wheat bagel Grapefruit Nonfat milk	Tuna salad sandwich* Vegetable soup (canned) Carrot sticks Crackers Nonfat milk	Stir-fry Chicken and Vegetables* Rice Orange slices Nonfat milk	Sugarless Oatmeal Cookie*
Day 6	Cereal with raisins and milk Whole-wheat toast with jam Nonfat milk	Macaroni and cheese (box) Green beans Applesauce Nonfat milk	Taco Salad* Canned peaches Nonfat milk	Popcorn Baby carrots with ranch dip
Day 7	Pancakes with "lite" syrup Orange juice Nonfat milk	Cheesy Potato Soup* Crackers Veggie Muffins* Apple Nonfat milk	Golden Rice and Pork Casserole* Peas and carrots Tossed salad Dinner roll Nonfat milk	Snack Mix*

Menus adapted from publications by Cynthia Gardner, former NDSU Student Dietitian, and Suzanne Fundingsland, former Nutrition Specialist, NDSU

Week 4 Recipes

Key to Abbreviations

tsp. = teaspoon
Tbsp. = tablespoon
c. = cup
oz. = ounce
pkg. = package
g = grams
mg = milligrams
lb. = pound

Sugarless Oatmeal Cookies

Ingredients

3 bananas, mashed
⅓ c. margarine, melted
2 c. uncooked quick-cooking oats
¼ c. skim milk
½ c. raisins
1 tsp. vanilla extract

Equipment you will need
- mixing bowl
- mixing spoon
- cookie sheet
- measuring cups
- measuring spoons

Preheat oven to 350 F. Mix together all ingredients in a bowl. Mix really well. Let stand about 5 minutes, until oats become wet. Heap teaspoons with dough and drop dough onto greased cookie sheet. Bake for 15 to 20 minutes. Let stand 1 minute on cookie sheet. Remove cookies to wire racks or a towel to cool completely.

Makes 2½ dozen (30 cookies). Per cookie: 60 calories, 2.5 g fat, 1 g protein, 9 g carbohydrate, 1 g fiber and 20 mg sodium.

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Taco Salad

Ingredients

Leftover chili, recipe of choice (or use 15- to 16-oz. can chili)
½ head lettuce
½ lb. grated cheddar cheese
1 tomato, chopped
4 c. baked tortilla chips or corn chips
Salsa

Equipment you will need
- cutting board
- sharp knife
- frying pan
- can opener
- mixing spoon
- grater
- 4 dinner plates

Make chili. On each of 4 plates, put 1 c. chips. Top with chopped lettuce, one-fourth of chili, grated cheese and chopped tomatoes. Serve with salsa on the side.

Serves six. Per serving: 380 calories, 25 g fat, 19 g protein, 18 g carbohydrate, 1 g fiber and 650 mg sodium.

If you like, mix all the food together in a large bowl and serve it right away.

Rice Hot Dish

Ingredients

1 lb. lean ground beef
1 (16 oz.) can kidney beans, drained
4 to 6 medium potatoes, peeled and sliced
1 can tomato soup
1 (6 to 8 oz.) box seasoned rice
½ c. water

Equipment you will need
- can opener
- cutting board
- sharp knife
- mixing bowl
- mixing spoon
- baking dish

Preheat oven to 350 F. Wash, peel and slice potatoes. Drain kidney beans. Layer half the sliced potatoes on the bottom of the baking pan. Place one-half can of kidney beans on top of the potatoes. Place one-half of ground beef on top of the kidney beans. Place one-half of the rice on top of the beef. Repeat steps. Sprinkle the rice seasoning on top of the layers. Mix water and tomato soup together and pour over everything. Bake for 1½ to 2 hours

Serves six. Per serving: 490 calories, 4.5 g fat, 29 g protein, 84 g carbohydrate, 10 g fiber and 380 mg sodium.

This recipe was developed by dietetic students at the College of St. Benedict and St. John's University, Minnesota.

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Cheesy Potato Soup

Ingredients

2 c. water
2 c. potatoes, peeled and cubed
3 Tbsp. butter or margarine
1 small onion, chopped
3 Tbsp. all-purpose flour
Black pepper to taste
3 c. low-fat milk
½ tsp. sugar
1 c. cheddar cheese, shredded
1 c. (8 oz.) cooked ham, cubed

Equipment you will need
- large pot
- knife
- cutting board
- measuring cups
- measuring spoons

Bring water to boil in large saucepan. Add potatoes and cook until tender. Drain, reserving liquid. You should have 1 cup; add water if necessary. Melt butter in saucepan over medium heat. Add onion; cook and stir until tender but not brown. Add flour; season with black pepper. Cook 3 to 4 minutes. Gradually add potatoes, reserved liquid, milk and sugar to onion mixture; stir well. Add cheese and ham. Simmer over low heat 30 minutes, stirring frequently.

Serves 10. Per serving: 170 calories, 9 g fat, 10 g protein, 13 g carbohydrate, 1 g fiber and 115 mg sodium.

Substitution: 1 c. nonfat dry milk + 3 c. water for 3 c. low-fat milk

Beef Burritos

Equipment you will need
- cutting board
- sharp knife
- frying pan
- can opener
- mixing spoon
- grater
- baking dish

Ingredients

½ lb. ground beef
2 (15 to 16 oz.) cans kidney, pinto or red beans
1 onion, chopped
1 Tbsp. chili powder or 1 pkg. taco seasoning
8 large flour tortillas
Salsa of choice

Chop onion. Brown ground beef and onion in frying pan. Drain fat. Mix in kidney beans and chili powder. Put a spoonful of meat mixture in the center of the tortilla. Fold opposite edges of the tortilla over the meat. Then fold both ends to the center so you form a pocket. Set burrito in baking dish. Heat burritos in covered dish for 10 to 15 minutes at 350 F. Serve with salsa.

Serves eight. Per serving: 400 calories, 8 g fat, 21 g protein, 61 g carbohydrate, 7 g fiber and 790 mg sodium.

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Orange Jell-O Salad

Equipment you will need
- small pan
- mixing bowl
- measuring cup
- can opener
- mixing spoon

Ingredients

1 pkg. (4-serving size) orange gelatin
1½ c. orange juice
1½ c. applesauce

Heat 1 cup orange juice until it almost boils. Add gelatin and stir until it dissolves. Mix gelatin, orange juice and applesauce in bowl. Chill in refrigerator until firm.

Serves six. Per serving: 70 calories, 0 g fat, 1 g protein, 17 g carbohydrate, 1 g fiber and 15 mg sodium.

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Veggie Muffins

Equipment you will need
- cutting board
- sharp knife
- measuring cups
- measuring spoons
- mixing bowl
- mixing spoon
- muffin pan for 12
- grater
- can opener

Ingredients

1 (8 oz.) package corn muffin mix
1 egg
⅓ c. low-fat milk
1 Tbsp. onion, finely chopped
⅓ c. fresh broccoli, chopped (or substitute frozen broccoli)
1 (8 oz.) can mushrooms, drained and chopped
⅔ c. shredded cheddar cheese

Preheat oven to 400 F. Set oven at 400 degrees. Blend muffin mix, egg and milk in mixing bowl. Wash and finely chop vegetables. Add onions, broccoli, mushrooms and grated cheese to corn muffin mix. Grease muffin pan or line with paper muffin cups. Divide the batter evenly among the 12 muffin cups. Bake for 20 minutes or until tops are golden brown.

Makes 12 muffins. Per muffin: 110 calories, 2.5 g fat, 4 g protein, 17 g carbohydrate, 0 g fiber and 360 mg sodium.

Middle Eastern Bean Salad

Ingredients

2 (15 to 16 oz.) cans beans, such as pinto, kidney, garbanzo, black beans
½ c. chopped onion
1 large chopped tomato
1 medium chopped cucumber
½ c. chopped parsley
½ c. vegetable oil
¼ c. lemon juice
¼ tsp. salt
¼ tsp. pepper
1 tsp. cumin (if you like)

Equipment you will need
- mixing bowls
- mixing spoon
- measuring cups
- measuring spoons
- cutting board
- sharp knife

Mix together oil, lemon juice and spices in measuring cup. Combine other ingredients in large mixing bowl. Add lemon juice and oil to bowl. Chill several hours or overnight for flavors to blend.

Serves six. Per serving: 360 calories, 20 g fat, 13 g protein, 35 g carbohydrate, 10 g fiber and 420 mg sodium.

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Cinnamon Fruit Salad

Equipment you will need
- can opener
- mixing bowl

Ingredients

1 can (15.5 oz.) grapefruit sections, drained
1 can (15.5 oz.) pineapple chunks, drained
1 can mandarin oranges, drained
Cinnamon to taste

Toss fruit in bowl and sprinkle with cinnamon to taste. Refrigerate for at least 1 hour before serving.

Serves eight. Per serving: 70 calories, 0 g fat, 1 g protein, 19 g carbohydrate, 2 g fiber and 5 mg sodium.

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Stir-fry Chicken and Vegetables

Ingredients

1 lb. chicken breast, cut in thin strips
2 Tbsp. vegetable oil
1 c. thinly sliced carrots
1 c. thinly sliced celery
2 c. shredded cabbage
1 Tbsp. soy sauce (light)
2 c. chicken broth
2 Tbsp. cornstarch
water

Equipment you will need
- measuring cup
- measuring spoon
- cutting board
- can opener
- sharp knife
- frying pan
- mixing spoon

Heat oil in a large frying pan. Stir-fry chicken quickly until lightly brown. Add vegetables, broth and soy sauce. Bring to a boil. Cover and cook for 5 minutes over low heat or until vegetables are crisp-tender. Blend cornstarch and ¼ cup cold water. Add to chicken mixture. Cook until the mixture thickens and bubbles. Stir the mixture constantly while it is cooking. Serve over hot cooked rice.

Serves four. Per serving: 250 calories, 10 g fat, 27 g protein, 10 g carbohydrate, 2 g fiber and 860 mg sodium.

Golden Rice and Pork Casserole

Equipment you will need
- large pot for rice
- can opener
- cutting board
- sharp knife
- measuring spoon
- cheese grater
- large mixing bowl
- 2-quart casserole dish

Ingredients

3 c. rice, cooked
3 lb. pork roast with bone, cooked and cubed,
or 20 oz. boneless pork roast, cooked and cubed
1 can (10 oz.) whole-kernel corn, drained
¼ c. onion, finely chopped
1½ c. low-fat milk (or use ⅔ c. dry milk plus water to make 1½ c.)
¼ tsp. pepper

Topping
1½ c. (6 oz.) American cheese, grated

Preheat oven to 350 F. Mix all ingredients together except grated cheese. Pour into lightly oiled, 2-quart casserole. Sprinkle with grated cheese. Bake for 30 to 45 minutes.

Serves six. Per serving: 360 calories, 9 g fat, 36 g protein, 30 g carbohydrate, 2 g fiber and 270 mg sodium.

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Easy Supper Casserole

Ingredients

2 lb. ground beef
1 small onion, chopped
1 c. dry macaroni
2 c. tomato juice
1 (15.5 oz.) can chili beans
1 tsp. oregano, crushed
2 tsp. chili powder
2 tsp. salt
¼ tsp. pepper
1 c. grated cheddar cheese

Equipment you will need
- can opener
- cutting board
- sharp knife
- mixing spoon
- measuring cup
- frying pan with cover

Brown ground beef in a large frying pan or electric skillet; drain fat. Add chopped onion to ground beef; cook until onion is clear. Turn heat down; add macaroni, beans, juice and spices, stirring to combine. Cover pan and simmer mixture for 20 minutes. (If you uncover the pan more than twice to check and stir, add additional tomato juice). Remove pan from heat, stir and sprinkle grated cheese on top of mixture. Cover and let stand until cheese melts.

Serves six. Per serving: 410 calories, 13 g fat, 40 g protein, 32 g carbohydrate, 4 g fiber and 1300 mg sodium.

Snack Mix

Equipment you will need
- mixing bowl
- mixing spoon
- airtight container

Ingredients

2 c. small pretzel twists
1 c. roasted peanuts
1 c. dried cranberries or raisins
2 c. Cheerios cereal (or store brand)
1 c. semisweet chocolate chips

Mix all the ingredients in a large bowl. Divide trail mix into single-serving plastic bags or store in an airtight container.

Serves 10. Per serving: 290 calories, 14 g fat, 6 g protein, 40 g carbohydrate, 2 g fiber and 200 mg sodium.

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Tuna Salad Sandwich

Equipment you will need
- cutting board
- can opener
- small sharp knife
- small bowl
- measuring cup
- mixing spoon

Ingredients

1 (7 oz.) can tuna
1 stalk celery, chopped
¼ c. mayonnaise*
8 slices bread

Open tuna can and drain tuna. Put tuna in small bowl. Wash and chop celery on cutting board. Measure ¼ cup mayonnaise. Add celery and mayonnaise to tuna in bowl. Mix well. Place 4 slices bread on cutting board. Put one-fourth of tuna mix on each slice. Spread tuna over bread and put another slice of bread on top. Cut sandwiches in half and serve.

Serves four. Per serving: 190 calories, 2 g fat, 16 g protein, 30 g carbohydrate, 0 g fiber and 450 mg sodium.

*To cut calories and fat, use nonfat or low-fat mayonnaise, or use half nonfat yogurt.

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Beef Stew

Equipment you will need
- cutting board
- sharp knife
- vegetable peeler
- heavy pan with tight lid
- stirring spoon
- measuring spoons
- plastic or paper bag

Ingredients

1 lb. beef cubes
2 Tbsp. flour
salt and pepper
1 Tbsp. vegetable oil
water
2 carrots, peeled and cut into 1-inch pieces
2 potatoes, peeled and cut into 1-inch cubes
1 onion, peeled and cut into 1-inch cubes

Measure flour into plastic or paper bag. Add salt and pepper. Shake. Add beef cubes to bag and shake until beef is well coated. Heat oil in heavy pan. Add beef cubes and brown. Add 1 cup water. Cover with tight-fitting lid and cook at low heat 1 hour. Peel and cube carrots, potatoes and onion. Add to beef. Cover with lid again. Cook 1 more hour at low heat.

Serves four. Per serving: 410 calories, 15 g fat, 28 g protein, 41 g carbohydrate, 5 g fiber and 130 mg sodium.

A "Grocery List" of cost-savings ideas

Check the following if you use the tip or plan to use it.

Currently use	Plan to use	Not applicable	
❑	❑	❑	**Spend about 30 minutes planning your weekly menus.** Use the sale ads and write a shopping list. Keep the list in a handy spot.
❑	❑	❑	**Avoid shopping when you're hungry or tired.** Almost everything looks tasty when you're hungry. If you're tired, you may be likely to grab convenience foods, which cost more and often are less nutritious.
❑	❑	❑	**Avoid using a credit card for food purchases unless you intend to pay off the balance each month.** You may end up adding credit card interest rates onto the food cost.
❑	❑	❑	**Shop in one or two stores. Consider your gas, too.** If you drive to several stores for special deals, it may not be a "deal."
❑	❑	❑	**Be familiar with the store layout.** Only go down the aisles that include items on your list.
❑	❑	❑	**For quick shopping trips, shop the perimeter of the store.** Most staples, such as milk, fresh produce and bread, are around the perimeter.
❑	❑	❑	**Compare store brands with national brands and choose the one with the lower price.** Most store brands are similar in quality to name brands, but lower in price.
❑	❑	❑	**Clip coupons, but only for the things you need.** Some stores double the value of coupons to a certain point.
❑	❑	❑	**Compare price using "unit prices."** The unit pricing on the front edge of shelving helps you know quickly whether the regular-priced super-sized package is a better deal than the sale-priced regular-sized package.
❑	❑	❑	**Check your receipt and change.** Although mistakes are not intentional, they can happen. Look carefully at your receipt to be sure you received the sale price.

Eat Smart. Play Hard. Together

- For more information about food safety and nutrition, contact your county office of NDSU Extension.
- Visit the NDSU Extension website at www.ag.ndsu.edu/food.

My Goal

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Date _____

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