

Serving low cost veggies- Quick and Easy Potato Casserole

Resources:

- Activity and Supply list

Cooking Activity:

- Quick and Easy Potato Casserole, Meeting your MyPlate Goals on a Budget

Quick and Easy Potato Casserole

Ingredients:

- 1 ¼ lbs Yukon Gold potatoes, very thinly sliced
- ½ cup diced onions
- 1 cup shredded cheddar cheese
- ½ teaspoon Italian herb seasoning
- ½ cup chicken stock
- 1 ½ teaspoon Dijon mustard
- ½ teaspoon garlic powder
- Nonstick cooking spray

Directions:

1. Spray an 8-inch microwave –safe baking dish with nonstick cooking spray. Place 1/3 of the potatoes and ½ of the onions on the bottom of the dish and sprinkle with 1/3 the cheese and ½ the herbs.
2. Repeats layers, then top with the last 1/3 of the potatoes, layering potatoes so that there is a solid layer of potatoes with not gaps; sprinkle with remaining cheese.
3. Stir together stock, Dijon and garlic salt and pour over the potatoes.
4. Cover with plastic wrap and microwave on HIGH for 20 minutes.

Food Demonstration Samples: Scoop potatoes with rubber spatula onto 30 small paper plates.

Serving Meat Alternate Proteins-Broccoli-Cheddar Frittata

Resources:

- **Activity and Supply list**

Cooking Activity:

- **Broccoli-Cheddar Frittata**, Meeting your MyPlate goals on a Budget

Broccoli-Cheddar Frittata

Ingredients:

1 package (10oz) frozen chopped broccoli	1/8 teaspoon pepper
¼ cup water	¾ cup shredded cheddar cheese (3oz)
8 eggs	1 Tablespoon onion, chopped
½ cup nonfat milk	1 small carrot, shredded and chopped into bits
2 teaspoons prepared Dijon mustard	Cooking spray
1 teaspoon seasoned salt	

Directions:

1. Combine broccoli, carrot, and water in 10-inch non-stick skillet. Cook over medium heat until tender, stirring occasionally to break up broccoli, about 10 minutes; drain well.
2. Beat eggs, milk, mustard, salt and pepper in large bowl until blended. Add Broccoli mixture, cheese and green onion; mix well.
3. Coat same skillet with cooking spray; heat over medium heat until hot. Pour egg mixture; cook over low to medium heat until eggs are almost set, 8-10 minutes.
4. Turn off heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 2-3 minutes.

Food Demonstration Samples: Scoop frittata with rubber spatula onto 30 small paper plates.

Low Cost Proteins-Garden Fiesta Tuna Pockets

Resources:

- **Activity and Supply list**

Cooking Activity:

- **Garden Fiesta Tuna Pockets, What's cooking?** USDA Mixing Bowl

Garden Fiesta Tuna Pockets

Ingredients:

2 5-oz cans of tuna packed in water, drained	¼ teaspoon salt
1 15-oz black beans, drained and rinsed	4 teaspoons chili powder
¾ cup corn	2 teaspoons garlic powder
1 green pepper, diced into small bits	6- 6-inch whole- wheat pitas, cut in half
2 tablespoons lemon or lime juice	1 medium carrot, diced into small bits
1 tablespoon olive oil	1 small onion, diced into small bits

Directions:

1. In a bowl, combine tuna with beans, corn, green pepper, carrot and onion.
2. Add in lemon/lime juice, vegetable oil, salt, and spices and mix thoroughly to combine.
3. Serve immediately.

Food Demonstration Samples: Cut each pita half into 3 wedges and serve with a scoop tuna salad on 30 small paper plates.

Cook Once Eat Twice- Instant Pot Faux-tisserie Chicken

Resources:

- **Activity and Supply list**

Cooking Activity:

- **Instant Pot Faux-tisserie Chicken, Cooking with Curls**

Instant Pot Faux-tisserie Chicken

Ingredients:

3 lb whole chicken	1 teaspoon garlic powder
2 tablespoon olive oil	1 teaspoon onion powder
½ medium onion, cut into quarters	1 teaspoon chili powder
5 large cloves fresh garlic, peeled and left whole	½ teaspoon cumin
1 cup chicken stock	½ teaspoon basil

Directions:

1. Mix together garlic powder, onion powder, chili powder, cumin and basil in a small bowl and set aside.
2. Use cookie sheet pan to prepare chicken on: Rub chicken with one-tablespoon olive oil. Place the onion wedges and garlic cloves inside the chicken. Use butcher's twine to secure the legs.
3. Turn on the pressure cooker and press the sauté button.
4. Add the remaining olive oil to the meal pan. When hot, add the chicken and sear/brown both sides, about 4 minute per side. Note: Use metal forks for turning chicken.
5. Remove the chicken and set aside. Place the trivet at the bottom of the metal pan and add the chicken stock.
6. Place chicken on cookie sheet. Sprinkle seasoning mix over the entire chicken, rubbing it in and spreading it around to cover the entire chicken.
7. Place the chicken, breast side up on top of the trivet and secure the lid. Make sure the lid is in the "Sealing" position.
8. Set the pressure cooker to manual and set timer for 25 minutes.
9. When the timer beeps, allow the pressure to release naturally for 15 minutes. If the lid will not open, quick release the remaining pressure and remove the chicken.
10. Allow chicken to rest for 5 to 10 minutes before serving.

Notes: Cooking time does not include the time it takes for the pressure cooker to reach pressure, or the time it takes to release the pressure. This will add an additional 30 to 40 minutes

Food Demonstration Samples: The chicken will not be completed in the Instant Pot in the time allotted for the class. Please use the cooked chicken in the crock-pot to serve up 30 samples.

Meal Prep Freezer Meal – Homemade Vegetarian Chili

Resources:

- Activity and Supply list

Cooking Activity:

- Freezer to Slow Cooker Vegetarian Chili

Freezer to Slow Cooker Vegetarian Chili

Ingredients:

1 can Chili Beans with sauce	2/3 cup of frozen corn
1 can Black Beans, drain and rinse	2 teaspoons of garlic, minced
1 can Northern Bean, drain and rinse	1 Tablespoon chili powder
2 large carrots, peeled and shredded	1/2 Tablespoon paprika
28 oz can of tomato sauce	2 teaspoons ground cumin
1 can of petite diced tomatoes, undrained	1 ½ teaspoons oregano

Prep:

- Label your freezer bag with the name of the meal, cooking instructions, and “use by date” (3 months from prep day)
- Add all ingredients. Some ingredients and tools maybe on shared table.
- Remove as much air from bag as possible, seal, and lay flat in your freezer.

Cook:

- The night before cooking, move freezer bag to your refrigerator to thaw.
- The morning of cooking, dump bag into crockpot.
- Cover and cook on low for 4 hours.

Food Demonstration Samples: Prepare 30 bowls for sampling

Using Left overs-Brown Rice, Chicken and Vegetable Skillet

Resources:

- Activity and Supply list

Cooking Activity:

- Brown Rice, Chicken and Vegetable Skillet

Brown Rice, Chicken and Vegetable Skillet

Ingredients:

3 cups cooked frozen brown rice, reheat in microwave	1 ½ tablespoon Olive oil
3 Tablespoons low sodium soy sauce	1lb leftover cooked chicken, diced or shredded
¼-cup water	2 teaspoons garlic, minced
1-tablespoon honey	1 small white onion, cut into small thin wedges
1-tablespoon cornstarch	1 medium red pepper cut into thin strips
	2 ½ cups left over veggies (any combination)

Directions:

1. Mix soy sauce, water, honey and cornstarch in small bowl; set aside.
2. Heat oil in large skillet. Add minced garlic, onion and red peppers; cook until tender.
3. Add cooked chicken and veggies; cook until evenly heated and push to side of pan.
4. Pour soy sauce mixture into center of skillet leaving other ingredients at the sides of the pan; stir the sauce until thick. Mix in with veggies and chicken. Warm rice in microwave, see step 4 of How to Freeze Cooked Brown Rice. Serve over cooked brown rice.

Food Demonstration Samples: Prepare 30 plates for sampling

How To Freeze Cooked Brown Rice

Directions:

1. Cool the Rice: Run the sheet pan under water and shake out the excess. (The moisture will keep the rice from sticking.) Scoop the rice onto the pan and spread out evenly. Let cool for 10 minutes, or until rice is no longer piping-hot.
2. Label your freezer bag with the name, cooking instructions, and “use by date” (3 months from prep day)
3. Portion the Rice: To keep the rice from sticking, wet a measuring cup by filling it with water and pouring it out. Remove as much air from bag as possible, seal, and lay flat in your freezer.
4. Reheat the Rice: Transfer the frozen rice to a microwave-safe container, cover and heat in 1-minute increments on full power, until rice is hot. You do not need to thaw the rice before reheating.