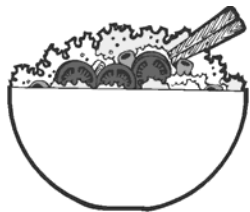


Tips for Summertime Cooking:

- ◆ Keep your home cooler by using the microwave oven, stovetop or outside grill for cooking. If you must use your oven, cook twice the amount of food and save half for another meal.
- ◆ Serve fresh fruit and raw vegetables at mealtime.
- ◆ Make low fat dips. These can be used with fresh vegetables.
- ◆ Add variety to your cool summertime salads the easy way. Add to your salads:
 - ◇ Canned ingredients – tuna, beets, olives, pineapple, chickpeas, beans, etc.
 - ◇ Leftover pasta, potatoes or rice
 - ◇ Leftover cooked meat or poultry
 - ◇ Fresh or canned fruit



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FARMERS' MARKET NUTRITION PROGRAM

SUMMERTIME MEALS



SKILLET MEAL

Master Recipe



	SAUCE <i>1 can soup plus 1 ½ cans milk or water</i>	MEAT, POULTRY FISH, OR BEANS “Cooked” <i>1 pound or 1 ½ cups</i>	
BREADS & CEREALS <i>1 cup raw</i>	Cream of potato Cream of chicken Cream of celery Cream of mushroom Tomato soup Onion soup	Chopped beef Chopped pork or ham Ground beef Tuna Salmon Mackerel Beans Frankfurters Eggs	VEGETABLES <i>1 ½ to 2 cups canned, cooked, or raw</i>
Macaroni Spaghetti Rice Noodles Bulgur	½ to 1-cup cheese can be stirred in at the end of cooking time.		Carrots Peas Corn Green Beans Lima beans Broccoli Spinach Mixed vegetables Celery Green pepper

1. Choose one food from each of the four groups above. Stir together in a skillet.
2. Season to taste with salt, pepper, soy sauce, onion flakes, or garlic powder.
3. Bring to a boil.
4. Reduce heat to lowest setting.
5. Cover pan and simmer 30 minutes or until pasta or rice is tender. If using canned or cooked vegetables, add vegetables the last 5 minutes of cooking.
6. Stir occasionally to prevent rice and pasta from sticking.

Serves 4 - 6