



One-Dish Meals

One-dish meals are a good way to prepare great tasting, nutritious, all-occasion meals with minimum clean up.

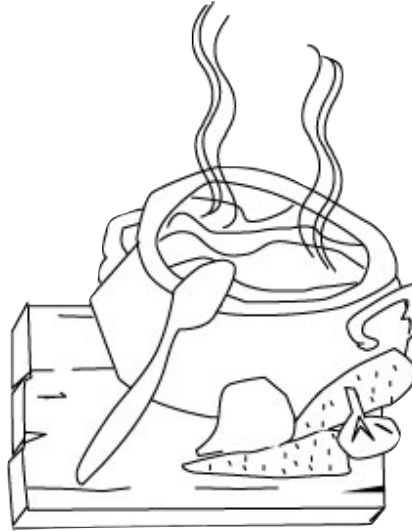
When early man put chunks of meat, wild fruits, vegetables and herbs into an earthenware pot over an open fire, the first one-dish meal was created.

Since then, almost every culture has developed its own signature one-dish meal like Goulash (Hungary) Chop Suey (China) and Lasagna (Italy).

One-dish meals are great because they:

- ☛ may be prepared ahead of time.
- ☛ they are the whole meal (meat, starch and vegetable) is in one dish.
- ☛ can be cooked and served in the same dish.
- ☛ stretch small amounts of meat to serve more people.
- ☛ are a good way to use leftovers.
- ☛ are easy to clean up.

Casseroles and one-dish meals are right in tune with today's trend of returning to simple, delicious home cooking.



INVENT YOUR OWN CASSEROLE

You do not need a recipe to make a casserole-- just follow this format:

- ☛ **One part protein food.** Use chopped cooked eggs, meat, poultry or fish, shredded cheese, cooked beans or a mixture of these foods.
- ☛ **Two parts cooked starchy food.** Use noodles, rice, macaroni or other pasta.
- ☛ **Two parts cooked vegetables.** Use tomatoes, peas, green beans, cauliflower, broccoli, carrots, squash or a mixture of vegetables.
- ☛ **Enough sauce to moisten the mixture.** Use gravy, canned cream soups or white sauce.
- ☛ **Some seasonings,** such as salt, pepper, mustard, herbs and chopped onions.
- ☛ **A crunchy topping,** such as cereal or cracker crumbs.

To prepare the casserole, mix the parts together in an oven-safe casserole dish. Bake at 350°F for 30 minutes or until hot and bubbly.

Here is a casserole to serve 2 using this format:

- 🍴 **One part protein:** 3/4 cup diced cooked chicken or turkey
- 🍴 **Two parts starch food:** 1-1/2 cups cooked macaroni
- 🍴 **Two parts cooked vegetables:** 1-1/2 cups cooked broccoli flowerets
- 🍴 **Sauce:** 1 can condensed cream of cheese broccoli soup or Healthy Cream Soup Mix included in this newsletter.
- 🍴 **Seasonings:** 1/4 cup chopped onion, dash of salt and/or pepper, and 1/8 teaspoon chili powder
- 🍴 **Topping:** Bread crumbs mixed with a little melted margarine

Healthy Cream Soup Mix

Casseroles and one-dish meals often contain ingredients high in fat and salt. One way to control the fat and sodium is to make your own soup. One 10.5-oz. can of cream soup has 225 calories and 12.5 grams of fat. This homemade mix has only 107 calories, 1 gram of fat, and sodium is reduced by over 60 percent! 🍴

Healthy Cream Soup Mix

- 2 cups nonfat dry milk powder
- 3/4 cup cornstarch or clear gel
- 1/4 cup instant reduced sodium chicken or beef bouillon granules
- 1/2 teaspoon dried crushed thyme
- 1/2 teaspoon dried crushed basil
- 1/4 teaspoon ground white or black pepper

Combine ingredients. Store in an airtight container. Mix makes the equivalent of nine cans condensed soup. To prepare as a substitute for one can of condensed cream soup in recipes: Stir together 1/3-cup dry mix and 1-1/4 cups water in a saucepan or microwave cooking dish. Cook and stir until thickened.

Cream of Mushroom or Celery Soup: Sauté 1/2 cup of chopped mushrooms or celery in a bit of oil and add to prepared soup

Cream of Chicken Soup: Add 1/4 cup chopped cooked chicken to prepared soup.

Cream of Broccoli Soup: Add 1/2 cup chopped cooked broccoli to prepared soup.

Cream of Cheese Broccoli Soup: Add 1/2 cup chopped cooked broccoli and 1/4-cup reduced-fat cheddar cheese to prepared soup. 🍴

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