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United States Department of Agriculture

# What's? Cooking

USDA MIXING BOWL

## Cookbook

**Quick and Simple Homemade Suppers**



 THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES  
COLLEGE OF EDUCATION AND  
HUMAN ECOLOGY  
FAMILY AND CONSUMER SCIENCES

# NOTES

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# NOTES



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## Anytime Pizza

### Ingredients

**Makes:** 2 servings

**1/2 loaf** Italian or French bread (split lengthwise, or 2 split English muffins)

**1/2 cup** pizza sauce

**1/2 cup** mozzarella or cheddar cheese (low fat, shredded)

**3 tablespoons** mushrooms (fresh or canned, sliced)

Other vegetable toppings (onions, peppers, spinach, etc.) as desired

Italian seasoning (oregano, basil, etc.), optional

### Directions

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables, and low fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
5. Heat until cheese melts.

Nutrition Information		
Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	7 g	11%
Protein	12 g	
Carbohydrates	21 g	7%
Dietary Fiber	3 g	12%
Saturated Fat	3.5 g	18%
Sodium	540 mg	23%

## Colorful Quesadillas

### Ingredients

**Makes:** 8 servings

**8 ounces** cream cheese, fat free

**1/4 teaspoon** garlic powder

**8** flour tortillas, small

**1 cup** sweet red pepper, chopped

**1 cup** low fat cheese, shredded

**2 cups** spinach leaves (fresh, or 9 oz. frozen, thawed & squeezed dry)

### Directions

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons of the bell pepper and 2 tablespoons shredded cheese on one half of each tortilla.
4. Add spinach (1/4 cup if using fresh leaves, or 2 tablespoons using frozen). Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

Nutrition Information		
Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	3.5 g	5%
Protein	11 g	
Carbohydrates	20 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	420 mg	18%

## Fish Tacos

### Ingredients

**Makes:** 4 servings

- 1 red onion, chopped
- 1/2 cup cilantro, chopped
- 1 small bag coleslaw mix
- 4 tilapia fillets (or any white fish)
- 8 small corn tortillas
- 1 teaspoon chili powder

### Directions

1. Clean and chop onion, cilantro, and coleslaw mix; mix together in a bowl and set aside.
2. Coat the baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and place on baking sheet.
3. Place in the oven about 6 inches from the broiler and cook for about 3-4 minutes, or until fish is fully cooked. Fish is done when it "flakes" with a fork.
4. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for a few seconds until softened and hot.
5. Fill each tortilla with fish and coleslaw mixture and fold in half. Serve with salsa and citrus slices if desired.

#### Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	265	
Total Fat	3g	5%
Protein	27 g	
Carbohydrates	34 g	11%
Dietary Fiber	6 g	25%
Saturated Fat	1 g	5%
Sodium	177 mg	5%

## Magic Crust Quiche

### Ingredients

**Makes:** 6 servings

- 1 tablespoon vegetable oil
- 1/2 cup onion, chopped
- 2 cups vegetables, any kind (frozen, fresh, or leftovers)
- 1 cup low fat cheddar cheese, shredded
- 3 eggs
- 1 1/2 cups 1% low fat milk
- 3/4 cup baking mix (such as Bisquick)

### Directions

1. Cook onion in oil over medium heat until onion becomes soft.
2. Cook vegetables (steam, boil, or reheat); drain well.
3. Grease a round pie pan or 8x8 baking dish.
4. Spread cooked vegetables in the prepared baking dish. Sprinkle cheese on top of vegetables.
5. Mix milk, eggs, and baking mix in a medium or large mixing bowl. Pour over the vegetables and cheese.
6. Bake at 350 degrees for 35 minutes, until a safe internal temperature has been reached and a knife inserted in the center comes out clean.

#### Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	280	
Total Fat	11 g	17%
Protein	15 g	
Carbohydrates	32 g	11%
Dietary Fiber	4 g	15%
Saturated Fat	3 g	17%
Sodium	577 mg	24%

## One Pan Spaghetti

### Ingredients

**Makes:** 10 servings

- 1 pound** lean ground beef or ground turkey or ground chicken
- 1** medium onion, chopped
- 3 1/2 cups** water
- 1 can** low-sodium tomato sauce (15 oz.)
- 2 teaspoons** dried oregano
- 1/2 teaspoon** sugar
- 1/2 teaspoon** garlic powder
- 1/2 teaspoon** rosemary
- 1/4 teaspoon** black pepper
- 2 cups** spaghetti noodles, broken (about 1/3 of a one-pound box)
- 1 cup** Parmesan cheese

### Directions

1. Brown meat and onions in large skillet over medium-high heat; drain fat.
2. Stir in water, tomato sauce, and spices; bring to a boil.
3. Add spaghetti noodles; cover pan and simmer 10-15 minutes, stirring often.
4. Top with Parmesan cheese and serve.

Nutrition Information		
Key Nutrients	Amount	% Daily Value
Total Calories	220	
Total Fat	5 g	8%
Protein	13 g	
Carbohydrates	29 g	10%
Dietary Fiber	2 g	8%
Saturated Fat	2.5 g	13%
Sodium	360 mg	15%

## Quick Tuna Casserole

### Ingredients

**Makes:** 6 servings

- 4 cups** water
- 5 ounces** wide egg noodles
- 1 can** low sodium cream of mushroom soup (10 oz.)
- 1/3 cup** skim or 1% low fat milk
- 1 can** tuna, packed in water (6.5 oz.), drained
- 1 cup** green peas (frozen)
- 1 cup** bread crumbs (fresh)

### Directions

1. Preheat oven to 350 degrees.
2. Bring water to boil in a large pot; cook noodles for 2 minutes.
3. Cover the pot, remove from heat, and let sit for 10 minutes.
4. While noodles are cooking, mix the soup and milk in a bowl. Add tuna and peas and pour mixture into a greased 1-quart casserole dish.
5. Drain the noodles and add to the casserole dish; mix well.
6. Sprinkle with bread crumbs and bake for 30 minutes.

Nutrition Information		
Key Nutrients	Amount	% Daily Value
Total Calories	240	
Total Fat	4.5 g	7%
Protein	15 g	
Carbohydrates	35 g	12%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	280 mg	12%