

SIMILAR INGREDIENTS, MULTIPLE MEALS

Shop once, eat twice: Successful tips for busy families.



Ingredients:

16 oz. canned black beans
16 oz. canned diced tomatoes
16 oz. canned corn
1 tsp. sugar
2 tsp. taco seasoning
1 tsp. garlic powder
1 tsp. onion powder
2 cups cooked chicken
2 cups cooked brown rice
(microwavable pouch)
2 cups cheddar cheese
shredded

Mexican Skillet Meal

Directions:

1. Drain and rinse beans using a colander. Add beans, tomatoes and their juice, corn in their juice, sugar and seasonings to large skillet. Stir. Cook over medium heat until hot.
2. Stir in chicken, add rice, and 1 cup of shredded cheese to skillet.
3. Once mixture is bubbling, top with remaining cheese and remove from heat.

FEATURED RECIPES CAN BE PAIRED WITH
SIDE DISHES NOTED ON PAGE 3.
PICTURED ABOVE WITH STRAWBERRY
WALDORF SALAD

Eat what's in season...

Celery is available year round. Celery is fat free, saturated fat free, cholesterol free, low in sodium and low in calories.

Plus, it is a good source of vitamin C and dietary fiber.

Celery brings the perfect crunch and flavor to any meal or snack. Celery stalks can be stuffed with cheese or peanut

butter. Ants on a log is a fun nutritious treat that your children will enjoy making. Simply add peanut butter to a celery stalk. Then, top with raisins.

Preparation hints: Wash celery under cool running water to remove dirt before using. Cut off the stem and dried ends. Leaves can be eaten as part of snack or used for flavoring.

Selection and Storage: Choose celery with straight, rigid stalks and fresh leaves. Avoid woody or limp stalks. Celery should smell fresh. Store unwashed celery in a plastic bag in the refrigerator for up to 2 weeks.

Celery



Deluxe Chicken Salad

Ingredients:

**1½ cup cooked chicken,
finely chopped**
**½ cup chopped celery
(2 stalks)**
½ cup blueberries, cut in half
**½ cup seedless grapes,
sliced in quarters**
½ cup pecan pieces, chopped
½ cup mayonnaise
1 Tbsp. lemon juice
2 Tbsp. sweet pickle relish

Directions:

1. In a medium bowl, combine chicken, celery, blueberries, grapes and pecans.
2. In a small bowl, combine mayonnaise, lemon juice and pickle relish.
3. Stir the mayonnaise mixture into the chicken mixture. Cover and chill.



Side Dish Spotlight

Below are a few side dish ideas to pair with our featured chicken recipes or to try on their own!

Colorful Pasta Salad

(8 servings)

- 2 cups uncooked elbow macaroni
- 1 large tomato, finely diced
- 2 celery ribs, finely chopped
- 5 green onions, finely chopped
- ¼ cup apple cider vinegar
- ¼ cup sugar
- 2 Tbsp. olive oil
- 1 lb. bacon (cooked & crumbled)

Directions:

1. Cook macaroni according to package directions; drain and rinse in cold water. Transfer to a large bowl; stir in tomato, celery and green onions.
2. In a small bowl, whisk vinegar, sugar and oil together.
3. Add dressing mixture to macaroni mixture. Toss until coated. Cover and chill at least 2 hours.
4. Just before serving, stir in bacon.



Strawberry Waldorf Salad

- 2 cups fresh strawberries, ¼" thick slices
- 1 medium apple, diced
- 1 cup seedless green grapes, halved
- ½ cup celery, thinly sliced
- ¼ cup raisins
- 6 oz. lite strawberry yogurt
- 1 Tbsp. sunflower kernels



Directions:

In a large bowl, combine strawberries, apple, grapes, celery and raisins. Stir in the yogurt. Cover and refrigerate for at least 1 hour. Add sunflower kernels and stir together.

Frito Corn Salad

- 15 oz. can of whole kernel corn, drained & rinsed
- ½ cup. sweet peppers, diced
- ¼ cup red onion, diced
- ¼ cup celery, diced
- ½ cup tomatoes, diced
- 1 cup of shredded cheese (Colby Jack mix)
- ½ cup mayonnaise
- 2 cups Chili Cheese Fritos, broken up



Mix all ingredients except for Fritos and chill for a few hours. Add Fritos at time of serving and mix well. Serve immediately.

Selection, Handling, & Storage

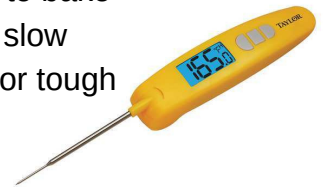
Selection: All fresh chicken should be free of skin tears and bruises and have a fresh odor. Fresh uncooked chicken should be firm and moist with a creamy yellow skin color. Skin color may vary, but it is not a factor in quality or freshness. Chicken can also be purchased in the freezer section ready to cook or pre-cooked. Plus, canned cooked chicken is convenient for use in salads.



Storage: Store fresh uncooked chicken on a low shelf of the refrigerator so it doesn't drip onto other items. It should only be stored in the refrigerator for 2 days before cooking or freezing.

Use cooked chicken that has been safely refrigerated within 3 - 4 days.

Cooking: Thaw frozen chicken in the refrigerator, in the microwave or in cold water. Use a separate cutting board and knife when working with raw chicken. To prevent cross-contamination, clean all surfaces, utensils, cutting boards, etc. with hot soapy water for 20 seconds after handling raw poultry. Some of the favorite ways to cook chicken is to bake, roast, fry, sauté, or grill it. Plus, you can use several small appliances such as slow cooker, air fryer or pressure cooker. To prevent chicken from becoming dry and / or tough avoid overcooking. Cook chicken until the internal temperature is 165°F.



Nutrient Profile: Fiber

Dietary fiber, also known as roughage or bulk, includes the parts of plant foods your body can't digest or absorb. Foods containing fiber can provide other health benefits as well, such as helping to maintain a healthy weight and lowering your risk of diabetes, heart disease and some types of cancer.



Food Sources: All plant foods, including fruits, vegetables, grains, nuts, seeds, and legumes.

Area 8 Health and Human Sciences Extension Educators can be found in Carroll, Cass, Clinton, Fulton, Grant, Howard, Miami, Tipton, and Wabash Counties.

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