

SIMILAR INGREDIENTS, MULTIPLE MEALS

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



THIS MONTH'S RECIPES ARE
FOCUSED ON EASE AND SPEED.
CANNED FOODS CAN BE
CONVENIENT AND NUTRITIOUS!

Tuna Burgers

Ingredients:

- 2 (4.5 oz.) cans of tuna,
drained**
- 1 cup bread crumbs**
- 1 cup shredded cheese**
- 1 egg, lightly beaten**
- ½ cup Ranch**
- ¼ cup chopped onion**

Directions:

1. Drain and flake tuna. Combine ingredients with $\frac{3}{4}$ cup bread crumbs.
2. Form six patties and coat with remaining bread crumbs.
3. Spray or spread oil on skillet and heat over medium heat.
4. Cook patties 3-5 minutes on both sides, until golden brown and to an internal temperature of 160°F.

Eat what's in season... *Green Beans*

Green beans are available fresh, frozen and canned.

Varieties include green, purple, and yellow or wax beans. All options provide quality nutrition. Green beans are generally eaten cooked. Begin by snipping off the stem of each bean with a paring knife. You can leave the beans whole or cut/snap in half or thirds depending on desired size. Wash beans just before preparing.

Selection:

When selecting fresh beans, choose beans that are bright green, evenly colored, and snap easily when bent. Choose slender, firm, smooth, crisp beans that are free of blemishes.

Storage:

Fresh beans should be stored unwashed in plastic bags in the refrigerator crisper for 3-5 days. Fresh beans can be stored long-term by freezing, drying, or canning.

Fun Fact!

Green beans, snap beans are sometimes called string beans. Many varieties historically had long stringy fibers along the edge where the pod splits in half. The string can be removed at the same time as the stem by pulling it down the length of the bean.

Garden Pasta Bake

Ingredients:

**6 oz. penne pasta, cooked
and drained per package
instructions**

1 Tbsp. butter

½ cup chopped onion

**1 can diced tomatoes
(flavored with basil, garlic, &
oregano)**

1 can corn, drained

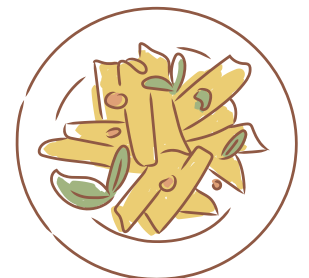
1 can cut green beans, drained

1 can cream of mushroom soup

2 cups shredded cheese

Directions:

1. Cook and drain pasta as package directs.
2. Use 10-inch skillet to sauté onions in butter. Cook until onion is tender and becoming more transparent. Remove from heat.
3. Combine onions, tomatoes, corn, green beans, 1 cup shredded cheese, and can of mushroom soup in medium bowl and mix well.
4. Combine noodles and vegetable mix, stir, and pour into 11 x 9 baking dish. Top with remaining 1 cup cheese.
5. Bake at 350°F for 20 minutes.



Side Dish Spotlight

Below are additional recipes using green beans, canned foods, and foods full of iron.
Don't forget to view the nutrient profile on page four.

Simple Skillet Beans

Ingredients:

- 2 Tbsp. Olive Oil
- 1 ½ lbs. fresh green beans, trimmed
- ½ tsp. garlic powder
- red pepper flakes to taste

Heat oil in a large skillet over medium-high heat. Add red pepper flakes, garlic powder, and green beans to skillet.

Stir until green beans are evenly coated with oil and seasonings. Cook until beans are brown, blistering, and beginning to crisp, about 5-7 minutes.

Cover and cook for 2-3 minutes to help beans keep their tenderness. Serve when beans are bright green in color!



Ground Beef Skillet

Ingredients:

- 1 lb. ground beef
- 1 Tbsp. oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 lb. potatoes, scrubbed and peeled and cut into about 1-inch slices
- 1 lb. green beans, fresh, frozen, or canned
- 1 Tbsp. Worcestershire sauce
- salt and pepper to taste

Heat olive oil in large skillet over medium heat. Add ground beef, salt, and pepper. Cook and stir until meat browns and reaches 160°F. Add chopped onion and minced garlic. Mix Worcestershire with ½ cup water. Add green beans, potatoes, and Worcestershire mix to skillet. Cover, reduce heat to medium-low and cook until potatoes are tender, about 15-20 minutes. Season to taste, serve!

Success Tip:

If planning to use fresh green beans, follow the skillet bean instructions on this page prior to adding them to the ground beef mixture.

Tuna Quesadilla Melt

Ingredients:

- 2 Tbsp. cream cheese
- 1 (4.5 oz.) canned tuna, drained
- 1 ½ tsp. sriracha sauce
- ½ tsp. garlic powder
- ½ tsp. basil, dried
- ½ cup spinach, chopped
- ½ - ¾ cup mozzarella cheese
- 2, 10-inch tortilla shells

Mix cream cheese and sriracha in a bowl. Mix in tuna, spinach, garlic powder, and basil. Add black pepper to taste. Spread half of the mixture on one half of a tortilla.

Top that half with mozzarella cheese and fold.

Use a medium skillet and heat over medium-high heat. Toast the quesadilla on both sides until golden brown.

Repeat steps for second quesadilla!

Selection, Handling, & Storage



Pick **potatoes** that are about the same size, are firm, dry, and clean. Varieties include; red, white, yellow, purple, and russet. When cutting into a potato, you may find white, yellow, or purple flesh! Potatoes also come in different sizes like round, oblong, and fingerling.

Potatoes do not like light or cold. Do not store potatoes in the refrigerator or anywhere that exposes them to light. The best place to store them is in a dark cupboard in a brown paper bag. New and young potatoes are best used within two weeks and large potatoes with thicker skin can be stored for up to one month.

When shopping for **ground beef** or sausage, choose a package that feels cold and is not torn. Avoid selecting meats that have taken on a grey color, appear slimy, or have a tangy or putrid odor. Carefully read product labels and check for "best before" dates. Make raw meats one of the last items in the cart to ensure that you keep the product out of the temperature danger zone (40°F - 140°F). This helps avoid the potential for harmful bacteria growth. Cook or freeze raw meats within two days of purchasing. Store prepared and cooked meats in the refrigerator for 2-4 days and reheat as needed. To destroy harmful bacteria, cook ground beef or sausage to a minimum internal temperature of 160°F.

Nutrient Profile: Iron



Iron is an important mineral to help maintain healthy blood. Iron is a component of hemoglobin, a protein in red blood cells that carries oxygen from our lungs to all other parts of our bodies. Without enough iron, there is not enough red blood cells, which leads to anemia.

Symptoms of iron-deficiency anemia include extreme fatigue and lightheadedness or dizziness. Red blood cells carrying oxygen are important for brain development, overall growth, and functions of cells and hormones. There are two forms of iron present in our food: heme and non-heme. Heme is found only in animal flesh and non-heme iron is found in plant foods, in animals that consume plants foods, and in fortified foods.

Food sources heme iron: beef, poultry, tuna, sardines, oysters, clams, organ meats
Food sources of non-heme iron: fortified breakfast cereals, beans, lentils, spinach, potato with skin, nuts, seeds, enriched rice and bread

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