

# SIMILAR INGREDIENTS, MULTIPLE MEALS

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



PREFER OTHER MEAT OVER TUNA? USE YOUR FAVORITE MEAT PROTEIN IN THIS RECIPE TO PROVIDE YOU WITH A SIMPLE SOURCE OF VITAMIN B12, OUR FEATURED NUTRIENT OF THE MONTH!

## Tuna Noodle Casserole

### Ingredients:

- 16 oz. wide egg noodles**
- 1 cup frozen peas**  
(could also use pea & carrot mixture or mixed vegetables)
- 10 oz. canned tuna in water, drained**
- 10.5 oz. can cream of mushroom soup**
- ½ cup milk**
- 1 cup shredded cheese**
- Pepper to taste**
- ½ cup panko bread crumbs**  
(or crumbled potato chips, corn flakes, or crackers)
- 1 Tbsp. butter, melted**

### Directions:

1. Prepare egg noodles following package instructions. Drain and return to pot.
2. Add peas, tuna, soup, milk, shredded cheese, and pepper to noodles. Stir to combine.
3. Pour and spread mixture evenly into greased 9 inch x 13 inch baking dish.
4. Mix together panko bread crumbs and melted butter to sprinkle over the noodle mixture.
5. Bake casserole for 15-20 minutes at 375°F. It's done cooking when bubbling and beginning to brown on top.

# Eat what's in season... *Citrus Fruits*

One of the most common types of citrus fruit is the orange. The many varieties of oranges differ in flavor, texture, size, and color. Navel, Valencia, Seville, Tangerine, Clementine, Cara Cara Navel, pineapple, and blood oranges are just a few examples of the options available. As the name suggests, a blood orange will have a more pink/red flesh than a typical navel orange. Clementine oranges are often smaller and easier to peel than the larger varieties. Give them all a try to see if you find a new favorite!

Citrus fruits are juicy fruits that grow on trees that require peeling before eating. They may be yellow, green, or orange in color and range from sour to sweet flavors. Other citrus fruits include: tangelo, lemon, grapefruit, pomelo (pummelo), lime, kumquat, and loquat.

### **Selection:**

Choose citrus fruits that are heavy for their size, have smooth and firm skin, with very few to no blemishes.

### **Storage:**

Citrus fruits can be stored at room temperature or in the refrigerator. The refrigerator typically extends their life by weeks but keep them where they are easily accessible and wherever you have the space!

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## Tuna Stuffed Peppers

### **Ingredients:**

- 2 med. bell peppers; orange, yellow or red**
- 1 tsp. olive oil**
- ¼ cup red onion, chopped**
- ¼ cup canned, diced tomatoes**
- ¼ cup of chopped canned mushrooms, drained**
- 5 oz. can of tuna, drained**
- ½ tsp. dried Italian seasoning**
- ½ tsp. dried parsley**
- ¼ tsp. pepper**
- ¼ cup cottage cheese**
- ¾ cup shredded cheese, divided**

### **Directions:**

- 1.** Rinse peppers under cold water. Cut tops with the stems off and cut the remaining pepper in half from top to bottom. Remove the white or cream colored insides including the seeds.
- 2.** Heat olive oil in medium skillet over medium heat and stir in onions. Cook for about 5 minutes and add diced tomatoes, mushrooms, tuna, Italian seasoning, parsley, and pepper. Mix well.
- 3.** Stir in cottage cheese and ¼ cup shredded cheese so that they are evenly distributed throughout tuna mixture.
- 4.** Spoon mixture into bell pepper halves and place on a foil lined baking pan.
- 5.** Bake uncovered at 350°F for 15 minutes. Remove and top with remaining shredded cheese as desired and bake for an additional 5 minutes.

# Side Dish Spotlight

Below are additional recipes using tuna and citrus fruits.  
Don't forget to view the nutrient profile of vitamin B12 on page four!

## Tuna Salad

### Ingredients:

10-12 oz. canned tuna, drained  
½ cup chopped celery  
¼ cup diced red onion  
2 dill pickles, chopped  
½ cup mayonnaise  
2 tsp. lemon juice  
1 Tbsp. dried parsley  
Pepper to taste

Drain tuna well and chop all vegetable ingredients. Combine all ingredients in a medium bowl and mix well. Refrigerate for at least 1-hour and serve over lettuce, on toast, your favorite crackers, or mixed with noodles for a new spin on pasta salad!

## Winter Citrus Salad

### Ingredients:

3 navel oranges  
1 pink grapefruit  
6 kiwi  
1 pomegranate

Remove peels, white pith, and centers from oranges and grapefruit. Separate the segments and cut into bite size chunks. Try to save as much juice as possible as you cut chunks and move all into a large bowl.

Peel and cut kiwi. Add to orange and grapefruit mixture and mix evenly. Remove seeds from pomegranate (see page 4) and sprinkle over top of fruit mixture. Serve in bowls so the juice can be enjoyed too.

**Note:** this recipe is versatile and can be adjusted to include any of your favorite fruits!

## Citrus Marinade

### Ingredients:

½ cup avocado oil or olive oil  
¼ cup lemon and lime juice mixed  
2 tsp. garlic powder  
1 tsp. onion powder  
½ tsp. black pepper  
Optional: 1 Tbsp. dried cilantro

Mix all ingredients together and pour into a plastic zip lock bag. Place chicken or pork into mixture and let marinate for up to four hours. Marinade could also be poured over fish prior to baking for added flavor. **Note:** Do not use remaining marinade that touched the raw meat on the cooked meat. This is a food safety risk. Make enough marinade to set some aside and serve with finished meal.

## Orange Honey Vegetable Glaze

### Ingredients:

½ cup honey  
¼ cup avocado oil or olive oil  
2 Tbsp. orange juice

Variety of your favorite winter vegetables like: carrots, sweet potatoes, squash, parsnips, beets, and turnips

Cut choice of vegetables into 1 inch pieces.

Mix glaze ingredients and pour over cut vegetables. Stir until evenly coated and then spread vegetables in a single layer on a baking sheet. Bake at 400°F for 20 minutes. Remove sheet and turn over vegetables. Return to oven and bake vegetables for an additional 15-20

minutes or until fork tender.

## Selection, Handling, & Storage



### Cutting and Removing Seeds from Pomegranates

Pomegranates have a very powerful flavor and vibrant color that will stain wooden cutting boards. Find a surface that won't stain and place the pomegranate crown up. Cut an 'x' into the fruit about halfway down from the top. Place a medium bowl in the sink. Turning the pomegranate upside down in your hand so that the crown is facing down into the bowl, break the fruit into quarters. Squeeze and bend each quarter over the bowl so that seeds and juice are released. Continue until most of the juice and seeds have been released from each quarter. Pick out any white membrane from the bowl so that all that's left is juice and seeds.

They are now ready to eat or incorporate into a recipe!

Fresh **kiwi** should be firm with rough and fuzzy skin. Unripe kiwi fruit can be stored in the refrigerator for up to six weeks.

Don't forget that citrus fruits can also be **frozen** after peeling. These frozen bites make excellent cool, crunchy snacks or great additions to smoothies and yogurt combinations!



## Nutrient Profile: B12 Cobalamin

Vitamin B12 is another B vitamin needed to form red blood cells and DNA. It especially aids in the function and development of brain and nerve cells. Our bodies are able to unbind Vitamin B12 from the proteins we eat, attach it to a different protein called Intrinsic Factor, and shuttle it down further into our intestines to be absorbed.



**Food Sources: fish, shellfish, red meat, eggs, poultry, dairy products (milk, cheese, yogurt), fortified cereals, enriched soy or rice milk**

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