

Tuna Noodle Bake

Directions:

1. Stir soup, milk, peas, tuna and noodles in 3-quart casserole.
2. Bake at 400 degrees F for 30 minutes or until hot. Stir.
3. Mix breadcrumbs with 1 tablespoon melted butter or oil in bowl and sprinkle over tuna mixture. Bake for 5 minutes more.



Spaghetti Dinner

Directions:

1. Cook pasta according to package directions (whole grain pasta is tender when cooked for approximately 11 minutes). Drain. Sprinkle lightly with garlic powder and toss. Set aside.
2. Drain and rinse mushrooms.
3. In a large pot, combine spaghetti sauce, mushrooms, a light shake of garlic powder, and a few shakes of parmesan cheese. Warm over medium-high heat until bubbling at the edges. If desired, cook and drain 1 pound of ground beef or turkey, add during this step.
4. Top pasta with sauce and parmesan cheese.



Mexican Enchiladas

Directions:

1. Heat oven to 375 degrees. Spray a 13x9 baking dish with cooking spray.
2. In a bowl, combine chicken, black beans, corn, and tomatoes. Stir well to combine. Stir in $\frac{1}{4}$ cup of the enchilada sauce into the filling.
3. Spread $\frac{1}{2}$ cup of the enchilada sauce evenly in the baking dish.
4. Spread $\frac{1}{2}$ cup of the chicken mixture down the center of each tortilla. Wrap tortillas tightly around filling, place seam side down in the prepared baking dish. Repeat to have eight enchiladas.
5. Top with the remaining enchilada sauce.
6. Bake for 20-25 minutes or until hot and bubbly. Let stand 5 minutes before serving.



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Chili Night

Directions:

In a large pot, add in chili beans (undrained), drained and rinsed pinto beans, diced tomatoes (undrained), and tomato sauce. Bring to a boil. Reduce heat to simmer and add in the chili seasoning packet, to personal taste. Simmer for 30 minutes. Add in water, if needed, to reach desired consistency.

While chili simmers, cook whole grain pasta according to package directions.

Serve chili over cooked pasta and enjoy.

Optional: top your chili with your favorite toppings such as shredded cheese, reduced fat sour cream, and/or sliced green onions.



Chicken & Biscuit Bake

Directions:

1. Preheat oven to 375°.
2. Drain cans of chicken and mixed vegetables.
3. Spray 8-inch square baking dish with cooking spray. In prepared dish, mix chicken, cream of chicken soup, mixed vegetables and evaporated milk until thoroughly combined. Season with salt and pepper.
4. In medium bowl, stir 1 2/3 cup baking mix and 2/3 cup milk with fork or wire whisk until soft dough forms. Place dough on surface dusted with baking mix. Knead 10 times. Roll or press dough out until 1/2-thick. Using a butter knife cut into 6 equal pieces. Cover chicken mixture with biscuits.
5. Bake 20 – 25 minutes or until biscuits are golden brown.



Cajun Beans & Rice

Additions:

Chicken, smoked sausage, or lean beef for protein

During the first step, add in fresh vegetables such as bell peppers, onions, and celery. Also, you can stir in fresh spinach right before serving.

Directions:

Add mixed vegetables to a large nonstick skillet over medium high heat. Sauté until sizzling. Add Cajun seasoning and cracked black pepper, as desired. Stir to combine. Add in both cans of drained beans, $\frac{1}{2}$ cup of water, and tomatoes to the pan. Bring to a boil. Reduce heat, and simmer 10 minutes, or until thickened. Stir occasionally, mashing some of the beans. Serve over rice.

