

MSU CARE

Everyone "Can" Cook



Opening Up The Possibilities

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Look for these symbols throughout cookbook:

Heart Healthy



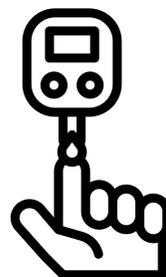
Heart Healthy:
Sat Fat less than 5% or
Contains Omega-3s or
Contains Soluble Fiber

Good Source of Fiber



Contains 20% or more of recommended
daily amount of fiber

Good Carb Choice



Contains 30g or less of carbohydrates:
1 to 2 Carb Choices per serving

Low Salt



Contains less than 5% of
recommended daily amount
of sodium

Healthy Cooking Tips



Drain and rinse all canned fruits and vegetables
This will remove any extra salt (sodium) and sugar

Choose whole grain versions of foods-
whole wheat bread, brown rice, whole wheat pasta,
and oatmeal are all good options

Serve more vegetables. Add a can of corn, green beans,
carrots, or any other veggie to soups, stews and
casseroles

Add protein. Stock your cabinets with tuna and other
canned fish, canned chicken, dried beans, and lentils

Aim for 5 servings of fruits and vegetables every day!



OVERNIGHT OATS

This recipe is a great way to start your morning with an easy, no-fuss breakfast option that you can make the night before.

Oatmeal is a great whole grain that provides fiber.

Any fruit you prefer can be used in this recipe. Try adding peaches or mandarin oranges. Both are found in your food boxes.

INGREDIENTS

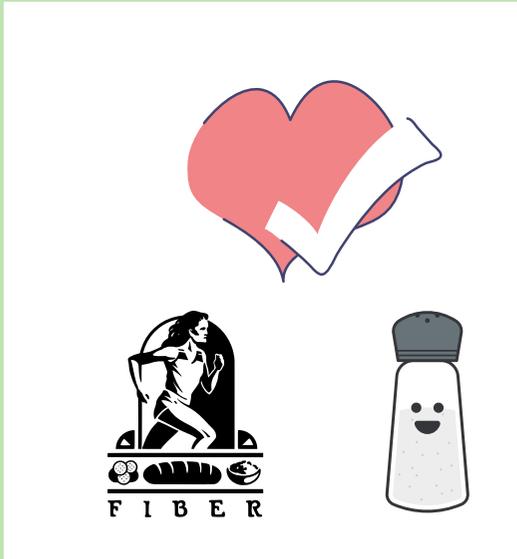
- 1/2 cup Oatmeal
- 1/4 cup Milk
- 1/2 c fruit
- 1 Tbsp Honey or Maple Syrup
- Optional: Shredded coconut, nuts, or seeds

PROCEDURE

- 01** Add Oatmeal to your container of choice and pour in milk.
- 02** Add fruit. You can alternate between layers of fruit and additional toppings. Top off with drizzle of honey.
- 03** Place in fridge and chill at least 8 hours or overnight.
- 04** This recipe is good cold or can be heated in the microwave.

TIPS & INFO

Overnight Oats



Overnight Oats		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	302.4 kcal	15 %
Total Fat	3.9 g	6 %
Saturated Fat	1.2 g	6 %
Trans Fat	0.1 g	
Cholesterol	4.9 mg	2 %
Sodium	36.9 mg	2 %
Total Carbohydrate	62 g	21 %
Dietary Fiber	5.7 g	23 %
Sugars	33.5 g	
Protein	8.2 g	16 %
Vitamin A	12 % • Vitamin C	8 %
Calcium	10 % • Iron	12 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

THERE'S SOLID EVIDENCE THAT WHOLE GRAIN OATS AND OAT BRAN CAN HELP LOWER BLOOD CHOLESTEROL

***OATS ARE GOOD FOR YOUR DIGESTIVE SYSTEM
ADDING FIBER TO YOUR DIET CAN HELP KEEP YOU REGULAR***

MOST EXPERTS RECOMMEND EATING AT LEAST 25 TO 30 GRAMS OF FIBER A DAY FROM GRAINS, FRUITS, AND VEGETABLES TO HELP SUPPORT A HEALTHY DIGESTIVE SYSTEM. AND ONE SERVING OF OATS PROVIDES FOUR OF THOSE GRAMS.

FOLLOWING A LOW SODIUM DIET? THIS RECIPE CONTAINS ONLY 37G OF SODIUM AND IS A GREAT OPTION



APPLESAUCE MUFFINS

These muffins use applesauce and oatmeal, both of which are found in the food boxes.

This recipe is perfect for breakfast or as a snack. Not only is it delicious but it is a great way to get more whole grains and fruit into your diet.

INGREDIENTS

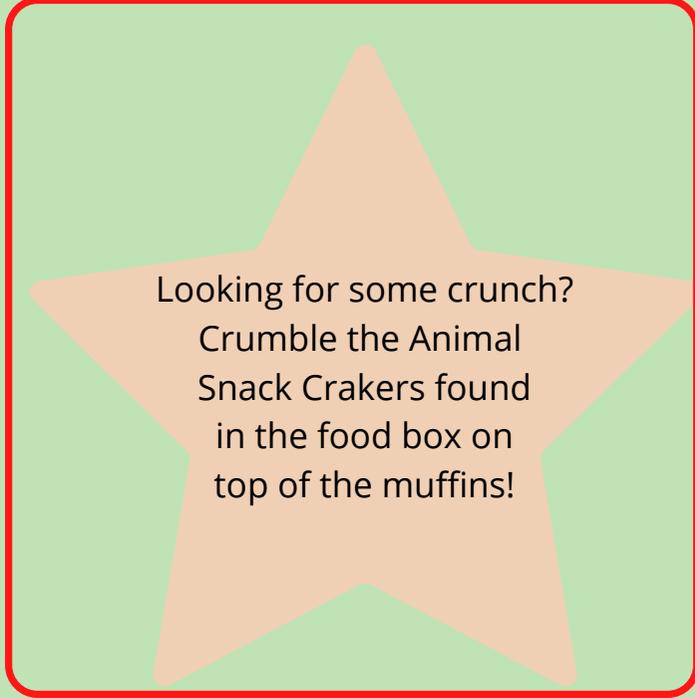
- 1 1/2 cup Oatmeal
- 1 1/4 cup Flour
- 1 tsp Baking Powder
- 1 3/4 tsp Baking Soda
- 3/4 tsp Cinnamon
- 1 cup Applesauce, unsweetened
- 1/2 cup Milk
- 1/2 cup Brown Sugar, firmly packed
- 3 Tbsp Vegetable Oil
- 1 egg, lightly beaten

PROCEDURE

- 01** Preheat oven to 400 degrees F. Line 12 muffin cups with paper baking cups or spray muffin tins with cooking spray.
- 02** Combine oats, flour, baking powder, baking soda, and cinnamon in large bowl; mix well.
- 03** In medium bowl, combine applesauce, milk, sugar, oil, and egg. Blend well.
- 04** Add dry ingredients all at once. Stir just until dry ingredients are moist. Do not overmix.
- 05** Fill muffin cups almost full. Bake 20 to 22 minutes or until deep golden brown.
- 06** Cool muffins in pan on wire rack 5 minutes. Remove from pan. Serve warm. Enjoy!

TIPS & INFO

APPLESAUCE MUFFINS



Looking for some crunch?
Crumble the Animal
Snack Crakers found
in the food box on
top of the muffins!

Applesauce Muffins		
Nutrition Facts		
Serving Size: 1 Muffin		
Amount Per Serving		% Daily Value*
Calories	171.4 kcal	9 %
Total Fat	4.9 g	7 %
Saturated Fat	0.9 g	5 %
Trans Fat	0 g	
Cholesterol	16.4 mg	5 %
Sodium	238 mg	10 %
Total Carbohydrate	28.8 g	10 %
Dietary Fiber	1.7 g	7 %
Sugars	11.5 g	
Protein	3.6 g	7 %
Vitamin A	1 %	Vitamin C 0 %
Calcium	5 %	Iron 7 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



TIPS AND INFO

These muffins are low in saturated fat which make them a great heart healthy option.

Trying to maintain a Carb Consistent diet? At 29g per muffin, these are great options to add to breakfast or a snack!





FRUIT OAT BREAKFAST SMOOTHIE

If you are in a rush in the mornings, a smoothie is a great to-go breakfast option.

This recipe is a great way to get a service of whole grains, fruits, and dairy!

Adding yogurt or Peanut Butter adds protein which is a great way to help you feel fuller longer!

INGREDIENTS

- 1/2 cup Oatmeal, uncooked
- 1 cup Milk
- 1 Banana
- 14 frozen Strawberries
- 1/2 tsp Vanilla
- 1 1/2 tsp Honey

PROCEDURE

- 01** Blend all ingredients until it has reached desired thickness. If it is too thick, add water or milk as required.
- 02** Best served cold.

TIPS & INFO

FRUIT OAT BREAKFAST SMOOTHIE

Fruit Oat Breakfast Smoothie		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	472.7 kcal	24 %
Total Fat	8.4 g	13 %
Saturated Fat	3.7 g	18 %
Trans Fat	0.2 g	
Cholesterol	19.5 mg	7 %
Sodium	120.6 mg	5 %
Total Carbohydrate	88 g	29 %
Dietary Fiber	10.5 g	42 %
Sugars	44.4 g	
Protein	15.8 g	32 %
Vitamin A	11 % • Vitamin C	183 %
Calcium	35 % • Iron	16 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

This recipe is a great source of fiber, calcium, Vit C, and iron



No Blender? No Problem!

You can make delicious smoothies by using a hand mixer, whisk, or simply stirring with a spoon!

Using ripe fruit that mashes easy makes whisking or stirring a breeze!





TUNA QUESADILLA

This is a great quick and easy lunch option that is kid friendly!

Don't have tuna on hand? You can easily substitute canned or leftover chicken.

INGREDIENTS

- 1 5 oz can Tuna
- 1/2 c celery, diced
- 2 Tbsp sweet pickle relish
- 1/4 cup Mayonnaise
- 1 tsp lemon juice
- 4 soft (6-inch) flour tortillas
- 1/2 cup Sharp Cheddar Cheese, shredded

PROCEDURE

01

In a medium bowl, combine tuna, celery, relish, mayonnaise and lemon juice. Mix well.

02

Spray small frying pan with non-stick cooking spray. Heat over medium low heat.

03

Place tortilla in pan. Place 1/2 tuna mixture on one half of each tortilla and top with 1/4 cup cheddar cheese. Top with second tortilla.

04

Cook for 1-2 minutes until tortilla begins to brown; flip tortilla and cook on second side until browned and cheese begins to bubble (approximately 1-2 minutes).

05

Remove from pan and cut into wedges and serve.

TIPS & INFO

Tuna Quesadilla



This recipe is a great source of Vit A, calcium, and iron.

This recipe contains more than 50% of the daily value for sodium.

TIPS AND INFO

Tuna Quesadilla		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	675.7 kcal	34 %
Total Fat	36.2 g	56 %
Saturated Fat	12.4 g	62 %
Trans Fat	0.1 g	
Cholesterol	55.9 mg	19 %
Sodium	1361.9 mg	57 %
Total Carbohydrate	57.4 g	19 %
Dietary Fiber	3.6 g	14 %
Sugars	7 g	
Protein	31 g	62 %
Vitamin A	13 %	Vitamin C 2 %
Calcium	38 %	Iron 23 %

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Including fish or seafood in your diet is a great way to reduce your risk of heart disease.

Try to eat fish 2 to 3 times a week.

Tuna is high in protein and budget friendly!

This recipe is versatile: substitute the tuna for any ground meat, chicken, or your favorite beans.

Most kids love quesadillas!



MINISTRONE

A delicious soup packed with lots of vegetables hits the spot on a cold winter day!

This recipe is a great way to make use of the variety of vegetables found in your food boxes.

INGREDIENTS

- 6 cups Broth (vegetable, chicken or beef work)
- 1 can (29 oz) Mixed Vegetables
- 1 can Diced Tomatoes
- 1 can Kidney Beans, rinsed and drained
- 1/2 tsp Italian seasoning
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 cup Macaroni, uncooked

PROCEDURE

01

Combine the first 7 ingredients together in a large pan or dutch oven.

02

Bring to a boil. Reduce heat, cover, and cook 5 minutes.

03

Stir in macaroni and simmer uncovered 5 to 7 minutes or until pasta is tender.

TIPS & INFO

Minestrone

- This recipe is a great source of Vit A, Calcium, and Iron



Minestrone		
Nutrition Facts		
Serving Size: 1 Cup		
Amount Per Serving	% Daily Value*	
Calories	232.4 kcal	12 %
Total Fat	2.4 g	4 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	616.6 mg	26 %
Total Carbohydrate	40.2 g	13 %
Dietary Fiber	7.8 g	31 %
Sugars	7.1 g	
Protein	13.7 g	27 %
Vitamin A	66 %	Vitamin C 0 %
Calcium	14 %	Iron 15 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Tips and Substitutions

- Add any type of veggie you prefer or have on hand.
- This is a great way to use leftover veggies or those that are needing to be used.
- Use any type of bean you prefer...rinsed pork and beans from the food box would work great!
- Looking for protein? Add any type of ground meat that has been cooked or throw in some meatballs or cooked chicken!





TUNA CAKES

These tuna cakes are great when you are looking for something quick and easy for lunch or dinner!

This recipe is a great way to make use of the tuna available in your food boxes!

INGREDIENTS

- 2 6-oz can Tuna, drained
- 2 Tbsp Parsley, chopped
- 1/4 cup breadcrumbs
- 1 egg
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tsp Dijon mustard, or whatever you have on hand

PROCEDURE

- 01** Remember to drain tuna before mixing all other ingredients!
- 02** In a medium bowl, add all the ingredients and mix until combined.
- 03** Use a 1/4 measuring cup to form patties in the same size. You can use anything to measure and make the tuna cakes as big or little as you prefer.
- 04** Heat a medium nonstick skillet, place tuna cakes in skillet and cook for 2 minutes on each side or until golden brown. Try not to overcrowd you skillet and cook in batches of 3.
- 05** Serve immediately and enjoy!

TIPS & INFO

Tuna Cakes

This recipe makes about 5 cakes



TIPS AND INFO

TUNA IS A GREAT SOURCE OF OMEGA-3 FATTY ACIDS.

**OMEGA-3S ARE GREAT FOR:
HEART HEALTH AND PREVENT VISION PROBLEMS.**

TUNA IS ONE OF THE BEST DIETARY SOURCES OF VITAMIN D.

**VITAMIN D IS NECESSARY FOR:
BONE HEALTH
STRENGTHENING THE IMMUNE SYSTEM
GROWTH IN CHILDREN.**

Tuna Cakes

Nutrition Facts

Serving Size: 1 Cake

Amount Per Serving		% Daily Value*
Calories	100 kcal	5 %
Total Fat	1.6 g	2 %
Saturated Fat	0.5 g	2 %
Trans Fat	0 g	
Cholesterol	52.8 mg	18 %
Sodium	236.7 mg	10 %
Total Carbohydrate	5.1 g	2 %
Dietary Fiber	0.1 g	0 %
Sugars	0.1 g	
Protein	15 g	30 %
Vitamin A	3 % • Vitamin C	2 %
Calcium	1 % • Iron	6 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



CINCINNATI STYLE CHILI SPAGHETTI

Looking for something different? This recipe is a great way to combine two common pantry items and give it a new twist!

INGREDIENTS

- 1 can Chili with beans
- 2 oz Spaghetti

- Optional:
- 1/2 c yellow onion, diced
- Cheddar cheese, shredded

PROCEDURE

- 01** Cook spaghetti according to directions. Drain.

- 02** Heat chili in microwave or on stove top.

- 03** Plate spaghetti. Add chili on top.

- 04** Great served with cheddar cheese and diced onion.

TIPS & INFO

Cincinnati Style Chili Spaghetti



Cincinnati Style Chili Spaghetti		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	334.9 kcal	17 %
Total Fat	7.7 g	12 %
Saturated Fat	2.4 g	12 %
Trans Fat	0.2 g	
Cholesterol	30.3 mg	10 %
Sodium	881 mg	37 %
Total Carbohydrate	48.3 g	16 %
Dietary Fiber	6.4 g	25 %
Sugars	5.5 g	
Protein	18.9 g	38 %
Vitamin A	14 % • Vitamin C	17 %
Calcium	6 % • Iron	18 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

This recipe is a great way to turn items from your food box into a meal that is quick and easy.

Substitue any pasta that you have on hand.



5-MINUTE GLAZED CARROTS

This is a great, quick side dish that goes well with just about anything.

INGREDIENTS

- 1 can (14.5 oz) Carrots, sliced
- 1 Tbsp Brown Sugar, Honey, or Maple Syrup
- 1 Tbsp Butter
- 1/2 tsp Cinnamon, optional
- Salt and Pepper to taste

PROCEDURE

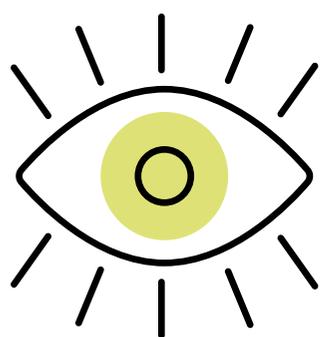
- 01 Drain carrots and set aside.
- 02 Melt the butter in a small skillet or pot over medium heat.
- 03 Stir in the brown sugar or honey, butter, cinnamon, salt and pepper. Add the carrots.
- 04 Let cook for 3 to 5 minutes until the sauce has reduced to a glaze.

TIPS & INFO

5-Minute Glazed Carrots



This recipe is a great source of Vit A



Eating foods high in Vit A is great for your eye health and helps your immune system.

This recipe is a quick and delicious side dish that goes with just about any meal.

Getting kids to eat their vegetables can be a battle...this recipe with a touch of sweetness is a great way to get everyone to eat more veggies!

5-Minute Glazed Carrots

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	86.7 kcal	4 %
Total Fat	4.1 g	6 %
Saturated Fat	2.5 g	12 %
Trans Fat	0.2 g	
Cholesterol	10.2 mg	3 %
Sodium	363.3 mg	15 %
Total Carbohydrate	12.4 g	4 %
Dietary Fiber	2.3 g	9 %
Sugars	7.9 g	
Protein	0.9 g	2 %
Vitamin A	308 %	Vitamin C 6 %
Calcium	4 %	Iron 5 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



PEACH CRISP

Microwave peach crisp is a yummy treat that is quick and easy to whip up.

This makes it a great option for treating your family during the week!

INGREDIENTS

- 1 15 oz can Peaches, sliced and drained
- 2 Tbsp butter, melted
- 2 Tbsp brown sugar
- 2 Tbsp flour
- 4 Tbsp Oatmeal
- Sprinkle of Cinnamon, optional

PROCEDURE

- 01** Drain peaches and cut into bite-sized chunks. Divide evenly between two microwave safe bowls.
- 02** In a separate bowl, mix together remaining ingredients until combined.
- 03** Divide the crisp topping over the top of the peaches evenly.
- 04** Microwave each peach crisp for about 1 1/2 to 2 minutes, or until the peaches start to bubble through the crisp topping.
- 05** Top with whipped cream, vanilla ice cream or yogurt.

TIPS & INFO

Microwave Peach Crisp

NAME OF DISH

Recipe makes 2 servings



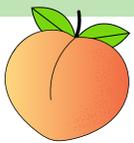
This recipe is a great source of Vit A, which is good for you immune system and eye health

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	296.5 kcal	15 %
Total Fat	12.3 g	19 %
Saturated Fat	7.4 g	37 %
Trans Fat	0.5 g	
Cholesterol	30.5 mg	10 %
Sodium	103 mg	4 %
Total Carbohydrate	46.3 g	15 %
Dietary Fiber	4 g	16 %
Sugars	30.8 g	
Protein	3.6 g	7 %
Vitamin A	23 %	• Vitamin C 13 %
Calcium	3 %	• Iron 8 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



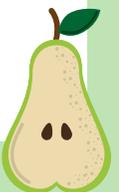
Substitutions



Swap out the peaches for any favorite fruit or whatever you have on hand.

Fresh fruit can be used instead of canned - get the fruit softened by microwaving the fruit only for a few minutes until it reaches desired tenderness.

Adding yogurt in place of whipped cream or ice cream will boost the calcium and protein content.





SCRAMBLED EGG MUFFINS

These scrambled egg muffins with sausage and cheese making a filling and fun breakfast option.

INGREDIENTS

- 1/2 lb pork sausage
- 12 eggs
- 1/2 cup onion, chopped
- 1/2 green bell pepper, chopped, or to taste
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp garlic powder
- 1/2 cup Cheddar cheese, shredded

PROCEDURE

- 01** Preheat oven to 350 degrees F. Lightly grease 12 muffin cups, or line with paper muffin liners.
- 02** Heat a large skillet over medium heat and stir until sausage is brown and crumbly, about 10-15 minutes. Drain.
- 03** Beat eggs in a large bowl. Stir in onion, green pepper, salt, pepper, and garlic powder. Mix in sausage and Cheddar cheese. Spoon by 1/3 cupfuls into muffin tin.
- 04** Bake in preheated oven until a knife inserted near the center comes out clean, 20-25 minutes.

TIPS & INFO

Scrambled Egg Muffins

EGGS ARE A GREAT SOURCE OF PROTEIN

- PROTEIN IS AN IMPORTANT PART OF AN OVERALL HEALTHY DIET.
- THIS MACRONUTRIENT HELPS BUILD AND MAINTAIN MUSCLE TISSUE IN ADULTS.
- DIETS HIGHER IN PROTEIN HAVE ALSO BEEN SHOWN TO HELP PEOPLE FEEL FULL AND SATISFIED AFTER EATING, HELPING TO CONTROL THEIR APPETITE AND SUPPORT A HEALTHY BODY WEIGHT.

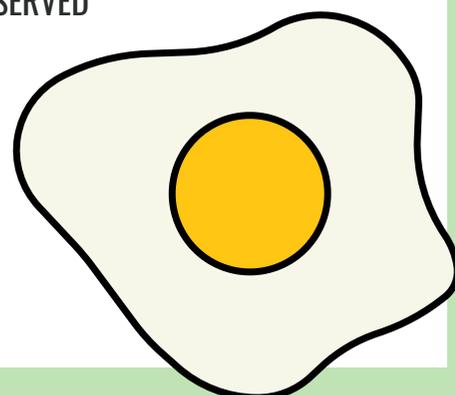


Scrambled Egg Muffins		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	180.2 kcal	9 %
Total Fat	14.7 g	23 %
Saturated Fat	5.2 g	26 %
Trans Fat	0 g	
Cholesterol	205.6 mg	69 %
Sodium	375.9 mg	16 %
Total Carbohydrate	1.2 g	0 %
Dietary Fiber	0.3 g	1 %
Sugars	0.8 g	
Protein	10.2 g	20 %
Vitamin A	7 %	Vitamin C 8 %
Calcium	6 %	Iron 4 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

BUDGET FRIENDLY

- WHEN YOU'RE EATING ON A BUDGET, YOU WANT TO GET A NUTRITIONAL BANG FOR YOUR BUCK.
- ONE EGG IS A GOOD OR EXCELLENT SOURCE OF EIGHT ESSENTIAL NUTRIENTS, INCLUDING 6 GRAMS OF HIGH-QUALITY PROTEIN, FOR LESS THAN 20 CENTS.
- BUILD AN AFFORDABLE MEAL AROUND EGGS, USING OTHER NUTRITIOUS AND LOW-COST FOODS SUCH AS BROWN RICE, SWEET POTATO, FROZEN BROCCOLI AND FRESH FRUIT.
- BATCH COOKING IS AN AFFORDABLE WAY TO PREPARE WEEKLY MEALS. BUDGET TIME ON THE WEEKEND TO PREPARE RECIPES THAT CAN BE SERVED THROUGHOUT THE WEEK, SUCH AS AN EGG CASSEROLE.





BASIC PASTA

Making your own tomato sauce for any type of pasta is often cheaper than buying ready-made. For extra veggies, add drained mushrooms, spinach, or any other type of vegetables you enjoy!

INGREDIENTS

- 1 Tbsp Olive Oil
- 3 cloves garlic, minced
- 1 28-oz can crushed tomatoes (or 2 15-oz cans)
- 1 tsp Dried Basil
- 1/2 tsp Dried Oregano
- 1 tsp sugar

PROCEDURE

- 01** Heat oil in medium saucepan. Add garlic and cook, stirring for 30 seconds.
- 02** Add tomatoes, basil, oregano, and sugar. Cook over low heat for 10 minutes.
- 02** Add tomatoes, basil, oregano, and sugar. Cook over low heat for 10 minutes.

TIPS & INFO

Basic Pasta Sauce

This recipe makes 6 servings,
1/2 cup per serving



This recipe is a great source of Vitamins
A, C, and Iron

Basic Pasta Sauce		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	67.6 kcal	3 %
Total Fat	2.6 g	4 %
Saturated Fat	0.4 g	2 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	246.5 mg	10 %
Total Carbohydrate	10.9 g	4 %
Dietary Fiber	2.6 g	10 %
Sugars	6.5 g	
Protein	2.3 g	5 %
Vitamin A	6 % • Vitamin C	21 %
Calcium	5 % • Iron	11 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

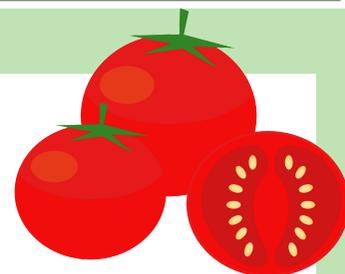
TIPS AND INFO

Tomatoes contain an antioxidant called Lycopene.

Antioxidants can help prevent certain types of cancer.

Homemade pasta sauce is easy and often cheaper than buying canned spaghetti sauce.

For extra veggies, drain 1 can mushrooms or spinach and add along with the tomatoes.



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