



United States Department of Agriculture

MyPlate KITCHEN

Meal Ideas





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Baked Lentils Casserole



Makes: 5 servings

Baked lentils, vegetables, and cheese make a complete vegetarian dinner in one dish.

Ingredients

- 1 cup lentils (rinsed)
- 3/4 cup water
- 1/2 teaspoon salt
- 1/4 ground black pepper (1/4 teaspoon, optional)
- 1/2 cup onion (chopped)
- 1/4 garlic powder (1/4 teaspoon, optional)
- 1 can tomatoes
- 2 carrots (thinly sliced)
- 1/2 cup cheddar cheese (shredded)

Directions

1. Combine lentils, water, seasonings, onion, and tomatoes.
2. Place in 2 quart casserole dish.
3. Cover tightly with lid or foil.
4. Bake at 350 degrees for 30 minutes.
5. Remove from oven and add carrots. Stir.
6. Cover and bake 30 minutes longer.
7. Remove cover and sprinkle cheese on top.
8. Bake, uncovered 5 minutes, until cheese melts.

Source: University of Wisconsin, Cooperative Extension Service, Let's Make Meatless Meals

Nutrition Information

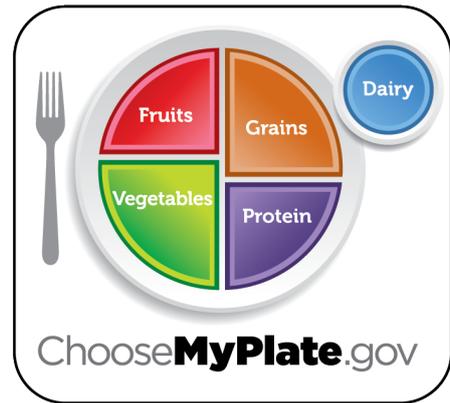
Serving Size: 1/5 of recipe (216g)

Nutrients	Amount
Calories	200
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	12 mg
Sodium	418 mg
Total Carbohydrate	29 g
Dietary Fiber	11 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	14 g
Vitamin D	0 mcg
Calcium	142 mg
Iron	4 mg
Potassium	668 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables	1 1/4 cups
■ Protein Foods	2 1/4 ounces
■ Dairy	1/4 cups



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Vegetarian Chili



Makes: 4 servings

This delicious chili packed full of veggies, beans, and spices is fast enough for a weeknight dinner. Top with cilantro for a boost of flavor.

Ingredients

- 2 onion (large, cut into 1/4 inch pieces)
- 1 green bell pepper (cut into 1/4 inch pieces)
- 3 garlic clove
- 2 jalapeno chilis (fresh, diced)
- 2 tablespoon vegetable oil
- 1 tablespoon chili powder
- 1 tablespoon cumin (ground)
- 2 can whole tomatoes, low sodium (28 ounces total - cut into 1/4 inch pieces or 8 medium fresh tomatoes)
- 2 zucchini (medium - cut into 1/4 inch pieces)
- 2 summer squash (medium - cut in to 1/4 inch pieces)
- 1 can kidney beans (16 ounce, rinsed)
- 1 cup cilantro (or coriander) (chopped, fresh)
- salt and pepper (to taste, optional)

Directions

1. In a large pot saute onions, bell pepper, garlic, and jalapeno in oil over medium high heat for about 5 minutes - stirring often.
2. Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally.
3. Add the tomatoes, zucchini, squash, and bring mixture to a simmer.
4. Simmer for 15 minutes, stirring occasionally.
5. Add beans, and continue to simmer for another 5 minutes.
6. Serve the mixture hot. Put remaining cilantro on top.



Rhode Island Department of Health WIC Program, Veggin' Out Recipe Book, page 32

Nutrition Information

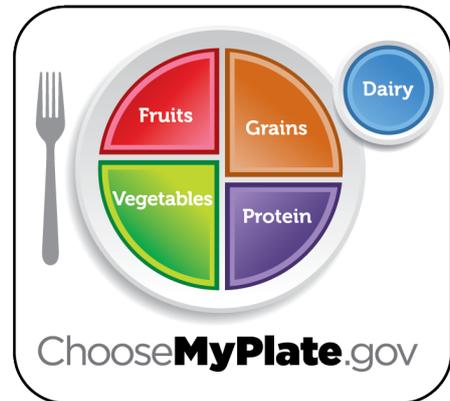
Serving Size: 1/4 of recipe (703g)

Nutrients	Amount
Calories	272
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	286 mg
Total Carbohydrate	42 g
Dietary Fiber	12 g
Total Sugars	14 g
Added Sugars included	0 g
Protein	12 g
Vitamin D	0 mcg
Calcium	163 mg
Iron	7 mg
Potassium	1466 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables	3 3/4 cups
■ Protein Foods	1 3/4 ounces



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Anytime Pizza



Makes: 2 servings

Make your own pizza topped with green peppers, mushrooms, or other vegetables.

Ingredients

- 1/4 mini baguette or Italian bread (split lengthwise, or 2 split English muffins)
- 1/2 cup pizza sauce
- 1/2 cup mozzarella or cheddar cheese (part-skim, shredded)
- 1/4 cup green pepper (chopped)
- 1/4 cup mushrooms (fresh or canned, sliced)
- vegetable toppings (other, as desired, optional)
- Italian seasoning (optional)

Directions

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
5. Heat until cheese melts.

Source: University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

Nutrition Information

Serving Size: 1 slice, 1 English muffin or 1/2 of recipe (144g)

Nutrients Amount

Calories **180**

Total Fat **7 g**

Saturated Fat 3 g

Cholesterol 15 mg

Sodium **502 mg**

Total Carbohydrate **18 g**

Dietary Fiber 2 g

Total Sugars 4 g

Added Sugars included 1 g

Protein **11 g**

Vitamin D -404 mcg

Calcium 251 mg

Iron 1 mg

Potassium 335 mg

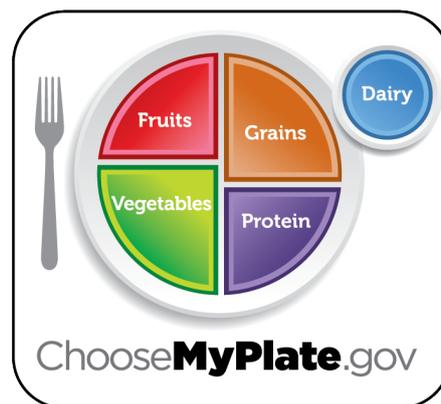
Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables 1/2 cups

■ Grains 3/4 ounces

■ Dairy 3/4 cups



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Meaty Stuffed Potatoes



Makes: 3 servings

Here is a delicious recipe for potatoes stuffed with meat, vegetables, and cheese that will become a favorite at your home. Enjoy this dish with a side or dessert of your favorite fruit.

Ingredients

- 3 potatoes (medium)
- 8 ounce turkey, chicken, beef, or pork, diced and cooked
- 1 cup broccoli (coarsely chopped)
- 1/2 cup onion (chopped)
- 1/2 cup carrot (thinly sliced)
- 3/4 cup water (hot)
- 3/4 cup non-fat milk
- 1 tablespoon flour
- 1/4 teaspoon black pepper
- 1/2 cup cheese, shredded low-fat

Directions

1. Wash your hands and work area.
2. Scrub potatoes. Remove any bad spots. Do not peel. Cut each in half.
3. In a covered saucepan, boil potatoes in just enough water to cover the pieces. When they are fork-tender (about 15 to 20 minutes), remove from heat and drain. Set aside. (Note: you can also pierce whole potatoes with a knife or fork in several places and cook in microwave without water until fork tender, then cut each in half).
4. Meanwhile, in a skillet sprayed with non-stick cooking spray, combine cooked meat, broccoli, onion, carrots and water.
5. Boil until vegetables are fork tender - about 5 minutes. Reduce heat to low.
6. In a jar with a tight fitting lid, combine milk, flour and pepper. Shake well.
7. Stir flour mixture into meat mixture until well blended.
8. Stir in cheese. Cook over low heat about 5 minutes longer or until sauce thickens, stirring frequently.



9. To serve, place 2 potato halves on each plate and mash the middle somewhat. Spoon about one third cup of the meat mixture over each potato half

10. Cover and refrigerate leftovers within 2 hours.

Source: Kansas State University Research and Extension, [Fix it Fresh! Recipe Series](#)

Nutrition Information

Serving Size: 1 prepared potato, 1/3 of recipe (413g)

Nutrients Amount

Calories **326**

Total Fat **2 g**

Saturated Fat 1 g

Cholesterol 48 mg

Sodium **208 mg**

Total Carbohydrate **49 g**

Dietary Fiber 7 g

Total Sugars 8 g

Added Sugars included 0 g

Protein **28 g**

Vitamin D 1 mcg

Calcium 215 mg

Iron 3 mg

Potassium 1360 mg

Note: only nutrients that are available will show on this display

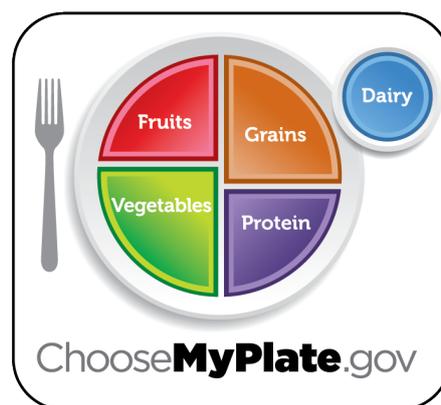
MyPlate Food Groups

■ Vegetables 2 1/4 cups

■ Grains 1/4 ounces

■ Protein Foods 1 3/4 ounces

■ Dairy 1/2 cups



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Spring Vegetable Saute



Makes: 4 servings

Bursting with delicious spring flavors, this delicious sauté is perfect with a side of roasted chicken, fish, or tofu.

Ingredients

- 1 teaspoon olive oil
- 1/2 cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 new potatoes (tiny, quartered)
- 3/4 cup carrot (sliced)
- 3/4 cup asparagus pieces
- 3/4 cup sugar snap peas, or green beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dill (dried)

Directions

1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a Tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more.
5. Serve immediately.

Source: National Cancer Institute (NCI), [5-A-Day Web site](#)

Nutrition Information

Serving Size: 1/4 of recipe (133g)

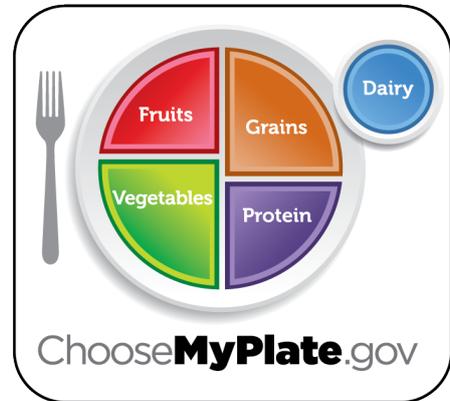
Nutrients	Amount
Calories	138
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	177 mg
Total Carbohydrate	29 g
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	4 g
Vitamin D	0 mcg
Calcium	46 mg
Iron	2 mg
Potassium	752 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables

1 1/2 cups



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Pasta Salad



Makes: 12 servings

Easy and delicious, make this tasty pasta salad for your next picnic.

Ingredients

- 3 cup pasta, uncooked
- 1/2 cup celery (chopped)
- 1 bell pepper (medium, chopped)
- 1/2 cup carrot (diced)
- 1/2 cup broccoli (chopped)
- 1/3 cup mayonnaise
- 1 1/2 tablespoon garlic powder
- 1/4 teaspoon black pepper

Directions

1. Cook pasta according to package directions.
2. Drain and place in bowl or pan.
3. Add the rest of the ingredients and mix well.
4. Cool in refrigerator before serving.

Source: University of California, Cooperative Extension Fresno County, Easy and Nutritious Family Recipes

Nutrition Information

Serving Size: 1/2 cup, 1/12 of recipe (58g)

Nutrients	Amount
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Calories	143
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Total Fat	5 g
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Saturated Fat	1 g
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Cholesterol	3 mg
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Sodium	49 mg
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Total Carbohydrate	20 g
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Dietary Fiber	2 g
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Total Sugars	1 g
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Added Sugars included	0 g
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Protein	4 g
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Vitamin D	0 mcg
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Calcium	12 mg
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Iron	1 mg
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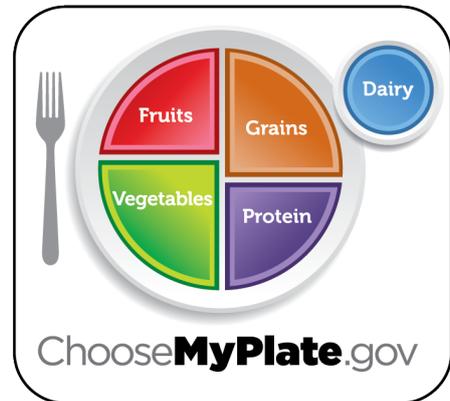
Potassium	99 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables 1/4 cups

■ Grains 3/4 ounces



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Any Days a Picnic Chicken Salad



Makes: 6 servings

Onion and pickle relish spice up a traditional chicken salad.

Ingredients

- 2 1/2 cup chicken breast (cooked, diced)
- 1/2 cup celery (chopped)
- 1/4 cup onion (chopped)
- 3 package pickle relish (2/3 tablespoon)
- 1/2 cup mayonnaise (light)

Directions

1. Combine all ingredients.
2. Refrigerate until ready to serve.
3. Use within 1-2 days. Chicken salad does not freeze well.

How to use:

1. Make chicken salad sandwiches.
2. Make a pasta salad by mixing with 2 cups cooked pasta.
3. Kids will love this salad served in a tomato or a cucumber boat.

Source: University of Wisconsin, Cooperative Extension Service, A Family Living Program

Nutrition Information

Serving Size: 1/6 of recipe (98g)

Nutrients	Amount
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Calories	150
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Total Fat	7 g
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Saturated Fat	1 g
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Cholesterol	58 mg
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Sodium	497 mg
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Total Carbohydrate	5 g
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Dietary Fiber	0 g
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Total Sugars	3 g
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Added Sugars included	2 g
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Protein	17 g
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Vitamin D	0 mcg
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Calcium	10 mg
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Iron	0 mg
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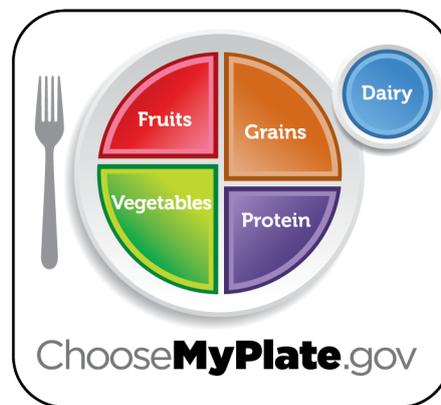
Potassium	246 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables 1/4 cups

■ Protein Foods 1 3/4 ounces



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