

Turkey A La King Casserole

8 oz wide egg noodles
1 can reduced fat, reduce sodium cream of chicken soup
2/3 cup fat-free evaporated milk
6 oz cubed reduced fat processed cheese (velveeta)
2 cups turkey pot roast
1 cup celery, sliced
1/4 cup chopped green bell pepper
1 (2 oz) jar diced pimientos, drained
1/3 cup dry bread crumbs
1 tablespoon butter or stick margarine, melted
1/4 cup slivered almonds (optional)

Cook noodles according to package directions. Meanwhile, in a large saucepan, combine the soup and milk. Cook and stir over medium heat for 2 minutes. Reduce heat; stir in cheese until melted. Add the turkey, celery, green pepper and pimientos. Drain noodles; add to chicken mixture and mix well. Transfer to a shallow 2 quart baking dish coated in nonstick cooking spray. Cover and bake at 400 degrees for 20 minutes. Toss bread crumbs and butter; sprinkle over the top. Sprinkle with almonds. Bake uncovered, for 10-15 minutes or until heated through and golden brown.

Adapted from Taste of Home, Light & Tasty August/Sept. 2002



Healthy Eating with Great Taste

Try using spice powders instead of salt. Onion powder and garlic powder are great examples. They add great taste without the extra sodium. Experiment with spices and herbs in your favorite recipes and omit the salt. Only use 1 or 2 new spices at a time! That way you can tell which ones you like and which ones you don't!

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Saucy Meatballs

Fully cooked meatballs
2 cups ketchup
1 1/2 cups packed brown sugar
1/4 cup chopped onion
2 tablespoons liquid smoke
1/2 teaspoon garlic powder



Place meatballs in a 9x13 inch baking dish coated with non-stick cooking spray. Bake uncovered, at 350 degrees for 10-15 minutes. Combine the sauce ingredients; pour over meatballs and bake an additional 25-30 minutes.

Turkey A La King Casserole
Side Salad
Bread

Grilled Indonesian Pork
Green Beans &
Roasted potatoes

Salisbury Steaks
Mashed Potatoes
Fresh Tomato Slices

Food Safety Tip



Don't forget the danger zone for food is between 40 degrees and 140 degrees. This is when bacteria growth is at it's highest.

When outside temperatures are above 90 degrees foods should not stay in the danger zone more than 1 hour.

Simple Salisbury Steak

4 lean hamburger steaks
1 (10.75 oz) can reduced fat, reduced sodium cream of mushroom soup
1/4 cup onion, chopped
1/2 cup fat-free milk
1/4 teaspoon salt
1 1/2 cups sliced fresh mushrooms

Brown hamburger steaks in a large skillet, and drain the fat. In a bowl, combine milk, salt, soup, and mushrooms. Pour over steaks. Reduce heat; cover and simmer for 15-20 minutes or until meat reaches 160 degrees.

Serving = 1 steak and 1/4 cup sauce. Calories 212, 9 g fat, (3 g saturated fat), 67 mg cholesterol, 599 mg sodium, 11g carbohydrate, trace fiber, 20 g protein. Diabetic exchanges: 3 lean meat, 1/2 starch, 1/2 fat.
Adapted from Taste of Home, Light & Tasty August/Sept. 2002

Grilled Indonesian Pork

3 tablespoons lime juice
3 tablespoons reduced-sodium soy sauce
3 tablespoons stir-fry sauce
3/4 teaspoon ground ginger
1 teaspoon crushed red pepper
3 garlic cloves, minced
1 lb pork filet



Don't Forget the Veggies

3-5 cups everyday

Combine the first 6 ingredients. Place pork and 1/2 of marinade in plastic bag, and marinate in the refrigerator 2 hours. Drain and discard marinade. Grill pork, covered, over hot heat for 15-20 minutes or until it reaches 160 degrees. Baste occasionally with reserved marinade.