

12 Foods = 6 Meals

Spanish Flavor

By keeping the following 12 foods in your refrigerator, freezer, and pantry, you have the staples to whip up 6 quick, nutritious, and tasty meals any day of your busy week!!!

1. Cheese, cheddar or mozzarella
2. Cornmeal
3. Chicken (if frozen, thaw overnight in the refrigerator)
4. Tortillas
5. Pasta or noodles
6. Corn, whole kernel, canned or frozen
7. Stewed tomatoes, canned
8. Spaghetti or enchilada sauce
9. Rice
10. Beans, fresh cooked or canned, such as kidney, great northern, white or pinto
11. Eggs
12. Spinach, fresh or frozen

You can make all of your meals more enjoyable and nutritious by slicing up some fresh fruit, putting bread, bagels, or rolls in a basket, pouring milk and ringing the dinner bell. Enjoy!!!

Quick Chicken Mozzarella

- ◆ 8 ounces pasta (4 cups cooked)
- ◆ 6 skinless chicken pieces (breast or thigh)
- ◆ 2 cups spaghetti sauce, divided
- ◆ 3/4 cup shredded cheese, mozzarella preferred



1. Cook pasta according to package directions.
 2. In a small baking pan, broil chicken until brown or until juices turn clear.
 3. Remove chicken from pan.
 4. Put cooked pasta in pan. Spoon 1/2-cup spaghetti sauce onto pasta.
 5. Place chicken on top of pasta. Top with remaining spaghetti sauce.
 6. Bake at 350 degrees until bubbly, about 15 minutes or place under broiler for 3-5 minutes.
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- ◆ Serves six.



If needed, thaw frozen chicken pieces in the refrigerator, not on the kitchen counter, the night before preparation.

Enchilada Casserole

- ◆ 1 dozen corn tortillas
- ◆ 3 cups cooked rice
- ◆ 1 can whole kernel or frozen corn
- ◆ 1 1/2 cups grated cheese
- ◆ 1 can green or red enchilada sauce
- ◆ 2 cups beans cooked or canned
- ◆ 1 can stewed tomatoes
- *Optional – 1 cup cooked chicken
- *Optional – 1/2 cup green chilies or onion

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1. Layer sauce, tortillas, beans, rice, corn, cheese, onion and green chilies, or chicken three times.
 2. Use two 9x9 pans or round pans for 2 meals, one to be frozen for a quick meal later in the month, (keeps up to a month in the freezer double wrapped in foil) or one 9x13 pan.
 3. Bake at 350 degrees for 20 minutes.
 4. Top with chopped tomatoes and salsa (optional).
- ◆ Makes two meals.
 - ◆ Each meal serves six.



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Tamale Pie

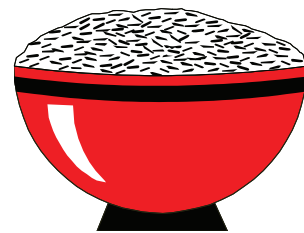
- ◆ 1 – 15-ounce can refried beans or 2 cups pinto beans (mashed)
- ◆ 1 – 15-ounce can whole kernel corn, drained (frozen corn works fine.)
- ◆ 1 – 16-ounce can stewed tomatoes
- ◆ 1 tablespoon chili powder
- ◆ 1/3 cup cornmeal
- ◆ 1 cup water



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1. Mash stewed tomatoes with a fork. Put in a skillet.
 2. Add juice, beans, corn, and chili powder. Cover and cook over low heat until flavors are blended, about 10 minutes.
 3. While the bean mixture is heating, place cornmeal and water in a small saucepan. Cook using low heat until cornmeal gets thick.
 4. Spread cornmeal mixture over bean mixture.
 5. Cook over low heat without a lid until crust is set, about 5-7 minutes.
- ◆ Serves four to six.

Mexican Fiesta Rice

- ◆ 1 – 15-ounce can pinto beans or 2 cups cooked pinto beans
- ◆ 1 – 15-ounce can corn, drained
- ◆ 1 – 14 -ounce can stewed tomatoes
- ◆ 2 tablespoons chili powder
- ◆ 1 cup uncooked rice
- ◆ 1 cup water
- ◆ Pepper to taste



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1. Put beans, corn, tomatoes, chili powder, uncooked rice, and water in a large skillet or pot.
 2. Cover and simmer 30 minutes.
- ◆ Serves five.

Anytime Burritos



- ◆ 4-6 eggs scrambled
- ◆ 1/2 cup cheese grated
- ◆ 6 tortillas
- ◆ 1 can stewed tomatoes, chopped
- ◆ 1/2 cup chopped spinach or other greens
- ◆ 1 cup cooked rice and beans
- * Optional – 1/3 cup mushrooms, carrots, or olives
- * Optional – 2 potatoes cooked and chopped
- * Optional – 1 or 2 tomatoes, chopped, instead of the stewed tomatoes

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1. In a skillet, scramble the eggs. Save in a bowl.
 2. In the same skillet, cook lightly the tomatoes and any optional items you have on hand.
 3. Add spinach or other greens.
 4. Transfer the cooked vegetables to the bowl of eggs.
 5. Warm tortillas in skillet on medium heat. Add cheese and melt.
 6. Then top with cooked eggs and vegetables and roll up.
 7. Serve topped with salsa and green onions (optional).
 8. Serve with rice and beans for a complete meal.

- ◆ Serves six.

Quesadillas Delight

- ◆ 6-12 tortillas corn, whole-wheat or white flour
- ◆ 1 cup chopped spinach fresh or frozen
- ◆ 1 can beans
- ◆ 1 cup shredded cheese

*Optional – 1 cup cooked chicken chopped

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1. Thaw frozen spinach and drain well by squeezing out the water.
 2. Mash the beans and save.
 3. Heat cooked chicken (optional) in the fry pan until warm and save.
 4. Place a tortilla in the fry pan over medium low heat. Flip the tortilla
 5. Add chicken to the tortilla along with spinach, grated cheese, and mashed beans. Heat.
 6. Top with another tortilla, and flip when bottom tortilla is crisp. Quesadilla is done when cheese is melted and both tortillas are crisp.
 7. Serve with salsa. (optional)

- ◆ Serves six.



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