Recipes For A Complete Meal Using Commodity Foods*

Menu:
Creamed Tuna & Peas
Cooked Rice
Green Beans
Easy Peach Cobbler

Did You Know?

• One serving (1 cup) of Creamed Tuna & Peas provides 3 ounces of tuna, which is 1 serving from the MEAT, POULTRY, FISH, DRY BEANS, EGGS AND NUTS GROUP of the Food Guide Pyramid.

• Tuna is a good source of Omega-3s. Omega-3s in the diet may help prevent blocked blood vessels and heart attacks.

Creamed Tuna & Peas

1/4 cup butter or margarine
1/4 cup flour
1/2 teaspoon salt
1/4 teaspoon pepper
*2/3 cup non-fat instant dry milk
*1 can (12 oz) tuna, drained
*1 cup canned peas, drained

Directions
Reconstitute non-fat dry milk by mixing 2 cups water with 2/3 cup non-fat dry milk powder in a medium bowl. Melt butter, or margarine, over medium-low heat, blend in flour, salt, and pepper. Stir and cook for about 2 minutes, or until smooth and bubbly. Gradually stir in milk while stirring constantly. Continue cooking, stirring constantly, until mixture thickens and begins to bubble. Add drained tuna and peas. Continue heating and stirring until hot. Serve creamed tuna over cooked rice (see recipe), toast, or biscuits.
Makes 4 (1 cup) servings

Nutritional Information: Amount per serving: Calories 299; Total Fat 12 g; 38% of total calories from fat; Protein 29 g; Sodium 485mg; Vitamin A 23%; Calcium 16%; Iron 12%. *Percentage Daily Values

Cooked Rice

Makes 4 cups cooked rice

Directions: • Combine 1 1/3 cup rice with 2 2/3 cups water in a medium saucepan. • Bring to boil, stir once or twice with a fork, lower heat. • Cover tightly and simmer 20-30 minutes without removing cover or stirring rice, until liquid is absorbed and rice is tender. • Fluff with fork and serve.
This meal includes foods from ALL five groups on the Food Guide Pyramid!

**Green Beans**

*1 can green beans, drained
dash of pepper
½ cup water
Hot pepper sauce (optional)

In a medium saucepan, add green beans (drained), water, and pepper. Cook on medium heat until heated through. Drain. Toss with a couple drops of hot pepper sauce (optional).

Makes 4 (½ cup) servings
Nutritional Information: Amount per serving: Calories 22; Total Fat 0 g; % of total calories from fat 0 %; Protein 1 g; Sodium 297 mg.

To add extra flavor without adding fat or extra salt, sprinkle ½ teaspoon of a dried herb mixture.