Recipes For A Complete Meal Using Commodity Foods*

Menu:
- One Skillet Spaghetti
- Tossed Salad
- Applesauce

One Skillet Spaghetti

1 pound ground turkey
1 medium onion, chopped
*1 package spaghetti (8 ounces) or ¼ of 2 lb. package
*2 cans (15 oz) diced tomatoes, undrained
¾ cup chopped green pepper, if you like
2 cups water
1 teaspoon chili powder
1 teaspoon oregano
1 teaspoon sugar
1/2 teaspoon salt
1 cup shredded mozzarella cheese

Directions: In a large skillet (12”) with lid, brown turkey and onions. Drain off grease. Stir in uncooked spaghetti and the next 7 ingredients; bring to a boil. Reduce heat. Cover and simmer for 30 minutes or until the spaghetti is tender. Sprinkle with cheese. Cover and heat until cheese is melted.

Makes 6 servings.

Nutritional Information: Amount per serving: Calories 344; Total Fat 10 g; 26% of total calories from fat; Protein 24 g; Sodium 814 mg; *Vitamin A 11%; *Vitamin C 66%; *Calcium 23%; *Iron 17%. * Percentage Daily Values.
Tossed Salad
Step 1) Choose 4 cups lettuce (Romaine, spinach, red-leaf).
Step 2) Choose 3-4 vegetables, ½ cup each, chopped (carrots, tomatoes, cucumbers, bell pepper, etc.).
Step 3) Choose ½ cup low-fat cheese, if you like.
Step 4) Choose a salad dressing (low-fat preferred).

In large salad bowl, place shredded lettuce. Layer chopped vegetables, top with cheese. Serve in small salad bowls and top with a small amount of your favorite salad dressing.

Applesauce...makes a wonderful dessert!

Enjoy applesauce as an ingredient to lower the fat in baked products!

Applesauce can be used in low-fat baking by replacing half of the fat in a recipe with the same amount of applesauce.

Use in:
★ muffins
★ cookies
★ cakes
★ breads

Using Unsweetened Applesauce
★ Has no added sugars, just natural sugars that make it sweet.
★ Use half of the fat in recipe with an equal measure of applesauce.
★ If the recipe calls for 1 cup of oil, use 1/2 cup oil and 1/2 cup applesauce.

Nutrition Information
★ A good source of fiber.
★ Low in sodium.
★ Contains no fat, saturated fat, or cholesterol.
★ ½ cup of applesauce helps reach the recommended 2 cups of fruit that we need each day.