Recipes For A Complete Meal Using Commodity Foods*

Menu:

• Tuna Confetti Dinner
• Easy Sweet Potato Muffins
• Chilled Applesauce

Tuna Confetti Dinner

• 1 package (7 1/4 oz) macaroni and cheese dinner, prepared according to package directions (includes milk and margarine)
• 1 can (6 oz) tuna, or 1/2 (12 oz) can, drained*
• 1 cup canned peas, drained and rinsed*
• 1 cup canned carrots, drained and rinsed*

Directions: Prepare macaroni and cheese dinner in a large saucepan as directed on the package. Add canned peas, carrots, and tuna to the macaroni and cheese in the saucepan; mix well. Reduce heat to low; cook 3 to 5 minutes, stirring frequently, until heated through.

Makes 4 servings.
Nutritional Information: Amount per serving:
Calories 386; Total Fat 14g; 33% of total calories from fat; Sodium 914 mg; Vitamin A 98%; Vitamin C 9%; Calcium 12%; Iron 18%.

Tip to Reduce Fat

Use low-fat or fat-free milk to prepare the macaroni and cheese instead of 2% or whole milk.
Low-fat milk is lower in calories and is better for your heart health.

What to do with the leftover tuna, carrots and peas?

For lunch, consider heating a can of vegetable soup or stew and adding leftover peas and carrots for a hearty dish. Add more water if it is too thick.

Mix tuna with a small amount of mayonnaise (low-fat if you have it) and pickle relish (optional). Serve as a salad or on top of crackers, whole wheat bread or lettuce.
Easy Sweet Potato Muffins

- 2 packages complete cinnamon muffin mix (makes 6 muffins each)
- 1 (15 oz) can sweet potatoes, drained, mashed*
- 2/3 cup milk (fat-free or low-fat if you have it)
- non-stick cooking spray or oil

Directions: Preheat oven to 425°F. In a medium bowl, mash sweet potatoes with a fork until smooth. Combine muffin mix (the kind that needs nothing added but milk) and milk with the sweet potatoes. Stir just until moistened. Lightly spray 12 medium muffin cups with non-stick cooking spray or oil. Fill muffin cups about 2/3 full. Bake at 425°F for 15 to 18 minutes until golden brown. Cool 2 to 3 minutes in the pan before removing.

Makes 12 muffins
Nutritional Information: Amount per serving: 1 muffin
Calories 169; Total Fat 4g; 36% of total calories from fat; Sodium 162mg; Vitamin A 46%; Vitamin C 2%; Calcium 12%; Iron 10%.

This meal includes foods from ALL five groups on MyPyramid!

An A+ Meal!

Today’s meal provides an excellent source of VITAMIN A (BETACAROTENE) from the carrots and sweet potatoes!

BETACAROTENE gives fruits and vegetables their yellow-orange color.

BETACAROTENE keeps eyes and skin healthy and helps keep the immune system healthy, so you are less likely to get sick.

GRAINS: macaroni, muffins
VEGETABLES: carrots, peas, sweet potatoes
FRUIT: applesauce
MILK: cheese, milk
MEAT & BEANS: tuna

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