

# Mix-It-Up — 1-2-3

## Time-Saving Kitchen Tips for People on the Go

Time is valuable and in short supply no matter where you are. Hectic work schedules, volunteering in the community or taking children to practices can detract from the time needed to prepare family meals. As a result, you may look at family mealtime as extra work added to an already packed schedule.

Preparing dinner does not have to be a dreaded chore. The Mix-It-Up approach provides suggestions to help you prepare meals in a matter of minutes. This approach uses pantry items, flavor, or commercial mixes that can be assembled into an assortment of delicious meals.

Begin by thinking of some sample foods and formulas that are very versatile and can turn a dinner dilemma into a daily delight. How about a “make your own” casserole that can easily be prepared ahead to bake when arriving home or microwaved quickly in about 15 to 30 minutes? What about a quick skillet dinner that can be prepared easily on a stove top? Each can be done using **Starch, Protein, and Vegetable (SPV)**, then mixing in flavor, sauce, and adding topping after heating. **Mix-It-Up** meals can be as easy as 1-2-3, or **SPV**.

### Mix-It-Up, One-Dish Meal

#### Begin with the SPV:

1. **Starch** — select one:
  - 2 cups uncooked pasta (macaroni, penne, spiral, or bow tie); **COOKED**
  - 1 cup uncooked long-grain white or brown rice; **COOKED**
  - 4 cups uncooked noodles; **COOKED**
2. **Protein** — select one:
  - 2 cups cooked lean ground beef
  - 2 cups cooked and diced chicken, turkey, ham, beef, or pork
  - 2 cups chopped hard-cooked egg
  - 2 (6 to 8 ounce) cans fish or seafood; flaked
  - 2 cups cooked or canned pinto, kidney, or Great Northern beans
3. **Vegetable** — select one:
  - 1 (10-ounce) package thawed and drained frozen spinach, broccoli, green beans, or green peas
  - 1 (16-ounce) can green beans, peas, carrots, or corn; drained
  - 2 cups sliced fresh zucchini

#### To complete the meal, add the following:

Sauce — select one:

- 2 cups white sauce or 1 can condensed soup (cream of mushroom, cream of celery, cheese, tomato), mixed with milk to make 2 cups

- 1 (16-ounce) can diced tomatoes with juice
- 1 bottle (12 ounces or 1½ cups) of your favorite prepared sauce

Flavor — select one or more:

- ½ cup chopped celery, ¼ cup chopped onion, ¼ cup sliced black olives
- 1 to 2 teaspoons mixed dried leaf herbs (basil, thyme, marjoram, tarragon)
- Salt and pepper, to taste

**Combine ingredients and heat until product reaches 165° F**

**Finish with topping. Return product, with topping, to oven for heating:**

Topping — select one or more, if desired. 2 tablespoons grated Parmesan cheese

- ¼ cup shredded Swiss, cheddar, or Monterey Jack cheese
- ¼ cup buttered bread crumbs
- ¼ to ½ cup canned fried onion rings
- ¼ cup of your favorite nut

## SPV Casserole

### General Directions

Select food from each of the categories or use your own favorites. Combine in a buttered 2-to 2½-quart casserole dish. Cover and bake at 350° F, 50 minutes to 1 hour. Place casserole with topping, uncovered, in oven at 350° F for 10 minutes.

You can also use a microwave oven at 50 percent power, 15 to 30 minutes, rotating or stirring as necessary; heat until steaming hot (165° F) throughout. Add topping and return to microwave for 2 to 5 minutes.

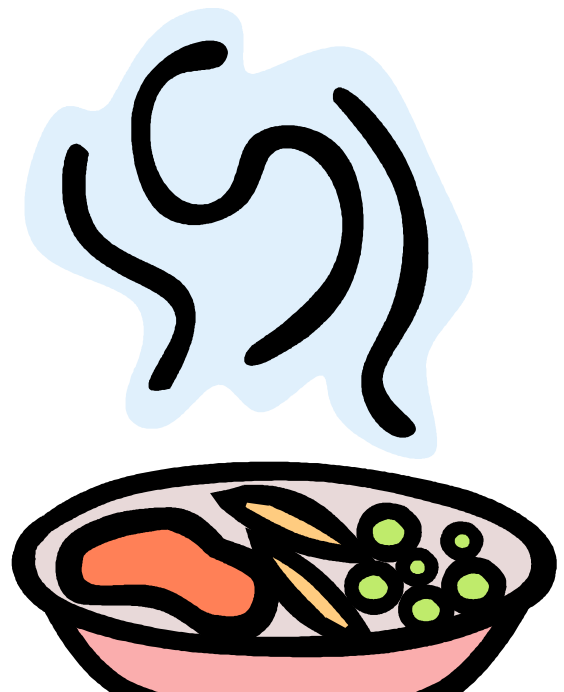
## SPV Skillet Dinner

### General Directions

Spray a 10-inch non-stick skillet with your

favorite cooking spray; add ingredients from each category and heat thoroughly, approximately 15 to 20 minutes, stirring as necessary. Add topping and place uncovered, in oven at 350° F for 10 minutes.

You can also use a microwave oven at 50 percent power, 15 to 30 minutes, rotating or stirring as necessary; heat until steaming hot (165° F) throughout. Add topping and return to microwave for 2 to 5 minutes.



## SPV Casserole

2 cups uncooked bow tie pasta  
 2 cups of diced chicken, turkey, or ham  
 1 (10-ounce) package frozen vegetables  
 1 (11-ounce) can condensed cheese soup  
 ½ cup of flavor mix (onions, celery, pepper)  
 ½ cup canned, fried onion rings

Preheat oven to 350° F. Prepare pasta according to package directions. Combine prepared pasta, meat, vegetables, soup, and flavor mix in a 2½ quart, buttered dish. Cover, and bake 50 minutes to 1 hour at 350° F. Add topping and return to oven for 10 minutes.

Servings: 4  
 Serving size: 1½ cups

### Nutrition Facts

Serving Size (339g)  
 Servings Per Container

Amount Per Serving

**Calories** 600    **Calories from Fat** 180

% Daily Value\*

<b>Total Fat</b> 20g	<b>31%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 860mg	<b>36%</b>
<b>Total Carbohydrate</b> 67g	<b>22%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 6g	

**Protein** 35g

Vitamin A 25%    •    Vitamin C 35%

Calcium 10%    •    Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

\*Based on using roasted chicken

## SPV Skillet Dinner

1 cup uncooked brown rice  
 2 cups diced chicken  
 1 (10-ounce) package stir-fry vegetables  
 1 bottle (12 ounces) stir-fry sauce  
 ½ cup of flavor mix (onions, celery, pepper)  
 ¼ cup almonds

Prepare rice according to package directions. Spray non-stick skillet with cooking spray. Combine prepared rice, chicken, vegetables, sauce, and flavor mix. Stir until heated thoroughly. Top with almonds and serve.

Servings: 4  
 Serving size: 1½ cups

### Nutrition Facts

Serving Size (344g)  
 Servings Per Container

Amount Per Serving

**Calories** 570    **Calories from Fat** 250

% Daily Value\*

<b>Total Fat</b> 28g	<b>43%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 1050mg	<b>44%</b>
<b>Total Carbohydrate</b> 49g	<b>16%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 16g	

**Protein** 28g

Vitamin A 10%    •    Vitamin C 35%

Calcium 8%    •    Iron 10%

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Total Fat	Less than	65g	80g
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Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

## 1-2-3 Ingredient Salad

Choose three fruits or a mixture of fruits and vegetables. Use canned or frozen fruit, preserved in its own juice. Use vegetables preserved in water. Frozen fruit should be thawed and drained. The juice from canned and frozen fruit should be reserved to use as an anti-darkening agent for fresh apples and bananas.

### General Directions:

Slice or chop fresh fruits or vegetables. Coat the apples and bananas with pineapple or lemon juice to keep fruits from turning brown. Add canned fruit or vegetables and combine the ingredients. Salads can stand alone or be served with a dressing over a bed of salad greens. Suggested dressings include bottled poppy seed or ½ cup plain or vanilla yogurt. Adding low-fat vanilla yogurt will increase total calories by 20 calories per serving.

### 1-2-3, with Apples, Celery, and Grapes

1 cup chopped apple  
1 cup chopped celery  
1 cup seedless grapes

Servings: 4      Serving size: 4 ounces

#### Nutrition Facts

Serving Size (68g)  
Servings Per Container

Amount Per Serving

**Calories 30**      Calories from Fat 0

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 15mg**      **1%**

**Total Carbohydrate 8g**      **3%**

Dietary Fiber 1g      **4%**

Sugars 7g

**Protein 0g**

Vitamin A 2%      • Vitamin C 8%

Calcium 2%      • Iron 0%

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Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### 1-2-3 with Oranges, Apricots, and Almonds

1 cup orange slices  
1 can apricot halves, drained and diced  
¼ cup sliced almonds

Servings: 4      Serving size: 4 ounces

#### Nutrition Facts

Serving Size (114g)  
Servings Per Container

Amount Per Serving

**Calories 80**      Calories from Fat 25

% Daily Value\*

**Total Fat 3g**      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 5mg**      **0%**

**Total Carbohydrate 14g**      **5%**

Dietary Fiber 2g      **8%**

Sugars 12g

**Protein 2g**

Vitamin A 25%      • Vitamin C 30%

Calcium 2%      • Iron 4%

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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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