American Skillet

**Prep time:** 10 minutes  |  **Cooking time:** 30 minutes  |  **Number of servings:** 5

1 tablespoon vegetable oil
2 cups chopped vegetables (any mix of onion, celery, bell pepper, and carrots)
3 cups hot water
½ pound dry pasta
½ teaspoon salt
2 garlic cloves, minced
1 (6-ounce) can of tuna, drained
3 cups chopped raw vegetables (broccoli, cauliflower, and zucchini)
1 tablespoon cornstarch
1 cup nonfat milk
1 cup shredded cheese

**Directions**

1. Heat oil in a large skillet or saucepan over medium heat. Add the first group of vegetables and cook until soft, 5 to 10 minutes.

2. Add the water, pasta, salt, and garlic. Bring to a boil. Reduce heat to medium-low. Cover pan and cook 10 minutes, stirring once or twice.

3. Add tuna or chicken, and the second group of vegetables. Cover and continue to cook for 10 to 15 minutes, until pasta is tender; stir 2 or 3 times.

4. In a small bowl, add a small amount of milk to cornstarch or flour. Stir until smooth. Stir in remaining milk. Add to the skillet along with cheese. Cook and stir just until cheese has melted and sauce is thickened, 3 to 5 minutes. Serve immediately.
Food Sense Tips

• Using skim milk instead of whole milk supplies the same amount of calcium and protein, and lowers calories from fat.

• The amount of pasta in a dish is different for different noodle shapes; ½ pound of pasta is about 2 cups elbow macaroni or 3 cups rotini.

Skillet Meal Ingredient Substitutions

For this ingredient: Substitute:

2 garlic cloves, minced ¼ teaspoon garlic powder
1 (6-ounce) can of tuna, drained 1½ cups of cooked chicken, chopped
3 cups fresh vegetables 1½ cup frozen or canned vegetables, rinsed and drained
1 tablespoon cornstarch 2 tablespoons all-purpose flour
1 cup nonfat milk 1 cup low fat (1%) milk

Nutrition Facts (Serving size 1½ cups): Calories–380; Protein–23g; Carbohydrate–44g; Total Fat–12g; Saturated Fat–6g; Cholesterol–40mg; Fiber–4g; Sodium–550mg; Vitamin C–70%; Vitamin A–60%; Iron–15%; Calcium–25%

Adapted from Skillet Meals: Quick & Easy One-dish Meals, Washington State University Extension (EM4712)

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233.

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