

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.



American Skillet

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

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.

- 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



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)

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

Skillet Meal Ingredient Substitutions

For this ingredient:

Substitute:

Food \$ense 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.

THRIFTY MAIN DISHES

THRIFTY MAIN DISHES

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

Food \$ense 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.

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)

