

Knowledge @ Noon

First Fridays of the Month



30 Minute Dinners

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Frozen Chicken Cube Recipes

Chicken Fried Rice

5 Servings. 20 minutes

½ cup diced carrots
½ cup diced celery
½ cup diced sweet red or green pepper
½ cup sliced green onions or chopped onions
2 tablespoons olive oil
3 eggs, lightly beaten
2 cups frozen cubed cooked chicken
2 cups frozen cooked brown rice, microwaved to heat
5 teaspoons low sodium soy sauce

Heat a large skillet over medium heat. Add olive oil. Saute chicken and vegetables until chicken is lightly browned and vegetables softened. Remove and keep warm. Add eggs to skillet and cook until set. Add chicken, vegetables, soy sauce, rice, salt and pepper. Cook until heated through.

***Nutrition Facts:** 250 calories, 10 g fat, 2 g saturated fat, 280 mg sodium, 24 g carbohydrate, 2 g fiber, 16 g protein*

Fettucine with Broccoli and Chicken Stir Fry

4 main course servings. 20 minutes

8 oz. fettucine
¼ cup sesame oil
½ cup chopped onions
8 ounce frozen diced chicken breast
2 teaspoons minced garlic
2 teaspoons slivered ginger
3 cups broccoli florets
½ cup dry sherry
¼ cup low sodium soy sauce
½ cup toasted almond slivers (optional)

Cook fettucine according to package directions, cooking only until al dente. Meanwhile, heat oil in skillet. Add onions and sauté 2 minutes. Add chicken and sauté until lightly browned and thawed. Add garlic, ginger and broccoli. Stir fry 3 minutes. Add sherry and soy sauce and simmer 1 minute. When fettucine is al dente, drain. Add fettucine to skillet and toss. Garnish with toasted almonds and serve.

***Nutrition Facts:** 480 calories, 17 g fat, 2.5 g saturated fat, 950 mg sodium, 55 g carbohydrate, 3 g fiber, 23 g protein*

Quick Pad Thai

4 Servings. 25 minutes.

8 ounces thin whole wheat spaghetti
1 tablespoon vegetable oil
24 ounces frozen vegetable mix – e.g. broccoli, snap peas, red pepper,
2 tablespoons reduced sodium soy sauce
¼ cup water
3 tablespoons peanut butter, chunky or smooth
1 tablespoons sugar
1/2 pound frozen chicken breasts
2 eggs
¼ cup chopped peanuts

Cook spaghetti according to directions. Drain and toss with 1 tablespoon oil. As spaghetti cooks, defrost vegetables in microwave for 5 minutes and drain. Combine soy sauce, water peanut butter and sugar in a small bowl. Stir until smooth and set aside. Heat 1 tablespoon of oil in large skillet over medium heat. Add chicken and cook and stir until lightly brown and no longer frozen. Crack eggs into a small bowl and beat. Add to pan with chicken and scramble until firm. Add vegetables and spaghetti to the pan with the chicken mixture. Stir to heat through. Add soy sauce to the pan and stir to coat veggies and spaghetti. Place in serving bowl and sprinkle peanuts on top.

***Nutrition Facts:** 540 calories, 19 g fat, 3.5 g saturated fat, 460 mg sodium, 64 g carbohydrate, 12 g fiber, 31 g protein*

Sweet Sesame Salad with Chicken

6 servings. 15 minutes

1 (16 ounce) package salad greens
1 medium tomato cut in wedges
½ cup balsamic vinaigrette salad dressing
2 tablespoons honey
1 can (11 ounces) mandarin oranges, drained
1 teaspoon sesame seeds, toasted
16 ounces frozen baked chicken cubes
1 tablespoon olive oil

Toast sesame seeds in a medium hot skillet for about 3 minutes. Remove seeds and add olive oil to skillet. Sauté frozen chicken cubes until lightly browned (about 5 minutes). While chicken is browning, make vinaigrette. Toss greens, tomato wedges. Add chicken and toss. Add vinaigrette and toss. Sprinkle with sesame seeds.

***Nutrition Facts:** 230 calories, 10 g fat, 1.5 g saturated fat, 320 mg sodium, 18 g carbohydrate, 3 g fiber, 18 g protein*

Mac and Cheese with Chicken and Broccoli

8 Servings. 30 minutes

2 packages (7 1/2 ounces each) macaroni & cheese dinners
2 ½ cups fresh broccoli florets
½ cups chopped onions
2 garlic cloves, minced.
½ cup butter
1 tablespoon olive oil
2 cups frozen chicken cubes
Salt and pepper
1 cup soft bread crumbs (from the freezer)
½ cup grated Parmesan cheese

Bring 6 cups water to a boil. Add macaroni and cook 6 minutes. Add broccoli and onion and cook until macaroni is tender. Drain. While macaroni is cooking, melt ¼ cup butter in a large sauce pan. Sauté frozen chicken cubes until lightly browned, about 5 minutes. Stir in macaroni mixture and cheese packet. Transfer to a greased broiler proof 2 ½ quart baking dish. Melt remaining butter. Toss with bread crumbs and parmesan cheese. Sprinkle over top. Broil 4 – 5 inches from heat for 4 – 5 minutes or until top is golden brown.

***Nutrition Facts:** 380 calories, 16 g fat, 9 g saturated fat, mg 640 sodium, 43 g carbohydrate, 3 g fiber, 17 g protein*

Frozen Hamburger Crumble Recipes

10 Minute Chili

3 servings. 10 minutes

1 tablespoon olive oil
1 carrot, peeled and chopped
1/2 pound hamburger crumbles
1 onion, chopped
1-16 ounce can kidney beans
1-16 ounce can tomato sauce
1-2 Tablespoons chili powder

Heat a medium sized sauce pan. Add oil, then hamburger, onion and carrot. Sauté until beef is thawed and lightly browned. Add the rest of the ingredients. Cook over medium heat until heated through, about 5 minutes. You can also add macaroni (6 ounces dry) for chili mac – cook macaroni according to directions while other ingredients are cooking and add at the end. Sprinkle bowls with grated cheese if you have any.

***Nutrition Facts:** 380 calories, 14 g fat, 4 g saturated fat, 1360 mg sodium, 40 g carbohydrate, 13 g fiber, 25 g protein*

Hamburger Stroganoff

8 Servings. 25 minutes

2 tablespoons butter
½ cup chopped onions
1 ½ pound frozen hamburger crumbles, microwaved
¼ cup flour
1 envelope onion soup mix
2 ¼ cups hot water
1 can (4 ounces) mushroom stems and pieces, drained,
½ cup low fat or fat free sour cream
16 ounces noodles

In a large sauce pan, heat water until boiling. Cook noodles per package directions. Meanwhile, melt butter in a skillet. Add onions and mushrooms (if using fresh). Sauté until soft. Add hamburger, canned mushrooms (if using) and soup mix. Stir in flour and soup mix. Brown lightly. Add hot water, Stir until thickened and smooth. Stir in sour cream. Serve over noodles.

Note: You can also make this recipe using 1 ½ pounds boneless beef sirloin steak, cut into thin strips. Melt butter in 2 quart microwave safe dish. Arrange meat evenly in dish. Microwave, uncovered on high for 6 minutes, stirring once. Remove meat and substitute for hamburger in above recipe.

***Nutrition Facts:* 430 calories, 15 g fat, 7 g saturated fat, 420 mg sodium, 47 g carbohydrate, 2 g fiber, 26 g protein**

Sloppy Joes

5 Servings. 25 minutes

1 tablespoon olive oil
1 pound frozen hamburger crumbles
½ cup onion, chopped (about half of 1 medium sized onion)
½ cup celery, chopped (about 1 stalk of celery)
½ cup green or red pepper, chopped (about 1/2 large pepper)
½ cup shredded carrot
¼ cup water
½ cup tomato ketchup (or ¼ c. ketchup and ¼ c. tomato sauce)
1 tablespoon prepared mustard
1 teaspoon sugar
5 whole wheat buns

Heat skillet over medium heat. Add oil. Add hamburger, onion, celery, and pepper and sauté over low heat for 15 minutes or until vegetables are soft and hamburger is thawed. Stir as needed. Add ketchup, water, mustard, and sugar. Heat 5-10 minutes on low heat. Toast buns in an oven broiler, toaster oven, or skillet.

***Nutrition Facts:* 340 calories, 14 g fat, 4.5 g saturated fat, 560 mg sodium, 33 g carbohydrate, 4 g fiber, 21 g protein**

Meat Loaf Patties

2 Servings, 15 minutes

1/3 cup seasoned bread crumbs
3 tablespoons milk
1 teaspoon Worcestershire sauce
1 tablespoon finely chopped onion
¼ teaspoon salt
½ pound ground beef

In a bowl, combine first five ingredients. Crumble beef over mixture and mix well. Shape into a large patty. Place in a shallow microwave safe dish. Microwave uncovered on high for 3 - 4 minutes until meat thermometer reads 160°. Let stand for 3 minutes. Serve with ketchup.
***Can also be baked at 350° for 20 minutes or until a meat thermometer reads 160°.

Nutrition Facts: 270 calories, 13 g fat, 5 g saturated fat, 530 mg sodium, 14 g carbohydrate, 1 g fiber, 24 g protein

Sausage Meat Loaf Patties

8 Servings. 30 minutes

1 tablespoon olive oil
1 medium onion, chopped
2 ribs celery, chopped
1 small carrot, peeled and chopped
1 egg
¾ cup bread crumbs
1 pound bulk sweet sausage
1 pound ground beef
½ cup parmesan cheese
1 tablespoon Worcestershire sauce
2 teaspoons hot sauce
3 cloves garlic
½ cup beef stock
1 16 ounce can petite diced tomatoes or stewed tomatoes

Preheat oven to 425°. In a small skillet heat olive oil. When hot add half the onions, celery and carrots and sauté 5 minutes until soft. Season with salt and pepper. Meanwhile, whip egg. Add sausage, ground beef, cheese and sautéed vegetables, mix well. Form into 8 patties no more than 1 inch thick. Bake about 18 minutes until meat thermometer reads 160°. Meanwhile, in skillet used to sauté vegetables, sauté remaining onion and garlic until soft – 5 minutes. Stir in beef stock and tomatoes, season with hot sauce and Worcestershire sauce. Simmer until meatloaf is done. Top meatloaf with sauce.

Nutrition Facts: 300 calories, 16 g fat, 6 g saturated fat, 780 mg sodium, 14 g carbohydrate, 1 g fiber, 26 g protein

“Lasagna” Pasta Toss

8 Servings. 25 minutes

**1 pound curly pasta
1 tablespoons olive oil
16 ounces frozen hamburger crumbles
1 medium onion, finely chopped
4 garlic cloves
½ teaspoon red pepper flakes
Black pepper
1 teaspoon Worcestershire Sauce
½ cup dry red wine
½ cup beef stock (or 1 cup if not using wine)
28 oz can crushed tomatoes
1 ½ cups ricotta cheese
½ cup parmesan cheese
1 tablespoon basil**

Cook pasta al dente according to instructions. (Before draining, remove a ladle of starchy pasta cooking water.) Microwave hamburger 5 minutes. In a deep skillet, add the olive oil, then the meat, onions, garlic, red pepper flakes, Worcestershire sauce, salt, pepper and basil. Cook about 5 minutes. Add wine if using and simmer about 1 minute. Stir in stock and tomatoes and bring to a simmer. Reduce heat and simmer for 5 minutes.

Place ricotta cheese in bottom of small bowl. Add a ladle of boiling starchy pasta water and stir to combine. Add parmesan cheese and mix. Drain the pasta. Toss the hot pasta with the cheeses. Add half of the meat sauce to the pasta bowl and toss again to combine. Taste to adjust the salt and pepper. Serve with extra sauce and parmesan cheese on top.

***Nutrition Facts:** 450 calories, 13 g fat, 4.5 g saturated fat, 360 mg sodium, 54 g carbohydrate, 4 g fiber, 28 g protein*

Shepherd’s Pie

4 Servings. 20 minutes

**Mashed potato flakes, made according to directions for four servings
1 pound frozen hamburger crumbles
Salt and pepper
1 tablespoon olive oil
1 large carrot peeled and shopped
1 onion, chopped
2 tablespoons butter
2 tablespoons flour
1 cup beef stock or broth
½ cup chicken broth
2 teaspoons Worcestershire Sauce
2 tablespoons sour cream
¾ cup frozen peas
1 teaspoon sweet paprika**

2 tablespoons parsley

Make potatoes according to directions on package. Heat a large skillet over medium heat. Add oil. Sauté hamburger until heated through. Add onions and carrots. Brown about 5 minutes stirring frequently. Heat another skillet or pan over medium heat. Melt butter and add flour. Whisk together for 2 minutes. Whisk in broth and Worcestershire sauce. Cook about 1 minute until thickened. Add gravy to meat mixture. Stir in frozen peas. Preheat broiler to high. Fill small casserole dish with meat and vegetable mixture. Spoon potatoes evenly over meat. Sprinkle potatoes with paprika and broil 6 – 8 inches from the heat until evenly browned, about 2 -3 minutes. Sprinkle with parsley and serve.

***Nutrition Facts:** 490 calories, 29 g fat, 13 g saturated fat, 690 mg sodium, 28 g carbohydrate, 4 g fiber, 28 g protein*

Chicken Parmesan

Servings 6. 25 minutes

**½ cup dry bread crumbs
¼ cup grated parmesan cheese
1 cup flour
¼ teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon paprika
1 egg
3 large chicken breasts, ½ pound each
2 tablespoons olive oil
½ cup tomato sauce
6 slices part skim mozzarella cheese**

In shallow bowl combine bread crumbs, parmesan cheese, and paprika. In another bowl, combine flour, salt and pepper. In another bowl, beat egg. Slice chicken breasts in half through the middle, pound slightly to ½ inch thick. Dip each breast first in flour, then egg, then in bread crumb mixture, patting the crumbs firmly onto the chicken br. Heat oil in skillet over medium heat. Brown chicken in oil, three at a time in a skillet, on each side for about 6 minutes. Repeat with other 3 chicken breasts. (Or better yet, use 2 skillets and cook all the chicken at the same time). Put in shallow pan, top with tomato sauce and cheese. Broil for 1 minute or until cheese is melted.

***Nutrition Facts:** 360 calories, 16 g fat, 5 g saturated fat, 720 mg sodium, 17 g carbohydrate, 1 g fiber, 36 g protein*