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<p>Meat Loaf 1 small onion ¼ teaspoon pepper 1 stalk celery ¾ cup quick-cooking oatmeal 2 eggs, beaten 1½ pounds lean ground beef or ground turkey ½ cup catsup</p> <p>Chop onion and celery. Mix all ingredients together. Shape into a loaf and place in 9x5x3 inch baking pan. Bake at 350° for about 1 hour.</p> <p><i>Makes 8 servings, 300 calories; 17g. fat per serving</i></p>	<p>Foods Needed 1½ pounds lean ground beef or turkey ¾ cup oatmeal ¼ teaspoon pepper ½ cup catsup 2 eggs 1 stalk celery 1 small onion</p>
<p>Menu Suggestion: Meat Loaf Baked Potatoes Green Beans Bread or rolls Baked Apples Low fat Milk</p>	<p>4 baking potatoes green beans – frozen or canned bread or rolls 4 Tablespoons brown sugar cinnamon 4 apples Low fat milk</p>
<p>Oven Stew 1½ pounds lean meat (beef or venison), cut into chunks 2 medium onions, chopped 3 stalks celery, sliced 4 medium carrots, sliced 1 cup (8 oz. can) tomato sauce 1 teaspoon salt (optional)</p> <p>1 Tablespoon sugar ¼ teaspoon pepper ½ teaspoon basil 2 medium potatoes, cut in 1-inch chunks 1 cup frozen peas</p> <p>Combine all the ingredients, except potatoes and peas, in a 2-½ quart casserole. Cover and cook in 300° oven for 1½ hours. Add potatoes and peas to stew and cook uncovered 1 hour longer. Stir occasionally.</p> <p><i>Makes 8 servings, 342 calories; 16 g. fat per serving</i></p>	<p>Foods Needed 1½ pounds lean beef or venison 2 onions 3 stalks celery 4 medium carrots 2 medium potatoes 1 cup frozen peas 1 Tablespoon sugar 1 teaspoon salt ¼ teaspoon pepper ½ teaspoon basil 8 ounce can tomato sauce</p>
<p>Menu Suggestion: Oven Stew Biscuits Tossed Salad with Dressing Pudding Iced tea or low fat milk</p>	<p>1 tube refrigerated biscuits lettuce, tomato, salad dressing pudding mix 2 cups milk iced tea or low fat milk</p>

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<p>Broccoli, Rice & Cheese Casserole</p> <p>¼ cup green pepper, chopped 1 cup (4 oz.) cheddar or colby cheese, shredded ½ cup onion, chopped 1 10 ounce can condensed cream soup - (mushroom, chicken or celery work well) ¼ cup celery, chopped 2 cups cooked rice 1 package (10 ounces) frozen chopped broccoli ½ cup low fat milk</p> <p>Mix all ingredients together in a 2-quart casserole. Bake at 350° for 20 to 30 minutes.</p> <p><i>Makes 6 servings, 241 calories; 10 g fat per serving</i></p>	<p>Foods Needed</p> <p>½ green pepper 1 small onion 1 stalk celery 2 cups cooked rice ½ cup low fat milk 1 cup cheddar or colby cheese, shredded 1 can cream soup 1 package frozen chopped broccoli</p>
<p>Menu Suggestion:</p> <p>Baked Chicken Broccoli, Rice & Cheese Casserole Whole Grain Bread Carrot sticks Oatmeal Cookies Low fat Milk</p>	<p>2-½ to 3 pounds chicken Whole Grain bread fresh carrots 1 package oatmeal cookies or ingredients to bake them Low fat milk</p>
<p>Graham Cracker Apple Pie</p> <p>5 whole graham crackers 4 Tablespoons margarine, melted 2 cups unsweetened applesauce 2 Tablespoons brown sugar</p> <p>Crush graham crackers into fine crumbs. Add melted margarine and mix well. Save ¼ cup of the mixture for the top of the pie and press the rest onto bottom and sides of a 9-inch round pie pan. Mix applesauce and brown sugar. Pour into crust. Sprinkle with saved graham cracker crumbs. Bake at 350 degrees for 10-12 minutes. Cool in refrigerator before cutting.</p> <p><i>Makes 6 servings, 167 calories; 9 g fat per serving</i></p>	<p>Foods Needed</p> <p>graham crackers – 5 margarine – 4 tablespoons apple sauce (unsweetened) – 2 cups brown sugar</p>
<p>Menu Suggestion:</p> <p>Spaghetti with meat sauce Spinach Whole grain dinner roll Graham cracker apple pie Low fat Milk</p>	<p>prepared spaghetti sauce ½ pound lean ground meat spaghetti noodles whole grain dinner roll low fat milk spinach – canned, frozen or fresh</p>

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<p>Oven French Fries</p> <p>4 medium potatoes with skin Unsalted 1 Tablespoon oil (Canola or Safflower)</p> <p>Preheat oven to 425 degrees. Cut potatoes into long strips about ½ inch thick. (Can peel the potatoes, but don't have to.) Dry strips well on paper towels. (Potatoes will stick to pan if not dry enough.) Toss potato strips in a bowl with the oil as if tossing a salad. When potatoes are coated well, spread them in a single layer on a cookie sheet. Place in oven. Bake for 35 to 40 minutes, turning now and then so they brown on all sides.</p> <p><i>Makes 6 servings, 128 calories; 2.5 g fat per serving</i></p>	<p>Foods Needed</p> <p>potatoes – 4 vegetable oil</p>
<p>Menu Suggestion:</p> <p>Hamburgers on a bun Oven French fries Raw vegetables Chocolate pudding with sliced bananas Low fat Milk</p>	<p>Lean hamburger or ground beef Whole grain hamburger buns fresh carrots, celery, and/or green peppers chocolate pudding mix ½ banana per person Low fat milk</p>
<p>Chicken Pot Pie</p> <p>1 15 ounce can mixed vegetables, drained 1½ cups cooked chicken, cut up 1 can Cream of Chicken soup ⅓ to ½ cup of low fat or skim milk or water from vegetables 1 8oz. package of refrigerated biscuits</p> <p>Preheat oven to 400 degrees. Mix soup and milk (or water from vegetables) in large bowl. Add chicken and vegetables. Stir lightly. Pour into casserole dish. Flatten biscuits and put on top of mixture. Bake 10 minutes – until biscuits are brown. Turn biscuits over and bake for 5 more minutes.</p> <p><i>Makes 6 servings, 300 calories; 14 g fat per serving</i></p>	<p>Foods Needed</p> <p>cooked chicken – 1½ cups cream of chicken soup 15 ounce can of mixed vegetables 1 package refrigerated biscuits</p>
<p>Menu Suggestion:</p> <p>Chicken Pot Pie Dark Green leafy salad Orange smoothie</p>	<p>Dark green leafy salad greens Low fat salad dressing frozen orange juice concentrate low fat milk</p>